



Highlights

- ▶ Help with the reforestation of mangroves
- ▶ Teach local communities about the importance of conservation through workshops and outreach
- ▶ Become immersed in Fijian culture
- ▶ See marine life and vibrant coral while you snorkel in clear blue water
- ▶ Travel to Nadi for a relaxing day of hot springs and mud baths

Accommodation

Conservation Camp and Hotel

Transport

Private minibus, walking

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By travelling with us, you're making a positive contribution to the economies of communities around the world and supporting local jobs.



Fiji

Conservation

1 Week

Join this once-in-a-lifetime opportunity to explore the stunning island of Fiji. During this programme, volunteers have the chance to support the hard work of local conservation workers as they take part in beach clean-ups, workshops and mangrove planting.

Explore Fiji and learn about its rich history, culture and traditions as you take a tour of a local village and get involved with activities in the community.

Dive into the ocean and explore what lies beneath the surface with a day of snorkelling. See marine wildlife and coral reefs as you swim through Fiji's stunning blue water.



Day 1

Welcome to Fiji

On arrival day, a Projects Abroad staff member will be waiting to collect you from Nadi International Airport (NAN).

A bus collects you and takes you to your accommodation in Pacific Harbour. This is a three-hour drive, but time seems to fly by as you take in the scenery and meet your fellow volunteers.

After you reach your accommodation at the Conservation Camp, you'll have time to get settled in and rest after the long journey. Later, you'll meet with local staff for an induction course to learn about the area, local customs, and priorities for the week.

Day 2

Mangrove Work

You'll begin your first day of conservation work learning about the importance of mangroves and helping with mangrove reforestation. This will include activities such as:

- ▶ Prepare and care for mangrove seedlings
- ▶ Planting mangroves along the coast
- ▶ Maintenance in the mangrove nursery

Mangroves are one of the most important for a variety of reasons:

- ▶ They help reduce carbon emissions.
- ▶ Mangroves provide homes to many species of plants and animals.
- ▶ They play a protective role for communities and vulnerable coastlines by preventing soil erosion and providing cover from extreme weather.

Your volunteer work will help to rebuild these important habitats and also create the first carbon-neutral resort in Fiji.

Day 3

Conservation Workshop

With workshops and outreaches, you'll raise awareness of the importance of sharks, the impact they have on the ecosystem, and sustainability.

Volunteers will conduct workshops to teach local people about the importance of marine conservation, living sustainably, recycling, climate change, and marine life.

Volunteers will also take part in a beach clean-up. You will do this alongside local children, making it a great opportunity to talk to them about the importance of ocean conservation.



Day 4

Snorkeling Day Trip

Head to the beach for a day of exploration. With their soft, white sand and clear, blue seas, they are the ideal place to relax and wind down after a day of volunteer work.

Volunteers will venture into the water with a snorkelling day trip, seeing fascinating marine life and coral like never before. Fiji is known as the “soft coral capital of the world”, with over 390 species of coral making up its coral reefs.



Wildlife

Home to a variety of land and marine wildlife, visitors are bound to see a few different species during their trip to Fiji. Sea turtles, sharks and tropical fish are just a few of the animals volunteers can hope to see if they snorkel or scuba dive in these waters.

On land, snakes, birds and bats live in Fiji's various, impressive habitats.



Food

With an array of local resources on hand, Fijian food is fresh, vibrant and flavourful. Common ingredients you can expect to see are vegetables, fruit, chicken, fish, lamb, coconut milk and yams.

Traditional Fijian feasts are often cooked in a 'lovo', an earth oven heated by hot stones. This method slowly cooks the food, leaving it tender with a smoky finish - delicious!

We'll cater to all dietary requirements and preferences.

Get in Touch!

We've designed our trips to maximise your impact and experience. If you have any questions or specific requests, please don't hesitate to get in touch!

We have Project Experts available 9:00-17:30 (GMT) Monday-Friday to help you with anything you might need.



Culture

Known for their warm and welcoming nature, Fijians are happy to welcome visitors into their communities and share their culture and traditions.

Through song and dancing, Fijians tell stories about war, love and history. These performances are known as 'meke' and are a tradition Fijians take pride in.

From basket weaving to cloth making, Fijians work with natural resources to create practical and artistic reminders of their heritage.



Community

In Fiji, there are people from many different religions. From Christians and Muslims to Hindus and Sikhs, you can see the importance of worship and community within the Fijian lifestyle.

As a result, communities in Fiji are often made up of friends and families who care for one another and are happy to adopt newcomers as if their own.

groups@projects-abroad.org

+44 (0) 1273 007230

Projects Abroad
Telecom House
123-125 Preston Road
Brighton, BN1 6AF
United Kingdom

Day 5

Culture Day

Volunteers will become fully immersed in Fijian culture with a tour of a local village. Learn local crafts and traditions (such as basket weaving and dances) and meet village elders.

As you delve deeper into the life of Fijians, you'll develop your understanding of this incredible country while making meaningful memories and lifelong connections.

Day 6

Trip to Nadi

After two and a half hour drive over to Nadi, you'll enjoy a day of relaxation. Visit the hot springs and enjoy a mud bath, kept warm by an underground volcanic source and feel pampered by nature.

Treat your skin as you cover yourself in mud and dry off in the sun before washing off in the naturally heated spring.

Day 7

Saying Goodbye to Fiji

After an amazing week of learning, sightseeing and new experiences, it's time to leave Fiji. You'll be picked up from your accommodation by a staff member and taken to the departure point.