

Issue 5 | September 13th - September 19th

COUTUME
KANAK

by **SÉBASTIEN LEBEGUE**

EXHIBITION
20 SEPT - 6 OCT 2018
AT OCEANIA CENTER, USP, SUVA

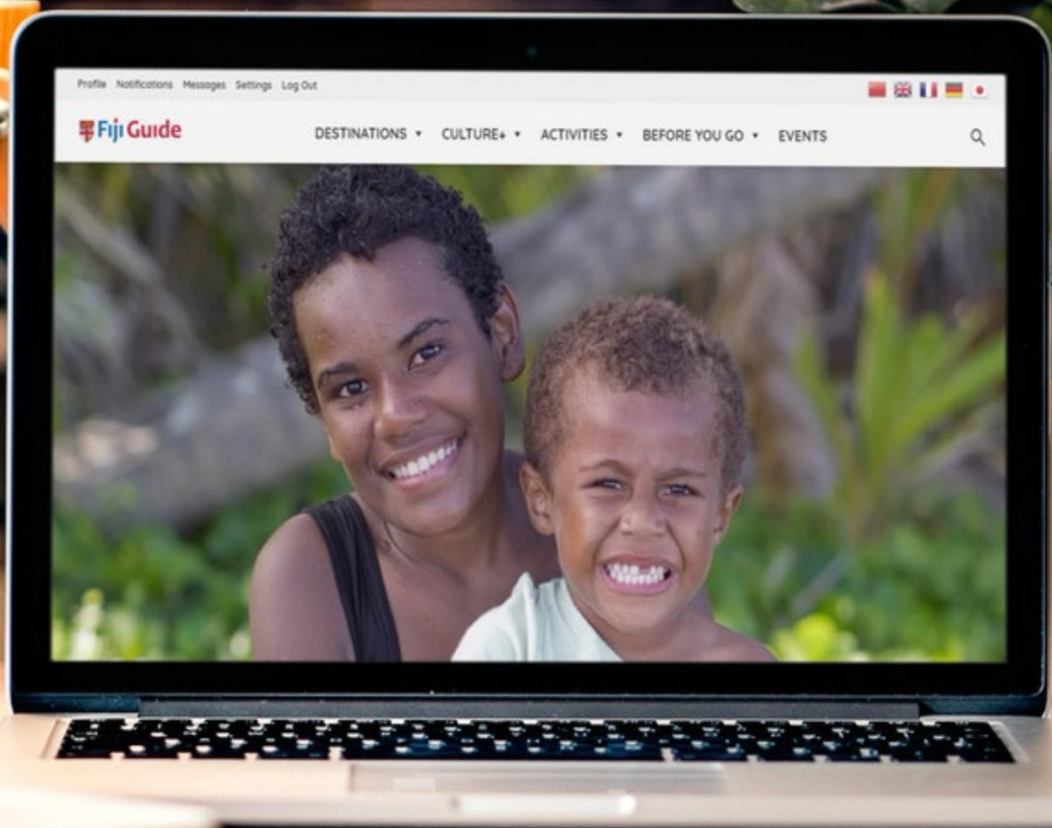
OPENING SOIREE
ON THURSDAY 20th SEPT FROM 7:30 PM

FREE ENTRY

Organized by Alliance Française
Sponsored by New Kala
 University of the South Pacific
 50
 BRED
 PACIFIC

The Oldest Online Travel Guide to Fiji

Online since 1995, even before the old Fiji Visitors Bureau had its own website. The content from the guide came from my Lonely Planet book.



Welcome

Our free magazine focuses on what's happening in our wonderful country over the coming days. You will find links to top quality articles covering local events, seasonal recipes, NGO's as well as travel features and promotions - there truly is something for everyone.

Lining up plans in Fiji? Whether you're a local, new in town, or just passing through, you'll be sure to find something on our Weekly Guide that piques your interest.

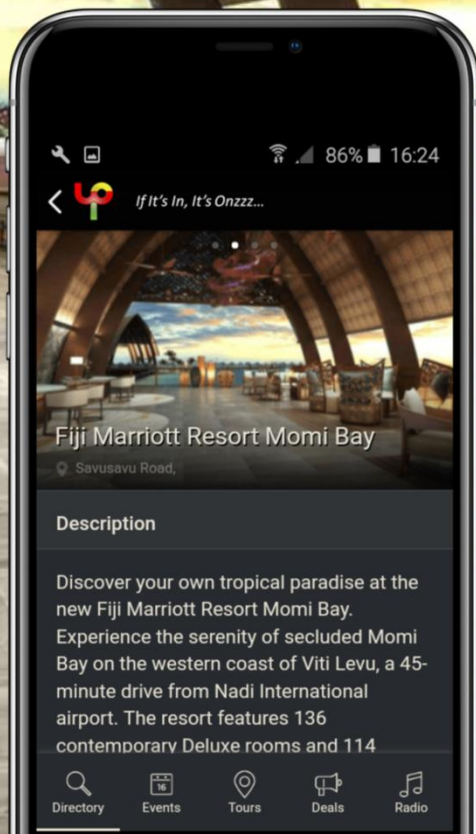
Sit back, relax and enjoy this latest edition - we hope you love reading it as much as we've loved creating it. Like what you see? Let us know via Facebook or Twitter - we're very sociable, so come and join us.

A Clickable Map of Fiji



Fiji in the Palm of your Hand

*" The ease of use and beautiful design allows you to focus on what matter most, Relaxing and enjoying paradise on earth.
Fiji your home away from home "*



THURSDAY

- SEP 13** **YOGA CLASS at Flying Fish Fiji**
Public · Hosted by Kama Yoga Fiji and Sheraton Fiji Resort
- SEP 13** **Intermediate Yoga Class**
Public · Hosted by Essence of Fiji Rejuvenation Centre
- SEP 13** **Suva Marathon Club's Thursday Social Fun Run!**
Public · Hosted by Suva Marathon
- SEP 13** **Captain Cook Cruises Business House Bowling**
Public · Hosted by Nadi Sports & Social Club and Sunny West

FRIDAY

- SEP 14** **Nadi Open Tennis Championship 2018**
Public · Hosted by Nadi Sports & Social Club
- SEP 14** **Meke Lounge Reload**
Public · Hosted by The Westin Denarau Island Resort & Spa
- SEP 14** **CPA Congres: Fiji**
Public · Hosted by CPA Australia
- SEP 14** **YOGA CLASS at The Rhum-ba**
Public · Hosted by The Rhum-Ba and Kama Yoga Fiji
- SEP 14** **Bula Hour**
Public · Hosted by The Wet Edge and Sheraton Denarau Villas
- SEP 14** **ISN PTA - Retro Party**
Public · Hosted by International School Nadi
- SEP 14** **Tukuna Fridays Young Adult Acting Class**
Public · Hosted by Tukuna Acting Club
- SEP 14** **Barrel NIGHT**
Public · Hosted by Consumers for a Plastic Free Fiji

SATURDAY

- SEP 15** **Farm to Fork Tour**
Public · Hosted by The Westin Denarau Island Resort & Spa
- SEP 15** **Westin Weekend BBQ**
Public · Hosted by The Westin Denarau Island Resort & Spa

- SEP 15** **Seafood Extravaganza**
Public · Hosted by Feast Restaurant, Sheraton Fiji resort
- SEP 15** **The Westin Denarau Presents Heels In The Kitchen**
Public · Hosted by Kitchen Grill, Fiji and 2 others
- SEP 15** **Cultural Show at Coco Palms**
Public · Hosted by Coco Palms Cultural Experience, Fiji and The Westin Denarau Island Resort & Spa
- SEP 15** **Shark Feeding Dive!**
Public · Hosted by Suva Scuba Dive Club

SUNDAY

- SEP 16** **Pool Fun Day**
Public · Hosted by Resort Relax Fiji

MONDAY

- SEP 17** **Yoga Class**
Public · Hosted by Kitchen Grill, Fiji and The Westin Denarau Island Resort & Spa

TUESDAY

- SEP 18** **YOGA CLASS at Pacific Fitness Gym**
Public · Hosted by Pacific Fitness and Kama Yoga Fiji
- SEP 18** **Yoga Class - all levels welcomed**
Public · Hosted by Essence of Fiji Rejuvenation Centre and Ashtanga Yoga Fiji
- SEP 18** **第4回 校外ゴミ拾い活動**
Public · Hosted by Duavata

WEDNESDAY

Get your Business
Noticed

ADVERTISE HERE



Sheraton®
FIJI RESORT



Seaside Breakfast Offer - Adults Only

Public · Hosted by Sheraton Fiji Resort

DENARAU



Events

Promotions

Latest News

DENARAU ISLAND

'There's no boat ride necessary to get to the home of the largest integrated resort in the South Pacific. Attached to the mainland by a short causeway. Denarau is the place to be pampered.

SEPTEMBER 18-20TH
ROBBIE LOWE

(BY YOUR SIDE / AU)

BAR'EL

(CLOUD 9 RESIDENT - AU)



CLOUD 9

Reservations : book@cloud9.com

Call +679 869 7947



Bula Hour

Public - Hosted by The Wet Edge and Sheraton Denarau Villas



SEP
14

Meke Lounge Reload

Public - Hosted by The Westin Denarau Island Resort & Spa



SEP
14

CPA Congres: Fiji

Public - Hosted by CPA Australia



SEP
15

Farm to Fork Tour

Public - Hosted by The Westin Denarau Island Resort & Spa



SEP
15

Westin Weekend BBQ

Public - Hosted by The Westin Denarau Island Resort & Spa



SEP
15

Cultural Show at Coco Palms

Public - Hosted by Coco Palms Cultural Experience, Fiji and The Westin Denarau Island Resort & Spa



SEP
15

The Westin Denarau Presents Heels In The Kitchen

Public - Hosted by Kitchen Grill, Fiji and 2 others



SEP
15

Seafood Extravaganza

Public - Hosted by Feast Restaurant, Sheraton Fiji resort

waitui

BEACH CLUB

TROPICAL BURLESQUE

TUTTI FRUTTI GLITTER GLAM

FRIDAY 22ND SEPTEMBER
FROM 6.00PM TILL LATE

COMPLIMENTARY
COCKTAIL ON ARRIVAL

Waitui Beach Club is bringing **TROPICAL
BURLESQUE** to you this Friday
so come join us and enjoy an evening
of fun entertainment, cool tunes,
scrumptious creative tapas and
pizza menus, heavenly cocktails
and much more.....

WIN LUCKY DOOR PRIZES

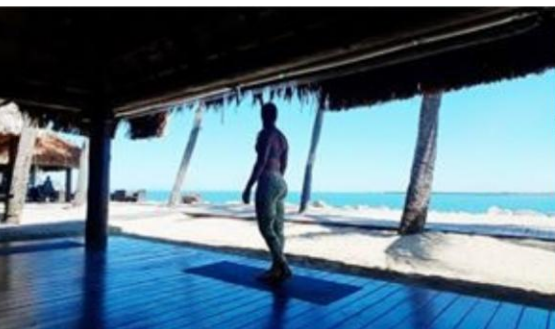
Polynesian Dance | Fire Show |
Bonfire | Free Entry



SEP 13 **YOGA CLASS at Flying Fish Fiji**
Public · Hosted by Kama Yoga Fiji and Sheraton Fiji Resort



SEP 14 **YOGA CLASS at The Rhum-ba**
Public · Hosted by The Rhum-Ba and Kama Yoga Fiji



SEP 17 **Yoga Class**
Public · Hosted by Kitchen Grill, Fiji and The Westin Denarau Island Resort & Spa



SEP 18 **YOGA CLASS at Pacific Fitness Gym**
Public · Hosted by Pacific Fitness and Kama Yoga Fiji



URBAN DESI & SMUGGLERS COVE BEACH RESORT
PRESENTS

BEACH *Party*



SATURDAY 15TH SEPTEMBER

MUSIC BY: DJ V | DJ KRISH

VENUE: SMUGGLERS COVE BEACH RESORT NADI

TIME: 6PM-1AM • ENTRY \$5



**Smugglers
Cove** the place to be...



Events

Promotions

Latest News

NADI TOWN & LAUTOKA

A bustling tourism hub on Viti Levu's west coast, Nadi is a great place for travellers to eat, drink and shop. Main Street offers plenty of options for retail therapy.

ROTARY LAUTOKA NEEDS **YOU**
TO HELP KEEP LAUTOKA CLEAN!



**WORLD
CLEANUP
DAY 2018**
15 SEPT



Meet point:
Drasa Avenue
Rifle Range Bridge
Lautoka



Organised by
Rotary Lautoka Club
Fiji Islands

For more info, call:
Melissa +679 9331120
Lisa +679 9486438
Ruth +679 7196568

rotarylautoka@gmail.com

Saturday
15th September 2018
7.00 am



SEP
13

Intermediate Yoga Class

Public - Hosted by Essence of Fiji Rejuvenation Centre



SEP
14

Ice Breaker @ ICE BAR Retro Nite

Public - Hosted by Ice-bar Nadi



SEP
16

Pool Fun Day

Public - Hosted by Resort Relax Fiji



SEP
18

第4回 校外ゴミ拾い活動

Public - Hosted by Duavata

Retro Party



FRIDAY 14 SEPT | 6PM - 10PM

ICE BAR, MARTINTAR - PRIVATE FUNCTION
TICKETS \$40 FROM ISN SCHOOL OFFICE
SPECIAL PRICE FOR ISN STAFF

BEST RETRO LOOK | KARAOKE | PRIZES

TICKET INCLUDES ENTRY, FINGER FOOD, ONE FREE DRINK

SEP
14

ISN PTA - Retro Party

Public - Hosted by International School Nadi

NADI OPEN TENNIS CHAMPIONSHIPS

2018

DATE: 14TH TO 16TH OF SEPTEMBER

VENUE: NADI SECRETS & SOCIAL CLUB, NAVAVAL, NADI

EVENTS: Enter maximum of 2 events! - please tick

☐ MENS OPEN SINGLES (doubles partner name)

☐ MENS OPEN DOUBLES

☐ LADIES OPEN SINGLES

☐ LADIES OPEN DOUBLES

☐ MENS OPEN MIXES

SEP
14

Nadi Open Tennis Championship 2018

Public - Hosted by Nadi Sports & Social Club



SEP
18

Yoga Class - all levels welcomed

Public - Hosted by Essence of Fiji Rejuvenation Centre and
Ashtanga Yoga Fiji



Get your Business
Noticed

ADVERTISE HERE

IT'S A
LUAU PARTY

MAKO SWIM CLUB

21st Sept, 2018

Time: 6-9pm

Venue: Nadi Sports Club

*Barrel..Beer, Wine, Rum Punch,
Finger Foods... Lucky Door Prizes*

\$25.00



DINNER WITH FLAVIO

Dine with our favourite local Italian food and wine specialist, with a menu designed by Flavio himself along with Nanuku's Chef Oliver. Join us for matched wines and an evening of storytelling and entertainment.



SATURDAY
22ND SEPT 2018

Dinner and Paired Wines | \$185 per person

6:00PM COCKTAILS | 7:00PM DINNER



PRE-RESERVATION ONLY
LIMITED SEATING



Nanuku
AUBERGE RESORT

CONTACT

logan.miller@aubergeresorts.com

SPECIAL ACCOMMODATION PACKAGES ALSO AVAILABLE.







Events

Promotions

Latest News

WHERE TRADITION, CULTURE & NATURE MEET

CORAL COAST - An 80km stretch of brilliant white beaches and secluded bays along the southern shores of Viti Levu, the Coral Coast is a beachcomber's paradise.



**SEPTEMBER- NOVEMBER MIDWEEK FIJI RESIDENT
STAY FROM SUNDAYS- THURSDAYS UNTIL 30/11/18**

TREE HOUSE DORM \$30.00 PER PERSON

BURES \$135.00 | VILLAS \$165.00 TWIN SHARE- Extra person \$50.00

ROOM ONLY RATE INCLUSIVE OF FREE WIFI

FREE UPGRADE TO BEACHFRONT SUBJECT TO AVAILABILITY

Add Breakfast for Only \$20 Per Person

Email sales@uprisingbeachresort.com or call 3452 200 to book now



www.uprisingbeachresort.com +679 3452 200 @uprisingfiji #uprisingfiji



WITH RATES AS LOW AS
FJ\$349.00* ESCAPING TO
YOUR FAVOURITE BEACH
NOW GOT EASIER

Celebrate in style with the ultimate luxury getaway to your favourite beach, Natadola Bay with limited time residents' rate of \$349.00* between the 2nd - 5th or 9th - 12th of September for up to 2 adults and 2 children under the ages of 12 years.

Rates include daily buffet breakfast at Sanasana Restaurant and 1 hour of non-motorised watersports per person per day.

Call us on 673 3455 or email enquiries.fiji@ihg.com for more information or to reserve your retreat today!

**Terms and conditions apply.*

Live the InterContinental life.



INTERCONTINENTAL.
FIJI GOLF RESORT & SPA

PUBLISHED
EVERY
THURSDAY

This week's
"FIJI FRIENDLY FARES"



JAPAN



AUCKLAND





tripadvisor®

Events

Promotions

Latest News

PACIFIC HARBOUR / BEQA - ADVENTURE CAPITAL

In under an hour's drive from Suva on Fiji's southern coast, you can be swimming with sharks or heading off-road on a four-wheel drive tour.



THE ESTABLISHMENT

SATURDAY SEAFOOD PLATTERS

HOT & COLD SEAFOOD PLATTER
FOR TWO **\$85**

Cold - Prawns, Kokoda, Tuna Sashimi,
Greenlip Mussels & Smoked Salmon

Hot – Tempura Fish, Salt & Pepper Squid,
Prawn Skewers, Grilled Lobster served with
Fries, Salad & Condiments

every Saturday
served from 6pm

PACIFIC HARBOUR | 773 0028 | eat@establishmentfiji.com

Pacific Harbour

OPEN MARKET DAY

• SATURDAY 22ND SEPTEMBER •

ARTS VILLAGE, PACIFIC HARBOUR
8AM - 3PM

\$35 TABLE HIRE OR \$25 FOR SPACE ONLY

what's on?

FOOD - BBQ, CAKES/PIES, COFFEE,
TEA, USED CLOTHES, BOOKS, JEWELRY,
BRIC-A-BRAC, PLANTS, FRESH VEGETABLES,
ART & CRAFT, HOMEWARES

+ LIVE MUSIC ENTERTAINMENT!

FOR SPACE/TABLE BOOKINGS OR MORE INFORMATION,
PLEASE CALL DARLENE 9955758 OR GLENYS 7640565



SPCA

FIJI ISLANDS
AT THIS SUNDAY'S



CUPCAKES! BRIC-A-BRAC!
PET TREATS! MEMBERSHIP!
CUDDLES WITH KITTENS
& PUPPIES! VISIT OUR STALL!

16th September
Loftus and Carnarvon St in Suva



Events

Promotions

Latest News

SUVA & NAUSORI CITY - CAPITAL OF FIJI

Suva, Fiji's capital and largest city, is one of the most cosmopolitan centres of the Pacific – shopping malls and farmers markets, restaurants and entertainment – Suva is a tropical metropolis.



SUVA
PENINSULA
HOTEL

*September
Specials*



FACILITIES OFFERED:

- Licensed **Restaurant**
- Lounge **Bar**
- Conference **Room**
- Free Car **Park**
- Same day Laundry **Service**
- Ironing **Facilities**

ROOMS FROM
\$145

*with Complimentary Continental
Breakfast!*



SEP
13

Suva Marathon Club's Thursday Social Fun Run!

Public · Hosted by Suva Marathon



SEP
13

Captain Cook Cruises Business House Bowling

Public · Hosted by Nadi Sports & Social Club and Sunny West

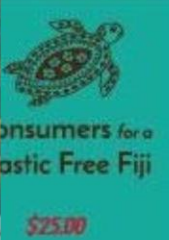


SEP
14

Tukuna Fridays Young Adult Acting Class

Public · Hosted by Tukuna Acting Club

Barrel Night fundraiser - Awareness f



Barrel Night

Venue: Defence club
57 Gordon Street, Suva

Date: Friday, 14th September 2018

Time: 6:30pm (fill the kegs run out)



SEP
15

Shark Feeding Dive!

Public · Hosted by Suva Scuba Dive Club

SEP
14

Barrel NIGHT

Public · Hosted by Consumers for a Plastic Free Fiji



Get your Business
Noticed

ADVERTISE HERE





Ilana's
Heart Yoga
Let the Breath be Your Guide



ILANA'S HEART YOGA SIX WEEK CLASS SCHEDULE

(September 24th to November 1st)

"The Intimacy of Your Breath. To the ancient masters, a powerful physical practice was not merely a form of exercise meant to increase flexibility or fitness. It was a spiritual way of life based on the intuitive understanding that everything is arising from one nurturing source. It is direct embrace of that power. The key to the power of their practice was and continues to be the breath" (The Heart of Yoga Teacher Training Manual 2017).

Come and learn about the Heart of Yoga with Certified Yoga Teacher,
Ilana Burness (RYT 200 hours, Yoga Alliance).

Sign up for 12 sessions (two per week) and pay \$180.

Beginner and Intermediate classes run from Monday to Thursday, 9am or 5:30pm at Suva
Physio Centre, 381 Waimanu Road (opposite St. Joseph's Secondary School).

Schedule is as follows:

DAY	TIME	LEVEL
MONDAY	9am – 10:15am 5:30pm – 6:45pm	Beginners
TUESDAY	9am – 10:15am 5:30pm – 6:45pm	Beginners
WEDNESDAY	9am – 10:15am 5:30pm – 6:45pm	Intermediate
THURSDAY	5:30pm – 6:45pm	Intermediate

To register and choose your preferred date/time, please email Ilana on ilanasheart yoga@gmail.com or Tel: 9034 860. You can also request for a registration form via private message on www.facebook.com/Ilanasheart yoga

Deadline for registrations is Friday, 21st September.

ISS GARAGE SALE



**FREE
ENTRY**

**3rd Nov
10am-2pm**

To book a table
Contact Shaheena Khan
Mobile: 9211 065
Email: skhan@iss.school.fj

**For those who would like to
set-up a table, space is limited
and tables are allocated on a
first come first in basis.**

Table Cost: \$30.00





**JOHNNY
ENGLISH**
STRIKES AGAIN

OCTOBER 26

ANNA KENDRICK

BLAKE LIVELY

Fiji
Guide

A
Simple
Favor

Can you keep a secret?
SEPTEMBER 14



*" The ease of use and beautiful design allows
you to focus on what matters most, Relaxing
and enjoying paradise on earth. Fiji your home
away from home "*

Subheading text

