

# **FIJI 2019:** **PROFESSIONAL DEVELOPMENT**

## **PROGRAM GUIDE**

**March 19<sup>th</sup> – 28<sup>th</sup>**



## ***Program Introduction***

Insight's Fiji Professional Development Program is designed for educators who are looking to integrate global issues into their schools, classrooms and communities. Over the course of 10 days, participants will explore the impact of climate change while trekking through the interior of Fiji's largest island, visiting local farms and helping preserve mangroves. We will explore the relationship between climate change, migration, and citizenship in Fiji, Canada and throughout our global community. This program is designed to educate and inspire.

If you're looking for an opportunity to travel, have fun, learn, and experience all that a country has to offer, consider joining Insight and other educators in March 2019. The below outline provides details on the program themes, the proposed travel itinerary including activities and learning experiences, the costs (inclusions and exclusions), and a sample travel map.

### ***The following themes will be explored, experienced and discussed:***

- **Theme 1:** Integrating Global Themes & The Global Goals Into Your School
  - How can we bring what we have learned in Fiji back to our classrooms in Canada?
  
- **Theme 2:** Indigenous Communities and Land Relations
  - What can we learn from Indigenous peoples about our relationship with land?
  
- **Theme 3:** Climate Change and Rising Sea Levels
  - What are the root causes, impacts and mitigation strategies for global climate change?
  
- **Theme 4:** Eco-Tourism and Sustainable Travel
  - What does environmental sustainability look like in a community or in a business model?

## Travel Itinerary

### Arrival (D)

- Attendees arrive and check-in (Pickup is provided from Nadi Int'l Airport for those arriving on March 19<sup>th</sup>, 2019)
- If you are already in Fiji, details will be provided to get you to our first hotel for the 19<sup>th</sup> of March. We will rest and relax until dinner when we will meet and introduce ourselves!

### Day 1, (B,L,D)

**Theme:** Eco-Tourism and Sustainable Travel

- Begin in Nadi Town with a visit to Aviva farms for an interactive and immersive lunch
- Aviva is known for its unique, traditional Fijian cooking methods, where food is prepared underground
- After Aviva, we will head into Nadi town to introduce participants to one of Fiji's important trading hubs, along with a visit to the local Hindu temple
- We will be staying at Smugglers Cove in Nadi, with direct beach access for some relaxation

### Days 2 and 3 (B,L,D)

**Theme:** Indigenous Communities and Land Relations

- Beginning day 2, we'll head out Nadi town and embark on a trek with Talanoa Treks in the interior of Fiji
- During this 2 day trek, we'll meet and engage with Fiji's indigenous communities in the highlands of Viti Levu
- We will eat traditional cuisine, stay in a traditional 'bure', hike with local guides, and learn about traditional ways of life while off the grid.



Exploring Fiji's highlands on Viti Levu



Fiji's famed sunsets, no photoshop required

## Days 4 (B,L, D), 5 (B), 6 (B, L)

**Theme:** Climate Change and Rising Sea Levels

- After our trek, we'll begin driving towards the north of Viti Levu, stopping in communities in Raki Raki province. While in the north, we'll visit a community that was damaged by Tropical Cyclone Winston, learning about recovery efforts and the impacts of the largest cyclone rec-

orded south of the equator.

- We then head in to Suva, Fiji's Capital, where we'll meet with officials at the Embassy of Tuvalu, learning about efforts to relocate individuals displaced by rising sea levels.
- In Suva, we'll explore the Thurston Gardens, the National Museum, and the central market, while also providing free time for participants to explore this historical community

## Days 7 (B, L, D) & 8 (B, D)

**Theme:** Eco-Tourism and Sustainable Travel

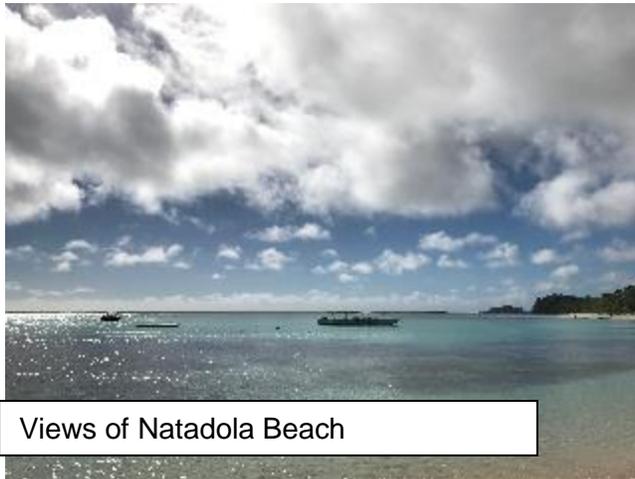
- After our time in Suva, we'll head south along the coral coast to the community of Pacific Harbour (1-2hrs drive time from Suva)
- In Pacific Harbour, we'll visit Nature Fiji's palm planting projects, while learning from a women's cooperative that's working to restore the coastline while supporting the local tourism industry
- We'll have some free time at Uprising, allowing participants to relax along one of Fiji's calming beaches
- On day 8, we head to Arts Village outside of Pacific Harbour, before transiting to Sigatoka

## Day 9 (B, D)

**Theme:** Fiji's History / Program Wind Down

- Our last town, Sigatoka, is a cultural and historical hub – while in Sigatoka we'll explore the Sigatoka Sand Dunes and Caves, a global historic site.

- We'll explore Fiji's famed Natadola coast line, and wind down our program with a final group dinner
- Participants have some free time to explore some of the shops in town



Views of Natadola Beach



Debriefing with our team outdoors

## Program Cost - \$2,399 (\$2,199 after early registration discount)

Save \$200 by registering before Nov 15<sup>th</sup> 2018!

### ***Inclusions:***

- Accommodations at all locations (based on double-occupancy, at hotels/hostels and guesthouses)
- Most meals (breakfast, lunch, dinner) specified as B, L, D and a specific date number
- Water (participants must bring a reusable water bottle)
- In-country transportation via coaster bus
- Arrival pickup at airport
- All program-related fees (entrance fees, park fees, etc.)
- Program themes and related activities/experiences
- Program staff (Insight and local team member) to facilitate and guide

### ***Cost Excludes:***

- International airfare to/from Fiji
- Passport
- Personal medications
- Travel insurance (emergency, medical, cancellation) \*\*

- Personal expenditures (crafts, gifts, etc.)
- Local guide/bus driver tip - \$60 USD

### **Additional Options:**

- Single occupancy - \$450 CAD
  - o Individual travelers will be placed in shared lodgings based on male/female, unless otherwise requested. Participants can request lodging with specific individuals (ie. couples, friends, etc, and we will accommodate).

## **Questions?**

Our group will be led by retired teachers Tammy Wirick and Joanne Holme, along with our local team in Ecuador. For any questions related to the program contact:

Tammy Wirick - [leewirick@telus.net](mailto:leewirick@telus.net)

Joanne Holme – [joanneholme@shaw.ca](mailto:joanneholme@shaw.ca)

## **To Register**

Contact Tammy Wirick or Joanne Holme. Registrations will require a \$500 non-refundable deposit made payable to Insight Global Education.

Registration will be on a first come first serve basis. This professional development program will be capped at 22 participants (minimum 10 participants).

Register by November 15<sup>th</sup>, 2018, and save \$200 CAD towards the total program fee.

## **Flights**

Flights are not included in the cost of the program. You are welcome to book your flight individually, or, if you would like, we can refer you to a travel agent at Flightcentre who is familiar with our trips abroad. We simply ask that you arrive and are ready for the trip to begin March 20<sup>th</sup>, therefore, you should, at latest, arrive the 19<sup>th</sup>.

## Accommodations

Nights 1-2	Smugglers Cove (Nadi) – <a href="#">TripAdvisor Link</a>
Nights 3-4	Talanoa Treks (Nabutautau –Traditional Bure) - <a href="#">TripAdvisor Link</a>
Nights 5-6	Colo-I-Suva Rainforest Lodge (Suva) - <a href="#">TripAdvisor Link</a>
Nights 7-8	Uprising Lodge (Pacific Harbour) - <a href="#">TripAdvisor Link</a>
Night 9	The Beachouse (Coral Coast) - <a href="#">TripAdvisor Link</a>

For more information on our accommodations, simply click the TripAdvisor link.

## Transportation

While in Fiji, transportation will be included the entire duration. For most of the trip, we'll be commuting as a group via a coach bus. During our 2 day highland experience, we'll be using 4x4 jeeps.