

The Kingdom of **Tonga** ancient polynesia

Visitor Information



AIR PACIFIC
YOUR ISLAND IN THE SKY



Visitor Information

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Valid Indefinitely

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Tongatapu
'Eua
Ha'apai
Vava'u

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GOVERNMENT OFFICE
TONGA VISITORS BUREAU

GEOGRAPHY OF THE KINGDOM

The Kingdom of Tonga is located between latitudes 15°S and 23.5°S and longitudes 173°W and 177°W. This places Tonga just to the West of the International Dateline, South of Samoa and South East of Fiji.

TONGA consists of three main island groups: TONGATAPU and 'EUA, HA'APAI AND VAVA'U.

There are 169 islands in the TONGA group of which 36 are inhabited. The population of Tonga is approximately 92,000.

TONGATAPU	61,000
'EUA	4,000
HA'APAI	10,000
VAVA'U	13,000
OTHER ISLANDS	4,000

Dry Land area of Tonga is 258 square miles and the sea area covered by the group is 140,000 square miles (360,000 km²)

TONGATAPU

This is the main island of the group on which the capital town of NUKU'ALOFA, FUA'AMOTU AIRPORT and the deep water harbour are situated. Tongatapu is a flat expanse of palm trees embracing a blue lagoon. Off-shore there are a number of "motu", uninhabited coral islands, which are easily accessible by small boat from Nuku'alofa.

'EUA ISLAND

Situated 25 miles south-east of Tongatapu. 'Eua is a complete contrast to the main island. There are rolling hills, streams, high cliffs and a natural forest alive with a variety of tropical birds.

HA'APAI ISLAND

One hundred miles north of Tongatapu lies the thin curving archipelago of the HA'APAI group. With the exception of the live volcano TOFUA, and the extinct volcano KAO, the HA'APAI group is flat with many excellent beaches, coral reefs and a profusion of tropical fish.

VAVA'U GROUP

This group is seventy miles north of HA'APAI with the main island of VAVA'U surrounded by a number of smaller islands which are separated from the mainland by numerous narrow channels. The fiord like approach leading to the natural harbour at Neiafu is one of the most picturesque in the Pacific.

CLIMATE

Tonga's climate is generally pleasant being slightly cooler and less humid than most tropical areas. Rainfall although quite high is not evenly spread throughout the year, summer (November — March) being the wet season. The temperatures range from 60° — 70°F (15.5°C — 21°C) during June — September, with evenings being considered cool, to 80°F (26.5°C) in December and January. The mean annual temperature in Nuku'alofa is 74.6°F.

HISTORY

Archaeologists claim that Tonga has been inhabited since the 5th century B.C. The present Monarchy can trace its origins from the TU'I TONGA who inhabited the Kingdom more than 1,000 years ago. Tonga was first discovered by the palangi in 1616 when two Dutch Navigators, Schouten and Lemaire arrived. They were followed by Tasman, Wallis, Cook, Bligh (the mutiny on the Bounty occurred in Tongan waters) and in the 1820's by the first of the missionaries.

The Civil Wars that had raged for half a century ended in 1845 with the victor being proclaimed King George Tupou I. The late, beloved Queen Salote and the present King Taufa'ahau Tupou IV are descendants of TUPOU I.

TUPOU I was an astute and clever ruler who introduced parliamentary Government, the Tongan Constitution, and the unique system of land tenure. This land tenure system vests the right to all land in the Kingdom in the crown with every male Tongan over the age of 16 being entitled to apply for an allotment of land amounting to 8½ acres. The rental or Polifrax is a nominal amount of T\$3.20 per year. In addition he is entitled to a town allotment on which to build a house.

GOVERNMENT

TONGA is a constitutional monarchy ruled by His Majesty King Taufa'ahau Tupou IV. The Royal family traces its descent from the ancient ruling chiefs whose names have been preserved in art and legend for thousands of years.

The Constitution is based on that granted in 1875 and provides for a Government consisting of Sovereign, Privy Council, Cabinet, The Legislative Assembly (Parliament) and the Judiciary. The Sovereign appoints the Ministers of the Crown and the Governors of HA'APAI and VAVA'U who constitute the Cabinet, and every three years the Legislative Assembly is elected. The Legislative Assembly consists of Cabinet Members, seven nobles representing the 33 nobles of the Realm and seven elected people representatives.

PEOPLE AND CUSTOMS

The Tongans are Polynesian with an easy and natural charm inherent in a people who live close to the land and sea. The Tongan economy is based upon the land and sea and the majority of the population derive a livelihood from plantation work and fishing. The Tongans are proficient navigators and fishermen and Tonga is one of the few remaining places where whales are hunted using hand harpoons. The women are skilled in "TAPA" making, mat weaving and basket work with Tongan handicrafts being considered amongst the best and most sought after in the Pacific.

Tongans are noted for their gentle and proud manner, but of all the many unique Tongan characteristics it is perhaps the Tongan friendliness which is best remembered by visitors. Certainly Captain Cook thought so in 1773 when he named Tonga the "Friendly Islands."

The National dress of Tonga is the skirt like Tupenu or Vala which is worn ankle length by women and knee length by men. In addition women wear a highly decorative waist band known as a kiekie and men a finely woven mat named a ta'ovala which is secured around the waist by a cord made from coconut fibres. The kiekie and ta'ovala are worn as a sign of respect for one's elders and the Royal Family.

Feasts and Kava play an important part in the social life of Tongans. KAVA is the traditional Tongan ceremonial and social drink which is non-alcoholic but is considered slightly narcotic. It is made from the root of the Kava or pepper plant, mixed with cold water, strained and served in half coconut shells.

COMMUNITY SERVICES

The Government assisted by the Churches provides a wide range of community and social services. Tonga's first school was established in 1826 by the Wesleyan Mission. Today education is compulsory for children between the ages of 6 and 14 years of age. Generally, primary education is carried out by Government with the churches and missions providing secondary education. Secondary education is to New Zealand and Australian standards and English is the language used in most secondary schools.

Law and order is the responsibility of a well trained and equipped police force supported by local Magistrates Courts, a Lands Court, a Supreme Court, and a Court of Appeal. The Laws of Tonga are based upon English Law.

In the area of health care Government provides comprehensive medical and dental facilities including a major new hospital in Nuku'alofa, smaller units in HA'APAI and VAVA'U and seven rural dispensaries.

All doctors, dentists and senior nursing staff have extensive overseas training and offer a standard of medical service superior to that of most developing countries. There are no private medical practitioners in Tonga and medical attention is available to the visitor at any hospital or clinic.

RELIGIONS

Since the first missionaries settled in Tonga in the 1820's the Christian religion has played an increasingly important part in the Tongan way of life. The official church of Tonga is the Wesleyan Church with the sovereign as its head. Virtually every denomination is represented in Tonga with the church taking an active interest in the overall development of the country.

Sunday in Tonga is almost wholly devoted to church going and relaxation. The harmonised singing, clanging of church bells and the beat of the lali are all familiar sounds of a Tongan Sunday. Visitors are welcome to attend any church service.

CURRENCY AND COMMERCE

The unit of currency is the Tongan Pa'anga which is not tied to any fixed rate of exchange with any other currency. The pa'anga is divided into units of 100 called seniti.

The Bank of Tonga whose shareholders are the Bank of Hawaii, Bank of New South Wales, Bank of New Zealand and the Tongan Government, is the only commercial bank in the Kingdom. The Bank of Tonga offers a full range of banking facilities including the exchange of all major foreign currencies and travellers cheques. Banking hours are 10 am - 3 pm — Monday to Friday.

The Tongan economy is primarily based upon agriculture and fisheries with the manufacturing sector being underdeveloped. Approximately half of the gross domestic product originates from the agricultural sector which also employs about three quarters of the work force. Agricultural products comprise over 90 percent of exports. Coconuts (copra) bananas and desiccated coconut are the main exports. Commodities such as vanilla, water melons, kava, capsicums and tomatoes are now being exported in growing quantities. There is a large cottage industry of handicrafts which are either exported or sold to tourists. The retail sector although not sophisticated is reasonably comprehensive and, with the major exceptions of Burns Philp and Morris Hedstrom, is operated in the main by Tongans.

IMMIGRATION AND HEALTH

BONA fide tourists and business persons may enter Tonga for a period not exceeding 30 days providing immigration authorities are satisfied that the visitor holds (a) a valid passport (b) an onward air or sea tickets (c) proof of adequate funds (d) relevant health certificates. If visitor wish to extend their stay permission must be requested from the Principal Immigration Officer. Extensions may be granted up to a maximum of six months at which time further permission must be requested of Cabinet. Paid employment is not permitted whilst staying in the Kingdom under a visitors permit.

VISAS are only required by citizens of Communist States who must obtain them prior to arrival in Tonga.

A Valid **smallpox certificate** is required by all travellers, except children under 6 months, who have been in an infected area within 14 days of arrival in Tonga. A valid **Yellow Fever Certificate** is required by all travellers over one year old who have been in an infected area prior to arrival in Tonga.

HOW TO GET TO TONGA

The most convenient way is by air with frequent scheduled services now available from Suva, Pago Pago, Apia, Auckland.

Air Pacific provides an almost daily jet service from Suva and Auckland. Polynesian Airlines serves Tonga from APIA and SOUTH PACIFIC ISLAND AIRWAYS links PAGO PAGO with VAVA'U, HA'APAI and NUKU'ALOFA.

Full details of days and times of flights are published in all major airline directories.

There are no longer any regular passenger shipping services to the Kingdom from either FIJI or NEW ZEALAND. However, berths are sometimes available on some of the cruise ships which visit, both NUKU'ALOFA and VAVA'U. Cruise ships from the following lines call regularly at Tonga.— SITMAR, P & O, CHANDRIS, CTC, ROYAL VIKING, PACIFIC FAR EAST LINE.

TONGAN TIME

TONGA is 13 hours ahead of Greenwich Mean Time. When it is 12 noon in Nuku'alofo it is:

SAME DAY	11 am	in Suva
	11 am	in Auckland
	9 am	in Sydney
	8 am	in Tokyo
	6.30 am	in Singapore
YESTERDAY	12 noon	in Pago Pago
	11 am	in Hawaii
	3 pm	in Los Angeles
	5 pm	in New York
	11 pm	in London

RECREATION

FEASTING, MUSIC AND DANCING

Feasting plays a major role in the Tongan lifestyle, with Tongan feasts renowned throughout the Pacific for their variety of food and gargantuan size.

On a "pola" or long tray made from plaited coconut fronds there can be up to 30 different dishes — pork, suckling pig, fish, cray fish, beef, octopus, vegetables and a complete range of tropical fruits.

With the exception of suckling pig which is roasted over an open fire, Tongan foods are cooked in an underground oven called an "umu". Food cooked in this manner loses none of its flavour.

Feasting is generally followed by singing and dancing. Tonga is an extremely talented musical nation and the singing, whether by a small group or a choir of a thousand voices is renowned throughout the world.

The lakalaka is the traditional Tongan dance and is performed by anything from twenty to several hundred dancers. Each lakalaka tells a different story and is acted out to the accompaniment of the dancers singing the story. Tongan dancing is reserved and graceful with the focus of attention being on the hands and feet rather than the hips as in Tahitian and Hawaiian dancing.

The visitor will have no difficulty in making arrangements to attend a traditional Tongan Feast followed by Tongan Dancing. There are a number of hotels and beaches which regularly feature traditional Tongan entertainment and food. Arrangements can be made with any hotel, guest house or tour operator.

DIVING AND REEF VIEWING

The coral reefs in Tonga are virtually untouched and in beauty and variety they are equal to any in the world. The rare and much sought after fan black coral is found in abundance in Tongan waters and there are drop-offs, caves, deep reefs, lagoons and sunken ships all awaiting the adventurous diver.

The TONGA DIVE CLUB C/O — THE TONGA VISITORS' BUREAU will be pleased to make all arrangements for scuba divers wishing to visit the kingdom. The Tonga Dive Club has its own compressor, boat, and a limited number of tanks.

Reef viewing boats and other boat hire can be arranged locally.

DEEP SEA FISHING

Tonga waters are renowned for the variety of game fish. As yet facilities for deep sea fishing are undeveloped. However, for the adventurous with a touch of Hemmingway the Tonga Visitors' Bureau can make arrangements for fishing expeditions on local boats.

BEACHES AND SWIMMING

There is an abundance of white sand beaches and the swimming opportunities are excellent. Most beaches are protected by a coral reef which makes them unsuitable for swimming at low tide. The best beaches on Tongatapu are to be found at Ha'amalo, 'Anahulu, Lailea, Vai-Ko-Latai, 'Oholei, Fua'amotu, Monotapu, 'Utuhehe, Ha'atafu. There are no suitable swimming beaches in Nuku'alofa. On the islands of Ha'apai virtually all the beaches are exceptional. Vava'u has 'Ene'io, Keitahi, Tuala, Taleu Fanga, and the Castaway island of NUKU.

SHELL COLLECTING

Conchologists rate Tongan shells as amongst the finest in the Pacific. There is a rich collection of almost all of the shells to be found in the Indo-Pacific area. The clear lagoons, colourful reefs and beaches of the Ha'apai group provide the best area for the serious shell collector.

BIRD WATCHING

In general Tonga is not noted for its land birds. However, many migratory birds land on some of the less developed islands such as 'EUA, HUNGA TONGA, and NIUTOUA. 'EUA in particular is noted for the 'EUA PARROT (Red Breasted Musk Parrot), King Fishers, and Blue-Crowned Lorikeets.

HANDCRAFTS

There is no mass production of handicrafts in Tonga so the visitor still has an opportunity to view the traditional methods of basket making weaving and tapa making. Any tour operator, the ladies handicraft centre LANGA FONUA or The Tonga Visitors' Bureau will be pleased to make special arrangements for a demonstration of handicraft making.

Although a few good pieces may be found, Tonga is not renowned for either its wood carvings or paintings.

HORSE RIDING

Horses are still a popular means of transport on all of the main island groups. Hotels and tour operators will make arrangements for the hire of horses. Generally there are no saddles available and the horses have not been schooled.

YACHTING/SAILING

During March to October Nuku'alofa and Vava'u are the mecca for hundreds of ocean going yachts. Port of Refuge harbour, Vava'u provides a beautiful sheltered anchorage and the Port of Refuge hotel offers the visiting yachtsmen all the amenities and facilities of an international resort hotel. Most yachts visiting Nuku'alofa utilise the basic facilities provided at FAUA HARBOUR. The NUKU'ALOFA YACHT AND MOTOR BOAT CLUB welcomes visiting yachtsmen. The club is not active in sailing or yachting activities but the bar does provide a pleasant meeting place for visitors and locals.

SIGHTSEEING

Tour operators provide a wide range of excursion and sight seeing tours which can be tailor made to meet the visitors particular requirements and time schedule. Those visitors not on a pre-planned itinerary can have an educational and enjoyable time at little cost by planning their sightseeing round the local bus and truck services.

Rental cars are available on Tongatapu from both TONGA HOLIDAY TOURS and TETA TOURS. AVIS in Tonga is represented by TETA TOURS. A TONGAN driver license is essential and this can be obtained with little formality on production of an overseas license to the Traffic Department in Nuku'alofa.

TONGATAPU

On **Tongatapu** there is the Victorian looking Royal Palace and Chapel; The Royal Tombs, burial place of Queen Salote and Tongan Royalty since 1893; Talamahu fruit and vegetable market; Fa'oneiua Gardens, sight of a handcraft market on cruise ship days; the copra and desiccated coconut factory at Havelu; the largest and most impressive stretch of BLOW HOLES in the Pacific situated at Houma 10 miles from Nuku'alofa; the sacred flying foxes at the village of Kolovai; Captain Cook's Landing Place near Mu'a, the ancient capital of Tonga; the Langi or Terraced Tombs, burial place of an ancient dynasty of Kings, dating back to 950 A.D., and the Stonehenge like HA'AMONGA TRILITHON built around 1200 A.D.

'EUA

Is an ideal retreat for hikers, adventurers and naturalists. Ornithologists will appreciate the bird life on 'Eua which consists of the 'Eua parrot, King Fishers and Blue Crowned Lorikeets. There is little transport on 'Eua and sightseeing is either on foot or horseback.

HA'APAI

The coral chain of the HA'APAI group of which Pangai, on Lifuka, is the capital, is the center of the Kingdom's fishing industry. The "get-away" from it all atmosphere will suit those who are looking for peace and quietness. There are miles of white sand beaches, dozens of uninhabited coral islands, and the volcanoes of TOFUA and KAO are within a few hours sailing by local boat.

VAVA'U

VAVA'U is scenically the most attractive of the Tonga islands with Port of Refuge harbour the most picturesque in the Pacific. From the quaint capital of Neiafu overlooking the harbour, boat trips can be made to Swallows Cave, a resting place for Swallows, and Mariners Cave continuing to the beautiful castaway island of NUKU.

ENTERTAINMENT — NIGHT LIFE

Those visitors wishing a hectic nightlife will not find it in Tonga. However, there are hotels, clubs and cinemas which offer a satisfactory range of entertainment. These facilities are expanding all the time in keeping with the growing demand of both visitors and locals.

There are three main cinemas in NUKU'ALOFA, LONIS, the TAL'IEVA, and the HAUHAU. None are air-conditioned but each screens reasonably up to date feature films.

In addition the Dateline Hotel and the Beach House show films to residents on Sunday evenings.

Dancing to "pop style" bands is held every Friday and Saturday at the Dateline Hotel and Joe's Place. In addition occasional dances are held at the Yacht Club and the Banana Shed.

Wednesday and Friday evenings are 'Oholei Beach Nights. Osika Kami and his family run an excellent Tongan Feast with traditional entertainment in the incomparable setting of 'Oholei Beach and Hina Cave. Transportation and bookings can be arranged with any hotel or tour operator.

The Dateline Hotel features dinner dancing and floorshow on Saturday evenings and Joe's Place has an island buffet, dancing and floorshow each Friday evening.

GETTING AROUND

Depending upon the island being visited transportation may either be by horse or air-conditioned car. On Tongatapu the main forms of transportation are bus, taxi, mini-moke and colourful three wheel open air taxis called Ve'etolu. Transportation is limited on 'EUA, HA'APAI, and VAVA'U.

There is a well run internal air service operated by South Pacific Island Airways (SPIA). This service links TONGATAPU with 'EUA, HA'APAI and VAVA'U. Schedules, which are almost daily, are detailed in the major airline directories. The local agents are **TETA TOURS** who have offices in NUKU'ALOFA and all the main islands.

The Pacific Navigation Company operates a local Shipping Service which connects NUKU'ALOFA with 'EUA, HA'APAI, VAVA'U and the NIUAS.

The Nuku'alofa, Ha'apai, Vava'u run is generally one round trip per week and is operated by the inter-islands ferry 'OLOVAHA. The Olovaha which carries passengers is one class and she has two berth cabins, and 30 reclining seats in the observation lounge. Sailing time NUKU'ALOFA/HA'APAI is 8 hours and HA'APAI/VAVA'U 7 hours.

There is a daily service except Sundays between NUKU'ALOFA and 'EUA. The journey time depends on the ferry being used and varies between 2½-3 hours.

No advance bookings can be made on any inter island ferry as schedules frequently change at short notice due to weather and other local commitments.

Whilst in Nuku'alofa the Tonga Visitors Bureau or the Pacific Navigation Company will be able to supply up to the minute information on sailings.

SPORT AND RECREATION

There is no television in Tonga which is perhaps one reason why Tongans are such good dancers, story tellers, and athletes.

Tongans have always been great sports enthusiasts and the tiny Kingdom prides itself in producing international boxers, rugby and handball players.

Traditional indigenous games have not been forgotten and the visitor can still see school children expertly juggling, "hiko", whilst they sing or recite special rhymes using words which are no longer understood.

Amongst other games still played is "LAFO" which is similar to carpet bowls except that round wooden disks made from coconut shells are used instead of bowls.

The Tonga Amateur Sports Association is affiliated to all major sporting organisations in the Kingdom. Overseas organisations or clubs wishing to participate in any sporting activity in Tonga should in the first instance contact the Tonga Visitors' Bureau who will direct the enquiry to the Amateur Sports Association.

DINING/EATING OUT

In keeping with the growing demand of both visitors and locals there is an increasing number of restaurants and snack bars in and around Nuku'alofa.

DATELINE HOTEL offers full restaurant facilities and poolside snack bar.

JOES HOTEL features rooftop dining in the Latai Room.

SEINI'S RESTAURANT specialises in island seafood.

THE BEACH HOUSE is Tonga's original boarding house and offers good home cooking in pleasant surroundings.

OHOLEI BEACH: Traditional island food Wednesdays and Fridays in an incomparable beach setting 14 miles from Nuku'alofa.

PANGAJMOTU ISLAND: island picnics and feasts arranged through all major motels.

CAFE FAKALATO snack bar in the centre of Nuku'alofa.

JOHNS PLACE snack bar/take away foods, centre of Nuku'alofa. and also opposite Vaiola Hospital.

In addition to the above which cater in main for visitors, there are a number of Tongan restaurants serving Tongan foods such as sipi, lu, taro and yam.

SHOPPING/SOUVENIRS

The main stores in Nuku'alofa are Burns Philp, Morris Hedstroms, Sanfts and Lipoi Tupou. All stock a range of commercial and household goods as well as a limited range of souvenirs, postcards and films. In addition there are numerous smaller stores where goods are displayed in a rather haphazard manner.

The Friendly Island Book Store offers a comprehensive range of books on Tonga and the Pacific Islands as well as a selection of records of Tongan music and postcards. Shops such as the AIC store, Teta and some of the numerous vendors on the waterfront sell an attractive range of island wear such as mums and aloha shirts.

All the main stores close on Saturday at 12 noon and do not reopen until Monday. There is no trading of any manner on a Sunday.

Duty free goods are available at the Dateline shop, the A32 Radio shop in Nuku'alofa and at the Fua'amotu airport shop.

Handicrafts, which are excellently made and reasonably priced can be purchased at the Langa Fonua centre, the Talamahu Market or on cruise ship days at the market in the Fa'onelua gardens.

The philatelic section of the Treasury offers a complete selection of Tongan stamps and coins which are renowned for their unusual shapes and size. The hours of business are MONDAY to FRIDAY 8.30 am - 12.30 and 1.30 pm - 4.30 pm.

FESTIVAL/HOLIDAYS

Apart from fixed public holidays the dates of other festivals and special events are in general variable and as such it is not possible to specify exactly the dates on which these will take place.

January 1st New Years Day (Public Holiday).

Easter — Good Friday, and Monday (Public Holidays) Magnificent choral singing in all churches over this religious period.

April 25th — ANZAC DAY, (Public Holiday) Military Parade and wreath laying.

May 4th — Birthday of H.R.H. Crown Prince Tupouto'a (Public Holiday) Military Parade.

May 13 - 21 RED CROSS WEEK Children's fashion parade, picture shows and bazaar. Highlight of the week is the Red Cross Grand Bell.

June (early) — Opening of Parliament: Colourful ceremony, school parade and twenty one gun salute.

June 4 — EMANCIPATION DAY: Honours Tonga's unity under one king — King George I. Also commemorates Tonga becoming member of the Commonwealth in 1970.

July 4 — BIRTHDAY OF HIS MAJESTY KING TAUFA'AHAU TUPOU IV AND CORONATION: (Public Holiday).

August (late) — September ROYAL AGRICULTURAL SHOWS
His Majesty visits all island groups and attends the shows featuring displays of Tongan crops. Other events include horse and chariot racing

November 4 — CONSTITUTION DAY: (Public Holiday).

December (early) MUSIC FESTIVAL: Instrumental groups and soloists compete for honours.

December 4 — KING TUPOU I DAY: (Public Holiday).

December 25 — CHRISTMAS DAY: Traditional Tongan celebrations, (Public Holiday).

TIPPING

As in most other South Pacific islands tipping is not encouraged as in Polynesia and Melanesia it is an honour to give service to the visitor.

DRESS

Although slightly cooler than most other tropical islands, casual attire is recommended for most occasions. Ties and suits are seldom worn except on more formal occasions. Short shorts, bathing suits, bikinis are fine for the beach and pool-side but are frowned upon if worn in public. Tongan law prohibits any person from appearing in a public place without a shirt. This is strictly enforced. A cardigan or stroll is recommended for the evenings in the cooler months (May — October) and a lightweight raincoat and umbrella would be useful for the heavy showers experienced from (December — April).

LANGUAGE

In general most Tongans understand and speak English so few problems should be experienced and remember a Tongan yes can mean no and vice versa.

HOTELS

There is a wide range of hotels and guest houses ranging from luxury resort hotels to comfortable guest houses and self catering apartments. Further information on available accommodation will be mailed on request by the Tonga Visitors' Bureau.

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The Kingdom of
TONGA
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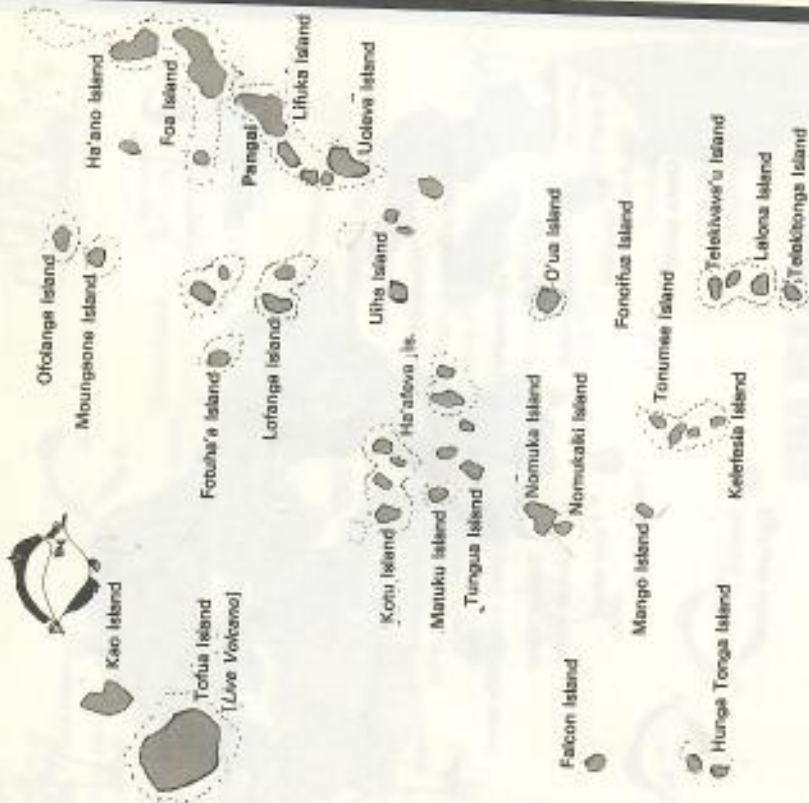
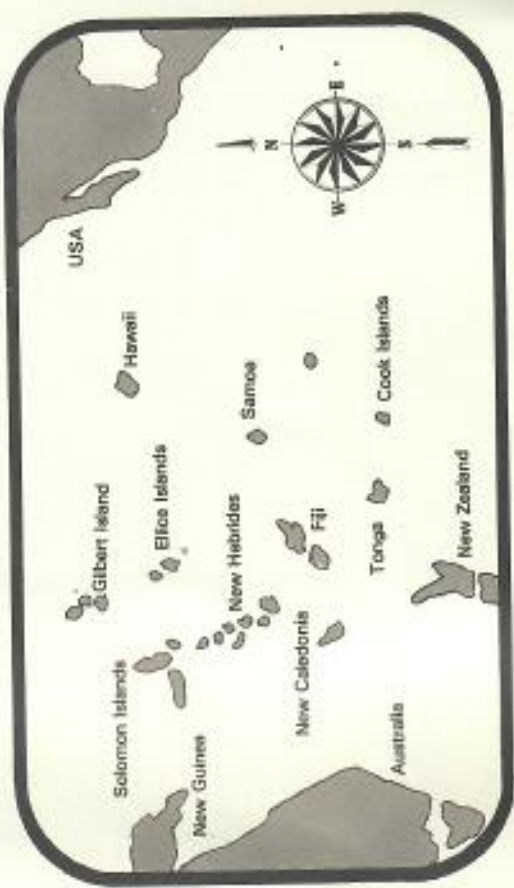
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Ha'apai Group



Tongatapu
 Eua Island



HA'APAI GROUP



