

## Sample Itinerary for AUIP Fiji Sustainability Program

*Please note: This itinerary is a sample of potential program activities, based on previous years' programs. Deviations from this plan may be expected.*

### **Day 1: Depart U.S. for Fiji**

### **Day 2: En route to Fiji**

(lose a day crossing the International Dateline)

### **Day 3: Nadi**

Bula! Welcome to Fiji. As you soak up the warm humid air of this tropical paradise, you'll settle into the hotel and get oriented for the varied cultural and educational activities that await your time in this tropical country.

### **Day 4: Nadi to Coral Coast**

We jump into a new culture today as we spend time at the Nadi markets and revel in the exotic differences of being in a South Pacific nation. Nadi is the third largest town in the country, and the market here presents a chance to see the variety of crops and seafood that are staples for Fijians. In the afternoon, we head east, following the coast through tiny villages and subsistence farms. The sea is never far from view on your right while the hills on your left get ever steeper as we head to our resort on the south shore of the island. Tonight the rustling of coconut palms and the chirping of frogs replace the sounds of the city and sets the template for many nights to come.

### **Day 5: Coral Coast**

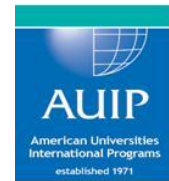
It's an adventure-packed day as we head into the mountainous interior of the island. The rainforest here is dense and sparsely inhabited, and the wild rivers that flow from this district are perfect for a kayak adventure. The inflatable kayaks are easy to use, even for novices, and the mild rapids make for a safe but exhilarating run through the valley. Upon our return to the coast, we begin preparations for tomorrow's village homestay.

### **Day 6: Coral Coast to Votua Village**

Votua Village is home to about 300 Fijians, and many of the families there will take us in for a homestay. We'll be welcomed to the village with a *sevusevu* ceremony, which includes ritual kava drinking. There will be time to learn from your host family, sharing their routines and getting a glimpse into the Fijian way of life. We round off the day with a delicious *lovo* feast and *meke*, the traditional Fijian music and dancing.

### **Day 7: Votua Village to Nadi**

Our village experience ends this morning as we bid farewell to our host families and newfound friends. Our destination is Nadi, but along the way we'll stop at Kula Eco Park to view rare native wildlife and learn of the active conservation work they do to protect the many unique and endangered species of these islands. There's even an opportunity to hold



a rare banded iguana or Pacific boa. Before retiring for the night, you'll have a chance to purchase personal supplies for our next big adventure – the coral reef!

### **Day 8: Nadi to Yasawa Islands**

From the modern Denarau Marina, we make our way by speedy catamaran to one of the outer islands of the Mamanuca or Yasawa Islands. These palm-studded gems will be our home for the next few days as we focus our attention on the ecology of Fiji's world-class coral reefs. These islands are what most people think of when they picture a Fijian paradise. It's the perfect place for our program since there are magnificent snorkeling opportunities waiting just a few steps from our accommodation.

### **Day 9: Yasawa Islands**

Have you ever had homework that required you to swim with tropical fish and drift over colorful coral? In the warm, clear waters off the beach, you'll explore the marine life of Fiji and learn how it connects Fiji closely with the United States. Don't worry if you've never snorkeled before, with the assistance and supervision of our local reef guides, you'll be comfortably paddling through a whole new world in no time.

### **Day 10: Yasawa Islands**

Your exploration of the marine world continues today as you snorkel on the reef, working in small groups to collect data for our research projects. There will also be time to work on your modules, or just enjoy the beach for a while.

### **Day 11: Yasawa Islands to Nadi**

We finish our coral reef experience this morning, with presentations by each group on their research findings. Then it's off to the catamaran as we head back to civilization in Nadi for one final night. It's a chance to finish module assignments and prepare for tomorrow's flight home. The evening is crowned by a Farewell Dinner with your classmates, celebrating your immersion into the wonders of Fiji.

### **Day 12: Nadi to U.S.**

There's time for some last-minute shopping today before we board our flights home. We've packed a lot of variety into a short program and will depart with a deeper understanding of one of Oceania's most fascinating island nations.