



**SAMPLE
ITINERARY:**

**BRIDGING
CULTURES
PROGRAM:
FIJI**

*This is a
sample itinerary
to give you
an idea of what
to expect on
your program.
Details
including times,
activities, inclusions
and specific days
will vary
and are subject
to change.*

Day 1 ARRIVE	
5.15am	Arrive into Nadi
	Transfer to accommodation
10.45am	Meet in the resort dining room to walk over to the meeting room for your General Introduction session
1.00pm	Lunch
2.30pm	Afternoon sports session
	After the session you will have a chance to relax before dinner.
6.30pm	Dinner
Day 2 FIJI CULTURAL TOUR	
8.45am	Continental Breakfast
9.45am	Assemble outside of Reception ready for your pick up for today's cultural excursion
10.00am	Depart for the 'Jewel of Fiji' Village tour
	Take a boat ride up the Navua River to visit a Fijian village. Lunch, Fijian meke entertainment & a kava ceremony are included. You will have an opportunity to view handicrafts and tapa paintings. Following this you take a ride on a Fijian bamboo raft to a waterfall. (**A group photo will be taken prior to leaving the Village.)
3.00pm	Return back to accommodation
4.15pm	Meet in the resort dining room to walk over to the meeting room for Program Session 2
6.30pm	Dinner provided at accommodation
Day 3 ISLAND DAY TRIP	
7.15am	Continental Breakfast
8.00am	Meet in the resort dining room to walk over to the meeting room for Program Session 3
9.45am	Assemble outside of Reception ready for your pick up for today's Island excursion.
10.00am	Depart accommodation to spend a day on Yanuca Island
	This beautiful island is protected in a small jungle filled cove and you can dive into warm blue water from the incredible white sandy beach straight in front. Spend the day snorkelling & exploring. (Lunch is included on the island.)
3.30pm	Arrive back to accommodation
6.30pm	Dinner included at accommodation
Day 4 DEPART RESORT	
8.30am	Continental Breakfast
	Please have your bags packed ready to depart
10.00am	Depart accommodation for the University of the South Pacific where you will check in to your temporary housing.
3.00pm	Depart on a walking tour of the city of Suva. Stop at the supermarket to get food.
6.30pm	Dinner and presentation on community project to be held at USP.
Day 5 TRAVEL TO SOTE VILLAGE	
9.00am	Pick up from the University of the South Pacific and drive to the Village.
12noon	Traditional welcome followed by lunch
1.00pm	Introduction to village life.
2.00pm	Work on Village project. Details of the project to be advised.
6.00pm	Dinner and social gathering in the hall.
Day 6 DAY OF REST	
8.00am	Breakfast (NOTE: Sunday is a day of rest so no outside work gets down in the village.)
10.00am	Church Service - optional
12noon	Lunch. After lunch there will be an opportunity for an afternoon trek and swimming.
6.00pm	Dinner
Fay 7 DEPART SOTE VILLAGE	
7.00am	Breakfast
8.00am	More work on the Village project
12noon	Lunch and official farewell
2.00pm	Depart Sote Village and travel back to the University of the South Pacific