PROJECTS ABROAD.

Conservation & Environment

Fiji

Snorkelling surveys, mangrove reforestation and cultural immersion

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION

14 LIFE BELOW WATER

15 LIFE ON LAND

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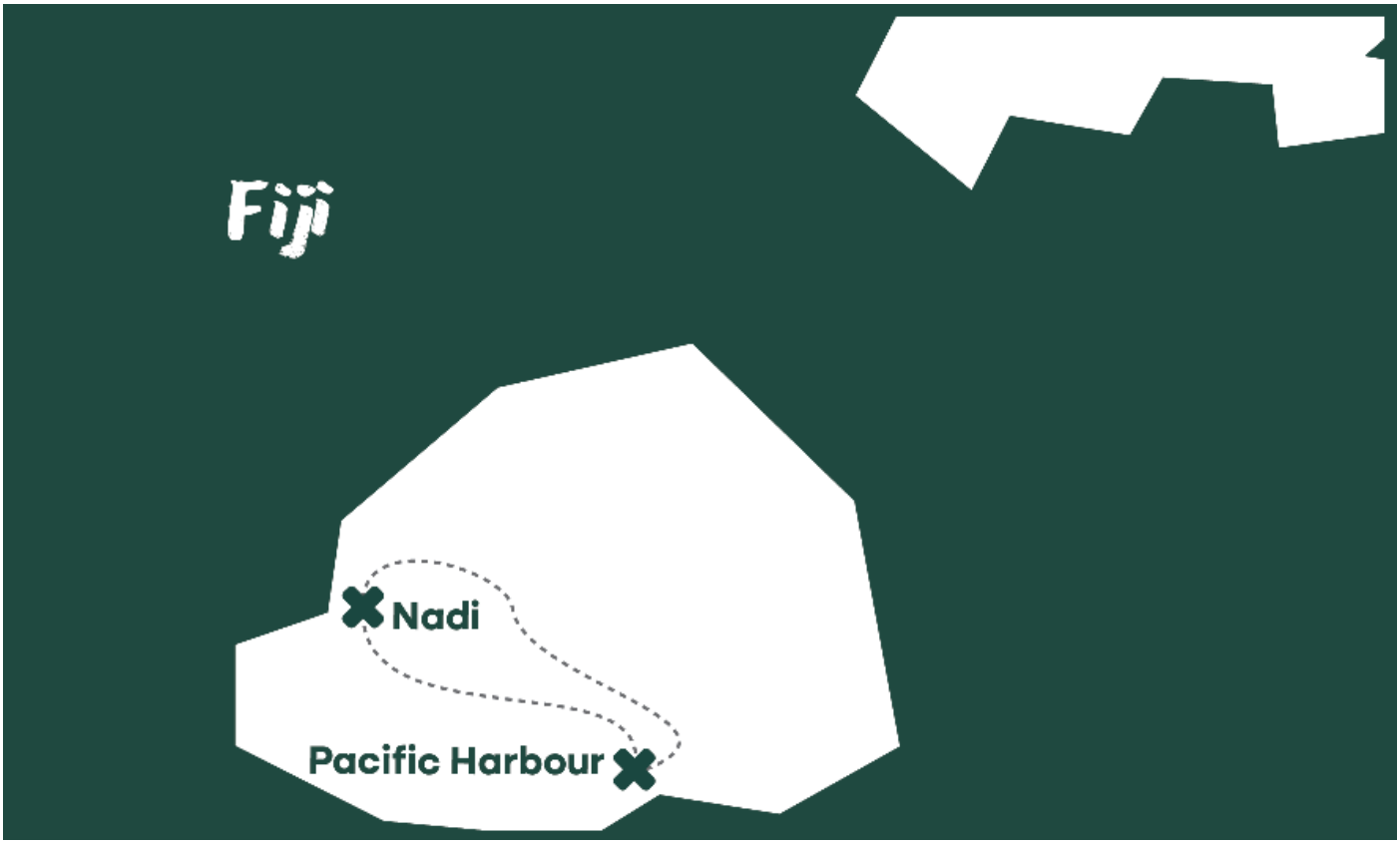
SUSTAINABLE DEVELOPMENT GOALS



LENGTH
14 Days

ACCOMMODATION
Guesthouse

TRANSPORT
Minibus, Boat

Trip highlights:

- Observe vibrant marine life during guided snorkelling sessions over local reefs in Beqa Lagoon and learn key identification skills.
- Protect Fiji's coastal ecosystems by planting mangrove seedlings, clearing nursery weeds, and supporting shoreline restoration.
- Empower the next generation by planning and delivering interactive marine conservation awareness presentations at a local school.
- Immerse yourself in island culture and adventure with a traditional village tour, a Navua River tubing trip, and a scenic coastal highland hike.

Overview

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

Service & Learning

Conservation
- Mangrove planting and nursery maintenance
- Beach clean
- Coral reef surveys
- Conservation awareness in a school

Workshop
- Snorkel training
- Coral health, ecosystem, and identification
- Marine pollution and data entry
- Shark biology, behaviour, and role in ecosystem
- Climate change

Food/Accommodation

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

Culture & Leisure

- Beach Volleyball and Sunset Watch
- Coastal highland hike
- Fijian LOVO cooking class
- Fire dancing performance
- Suva City Tour and Museum
- Movie screening
- Souvenir shopping
- River Tubing in Navua River

Logistics

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

Days 1-2

SLEEP Guesthouse

TRAVEL Minimal

Arrival

Bula and welcome to Fiji!

Land at Nadi International Airport, where our local team will greet you before transferring 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 in, engage in a cultural awareness session to gain insight into Fijian customs, traditions, and local etiquette.

Unwind in the late afternoon with a relaxing beach walk and a game of volleyball, concluding your first day with a welcome dinner.

The following day, travel to Suva, the capital city of Fiji. Admire its historic architecture, browse local markets for unique handicrafts, and explore key landmarks.

After returning to Pacific Harbour in the afternoon, cool off with some time in the pool, participate in an introductory Fijian language lesson to learn basic words and phrases, and enjoy a sunset beach picnic along the coastline.

Days 3-6

SLEEP Guesthouse

TRAVEL Minimal

Snorkelling, marine workshops & cultural immersion

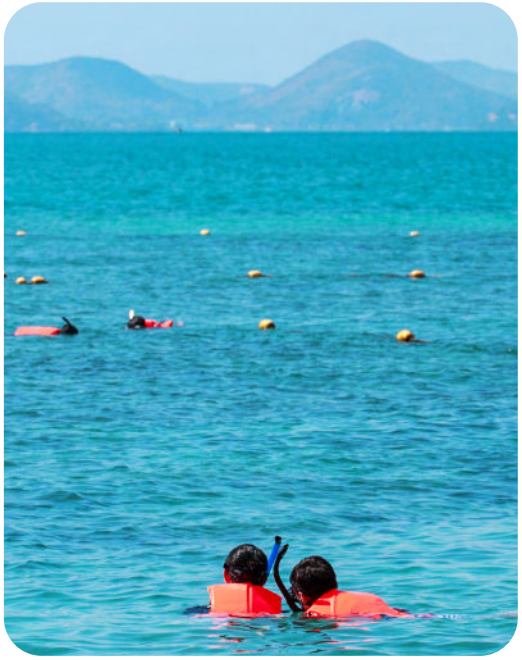
Spend the next four days engaging in hands-on coastal conservation and rich cultural experiences.

Start with a guided snorkel training session to learn essential safety techniques, followed by a coral reef workshop to identify key marine species. Get your hands dirty at the mangrove nursery with maintenance work and replanting seedlings to protect local shorelines.

During the week, you'll participate in a beach clean-up, log data in a marine litter workshop, and attend marine life sessions covering sharks, sea snakes, and fish ecology.

You'll also visit a traditional Fijian village to meet families, elders and the chief. There, you'll learn local crafts such as basket weaving, tie-dye, and sasa broom making and take part in a traditional dance lesson.

In the afternoons, enjoy snorkelling over local reefs, participate in beach games with your group, and relax during social evenings at your accommodation.



Day 7

SLEEP Guesthouse

TRAVEL 2 hours each way

Navua village & river tubing

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

Day 8

SLEEP Guesthouse

TRAVEL 2 hours

Sand dunes

Travel to Sigatoka Sand Dunes National Park for a scenic hike across massive coastal dunes. Learn about the fitness regimen of the Fijian rugby team and how they utilise the Sigatoka Sand Dunes to give them a competitive advantage!

Take in panoramic views of the ocean while exploring ancient archaeological sites containing pottery fragments and tools left behind by Fiji's early settlers, returning to Pacific Harbour each evening for dinner and rest.

Days 9-12

SLEEP Guesthouse

TRAVEL Minimal

Mangrove planting, coral surveys & school outreach

Your second week will focus on active environmental restoration and conservation awareness.

Spend mornings preparing and planting mangrove seedlings along the coastline to prevent soil erosion and restore vital marine habitats. Head out on guided snorkelling sessions over nearby coral reefs to observe the underwater world and put your workshop knowledge into practice.

You'll also engage in a shark conservation workshop, explore the impacts of climate change on ocean ecosystems during interactive sessions, and assist with ongoing nursery maintenance.

To ensure that conservation efforts keep going even after your departure, you'll prepare educational presentations on marine conservation topics, culminating in a visit to a local school to inspire and teach students about ocean protection.

Your evenings will feature preparation of a traditional LOVO feast, a trivia quiz night, friendly beach games, swimming pool time, and a group reflection circle.

Day 13

SLEEP Guesthouse

TRAVEL Minimal

Highland hike & farewell BBQ

Spend your final full day exploring Fiji's lush interior on a guided coastal highland hike. Walk through dense rainforest trails and river valleys to discover a hidden waterfall, where you can take a cool dip while admiring sweeping views of the surrounding landscapes and coastline.

Return to Pacific Harbour in the late afternoon to pack your bags and unwind. As evening falls, celebrate your conservation impact and shared achievements with a festive farewell BBQ dinner accompanied by a spectacular traditional fire dancing performance.

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

Departure

Say goodbye to your team and transfer by private bus back to Nadi International Airport for your departure flight home. As you travel back, reflect on your hands-on environmental contributions, cultural discoveries, and unforgettable experiences in Fiji.

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
+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!

Certified B Corporation

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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Marine Conservation | Fiji

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