

The Last Great Frontiers

PAPUA
NEW
GUINEA

12 days – For
the Cultured
Explorer with

**Christian
Nørgaard**

better
moments



Photography with passion



For more than 30 years, I have traveled the world with my camera – from the polar ice to the deserts of Africa – seeking out cultures, landscapes, and traditions that stand at the edge of change. Each journey has taught me that photography is not only about capturing what we see, but also about connecting with the people and places we encounter.

Papua New Guinea is one of the last great cultural frontiers, where traditions remain vivid, rituals are alive, and the stories of its tribes are still told through song, dance, and ceremony. This workshop is designed to take you far beyond ordinary travel photography. Together, we will step into remote villages, witness sacred ceremonies, and work side by side with some of the most remarkable people you will ever meet.

My goal as your guide is to help you translate these encounters into powerful, authentic images – portraits that carry depth and emotion, and stories that resonate long after the shutter has closed. You will be challenged to refine your eye, experiment with light and composition, and, most importantly, to approach every subject with respect and curiosity.

Papua New Guinea is not an easy place to reach, nor is it a place that reveals itself casually. But for those willing to listen, observe, and photograph with both heart and mind, it offers moments of rare beauty and humanity. I look forward to sharing this extraordinary journey with you – and to helping you create a body of work as unique and timeless as the people and places we will encounter.

Welcome.

Christian Nørgaard

Founder of Better Moments

better moments



Better Moments
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Christian Nørgaard

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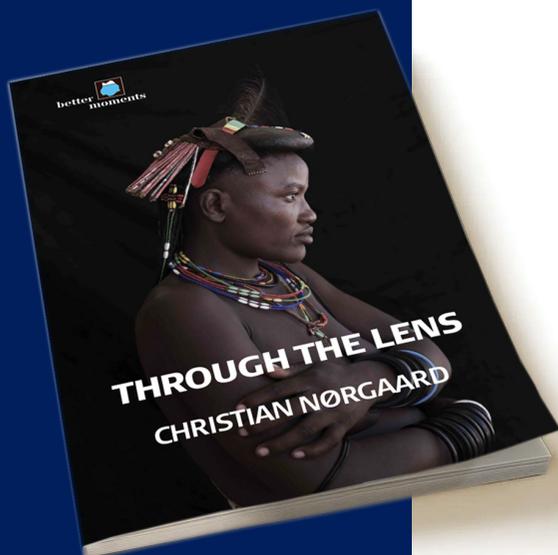
Text editor:
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All photos by
David Van

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Our guests love to travel with us – which is why we are lucky enough to welcome them again and again.



LET'S GET SOCIAL

For inspiring experiences, real-time updates, the latest trends or casual conversation, explore our social networks for all things travel.



LinkedIn

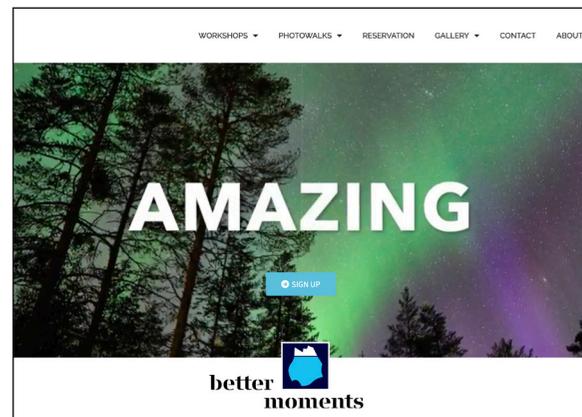
YouTube



Instagram

BETTER-MOMENTS.COM

You can view our current photography workshops on the Better Moments website, where you will find all dates and details – and can reserve a spot for your dream trip.



NEWSLETTER

Stay up-to-date with our workshops, experts, and special offers: sign up to our bi-monthly newsletter – and receive Christian Nørgaard's guide to travel & portrait photography for free.

SIGN UP AND RECEIVE A FREE TRAVEL & PORTRAIT PHOTOGRAPHY GUIDE

"I think that Better Moments' workshops are some of the best organized, most educational and most inspirational group workshops I have ever worked on. So I would encourage you to join us. Come along and have a great time, learn, be inspired and take great pictures."

Steve McCurry

Our passionate experts

We are proud to work with some of the best photographers in the industry who are experts in their field and have years of experience in guiding and teaching photography workshops.



Steve McCurry

National Geographic,
World Press Photo
first place



Marco Di Lauro

World Press
Photo Award



Hamid Sardar-Afkhami

Writer, photographer,
award-winning
filmmaker



Sisse Brimberg

National Geographic
photographer



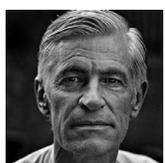
Tom D. Jones

Hasselblad Master
& European Fine Art
photographer



Arne Hodalič

National Geographic
photographer &
photo editor



James Nachtwey

Wars and conflicts
photographer



Laurent Baheux

Award-winning
wildlife photographer



Christian Nørgaard

Art, Landscape and portrait
travel photographer



What our guests say about us

"It was a marvelous workshop with a lot of opportunities for great pictures. Obviously, the highlight was the night in Riisitunturi National Park watching the Northern Lights. It was the whole atmosphere having a rustic dinner in the hikers hut after shooting the sunset and waiting for the Northern Light which is staying in my memories."

Bernd Beykirch, Germany



"I found out that one of my favourite photographers, Lars van de Goor, was doing a workshop in the Netherlands so I signed up for the workshop and was introduced to Christian, the founder of the company, and I knew immediately that this would be a great workshop just by talking to him and seeing how incredibly well organized and precise everything was planned out. The hotels were first class, the food was phenomenal, which is important, and more importantly, each day was very well planned out and it has been a really great experience."

Aubra Franklin, USA

"Everybody has something to offer to the group, so we learn from each other, we share things, we have workshops in the evenings where we talk about what went well, what went wrong... and we see a lot of different styles, a lot of different techniques. And that is the good thing about this trip, it is really all about photography!"

Peter Dorr, The Netherlands.





PHOTO BY DAVID VAN

**Papua New Guinea is
a land where history
is alive in every village,
ritual, and tradition.**

For thousands of years, over 800 tribes have preserved their own languages, customs, and ceremonies, creating one of the most diverse cultural landscapes on Earth. From the ghostly legends of the Asaro Mudmen to the elaborate wigs of the Huli Wigmen, these traditions are not staged performances but living history.





PHOTO BY DAVID VAN

The untouched frontiers

Papua New Guinea is one of the last untouched cultural frontiers on Earth – a land where ancient traditions, vibrant rituals, and dramatic landscapes converge in ways found nowhere else. For photographers seeking authenticity, this is a once-in-a-lifetime opportunity to step far beyond the ordinary.

For a photographer, Papua New Guinea is a place where history and humanity collide in every frame. The mist rising from the highland valleys, the chants around a fire-lit ceremony, the colors of bird-of-paradise feathers worn with dignity – these are moments that cannot be staged, only experienced and captured with sensitivity.

To photograph here is to witness the fragile balance between ancient tradition and a rapidly changing world. Papua New Guinea offers the rare chance to create images that are not only visually powerful but historically meaningful, preserving the stories of a people whose way of life is unlike any other on Earth.

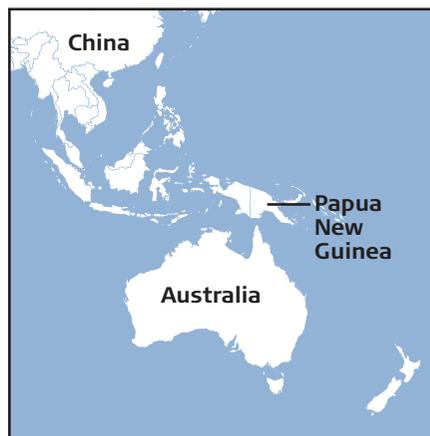




PHOTO BY DAVID VAN



Christian Nørgaard

- Art Photographer & Explorer



Christian Nørgaard is not only the founder of Better Moments—he is one of the rare photographers who has dedicated his life to exploring the world's most remote and extraordinary places. For more than three decades, Christian has traveled across continents, from the icy landscapes of Greenland and Svalbard to the deserts of Namibia and the highlands of Ethiopia, always with the same mission: to capture authentic human stories and fragile natural environments before they disappear.

His work has been published by leading international media, and

recognized for its rare artistic vision, culminating in being shortlisted by Hasselblad from over 85,000 submissions worldwide. His portraits and landscapes are celebrated for their honesty, intensity, and ability to convey the deep connection between people, culture, and nature.

What sets Christian apart is not only his artistic eye, but also his way of working. His global journeys have brought him face to face with tribes, traditions, and rituals that few outsiders have ever witnessed. He has built trust with local communities over decades, allowing him and his students to create photography that is not only beautiful but also deeply respectful and meaningful.

Joining Christian's Papua New Guinea workshop means more than traveling to one of the world's last untouched frontiers. It means learning directly from an art photographer with a lifetime of experience, someone who knows how to approach cultures with sensitivity, how to tell visual stories that matter, and how to elevate your photography to a new level.

Respect Christian's photography because it reflects not just images, but entire lifetimes, cultures, and histories. Join him in Papua New Guinea, and you will not only return with unforgettable images—you will return with stories worth telling.

Ethiopia: It is a tradition for boys and girls to dress up for holidays – here adorned with flowers.



Christian Nørgaard



Ethiopia: The large earrings are made of clay, and her makeup is nothing more than dust from the stones along the riverbank.



PHOTOS BY CHRISTIAN NØRGAARD

Ethiopia: What we dream of must remain a private matter – but dream, we all do.

Christian Nørgaard



Ethiopia: An expressive young man who has adorned himself before a ceremony with his tribe.



PHOTO BY CHRISTIAN NØRGAARD

Papua New Guinea Highlights

Authentic encounters – Unique access to Papua New Guinea’s most iconic and hidden tribes, from the Asaro Mudmen to the Huli Wigmen.

Immersive rituals – Witness and document ceremonies such as the Widow Ritual, Burning Heads, Dust Walkers, and Bird Spirit performances.

Studio & field photography – Combine on-location storytelling with studio-style setups for museum-quality portraits.

Breathtaking settings – Shoot in dramatic landscapes: waterfalls, rainforests, rivers, and volcanic highlands.

Cultural depth – Learn the meaning behind traditions, costumes, and rituals while building trust with local communities.

Personal growth – Hands-on workshops, one-to-one feedback, and group critiques to refine your technical and artistic vision.





Photography in Papua New Guinea is un

This workshop is designed to strengthen both your technical mastery and your creative confidence, ensuring that you return home not only with unforgettable images but also with the ability to capture people and cultures authentically wherever your photography takes you.

■ ON LOCATION

This workshop is designed to strengthen both your technical mastery and your creative confidence, ensuring that you return home not only with unforgettable images but also with the ability to capture people and cultures authentically wherever your photography takes you.

- Immerse yourself in extraordinary cultural encounters while refining your technical skills.

- Learn to capture candid moments, powerful rituals, and posed portraits with sensitivity and respect.

- Master the art of composition through lines, perspective, layers, and the golden section, creating images that are both balanced and striking.

- Work with every form of light—natural sunlight, deep shadows, fire, twilight, and controlled studio setups.

- Develop techniques for freezing fast-moving ceremonies or experimenting with creative blur

- Finally, explore the art of low-light storytelling, harnessing blue hour, firelight, and night settings to produce atmospheric, cinematic imagery.

■ IN THE CLASSROOM

Each evening, we gather to transform fieldwork into artistic growth. Through group critique and one-to-one mentoring, you'll refine your voice and strengthen your portfolio. Expect:

- Constructive critique and feedback on the day's images.

- Instruction in Lightroom, Photoshop, and advanced editing workflows (on request).

- Visual storytelling guidance — how to edit, sequence, and craft a cohesive photographic essay.

- Inspiration and mentoring from Christian Nørgaard, drawing on decades of experience in documentary and travel photography.



PHOTO BY DAVID VAN

like anywhere else in the world.







PHOTO BY DAVID VAN

Itinerary

Please arrive at least one day before the workshop begins, as we will depart early in the morning on the first day. The day of arrival will be spent meeting each other and enjoying a welcome dinner together. Better Moments will arrange your hotel room and related details.

DAY 1

■ WIDOW CEREMONY IN ASARO VILLAGE

From Port Moresby we fly to Goroka and continue by 4WD to Asaro Village, home of the legendary Mudmen. Photography begins immediately: capturing village life, portraits, the spirit house, and a powerful widow ceremony. Here, widows wear special garments of bark cloth, seed beads, and natural fibers, often covering their heads to express grief. For photographers, this ritual offers striking portraits and an intimate window into themes of love, loss, and resilience.

Evening: Portrait photography workshop with Christian Nørgaard.

DAY 2

■ THE ASARO MUDMEN & SACRED TRADITIONS

At sunrise we capture the ghostly figures of the Asaro Mudmen as they ascend Mount Gurupoka. Covered in white mud and fearsome masks, they remain one of Papua New Guinea's most iconic cultural symbols. We also visit the atmospheric sacrifice cave, where natural light adds depth to every image. In the afternoon, we set up a simple studio in the village for close portraits. The day ends with the vibrant Moko Moko Victory Dance – rhythmic, energetic, and deeply spiritual.

DAY 3

■ ASARO RIVER & GIMISAVE VILLAGE

In the soft morning mist we walk to the Asaro River, where locals perform a dramatic cannibal ceremony, reenacting ancestral strength. At midday, we document daily life at a coffee plantation – harvesting, drying beans, and village routines. By nightfall, we arrive at Burning Heads of Gimisave Lodge to witness the glowing clay-covered faces of villagers illuminated by fire – a haunting and unforgettable ritual.

DAY 4

■ CULTURAL IMMERSION IN GIMISAVE

From dawn until dusk, we dive into daily life and ritual: riverside walks, field work, and intimate portraits of villagers at work. The Women's Group performance provides expressive song and dance, while twilight brings the Burning Heads ritual once again. Adding to the intensity, we encounter the Cane-Swallowing Tribe, the Nose-Bleeding Tribe, and finally the masked Korokuwe Tribe – each performance pushing limits of body, spirit, and endurance, resulting in some of the most powerful portraits of the journey.

DAY 5

■ MINDIMA & THE DUST WALKERS

In Mindima we witness one of the most dramatic rituals: the Dust Walkers (Ash Kondai Pia). Covered in ash, men leap and sprint through clouds of dust in a ritual of rebirth. For photographers, this is a feast of high-speed action, raw energy, and emotional intensity.

DAY 6

■ JUNGLE ENCOUNTERS IN MINDIMA

Deep in the rainforest, three of Papua New Guinea's most enigmatic groups emerge. The Skeleton Tribe, painted in haunting white designs, appear like spirits from the shadows. The Insect Hunters, adorned with natural costumes of vines and insect motifs, show the bond between people and nature. The Doko Daka Tribe perform fierce, ancestral rituals. Shadows, filtered light, and symbolic dress create an atmosphere perfect for dramatic and atmospheric photography.

DAY 7

■ HIDDEN TRIBES OF CHIMBU

We begin with the Kamunyombglo Tribe, photographing a sorcerer's rituals inside a tree hut filled with smoke and symbolism. Later, the Veecap Fighters Tribe reenact tribal battles with raw energy and movement – perfect for expressive action shots. At dusk, a symbolic house burning ritual illuminates the night, offering dramatic opportunities for long-exposure and creative storytelling.

DAY 8

■ STUDIO PORTRAITS WITH THE SKELETON TRIBE

Today we create controlled, editorial-style portraits. In a natural-light studio we photograph the Skeleton Tribe and Chimbu women in bilas, adorned with traditional ornaments and bird-of-paradise feathers. This rare session allows for intimate, museum-quality portraits that combine cultural authenticity with refined photographic aesthetics.



DAY 9

■ WII TOWAI WATERFALL & ECHOES OF THE ANCESTORS

At the breathtaking Wii Towai Waterfall, Bird Spirit dancers perform atop the rocks, their movements echoing the roar of water. The day continues with performances from groups such as the Voice of Bird of Paradise, Honey Bee Girls, and Bow and Arrow Boys. As night falls, firelit celebrations of dance and music transform the scene into a magical festival, offering endless low-light photography opportunities.

DAY 10

■ STUDIO PORTRAITS AT WII TOWAI

A full day dedicated to portraits of select groups: Green Leaf Girls, Bird Spirit dancers, and others. Outdoor studios allow for clean, editorial-style compositions that highlight body paint, costumes, and gestures. Afternoon is reserved for editing and image backup, ensuring a curated portfolio of the journey.

DAY 11

■ STUDIO PORTRAITS WITH THE SKELETON TRIBE

In Jiwaka, we photograph the mysterious Koskala Skull Kids, whose skeletal masks symbolize

transformation and ancestral presence. We then meet the iconic Huli Wigmen of Mount Hagen – with their wigs of human hair, vibrant face paint, and humor-filled storytelling. This grand finale offers unforgettable portraits that celebrate artistry, identity, and tradition at its most colorful.

DAY 12

■ DEPARTURE

Early morning photography before returning to Port Moresby. Departure with a collection of images that reflect the cultural richness, landscapes, and living traditions of Papua New Guinea – a journey that will remain with you for a lifetime.





PHOTO BY DAVID VAN

Equipment

Better Moments' equipment guide serves as **inspiration only**. Every photographer knows best which tools suit their style and workflow, and your choice of gear should reflect how you prefer to work in the field. Some travelers are happiest with a light, flexible kit, while others want the full range of lenses and cameras at their fingertips. Consider this list as a guide to help you plan for the unique challenges of photographing both landscapes and portraits in Papua New Guinea – and then adapt it to match your own approach.

ESSENTIAL LIGHT KIT

For photographers who want to travel light but still cover landscapes, portraits, and cultural rituals.

■ CAMERAS

- 1 × Full-frame (24x36) camera body
- 1 × Medium format camera

■ LENSES

Full-frame:

- 16–35 mm f/2.8 (landscapes, ceremonies)
- 24–70 mm f/2.8 (all-round)
- 85 mm f/1.4 or 50 mm f/1.2 (portraits)

Medium format:

- 32–64 mm (landscapes & environmental portraits)
- 80 mm (classic portrait lens)

■ ACCESSORIES

- Lightweight carbon tripod
- 2–3 SanDisk Extreme Pro memory cards (smaller capacity for safety)
- 1–2 SanDisk Extreme Portable SSD (2 TB each)
- 4–6 batteries for each camera
- Rain covers for gear and backpack
- Lens cleaning kit & microfiber cloths
- Universal travel adapter

FULL PRO KIT

For photographers who want maximum flexibility.

■ CAMERAS

- 2 × Full-frame camera bodies (main + backup)
- 1 × Medium format camera (main)

■ LENSES

Full-frame:

- 16–35 mm f/2.8 (landscapes & ceremonies)
- 24–70 mm f/2.8 (workhorse lens)
- 70–200 mm f/2.8 (portraits, details, action)
- 50 mm f/1.2 or 85 mm f/1.4 (low-light portraits)

Medium format:

- 32–64 mm (landscapes & rituals)
- 80 mm (portraits)
- 110/120 mm (tight portraits & detail shots)

■ ACCESSORIES

- Carbon fiber tripod + monopod
- Remote shutter release (for long exposures)
- Foldable black background (studio portraits in the field)
- Portable LED light or reflector kit
- 6–8 SanDisk Extreme Pro memory cards
- 2 × SanDisk Extreme Portable SSD (4 TB each) for backup
- Laptop + external HDD for secondary backup
- Power banks & solar charger (for remote areas)
- Protective waterproof cases & rain covers
- Cleaning kit + sensor cleaning tools
- Field notebook for names, tribes & cultural notes

Recommended Shooting Workflow

■ DUAL CARD CAPTURE

Always shoot to two cards when possible (RAW + backup) for maximum data security.

■ DAILY BACKUP ROUTINE

Each evening, copy your files from memory cards to your primary SanDisk Extreme Portable SSD. Then mirror the SSD to a secondary drive or laptop.

■ ORGANIZE BY DAY & TRIBE

Create folders by date and tribe/event (e.g., "Day 3 - Asaro River") to keep your archive structured and searchable.

■ QUICK EDIT & REVIEW

Use Lightroom or Capture One to review and flag your best shots daily, while the memory of the moment is still fresh.

■ CLASSROOM INTEGRATION

Bring a daily selection of 10-15 images to the evening critique sessions for feedback and sequencing ideas.

■ TRAVEL BACKUP STRATEGY

Keep one SSD with you and store the second backup in your checked luggage (or with a fellow traveler) to avoid losing both copies in case of theft or damage.







PHOTO BY DAVID WAN





Quick guide

We wish you to travel with the greatest possible comfort and to know that you have received as much information as possible.

■ GETTING THERE

Jacksons International Airport in Port Moresby is the main gateway to Papua New Guinea, with connections from Australia, Singapore, Hong Kong, and Manila. Domestic flights link Port Moresby with Goroka, Mount Hagen, and other highland regions where the workshop will take place.

■ VISA

All visitors require a passport valid for at least six months beyond the intended stay. Most travelers must apply for an e-visa online before departure. It is the responsibility of each participant to obtain valid travel documents prior to arrival.

■ CURRENCY

Papua New Guinea Kina (PGK). Credit cards are accepted only in major hotels and airports, so bring cash for rural areas.

■ HEALTH

Check with your doctor which vaccinations or medications are recommended for this destination. Remember to plan well ahead with vaccinations. Allow up to six weeks to receive the full course, as some vaccinations require more than one dose, and some should not be given together.

■ IN SHORT

Papua New Guinea is one of the world's last great cultural frontiers. Over 800 languages are spoken, and each region preserves its own unique traditions. From the ghostly Asaro Mudmen to the legendary Huli Wigmen, the country is a living museum of ritual, dance, and costume. Towering mountains, lush valleys, and dramatic waterfalls provide spectacular natural backdrops. For photographers, PNG is an unparalleled opportunity to document both culture and landscape in their rawest and most authentic form.

■ WEATHER

Papua New Guinea has a tropical climate. In the Highlands, expect warm days (20–27 °C) and cooler nights (10–15 °C). Humidity is high, and rain showers can arrive suddenly, especially in the afternoons. Light rain gear is essential.

■ LANGUAGE

There are more than 800 local languages. Tok Pisin and English are widely spoken, especially in towns and by guides.



PHOTO BY DAVID VAN



PHOTOGRAPHY WITH PASSION



Established in 2011 by the acclaimed photographer, Christian Nørgaard, Better Moments has grown into a beacon for photographic exploration and innovation. Embark on your creative journey with Better Moments, and come home with more than just memories – create moments captured in time, telling your unique story.



PHOTO BY DAVID VAN