

Congratulations on your decision to journey with us to the Mission at Natuvu Creek!

We are grateful for your willingness to come and serve the rural people of Fiji. You will find Fiji is an extremely interesting, laid back culture, inhabited by the nicest people in the world. Anticipate the beauty of the landscape and the simplicity of life that awaits you. We hope this document provides the answers to many of your questions. For additional questions, please contact:

Trip Coordinator

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LOCATION: Situated on 750 acres and encompassing an extinct volcano that reaches an altitude of 1,200 feet at its peak, down through rain and bamboo forests, to the shores of Buca Bay, is the clinic and other facilities of the Mission at Natuvu Creek.

MNC lies on the eastern coast of Vanua Levu, Fiji's 2nd largest island, just two hours air travel from Nadi, Viti Levu, where the International Airport is located. You will fly to either Savusavu or Labasa and travel by car approximately 1 hour 45 min to 3 hours to the Mission, or fly to Taveuni, Fiji's third largest Island and travel by taxi for 30 minutes and boat by 1 hour to the Mission. Both flights are under 2 hours.



MAIL: Mail delivery is very unpredictable, especially during short trips because it is delivered to Savusavu and must be picked up there – 1 hr. 45 min each way – 3 hours by bus. Mail from the states can take 2 -3 weeks to arrive to Savusavu. You may purchase post cards and mail them home – they will most likely arrive after you return, but are fun for friends and family to receive.

INTERNET/CELL PHONES: The Mission has high speed WI-FI access for a that is included in the cost of your stay. Internet is not unlimited, so please, no streaming or game playing. You don't want the group, or the Mission, to run out of internet access. You may want to purchase a Vodafone "Flashnet" at the airport, if you have time between flights, for use outside of the Mission. Otherwise,

you may want to consider adding an international calling plan to your phone. The Mission phone can be used for local Fiji calls only and cannot make international calls. **We highly recommend downloading What's App**, where you can easily communicate with friends and family for free on wi-fi (please just keep calls short, and no video calls, as this uses internet!)

OPEN AIR DINING FACILITY AND POOL: Between the clinic and the ocean is a beautiful thatch dining area with a modern commercial kitchen. Adjacent to the dining area is a swimming pool that is the perfect place to relax after a long day in the clinic.

LODGING: Located on the second floor of the Clinic with an outside staircase there are 4 suites with queen beds and three dorm-style accommodations. Each suite has its own bathroom and the dorm rooms have their own bathrooms. We have two “Mission Homes” on the beach, with either individual queen suites with private bath, or rooms with shared baths.

LAUNDRY: We recommend bringing lightweight clothes that can be worn more than once without needing to be cleaned. We do have laundry services if you need them. There is a minimal donation of \$10 USD per load. Please note that depending on the demand for laundry and the weather, you may not get your laundry back for a day or two, so don't send all your laundry out at the same time!

HOUSE SECURITY: The Mission is safe and we've had no issue with security or theft. The doors do not lock, however, so please keep valuables at home, in your suitcase locked, or you can ask the clinic directors to put them in our safe.

FIRE SAFETY: During the event of a fire emergency, you should make your way towards the beach directly in front of the mission.

POLICIES: There are volunteer guidelines and rules that must be signed by each volunteer prior to takeoff. They are common sense reminders about interacting with others with a few additional rules adapted for the culture, as well as a liability release and required travel information.

MEALS: Meals are served at the Cafeteria three times a day unless otherwise mentioned. Approximate breakfast time is from 6:30am to 7:30 am. Lunch is at 1:00pm and dinner is at 6:30pm. Please consult the daily itinerary provided to you before your departure. Mostly vegetarian meals are prepared by the kitchen staff and include a healthy selection of local fruits and vegetables.

REQUIRED TRAVEL DOCUMENTATION: If you are a U.S. citizen, you will need a valid passport for entry into a foreign country and upon return to the United States. **Passports must be valid six months beyond your intended departure date** and have one to two blank pages remaining. Allow sufficient time to have your application processed if you are applying for a new passport or renewing an expired passport. Visit www.travel.state.gov for more details. Travelers who are 17 years old or younger, when traveling with a sole parent, should carry a notarized letter of permission to leave the country signed by the absent parent. Visas are required for citizens of some countries. If you are not a U.S. citizen, please check with the embassy of the country you are visiting for information on documentation requirements.

ARRIVING IN FIJI: After your 11 hour flight from Los Angeles, you must go through customs with a filled out arrival form. Please use the line to the left of the customs counter for domestic connecting

flight passengers. After retrieving checked baggage, you will proceed through the agriculture check. Then, go straight to the domestic flight counter adjacent to the arrival terminal. Go outside the airport to the curb and follow the sidewalk to the right where there is the departure terminal. The second flight will take 1 to 1 ½ hours to Labasa, Taveuni or Savusavu airport and from there, a van, bus or taxi will meet you and take you to the final leg of the trip (Taveuni flights will also include a boat).

Labasa to Mission: @ 3 Hours by taxi

Savusavu to Mission: @ 2 Hours by taxi

Taveuni to Mission: @ 30 min by taxi and 1 hour by boat

WEATHER: Fiji is located in the tropical band of the South Pacific, so Fiji weather comprises a tropical maritime climate without extremes in temperature. Temperature ranges are very moderate, with only slight changes from one day to another and from one season to another. The hot summer season falls in January, February and March and generally is not more than 5 degrees hotter than the cool 'winter' season of July and August and September. The summer season is also the more humid time of the year, so can feel hotter in spite of the minimal temperature degree difference. The wet 'summer' season is November to April and one can expect a greater number of tropical downpours at this time compared with other months of the year. For more details on Fiji's climate and weather forecasts visit the Fiji Meteorological Service Online at <http://www.met.gov.fj>

Fiji Summer (Jan, Feb, March): Average Air Temperatures: 23 - 30°C 73 - 86°F
Average Water Temperatures: 27 - 29°C 80 - 84°F

Fiji Winter (July, Aug, Sept): Average Air Temperature: 20 - 26°C 68 - 79°F
Average Water Temperatures: 25 - 27°C 77 - 80°F

ELECTRICITY: The electrical current in Fiji is 240 volts AC 50 Hz. Fiji has three pin power outlets identical to Australia and New Zealand. If your applications are 110v check for a 110/240v switch; if there is none you will need a converter. These can be purchased at any Walmart or store that carries travel items. We have some American outlets, but they only work during limited generator hours. Please get a converter that has a surge suppressor.



POWER: The Mission is truly “off the grid” and run by diesel powered generators and batteries. The electricity may be out at night as our generators and batteries are charging. **If you use a CPAP machine, please be sure to have a battery back-up.**

TIME ZONES: When it is 9:00 am in Fiji, it is: 1:00 pm Los Angeles the previous day or 4:00 pm New York the previous day. When your country is on daylight savings add one hour to the above time. Between November and February, Fiji time moves forward one hour with daylight savings time.



TELECOMMUNICATIONS: The international country IDD code for Fiji is 679. There are no area codes. When dialing any part of Fiji from overseas: Access code (679) plus the Fiji subscriber number. All mobile customers are advised to check with their network operators for their roaming status before traveling to Fiji. To find out if you can roam in Fiji with your GSM handset, visit the Vodafone website <http://www.vodafonefiji.com> for the latest information.

HEALTH: Fiji is free from malaria, yellow fever and major tropical diseases that are endemic to most tropical countries. We do recommend you drink only bottled water away from the Mission or 5 star hotels. Please use bug spray liberally as Dengue Fever and Zika Virus, while remote, does exist. The Mission is free of standing water where the mosquitos tend to breed, but villages and the jungle are happy breeding grounds.

WATER: STAY HYDRATED! With the heat, humidity and activity, it's easy to become dehydrated. Drink plenty of water (the Mission water filtration system gives us safe and delicious water. Away from the Mission, drink bottled water). Bring a good sized refillable water bottle and keep it filled!

VACCINATIONS: Currently, there are no vaccinations required when traveling from 1st world countries. We recommend a tetnus vaccine if you haven't had one within the last 10 years. Yellow Fever and Cholera vaccinations are only required if coming from an infected area as designated by the World Health Organization. Yellow Fever vaccination certificate is required for travelers over 1 year of age coming from an infected area.

PHYSICAL REQUIREMENTS: You must be in good physical and mental health. Any physical condition requiring special attention, diet, or treatment must be considered before confirming your trip to MNC. While we cannot cater to individual dietary restrictions we want to be aware of any life-threatening options and are happy to make sure you know what is in every meal.

SPECIAL NEEDS TRAVELERS: It is strongly recommended people requiring assistance be accompanied by a companion who is capable of and totally responsible for providing assistance.

MEDICAL INSURANCE: Medical services are free of charge in Fiji so no Medical Insurance is necessary while in Fiji. Proof of Medical Insurance should still be carried for the out of the ordinary situation.

MEDICAL SERVICES: While at the Mission we will strive to take great care of you should you need medical care, but please know we are an outpatient clinic only and so advise caution while on adventures!

TYPICAL LUGGAGE ALLOWANCE: The airlines allow up to one bag (60 lbs.) per passenger for check-in and one total dimensions of the bag must not exceed 115cm (45in) and one carry on of 7kg (15 lbs.). PLEASE PACK LIGHTLY so you have room for medical supplies or donations.

FIRST AID TYPE OF MEDICATIONS (for your suitcase): There are no nearby stores for picking up a 'few things' especially items such as: Antibiotic ointment (Neosporin/Bacitracin) and Antiseptic (Hydrogen peroxide/Betadine) in case you get cut by the coral. Cortisone ointment, Antihistamine, Imodium/Pepto-Bismol, Bug Spray/Lotion are all very hard to buy in Fiji. We appreciate you bringing these and then donating any unused items to the clinic upon departure.

ATTIRE: Bring a light, tropical wardrobe, keeping in mind that modesty is appreciated at the mission. Modest (1 piece) bathing suits, shorts of a modest length or capris, lightweight pants, T-shirts and tank tops (non-spaghetti strap), etc. Please bring appropriate attire if you attend church services on Saturday. No t-shirts with offensive slogans. **Please bring scrubs if you are working in the clinic.** You will discover "sulus" soon after you arrive. The wrap-around "sulu" is Fiji's most distinctive and versatile form of dress. There are at least ten different ways in which it can be used, even for evening wear. A recommended packing list will be provided to you.

THINGS NOT TO BRING: Hair Dryers or Straighteners, Irons.

MONEY: It is not necessary to have large amounts of cash while staying at the Mission. You may want to have some spending money on you if you visit a local island and want to buy souvenirs. The airport upon departure has many souvenir shops that take credit cards, as do all of the area resorts. Most vendors take US dollars, but if you want Fiji dollars, you can request them through your bank a few weeks before departure or you can get them at the airport upon arrival, if you have time between flights.

CULTURAL ACTIVITIES/LOCAL ADVENTURES: Cultural Activities are included in your package and may include a hike to the Cannibal caves or the top of the volcano, visiting a village, seeing a drum dance, kayaking, snorkeling, a traditional Lovo Feast, or a trip to a waterfall.

CHURCHES: The Seventh-Day Adventist Church at Vatuvonu Elementary School, Vunikura Catholic Church, and the Loa Methodist Church are all within walking distance. We have a lovely chapel on campus as well.

TIPPING AND GIFTS are not encouraged in Fiji – especially at the Mission. Please do not under any circumstances tip or give gifts to individuals. You may, however, give a gratuity to our coordinators (Denis and Ornella) or contribute by our website "donate" page, that will go toward the staff Christmas Fund to be shared by all staff members. Please do not bring candy for the children (tooth decay) or toys (plastic is not biodegradable and will end up in the ocean). We do welcome school supplies for the children, however.

IMPORTANT TIPS ABOUT VISITING VILLAGES:

- Dress modestly and respectfully. Remove hats in village.
- Always remove your shoes before entering any house or other building.
- Stay with your assigned host. If other villagers ask you to eat or accompany them, politely note you are with your host. Remember, Fijians will, out of custom, always ask you to eat with them or share whatever they have.
- Speak softly. Raised voices are interpreted as expressing anger.
- Show respect, but be cautious with praise. If you show too much liking for an object, then the Fijians will feel obliged to give it to you as a gift, whether they can afford to or not.
- Kindly decline participation in a Kava Ceremony. Kava is a mild hallucinogen and the process of preparing it is very unhygienic and can lead to serious illness. It is okay to participate in a Kava ceremony at a resort, as they use clean processes for preparation.

You will find some villages more traditional than others, especially those distant from towns and urban centers. Remember, Fijians are not judgmental of other people and will rarely express a negative opinion. However, you will find that the more you respect their customs, the warmer your village welcome will be.

FUN STUFF!

SAY IT IN FIJIAN: Almost everyone in Fiji speaks English - as it is the official language, but the Fijian language is preserved and widely spoken in many different dialects. Almost everyone is bilingual and many Fijian terms are included in everyday English usage. It is handy to know some of the more common words and phrases, and the Fijians will be delighted to know you picked up some of their language. Fijian pronunciation is similar to English, but with a few changes to the phonetic alphabet. Below is a brief guide, which will bring you close to the correct pronunciations. The best way to learn, since there are many subtleties, is to have a Fijian instruct you and then listen closely. Our staff will love helping you learn their dialects and language.

PRONUNCIATION: "a" is "ah" as in father, but shorter. The correct pronunciation of Nadi, is closer to "Nahn-di" than "Nan-di". "b" is "mb" as in bamboo. you'll hear "bula" or "hello" many times. You may notice the slight humming "m", almost silent at the beginning. When something precedes the "b", then the "m" sound becomes more pronounced. The formal "hello", Ni Sa Bula, is pronounced "ni sahm" boola". "c" is "th" as in "this". So "moce" meaning goodbye is pronounced "moe-they". "d" is "nd" as in candy. "g" is "ng" as in singer. "i" is "i" as in sit or "ee" as in routine. "o" is "ngg" as in finger. The island of Beqa is pronounced "Mbeng-gah". "u" is "oo" as in bamboo or "u" as in put.

COMMON WORDS AND PHRASES:

English	Fijian
good morning	ni sa yadra (ni sah yan dra)
hello!	bula(mbula)
goodbye	ni sa moce (ni sa mothey)
please	yalo vinaka (yalo vee naka)
excuse me	tulou (too low)
yes thank you	io (ee-o) vinaka (vee naka)
no	sega (senga)
eat	kana (kana)
village	koro (koro)
lady	marama (marama)
sir	saka (saka)
little	lailai (lei lei)
plenty	levu (ley vu)

English	Fijian
quickly	totolo (toe toe low)
house	vale/bure (vale/mburey)
toilet	vale lailai (vale lie lie)
come	lako mai (la ko my)
go away	lako tani (la ko tanee)
bring one more	Katua mai dua tale (ndua ta lay)
one	dua (ndua)
two	rua (roo ah)
drink	gunu (goo noo)
coconut	Luve ni coco (luve nee koko)
I want	au vinakata (aoo vina kahta)
church	vale ni lotu (vahle nee lohtoo)
shop	sitoa (seetoah)

TRADITIONAL DRESS - SULUS:

For Women

Halter -Neck

Place one corner over-shoulder and wrap around body to tie behind neck



One Shoulder Style

Place one corner over shoulder and right around body to back tie corners



For Men

Wrap around body very tight, tuck one corner over and then the other one in and roll the cloth to hold firm. Make corners at front and tie firmly.

