PROJECTS ABROAD.

Conservation & Environment

Fiji

PADI qualification, shark conservation, and cultural immersion

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION

14 LIFE BELOW WATER

15 LIFE ON LAND

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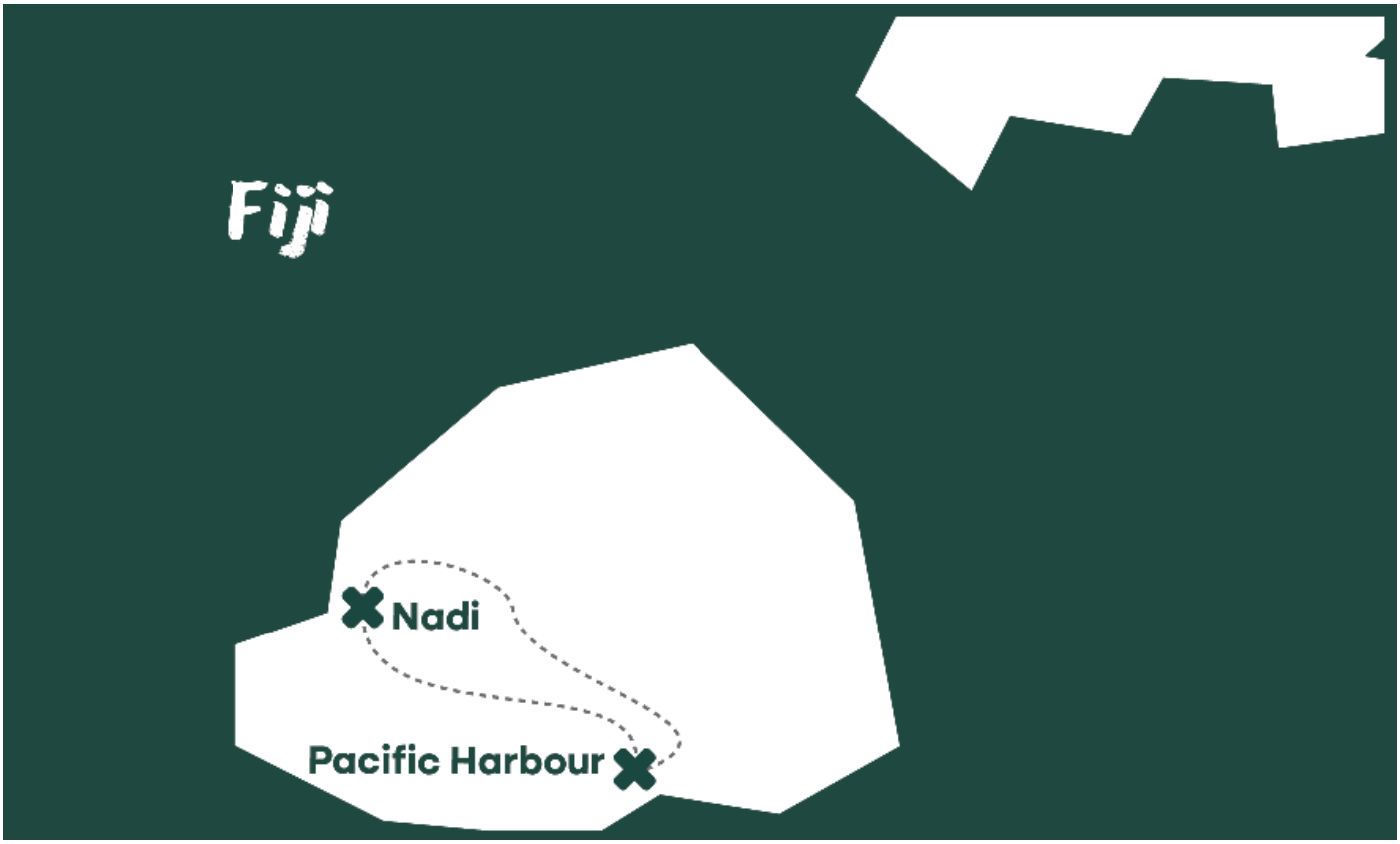
SUSTAINABLE DEVELOPMENT GOALS



LENGTH
14 Days

ACCOMMODATION
Guesthouse

TRANSPORT
Private bus, Boat

Trip highlights:

- Earn your PADI Open Water Dive certification while completing essential scuba theory and practical skills alongside professional instructors.
- Observe marine life up close during an unforgettable shark dive in Pacific Harbour, focusing on seven key species.
- Restore and protect Fiji's marine ecosystems through coral health surveys, mangrove planting, and underwater debris clean-up.
- Experience Fijian culture and nature with a traditional lovo feast, a Navua River tubing adventure, and a scenic coastal highland hike.

Overview

The following is included in the cost of your trip (subject to change).

Service & Learning

PADI
- PADI Open Water course
- Advanced Open Water

Conservation
- Shark dives
- Survey dive (Fish, Shark, Turtle ID)
- Debrief
- Data entry
- Mangrove planting (nursery and wild)
- Mangrove nursery restoration
- Beach clean & clean swell data entry

Workshops
- Fish ID team study
- Shark biology, behaviour, and role in ecosystem
- Sea turtle life cycle, threats, and conservation efforts
- Marine litter pick up and data collection
- Coral health, ecosystem, and identification

Culture & Leisure

- River tubing in Navua River
- Beach volleyball & sunset watch
- Fijian lovo
- Fire dancing performance
- Suva city tour & museum visit
- Movie screening
- Souvenir shopping
- Culture swap circle

Logistics

- Airport transfers in Fiji
- Orientation and tour of cities
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

Food/Accommodation

- Three meals a day (all diets catered for)
- Drinking water
- Guesthouse

Day 1

SLEEP Guesthouse

TRAVEL 3 hours

Arrival

Bula and welcome to Fiji!

Land at Nadi International Airport, where our local team will greet you before taking you to your accommodation. Embark on a scenic three-hour drive by private bus to Pacific Harbour, taking in the beautiful tropical landscapes along the way.

Once settled into your room, visit our local office to meet the team and review your upcoming schedule. Get to know your new surroundings on a guided tour of the local area, and round off your first day with a welcome dinner. Enjoy your first taste of authentic Fijian cuisine before unwinding for the evening in preparation for the exciting dive training ahead.

SLEEP Guesthouse

TRAVEL Minimal

PADI Open Water Dive Certification & marine training

Spend the next three days mastering the essential skills needed for safe and enjoyable diving as you complete your PADI Open Water Dive course. Under the guidance of professional instructors, you will complete scuba theory requirements, practise underwater skills, and build your confidence in the water.

Alongside your practical dive training, take part in marine biology workshops focusing on fish identification, learning to recognise Fiji's colourful reef fish, their habitats, and their vital role in the marine ecosystem.

When you're not in the water, engage in fun group activities, including beach volleyball at sunset. You'll also learn more about the species you're here to protect with an interactive fish ID team study session and a shark workshop to understand shark biology, behaviour, and conservation.

Day 5

SLEEP Guesthouse **TRAVEL** Minimal

Shark dive & traditional Fijian lovo

Put your diving skills into practice with a bucket-list experience: swimming with sharks. Diving alongside professional researchers and marine experts, you'll observe these magnificent apex predators up close in their natural underwater habitat. Keep an eye out for seven key species: Bull, Tiger, Sicklefin Lemon, Silvertip, Grey Reef, Whitetip Reef, and Tawny Nurse sharks.

After lunch, head back into the water for a test to see how many species you can identify using your new fish ID skills.

Back on dry land, immerse yourself in Fijian culture as you learn about the traditional lovo, discovering how local ingredients and cooking techniques come together in an underground earth oven. In the evening, celebrate your achievements with a congratulatory dinner, complete with spectacular traditional fire dance entertainment.

Day 6

SLEEP Guesthouse

TRAVEL 1 hour each way

Suva culture

After an action-packed week of dive training, take a well-deserved break as you travel to Suva, the vibrant capital city of Fiji.

Discover Fijian history and heritage with a guided tour of the city's major landmarks, followed by a visit to the Suva Museum. In the afternoon, enjoy a movie screening at a local theatre and browse local shops for souvenirs, gifts, and unique keepsakes to bring home.

Day 7

SLEEP Guesthouse

TRAVEL 2 hours each way

Navua River tubing adventure

Leave the coastline behind and head deep into the tropical interior for an unforgettable day of river running and cultural discovery.

Your adventure begins with a long-boat ride up the legendary Navua River, winding through steep emerald canyons and past dozens of waterfalls tumbling directly into the river below. Arriving at a rural village tucked inside the valley, you'll step straight into Fijian culture, meeting community members, discovering local heritage, and sharing a traditional meal together.

Once re-energized, strap on your helmet and life jacket for the highlight of the trip: tubing down the river rapids. Push off into the current to launch into a thrilling float down the gorge, tackling playful whitewater sections and drifting through tranquil emerald pools. You'll stop along the way to swim in natural freshwater lagoons, cool off beneath towering waterfalls, and leap off rocks into the deep river channels. Exhilarating from start to finish, this immersive day out showcases Fiji at its most wild, vibrant, and fun.

SLEEP Guesthouse **TRAVEL** Minimal

Reef surveys, mangrove restoration & marine outreach

Back in Pacific Harbour, shift your focus to active marine conservation and research. Over the course of your second week, you'll participate in practical survey dives to assess coral health and monitor local shark, turtle, and fish populations, logging your findings into conservation databases to support ongoing biological research. You'll also get your hands dirty for mangrove conservation by collecting seedlings, planting them in the nursery, and rehousing established plants in the wild to protect Fiji's coastline from erosion.

Alongside your research dives, embark on a guided snorkelling session at Geckos Reef, a shallow offshore ecosystem in Beqa Lagoon famous for its diverse coral formations. Attend an interactive coral reef workshop, participate in a sea turtle conservation session, and join a marine litter workshop followed by a coastal beach clean-up using the Clean Swell app to track ocean debris. You'll also get some time to unwind by the pool.

Your evenings will be filled with fun group activities, including games nights, a lively trivia quiz, and a reflection circle to share your favourite highlights from the week

Day 13

SLEEP Guesthouse

TRAVEL Minimal

Coastal Highland hike & farewell dinner

Spend your final full day in Fiji exploring the island's lush interior on an unforgettable coastal highland hike. Guided by local staff, you'll make your way through dense rainforest trails, cross river valleys, and ascend scenic ridges that offer breathtaking views of the surrounding landscapes and nearby ocean. Along the way, discover hidden waterfalls where you can cool off with a swim before pausing to take in the dramatic panoramas of the coastline.

Returning to Pacific Harbour in the late afternoon, take time to pack your bags, relax, and swap photos with your group. As evening falls, gather together for a special farewell dinner to celebrate your conservation impact, reflect on shared achievements, and commemorate the memories you've created together in Fiji.

Days 14 **SLEEP** n/a **TRAVEL** 3 hours

Departure

Say goodbye to the team as you head back to Nadi International Airport for your departure flight home.

Reflect on all the hands-on learning, conservation impact, and cultural experiences you've gained over the last two weeks – memories and skills that will stay with you for a lifetime.

Destination Info

Dive into Fiji, an archipelago of more than 330 islands in the South Pacific. With sandy beaches, blue water, and lush rainforest, it's the very vision of the tropical paradise in your imagination.

But it's more than that. Fiji is a melting pot of culture, with influences from Polynesia, India, and Europe. With ancient villages and even older traditions dating back 3,500 years, it is steeped in history and culture – a perfect escape for water sports, relaxation, and cultural discovery.

LANGUAGE
English, Fijian and Fiji-Hindi

CURRENCY
Fijian Dollar

NATIONAL DISH
Kokoda

POPULATION
920,000

TIMEZONE
GMT +12

NATIONAL ANIMAL
Iguana

CAPITAL
Suva

COUNTRY CODE
FJ / +679

NATIONAL BIRD
Collared Lory

A sustainable adventure

We're dedicated to protecting both people and the planet, treading lightly as participants of global travel.

By travelling with us, you're making positive contributions to people and planet, aligned with the UN SDGs.

Don't just take our word for it, we're B Corp certified!

B CORP CERTIFIED

CLIMATE ACTION PLAN

FAIR & ETHICAL WAGES

SUPPORTING THE UN SDGs

Learning Outcomes

GLOBAL CITIZENSHIP

Our programme is designed to immerse students in diverse cultures, engage with real-world challenges, and gain an understanding of their role in a global community. They will develop intercultural competence, broaden their perspectives, and actively contribute to sustainable development initiatives.

LEADERSHIP & TEAMWORK

Through stepping outside their comfort zone, students will build resilience, confidence, and adaptability. By taking on new challenges and working collaboratively in teams, they will strengthen their leadership skills, decision-making, and capacity to guide and inspire others.

EMPOWERMENT

Students are empowered to develop the confidence and independence needed to think critically, challenge the status quo, and take ownership of their choices, creating a mindset for transformative decision-making.

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Diving & Marine Conservation | Fiji

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