



GLOBAL EDUCATIONAL CONCEPTS
2451 Atrium Way, Nashville, TN 37214

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ITINERARY

PROGRAM NAME: Rowland Hall Fiji

HIGHLIGHTS

- Snorkeling and relaxing at Natadola Beach
- Hiking the Sigatoka Sand Dunes National Park and visiting Sigatoka Town's market
- Learning traditional crafts including clay work, salusalu flower garlands, and Meke dance
- Ziplining and exploring Tau Caves with views of the Cloudbreak surf break
- Harvesting at the organic farm and cooking an Indo-Fijian meal with local instructors
- Island-hopping off Viti Levu with swimming, snorkeling, and views of world-class surf spots
- Visiting Nadi, exploring hot springs and mud pools, and watching sunset at Momi Battery Historical Park

Day 1: Welcome to The Fiji Islands

Arrive at Nadi Airport (NAN) and meet your program leader, who will be with you for the duration of the program. Head to the South Pacific Base in rural Momi Bay. After settling in, join your program leader and local team for a brief orientation to review the week's schedule and cultural expectations. Spend the rest of your day at Natadola Beach for a chance to swim, snorkel, and relax.

Later in the evening, we'll immerse ourselves in a *sevusevu* ceremony, a traditional Fijian welcome. Dressed in a new *sulu* (a traditional sarong), you'll learn about local cultural practices and get to know the staff over a bowl of kava.

Overnight: South Pacific Base House, Momi Bay

(When departing from the US, due to the length of the flight and time difference, you will most likely arrive in Fiji +2 days later, ex depart USA on the 16th and arrive on the 18th)

Day 2: Sigatoka Sand Dunes National Park and Local Life

After breakfast at the base, we'll head to the Sigatoka Sand Dunes National Park, a proposed UNESCO World Heritage Site at the mouth of the Sigatoka River. These dunes have been forming for millions of years and contain ancient pottery and one of the largest burial sites in the Pacific. We'll spend about two hours hiking and exploring the dunes. Post hike, we'll visit Sigatoka Town for lunch. We'll tour the local market, where you can sample delicious local fruits and experience life in this charming riverside town.

In the afternoon, you'll meet with a local women's crafting group to learn about the historical importance of traditional clay work. You'll get to make your own clay creation, which will be ready to take home at the end of the week.



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We'll end the day with dinner and a relaxed evening with your program leaders, who will share more about the language, culture, and history of Fiji.

Overnight: South Pacific Base House, Momi Bay

Day 3: Village Life and Ziplining

Start the day in a nearby village, where you'll learn to make a *salusalu*, a traditional Fijian flower garland. This is an income-generating project that supports local women and their families, giving you a chance to engage with the community and learn about their culture.

This afternoon, get ready for an adrenaline rush! Visit the Tau Caves and go ziplining high above the mountains. From the top, you'll see stunning views of the famous Cloudbreak Surf Break and explore the caves that once served as a refuge for early Fijians.

Tonight, you'll have the chance to learn a *Meke*, a traditional Fijian storytelling performance through song and dance, taught by a member of our staff who has traveled the world performing the *Meke*.

Overnight: South Pacific Base House, Momi Bay

Day 4: Farming and Community

This morning, immerse yourself in a hands-on harvest at our organic farm. Join our resident farmer, Emosi, right here at the Momi Bay Base farm to learn about organic farming methods and sustainable food practices. You'll harvest and taste the bounty of local fruits and vegetables that will form the foundation of this afternoon's cooking lesson.

Walk to the home of your teacher, Shalini, for an authentic cooking lesson in delicious Indo-Fijian cuisine. As you prepare the harvested ingredients into a traditional meal, she will share the complex colonial history of Fiji and the fascinating story of the Indo-Fijian community. You will travel to Nadi town to deliver the fresh, warm meals directly to a local shelter for vulnerable women and children. This is a meaningful opportunity to connect the work of the farm and your cooking lesson to the immediate community.

Overnight: South Pacific Base House, Momi Bay

Day 5: Island Hopping

After breakfast, we'll depart Momi Bay for an unforgettable island-hopping excursion off Viti Levu's coast. You'll have plenty of time to swim and snorkel in the warm, crystal-clear South Pacific waters. We'll also cruise past world-renowned surf breaks like Cloudbreak to watch the powerful waves and skilled surfers in action.

Overnight: South Pacific Base House, Momi Bay

Day 6: Shopping, Hot Springs, and Moce, Fiji!

For your final day in Fiji, after breakfast, we will head out to explore Nadi and shop for souvenirs. After enjoying some scenic mountain views at lunch, we will visit the nearby hot springs. You can lather yourself in nutrient-rich mud, as Fijians have done for generations, then rinse off and relax in a series of peaceful, natural hot pools with views of the surrounding mountains.

In the afternoon, everyone will return to base to pack up before heading out to the Momi Battery Historical Park



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(Momi Guns) to witness a spectacular farewell sunset over the Pacific.

After a final Fijian dinner, your program leader will escort the group to Nadi International Airport. You'll say your goodbyes and reflect on your incredible adventure before your departure.

Thank you for joining us in Fiji. We hope to see you again soon!

Flight Details: TBD (Flights departing Fiji usually arrive back to the US same day, ex: depart Fiji on the 23rd and arrive into the US on the 23rd)