

## UF in Fiji: Sustaining Humans and the Environment

### Summer A, 2021

#### *Itinerary Highlights*

### Day 1 Nadi

#### **Welcome and orientation**

Arrive in Fiji and check in to your accommodation. Enjoy your first group dinner together. The following morning starts with an orientation to help you get your bearings and prepare for the exciting adventures that are in store for the next week and a half.

#### **Nadi Markets**

The Nadi vegetable market sells fruit, vegetables, flowers, and kava, while the nearby handicrafts market sells traditional crafts. You will purchase a sulu (sarong) to wear for your village homestay, and if you like, a small gift for the family.



### Day 2 – 3 Komave Village

#### **Homestay in a Fijian village**

One of the best ways to learn about Fijian culture is to immerse yourself in it with a homestay in a local village. On arrival, you will receive a Sevusevu welcome ceremony and enjoy lunch with your host families. Then they will show you around their village, and hold a Talanoa, where you can ask any questions you may have about day to day life and the effects of tourism on Fiji and its people.

#### **Lovo dinner and kava ceremony**

Help your new village prepare and cook dinner. The lovo feast is cooked in the earth so the food tastes smoky and delicious. Dinner will be followed by a traditional kava

drinking ceremony where a bowl of ground kava root mixed with water is shared amongst the group while stories and jokes are told.



#### **Meke performance**

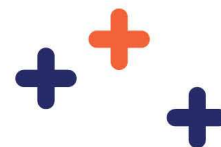
Enjoy a traditional Fijian meke during which performers will tell a story through dance, music, song, and costume.

### Day 4 – 5 Sigatoka

#### **Kayak the middle Navua River**

Spend the morning kayaking the gentle waters of the middle Navua River passing through jungles and villages. You will stop to take a short hike to a waterfall where you can cool off before having a picnic on the beach. In the afternoon you will sail on a motorized longboat to enjoy the sights and sounds of waterfalls, exotic birds, and giant fruit bats.





### **Lecture: Tourism and ecotourism in Fiji**

Learn from a tourism industry specialist who helps small to medium sized tourism businesses through their development and growth. He will share his insights having worked with a variety of tourism operations including hotels, tour companies and eco adventure resorts.

### **Kula Wild Adventure Park**

Explore the park which is a center for captive breeding of endangered species and home to an array of indigenous flora and fauna. Learn about Fiji's ecosystems as you walk through the forest on elevated boardwalks, hand feed sea turtles and get up close to the resident iguanas. For the thrill seekers, take to the ziplines or waterslides.



## **Day 6 – 8 Barefoot Manta Island**

### **Yasawa Flyer ferry to the island**

Take a 3-hour scenic transfer by ferry to Barefoot Manta, which sits in the heart of the idyllic Yasawa Islands. As the name suggests, this peaceful place will have you walking on white sand beaches, snorkeling with manta rays, and enjoying spectacular sunsets.



### **Class sessions with a marine biologist**

Join the owner of Fiji's leading marine biology consultancy to learn about Environmental Impact Assessments, sustainable tourism development, community-based marine protection projects, and national conservation campaigns.

### **Ocean research project**

During your stay at Barefoot Manta your marine biologist guide will lead your snorkel sessions and introduce you to these complex ecosystems, which support over 7,000 different fish, invertebrate and marine mammal species, and discuss how they are affected by human impacts. Complete a data collection project and present your findings to the group.



## **Day 9 – 10 Nadi to USA**

### **Lecture: Setting up a tourism business in Fiji**

Meet with a New Zealander who established a diving company in Port Denarau. He will share his business story including how he set up his tourism operation, his personal perspective on the process, and the challenge of fitting into the Fijian market. The session will conclude with a Q&A.

### **Farewell group dinner and final day in Nadi**

You will enjoy a free afternoon following the completion of the academic portion of the program before you transfer to Nadi airport.

### **Return flight to the US**