Latest Travel News

On Fiji Islands

Environmental

Western Division

Central Division

Movies Showing

Upcoming Events

GIG GUIDE

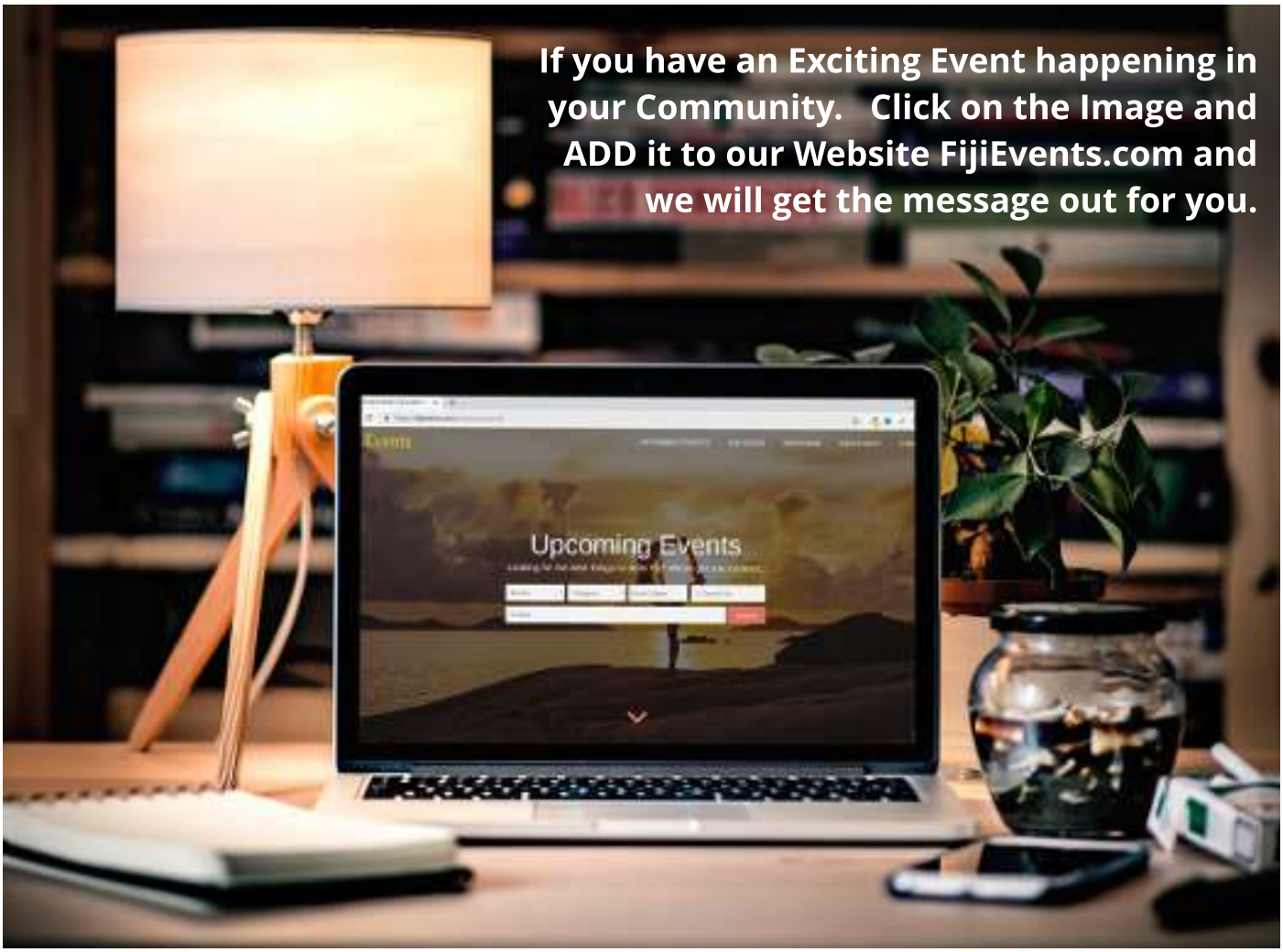
THE NUMBER 1 EVENTS & LIFESTYLE MAGAZINE IN FIJI

FIJI EVENTS GUIDE

Blue skies, beautiful palm trees, the sparkling Pacific Ocean... paradise right on our doorstep!

Ni Sa Bula

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 stirs your interest. We've got original articles, videos, photos, and a serialized edition of Ron Wright's classic On Fiji Islands, originally published by Penguin Books and recognized as the best nonfiction Fiji travel narrative ever written.



PLASTIC FREE JULY

Plastic Free July is a global movement tha
be part of the solution to plastic pollution
streets, oceans, and beautiful communiti
Plastic Free July by choosing to refuse sin

at helps millions of people
n – so we can have cleaner
es. Will you be part of
gle-use plastics?

Local Facebook Pages

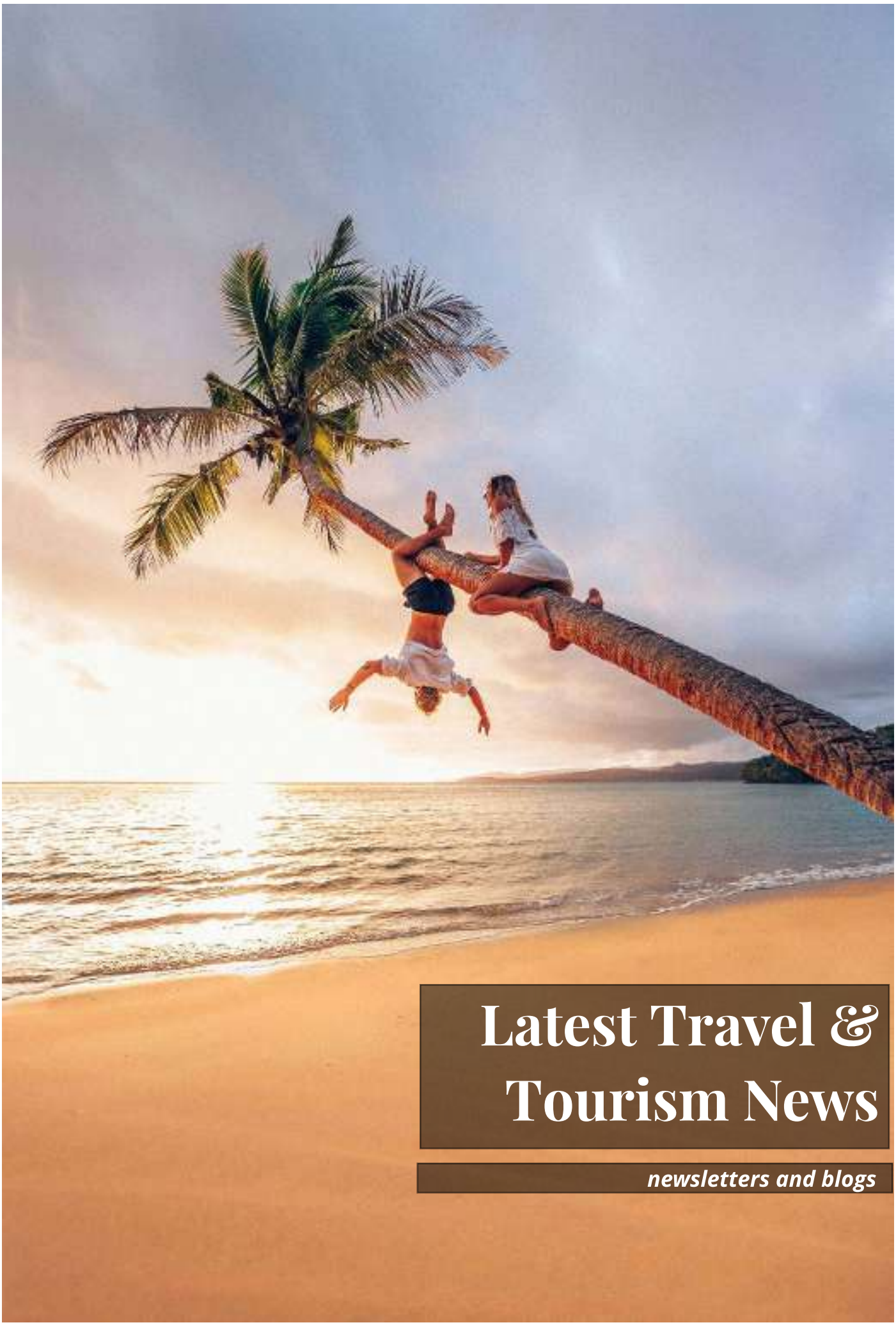
Fiji Kids Adopt A Beach Initiative

Ecoconscious Fiji

CAFé 30
Call: 310 0148
30 McGregor Road, Suva City
CAFE - RESTAURANT - CATERING SERVICES

Authentic Chinese Cuisine
Beach Escape Resort
Call: 672 4442
Baravi Road, Nadi

Great Place for ANY Ocassion
masala mojo
Call: 920 0840
4 Queens Highway, MARTINTAR



Latest Travel & Tourism News

newsletters and blogs

Why is Palmex better than natural thatch roofing & other synthetic thatches?

- **Maintenance Free -** with a 20 year warranty, free from mold or shedding
- **Easy to install** - no specialised training is necessary
- **100% Waterproof -** Palmex does not absorb water, causing less stress to structures
- **Fire Resistant -** with multiple international safety certifications
- **Wind Resistant -** up to 260km/h (160mph) gale force winds
- **Available in multiple models -** to represent different thatch and palm textures found around the world
- **Available in multiple colours -** offering authentic natural thatch and palm colourations
- **Factory manufactured** - meaning no seasonal shortages

Palmex has been developing and producing synthetic thatch for over 20 years and has been installed on roofs in over 80 countries on 5 continents - For peace of mind choose Palmex

Tourism Fiji and Fiji Airways sign MoU with Tuniu

Tourism Fiji in partnership with Fiji Airways enhances cooperation in the tourism sector through a memorandum of understanding (MoU) signed with Tuniu on June 27.

Tuniu is a leading online leisure travel company in China that offers a large selection of packaged tours, including organized and self-guided tours, as well as travel-related services for leisure travelers through its website and mobile platform.

Chief Executive Officer of Tourism Fiji, Matthew Stoeckel said, “China is already Fiji’s fourth largest market and has significant potential to further contribute towards Fiji’s tourism economy. Our success in the market has come through collaborations with trade partners in China and the development of a closer strategic partnership with Tuniu has been a long time in the making.”

The cooperation is aimed at increasing tourist arrivals from China to Fiji through strengthening purchasing channel integration to optimize allocation of Fiji tourism resources, and the organisations will work together to offer more comprehensive travel products for Chinese travelers.

Tourism Fiji Regional Manager in Greater China, Vincent Zheng said, “This is just the beginning of a very fruitful relationship especially when we had direct instruction from the two parties to enhance collaboration and partnership in all fields. We will leverage Tuniu’s online and offline network including website, mobile APP and on-ground network, to better target the China market, with the intention to increase awareness of Fiji’s travel products and bring more Chinese visitors to Fiji.

Read More | Fiji Guide

RUM PINEAPPLE FROZEN PINACOLADA

Layers of coconut ice cream, stewed pineapple with coconut rum, pineapple sorbet, cherry compote finished with pineapple wafers

Pineapple ice cream

Crème anglaise

8 egg yolks

125gm castor sugar

1 x litre cream

1 x litre milk

2 ripe pineapple

2 nip Coconut infused rum

Pawpaw puree (fruit)

4 X Ripe red pawpaw or papaya

1 CUP Sugar syrup

Stewed pineapple

1 x Pineapple diced

Pinch of Cinnamon

Pinch of Nutmeg

Pinch saffron

¼ cup Sugar

Pineapple & rum Sorbet

2 x Puree pineapple

1 cup Sugar syrup

1 nip (30ml) White rum

Pineapple Wafer – sliced pineapple dehydrated Pineapple half hollowed out..

Pullman Nadi Bay Resort | For Sale

Fiji's newest five-star luxury resort, on idyllic Wailoaloa Beach, near Nadi, is on the market for the first time.

The Pullman Nadi Bay Resort and Spa Fiji is being sold through Colliers International and local agents My Island Home Fiji by way of international expressions of interest closing at 4pm (NZST) on Wednesday July 31.

The marquee resort has 236 beautifully appointed guest rooms, five restaurants and bars, multiple conference facilities, three swimming pools and a world-class health spa.

Pullman Nadi Bay opened in May 2019 and is managed by global operator Accor Hospitality, the largest operator in Asia Pacific.

Located on 5.78ha of the foreshore of Wailoaloa Beach, it is ideally situated to take advantage of Fiji's ongoing tourism boom, being the closest five-star hotel to the recently upgraded Nadi International Airport.

Dean Humphries, Colliers' national director of hotels for New Zealand and the South Pacific, says it is rare for a resort to be offered to the market so soon after opening.

"The owners of the resort, a large and established Fiji-based family, have spent the last four years developing the hotel," he said.

"However, they have decided to sell this marquee asset to capitalise on Fiji's strong tourism sector and a global investment market hungry for high-quality, high-yielding hospitality assets."

Richard Kirke, sales director of Colliers's capitals markets team, is confident international investors will be attracted to Fiji due to the strong growth profile & attractive underlying returns it offers.

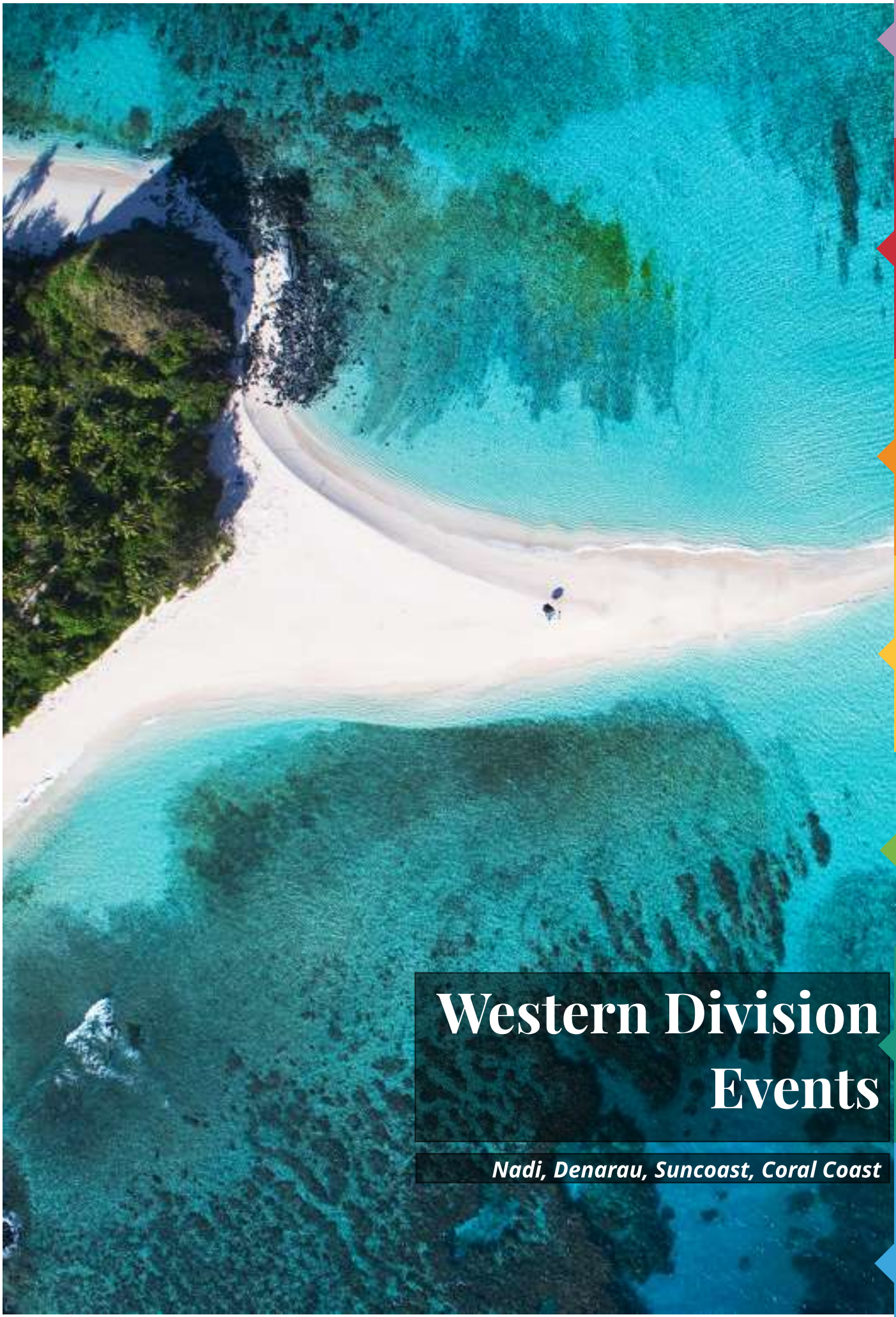
HomeStyle Pizzas , Pasta and Salads

Mama's Pizza
SINCE 1984

670 0221
Nadi Town

675 0553
Denarau Island

672 0922
Colonial Plaza



Western Division Events

Nadi, Denarau, Suncoast, Coral Coast

THURSDAY
FRIDAY
SATURDAY
SUNDAY
MONDAY
TUESDAY
WEDNESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Featured EVENT

Fiji Untold Evening Show

Fun Hub Fiji

Experience the Spirit! Energy! Mana! as you journey through a mystical fusion of theatrical broadway style performances of our evening show known as FIJI UNTOLD. As you arrive to Fun Hub Fiji you immediately are drawn to the acrobatic displays visible in the trees as you are lead to the foyer.

Here you will receive complimentary light snacks and non-alcoholic beverages. An enticing performance awakens your senses and leads you into a state of the art Big Top arena, where you will watch the story of FIJI UNTOLD ignited by a passion of song and dance. Be embraced by its creative mix of contemporary and traditional performance of a Fiji long ago and leave with a deeper cultural experience at Fun Hub Fiji.

Ta'Arei Weeks

Lead Role - 'LAGI' The Brave & Adventurous

Ta'arei Weeks joined VOU Dance Company in 2014 after previously running her own dance company with her close friends and family. She is a Fijian artist with heritage from Lau, Kiribati and the UK and is a graduating student of the VOU Conservatorium of Dance in Nadi.

Ta'arei has collaborated with amazing artists such as Simone Weirod, Keven-Yee Chan, Sarah Foster-Sproull and Eden Mulholland - Music to name a few.

Ta'arei has toured both locally and internationally through her years with VOU and is now the Performance Manager for the dance company.

Her first international tour was to Beijing, China in 2014 and she has continued to travel through dance every year since, going to interesting places such as Slovenia, Lithuania, Latvia, France, United Kingdom , Spain and Italy. One of her highlights was performing for the mammoth Glastonbury Festival in the UK, and having the honor of representing Fiji in the Festival of the Pacific Arts Guam 2016 (Guam FestPac 2016).

In 2018 Ta'arei choreographed her first full-length production that was commissioned by the WOW - Women of the World Festival in Australia. The piece was titled "Veiqia 21" and was on the subject of the lost art of traditional Fijian women's tattooing called the Veiqia. Ta'arei highlighted that there had been nothing to replace this woman's right of passage and questioned what is a 21st century Fijian woman's right of passage?

In 2019 Ta'arei auditioned alongside all other dance companies in Fiji and was selected to represent Fiji in the Abu Dhabi International Dance Festival in New Delhi, India.

After all her international tours and experiences she wishes to give back to her Fijian community by being a part of the Fun Hub Fiji, starring in the show "Fiji Untold." Ta'arei strongly believes that Fun Hub Fiji will create sustainable career paths for young aspiring artists such as herself. And she aspires to tour "Fiji Untold" around the world and share this story with the planet.

It is so important to Ta'arei that through Fun Hub Fiji opportunities are created for Fijian artists. To perform on international stages bringing Fiji to the world and Broadway to our beautiful Fiji.

Ta'arei hopes to change lives through her performances and through this production she hopes to change the mindset of Fijian contemporary arts – knowing that no matter where we come from or how tiny our island home is, we Fijians have what it takes to make it big!

Join us for an evening of laughter and world-class fun with a comedy event hosted at Sofitel Fiji | Headlined by renowned comedians, Bill Dawes & Kevin Tate – direct from the USA!! | This will be a night of hilarity that's not to be missed!!

Ticket includes:

- 3-course dinner,
- 3-hour drinks package through dinner,
- & The comedy show

Tickets @ FJ$150 per person inclusive of all taxes.

Don't miss out, save your seat today!

THURSDAY

YOGA CLASS at Vai Restaurant & Bar

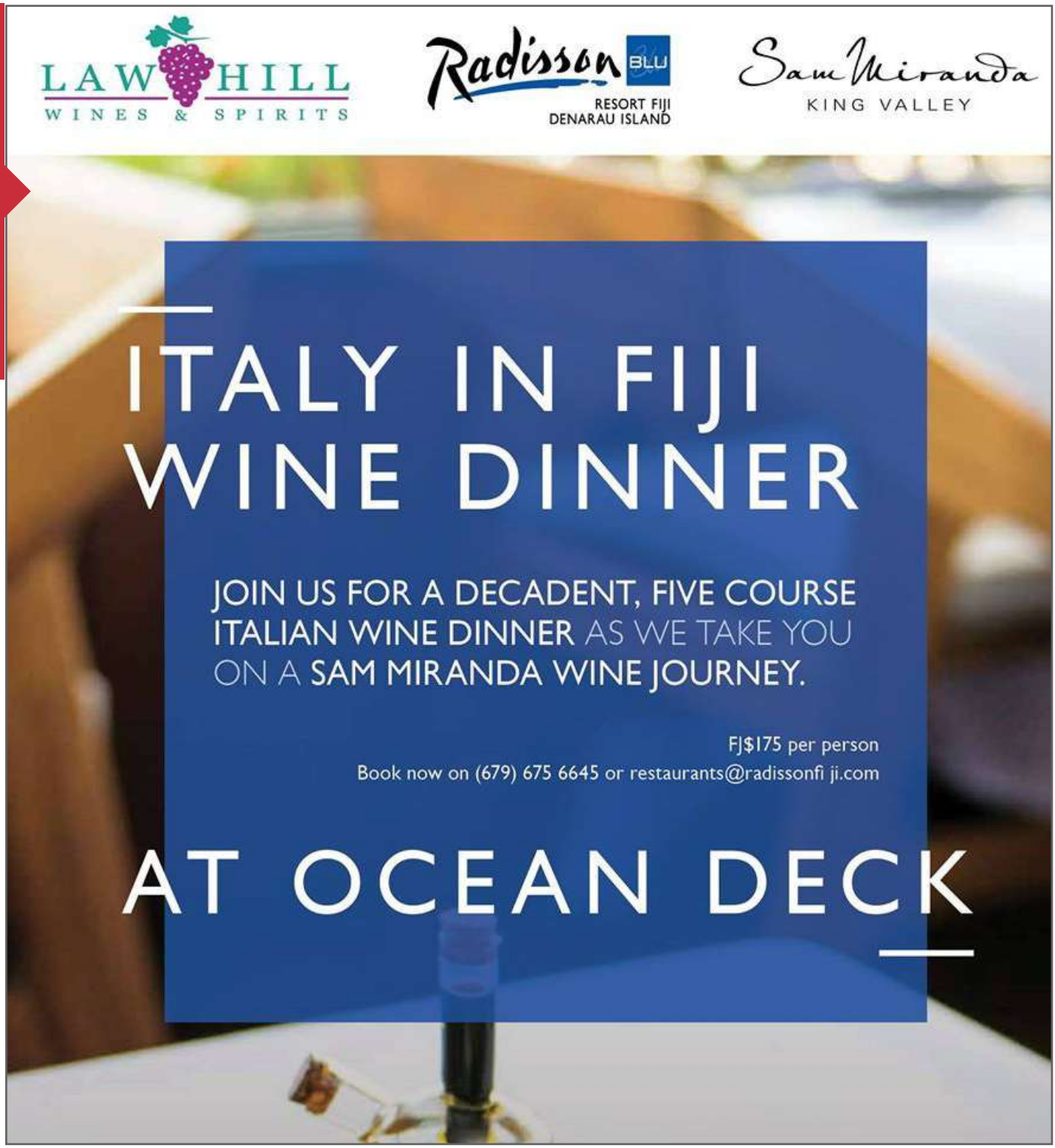
Public · 41 instances · 374 people · by Kama Yoga Fiji and Sheraton Fiji Resort

FRIDAY

Power Play Live at Nadi Farmers Club this Friday 6pm

Public · 4 instances · 159 people · by Nadi Farmers Club Bar Restaurant

FRIDAY



SATURDAY

The COLOUR EXPLOSION
WALKING TOWARDS WELLNESS

APCO
COLOUR EXPLOSION FIJI 2019
RANG-DE-VITI

Fun Walk 5.7km Saturday 6th July

Shirley Park, Lautoka @ 3pm

For Individuals, families, clubs, youth groups, business houses, govt depts, schools, charities, religious groups etc

apco
happy imagining

AQUA Pacific

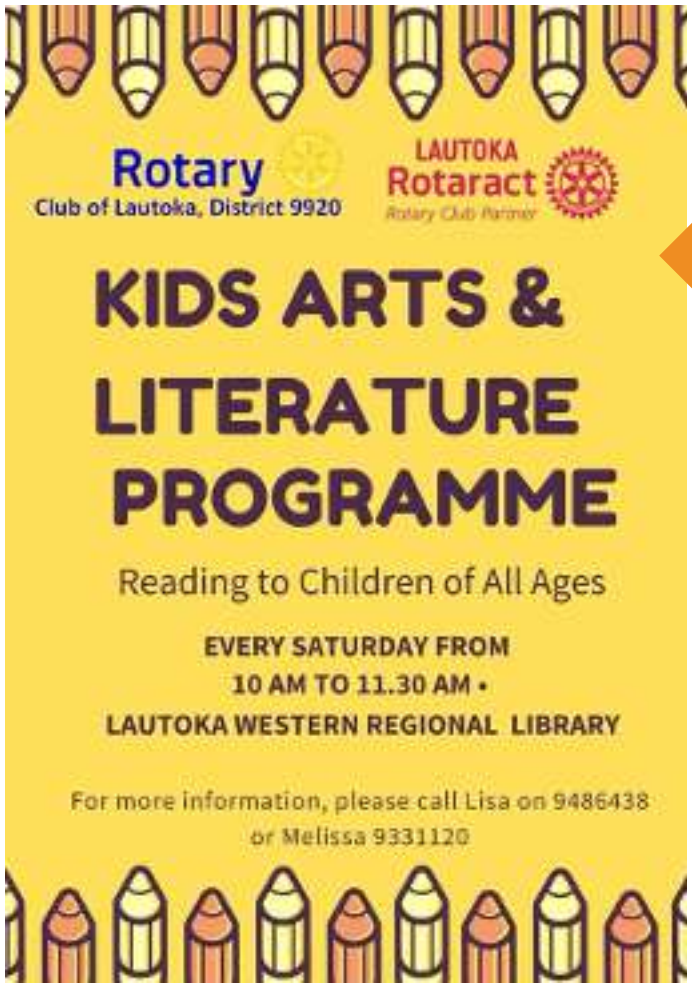
MINISTRY OF Health
Shaping Fiji's Health

CLYDE™

fmf

PRAFUL PATEL & ASSOCIATES

SATURDAY



SATURDAY

MONDAY

YOGA CLASS at Westin Denarau Island Resort & Spa

YOGA CLASS at Pacific Fitness Gym

Public · 25 instances · 378 people · by Kama Yoga Fiji

TUESDAY

On a regular weekday morning we transp
place where happiness found them… Co
answer the questions for your chance to
destination.

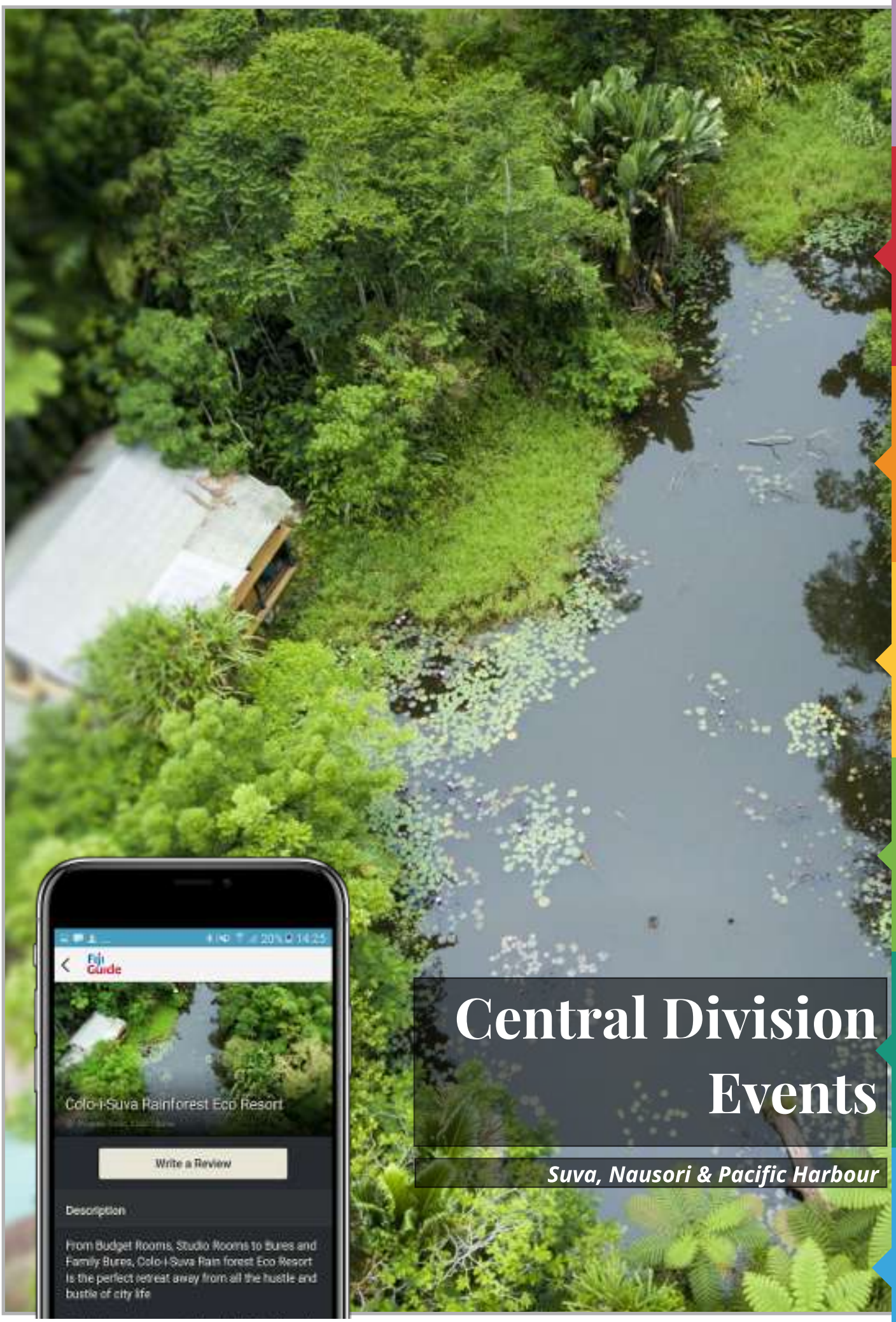
oorted Auckland shoppers to a
ntinue watching at More FM and
win a trip for two to that

VIDEO OF THE WEEK

cafe o
Call: 777 0010
eat | drink | relax | enjoy
Eden Plaza Queens Road, MARTINTAR - The Palms Apartments, DENARAU

Spice up your day with our Authentic Indian Food Prepared our chefs from India
Indiana
Call: 923 9215
181 Fiji times building Victoria parade.

OPEN 12 PM - 10 PM
Wednesday to Sunday
Eco Café
Call: 672 4491
Queen's Highway, MARTINTAR



Central Division Events

Suva, Nausori & Pacific Harbour

THURSDAY
FRIDAY
SATURDAY
SUNDAY
MONDAY
TUESDAY
WEDNESDAY

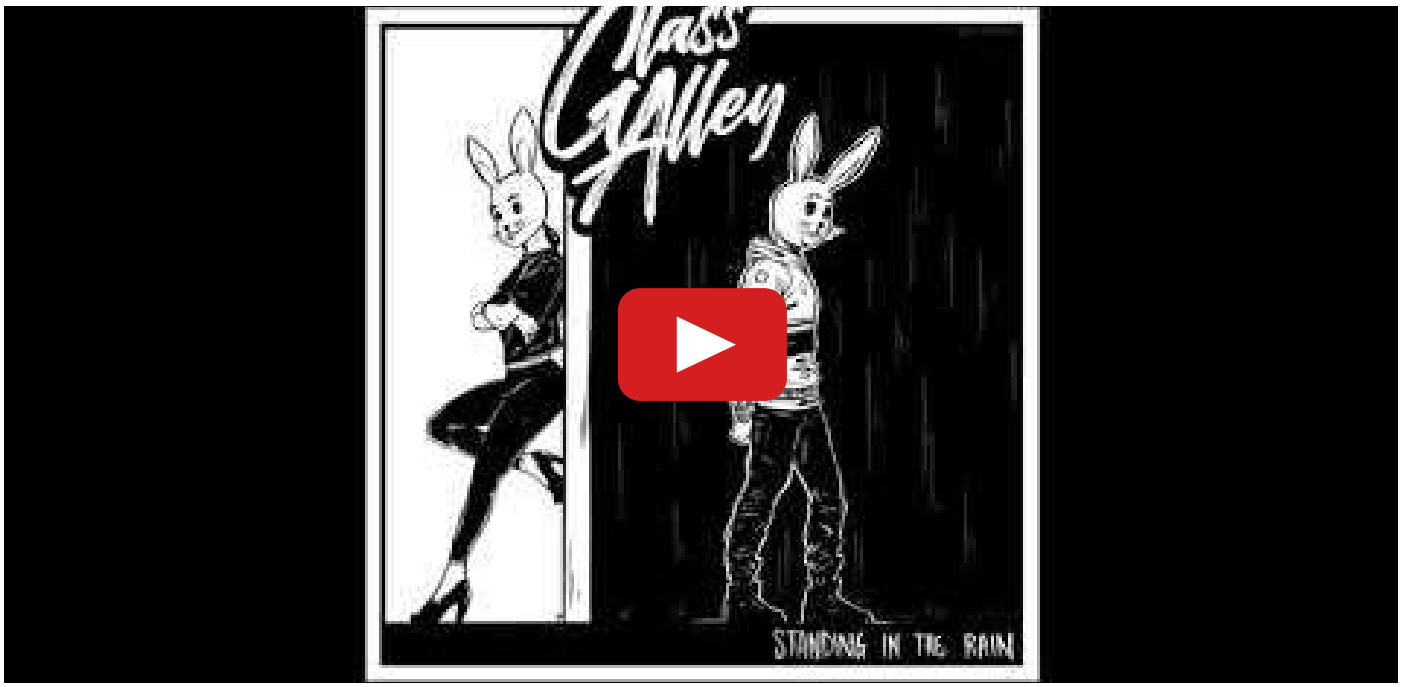
Featured
EVENT

HOPE FIJI BAND
#GUAM2016

Quiche
$3-00

Thurston Food and Music Festival

The Thurston Food & Music Festival has become an annual event which grows every year in Suva, Fiji. The event offers a day full of fun activities and 10 hours of non stop entertainment for all Fijians. The much anticipated event also provides local artists with one of their bigger stages, with the event drawing over 1,000 ticket-buyers each year. Tickets will be sold at **Fiji Broadcasting Limited (FBCL) and Ginger Cafe at the Fiji Museum.** You don't wanna miss this event.



FRIDAY

THAT'S COLD

PRESENTS

NEM & TALEI BAND

FEATURING

VOU DANCE GROUP

9pm-12am, 5th JULY 2019
@ RASHIANS NIGHT CLUB
Main Street, Vaileka, RakiRaki

This event is restricted to individuals over the age of 18

THURSDAY

Suva Marathon Club's Thursday Social Run

Public · 48 instances · 476 people · by Suva Marathon

Pranayama workshop!

Public · 3 instances · 16 people · by Pure You

THURSDAY

SATURDAY

SATURDAY

SATURDAY

Pacific Harbour

OPEN MARKET DAY

• SATURDAY 6TH JULY •

ARTS VILLAGE, PACIFIC HARBOUR
8AM – 3PM

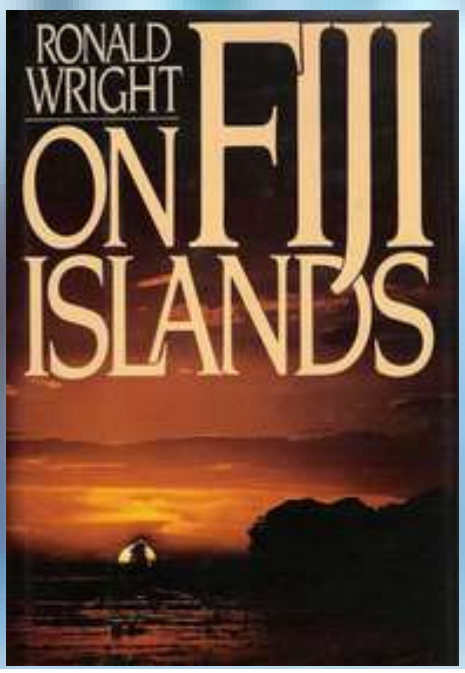
$35 TABLE HIRE OR $25 FOR SPACE ONLY

what's on?

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

+ LIVE DJ MUSIC

FOR SPACE/TABLE BOOKINGS OR MORE INFORMATION,
PLEASE CALL DARLENE 9991103 OR GLENYS 7640565



On Fiji Islands | Ronald Wright

Serialization of his Work

On Fiji Islands – Nadi – Chapter 1.9

Fiji has been called the "little India of the Pacific." In the western province of Ba, which includes Nadi, Lautoka, and much of the country's sugar land, Indians outnumber Fijians almost three to one; for Fiji as a whole the ratio is close to fifty-fifty.

There as time when demographers predicted that Indians would displace Melanesians in much the same way that the white man supplanted the "Indians" of North America. In the early years of contact the Fijian population fell drastically from the effects of foreign diseases, wars, and rapid culture change. If the natives had been exploited as cheap labour at the same time, they would prob-ably have declined like those of Hawaii or Brazil. But the first British governor, Sir Arthur Gordon (1875-1880), for reasons both pragmatic and idealistic, arrested the social disintegration of the Fijians by allowing them to keep their lands,villages, and as many traditions as could be tolerated.

However, Gordon also had to meet the demands of white settlers for land and labour on which to build a plantation economy, and he did this by leasing vacant Fijian land in trust for its native owners, and by encouraging the immigration of "coolie" labour from over-crowded India. The ancestors of most Fiji Indians arrived as indentured labourers between 1879 and 1916, when the system was abolished. The social inequalities ofIndia made many

people susceptible to recruiters' promises of high wages and a land of opportunity. Since Hindus believed that travel across the ocean brought irrevocable loss of caste, recruiters often told them that Fiji was just over the horizon from Calcutta; besides, they would have the option of returning home in five years at their own expense, or in ten years courtesy of the Fiji government.

What awaited the migrants is described in this account by a man who came in 1911: When we arrived in Fiji we were herded into a punt like pigs and taken to Nukulau [the quarantine island] where we stayed for a fortnight. We were given rice that was full of worms. We were kept and' fed like animals. Later we were separated into groups for various employers to choose who they wanted .... We then went to Nakaulevu where we saw the lines.

The "lines" were the coolie barracks-long shed-like buildings sep-arated into sixteen compartments. Each "room" was seven feet by ten; it held three single men, or a married couple and their children. (Towards the end of the indenture system the rooms were enlarged by law to ten feet by twelve.) The compartment walls of the coolie line extended only six feet or so from the floor, with chicken wire reaching the remaining distance to the roof. Privacy was minimal. Because of this, and because far more men than women were recruited, sexual abuse of women was common; and there was ad-ditional violence-often involving cane knives (as machetes are called in Fiji)-from the tensions this caused. The Indians had a word for life in the lines; it was narak: hell.

But Fiji itself wasn't hell, and indenture did not last forever. Few opted for repatriation when their time was up; some obtained plots

of land and hired indentured labour themselves. Other "free" In-dians, mostly Punjabis and Gujeratis, came to Fiji on their own initiative and set up stores and businesses.

When the goverment of India abolished indenture in 1916, Fiji was home to sixty thousand of its former subjects; at that time the native population was close to its nadir of eighty-three thousand, reached after the world influenza epidemic of 1919.

On Fiji Islands, was published in 1983 to critical acclaim. He has graciously allowed Fijiguide.com to serialize his work for your enjoyment. We welcome your comments.

Ronald Wright's classic travel guide, On Fiji Islands, was published in 1986. He has graciously allowed Fijiguide.com to serialize his work for your enjoyment. We welcome your comments.

©2018 Ronald Wright

Spirulina Moringa Munchy Muffins | Yummy

INGREDIENTS:

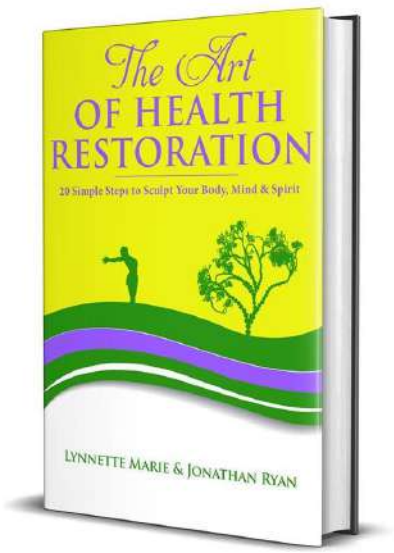
1 cup Rice or Gluten free bread flour
1 cup almond meal
1 teaspoon baking soda
Pinch real Salt
3 heaping tea spoons Moringa
2 heaping teaspoons Spirulina
Hand full blue berries
2 ripe bananas
1/2 cup honey, date or maple syrup
3/4 Cup grapes wed oil

ACTION:

Mix all very well, pour into muffin cups,sprinkle with crumb topping, bake at 425 for 30 to 40 minutes.

CRUMBLE TOPPING:

Mix coconut sugar with coconut oil and cinnamon and nutmeg..make sure to mix enough sugar to oil to make crumbly. Can add nuts if you like.Totally divine.



ts G

LIFE CINEMA

LAUTOKA

Level 1 - Tappoo City Mall, Narara Parade

Phone: 6666200

NADI

Jetpoint Supercentre, Queens Road, Martintar

Phone: 672 7888

NAKASI

Rups Naulu Shopping Complex, Kings Road

Phone: 3410596

DAMODAR CINEMAS

LAUTOKA

Namoli Avenue, Lautoka

Phone: 666 3555

SUVA

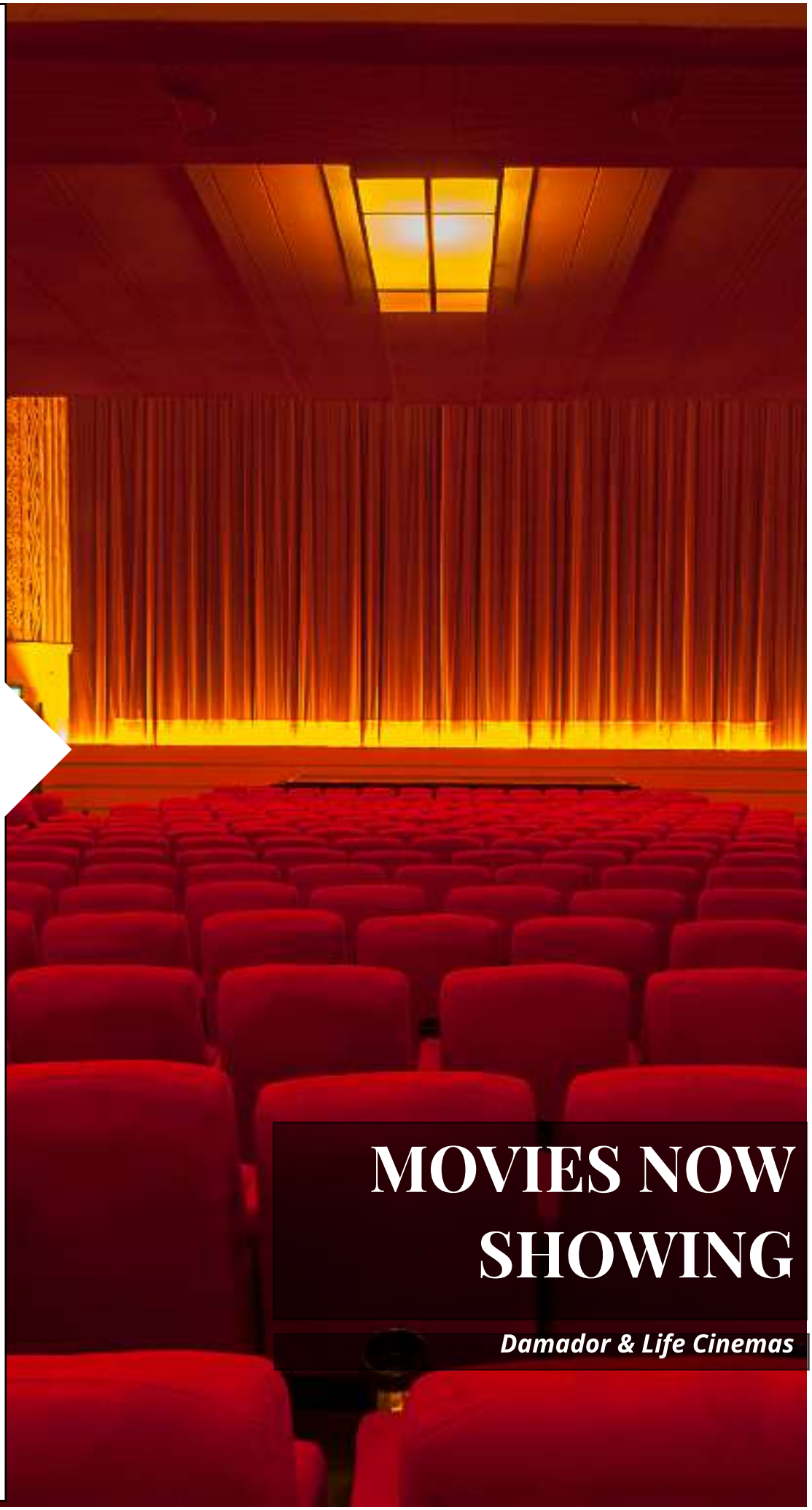
Damodar City Centre, Grantham Road, Suva

Phone: 327 5100

SUVA CITY

6 Scott Street, Suva.

Phone: 330 6006



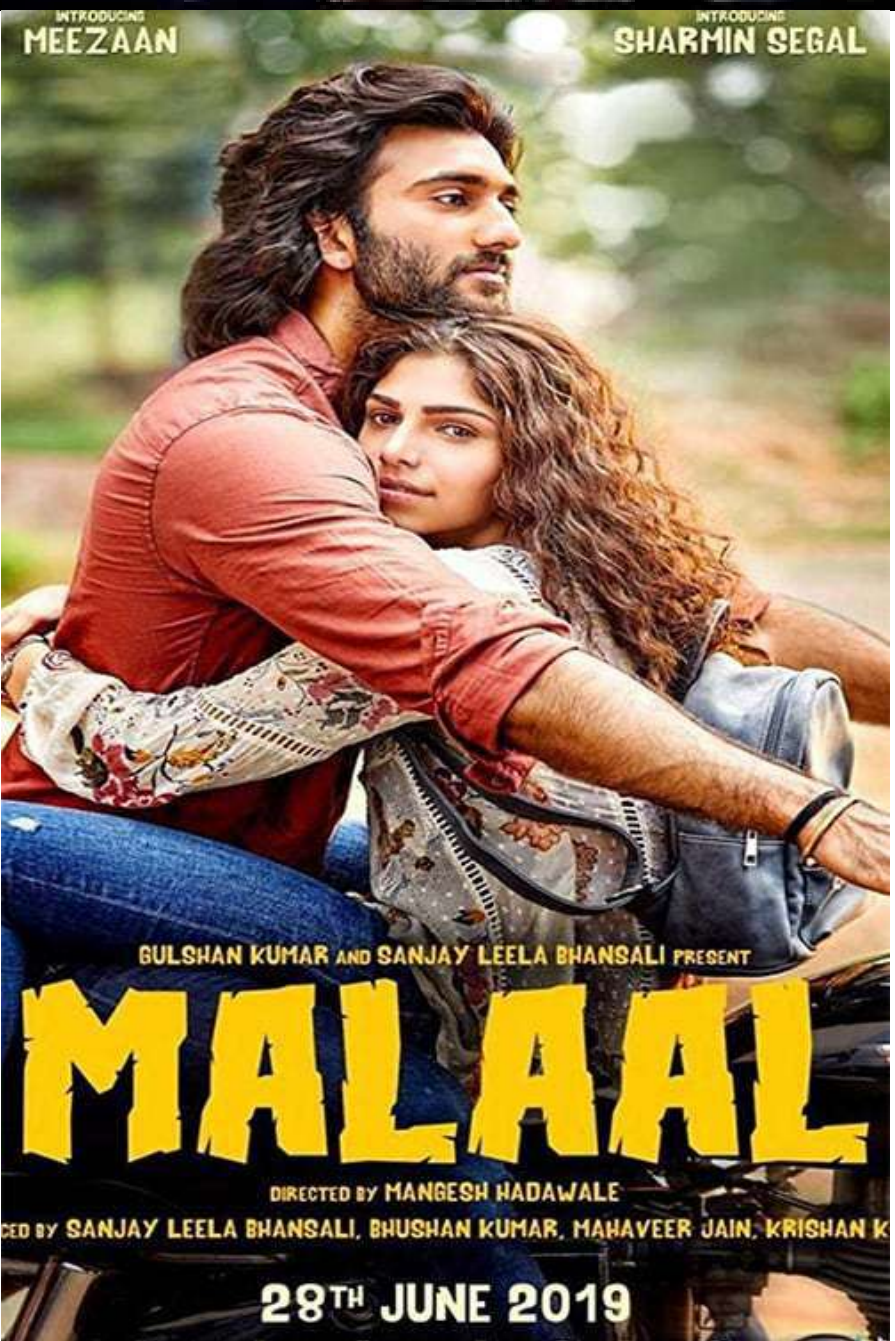
MOVIES NOW SHOWING

Damador & Life Cinemas

Overview:

Katherine Newbury (Emma Thompson) is a pioneer and legendary host on the late-night talk-show circuit. When she's accused of being a "woman who hates women," she puts affirmative action on the to-do list, and—presto!—Molly (Mindy Kaling) is hired as the one woman in Katherine's all-male writers' room. But Molly might be too little too late, as the formidable Katherine also faces the reality of low ratings and a network that wants to replace her. Molly, wanting to prove she's not simply a diversity hire who's disrupting the comfort of the brotherhood, is determined to help Katherine by revitalizing her show and career—and possibly effect even bigger change at the same time.

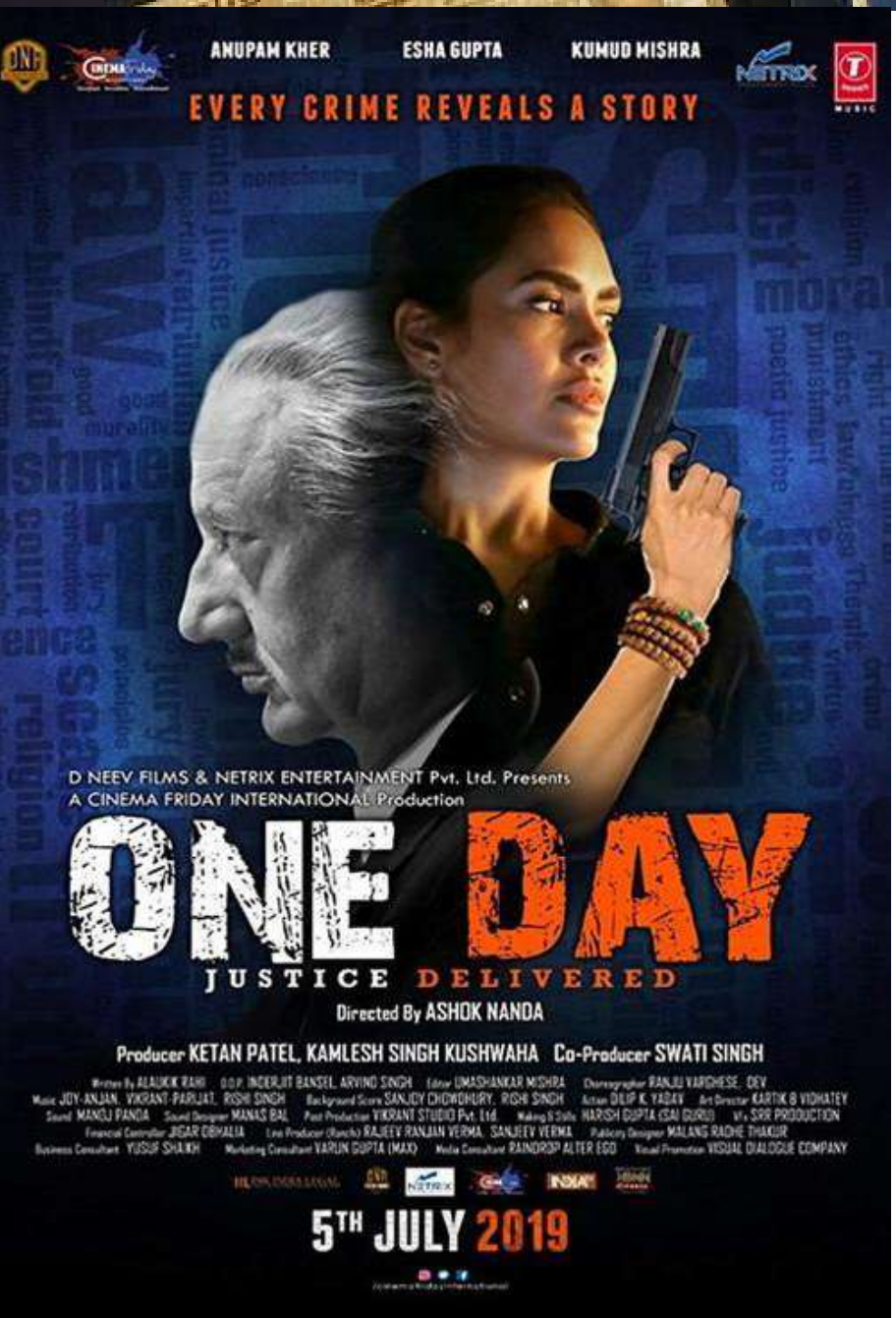
DAMODAR CINEMAS



Overview:

Yesterday, everyone knew The Beatles. Today, only Jack remembers their songs. He's about to become a very big deal. From Academy Award®-winning director Danny Boyle (Slumdog Millionaire, Trainspotting, 28 Days Later) and Richard Curtis, the Oscar-nominated screenwriter of Four Weddings and a Funeral, Love Actually and Notting Hill, comes a rock-n-roll comedy about music, dreams, friendship, and the long and winding road that leads to the love of your life.

DAMODAR CINEMAS



Overview:

A Crime Branch Special Officer Investigates the Serial disappearance of high profile individuals in a state capital.

DAMODAR CINEMAS

LIFE CINEMA

UPCOMING
EVENTS
BOOK EARLY TO AVOID DISAPPOINTMENT

SATURDAY

NORTHERN CLUB

Moonlight Party

Dance the Night Away with Mike & the FUSION BAND featurng Simi Rova

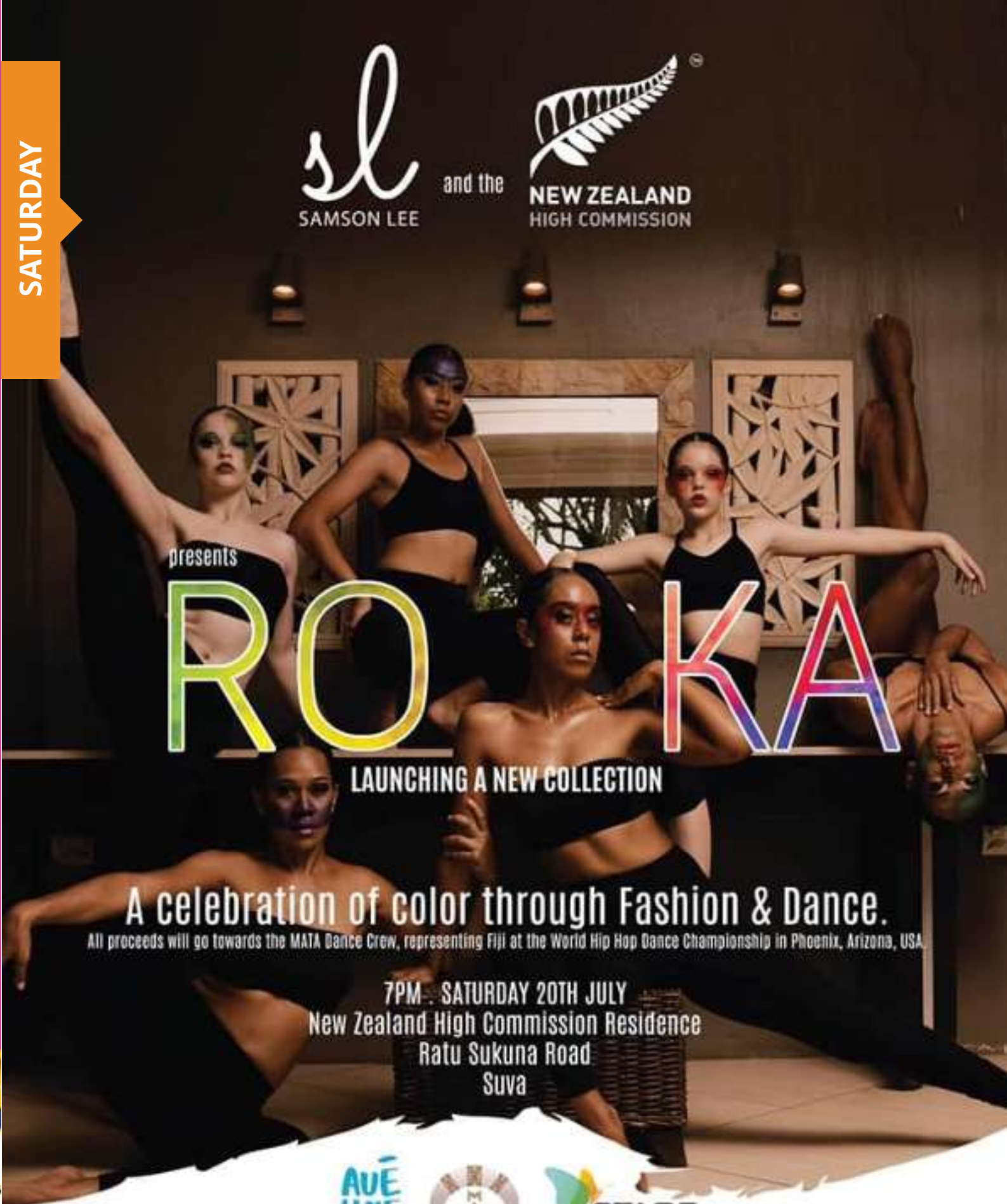
13th July 19 | 7PM onwards

MEMBERS FOC | NON-MEMBERS (early bird ticket $10) |
NON- MEMBERS COVER CHARGE $15 ON THE NIGHT

BEST DRESS PRIZE |DRINK SPECIALS
| $3 BEERS WHILE KEGS LAST |
$3.50 GIN COCKTAIL|$2 GIN SHOTS | WINE BOARD SPECIALS |

FOR MORE INFORMATION CONTACT
VANESSA 9358576/ AARON 9927685

SATURDAY



sl
SAMSON LEE

and the

NEW ZEALAND
HIGH COMMISSION

presents

RO KA

LAUNCHING A NEW COLLECTION

A celebration of color through Fashion & Dance.

All proceeds will go towards the MATA Dance Crew, representing Fiji at the World Hip Hop Dance Championship in Phoenix, Arizona, USA.

7PM . SATURDAY 20TH JULY
New Zealand High Commission Residence
Ratu Sukuna Road
Suva

AUÉ LINE

MATA

STAGE TECH

7.00pm - 8.00pm: FREE Drinks & Hors d'oeuvres
8.00pm - 8.45pm: Fashion Show
9.00pm - 11.00pm: LIVE Band

TICKETS
$150
PER PERSON

SATURDAY

WALK ON • WALK STRONG

WOWSkids

CARING FOR CHILDREN WITH CANCER

2019 Charity Ball and Auction.

For the storm wont last too long...

Venue: Grand Pacific Hotel

Date & Time: Saturday 31 August 2019, from 6:00 pm

- 1 Hour Pre-dinner drinks
- Dinner
- Door Prizes
- Entertainment by RAKO

$1600 per table ($200 each)
(8 seated table)

$225 per person

Dress Code: Splash of Colors

For more details contact Email: wowskidsfiji@gmail.com
Phone: 4503489 / 7370147 / 8035657

The Fiji Times · STAR · CCA Coca-Cola Amatil · Treasure · Tanoa Hotel Group · Paradise · Legend · Bluebird · Pacific Nail

DIRECT FROM LOS ANGELES

FRIDAY

SATURDAY

BILL DAWES

KEVIN TATE

FIJI

SOFITEL
HOTELS & RESORTS
FIJI RESORT & SPA

SOLIS BEACHFRONT RESTAURANT

3 COURSE DINNER
INCLUSIVE OF BEVERAGES

SHOW TICKET
$150FJD

FIJI AIRWAYS

SEPTEMBER 27 & 28, 2019

FROM 6PM
RESERVATIONS: ALESI CHAMBERS ON 675 7725
EMAIL - H5706-SB12@SOFITELFIJI.COM.FJ

WWW.COMEDYSTORE-NEWZEALAND.COM

SATURDAY

Bula Events Group

"Our innovation, Your solution"

NADI BULA FESTIVAL TRUST

Nadi Bula Fun Run

Run For Charity

5KM

Run . Fun Run . Walk

DATE: 3rd August 2019

VENUE: CAAF Compound

Registration: 6:30am Race Time: 8:00am

Prizes: Medals; Vouchers; Gift packs..etc.

NOTE: all registration fee collected will be given to Nadi Bula Festival Charity Project 16

Category/Entry Fee:

Masters.....$3.00
Open Men.....$3.00
Open Women.....$3.00
Secondary School..$2.00
Primary School.....$1.00

FOR MORE INFORMATION CONTACT

ALAN KUMAR
Mobile: +679 9209 132 or
Email: bulaeventsgroup@gmail.com

UPCOMING MUSIC GIGS

NEVER MISS A GIG AGAIN

FRIDAY

THAT'S COLD

PRESENTS

NEM & TALEI BAND

FEATURING

VOU DANCE GROUP

9pm-12am, 5th JULY 2019
@ RASHIANS NIGHT CLUB
Main Street, Vaileka, RakiRaki

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SUNDAY

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SATURDAY

Kulture Beer & Music Festival

8am - 11pm

presents

George Fiji Veikoso

LIVE IN CONCERT

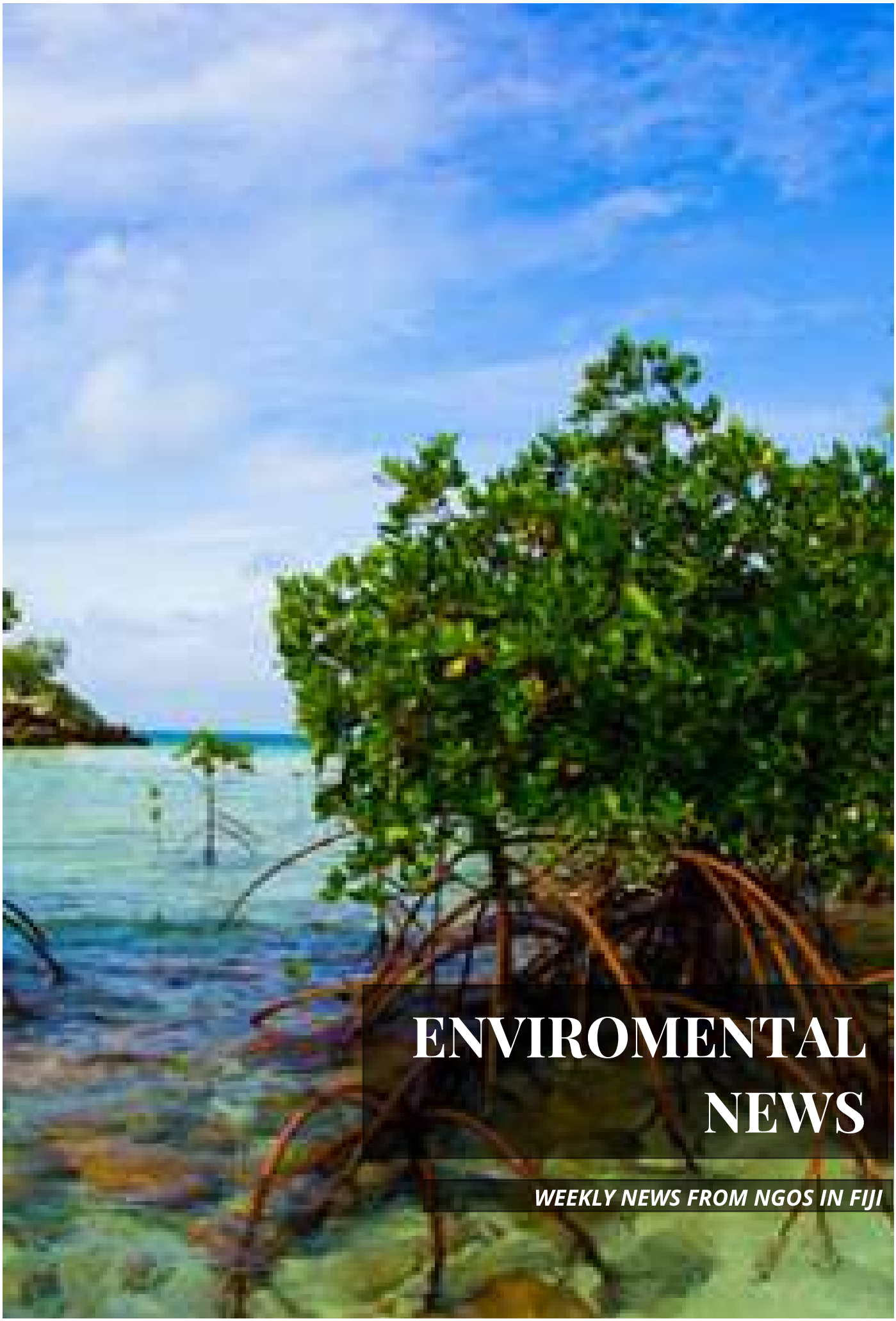
VENUE: BOTANICAL GARDEN, LAUTOKA

DATE: SAT, 27TH JULY, 2019

KULTURE MUSIC FEST

KULTURE ENTERTAINMENT

WASHDOWN BAR



ENVIROMENTAL NEWS

WEEKLY NEWS FROM NGOS IN FIJI

RUPS BIG BEAR

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What I learned about mangroves this International Tropics Day

Mention the word “tropical” and my mind will conjure up uncomplicated images of deserted islands, toucans in rainforests, and orange-colored pineapple-infused smoothie flavors. In my daily life in Washington, D.C., I think of the Tropics on the most basic and self-centered terms: they are distant, warm, and probably quite wet.

As such, I found the International Day of the Tropics to be a timely opportunity to learn more about the topic. The United Nations observance this Saturday, June 29, celebrates “the extraordinary diversity of the tropics while highlighting unique challenges and opportunities nations of the Tropics face.”

It’s time for me to move away from my conception of “tropical” as an adjective and towards an understanding of the Tropics as an actual region of the world. Approximately bound by the tropic of Cancer and the tropic of Capricorn, the Tropics are a vast and significant portion of the globe. They’re huge — they cover 40 percent of the world’s total surface area, and provide for about 80 percent of the Earth’s biodiversity, plus much of its linguistic and cultural diversity.

There is greater biodiversity in the Tropics, so there are higher proportions of threatened species. Meanwhile, alongside higher levels of poverty, there are higher proportions of undernourishment and higher proportions of urban populations dwelling in slum conditions. From urbanization and demographic change to climate change and deforestation, the issues that impact the Tropics are widespread, complex, | **Read More.**

Oceanlovers FOR KIDS

PART ONE

la, my name is Ratu the turtle!

n a small underwater village called Viti Sea. My favourite thing to do is to play with my friends d spend time with my family.

metimes my grandmother tells us stories about our big wide world, the land and the sea and how are all connected. Our whole family gathers together listening to her stories, sometimes late into night.

t week she told us about the ocean and why it is so precious. She is very wise. There are so many gs we learn from her. I'd like to share some of her wisdom with you:

There is a lot more ocean on planet earth than land, almost three times as much! Did you know the biggest ocean is the Pacific Ocean?

The ocean is very important for sea creatures and also for everyone who lives on land. It helps to produce oxygen to breathe and keeps our planet at a comfortable temperature.

It also provides a lot of food for sea creatures, humans and animals on land!

Pretty amazing, huh?

Let's colour in! Can you help me make all the oceans blue and all the land green?

FOR SCHOOL KIDS

OCEAN RIDDLE

What are the names of the different oceans?

P _ c _ _ ic Ocean

A _ la _ t _ c Ocean

Ar _ t _ _ Ocean

I _ _ i _ n Ocean

_ ou _ h _ rn Ocean

Which ocean surrounds Fiji _____

Which ocean is the biggest ocean? _____

Answers: Pacific Ocean, Atlantic, Arctic Ocean, Indian Ocean, Southern Ocean, South Pacific Ocean, Pacific Ocean

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Oceanlovers

PART TWO

Oceanlovers FOR KIDS

I live below my friend Ratu the turtle deeper down in the ocean. I have many arms and like to tie them into a knot just for fun! My best friend is called Peni the shark. Peni and I like to play underwater after school together with our friends - Bella the dolphin, Meli the Mahi Mahi, Ratu the turtle, Seri the starfish and anyone else who wants to join us. We live in different areas of the ocean but all go to the same underwater school.

Yesterday our teacher Mrs. Whale told us about our ocean homes. We learned so many interesting lessons about our beloved ocean. Here are some things we've learned:

The ocean is divided into different zones. It's a little bit like a family in a big house. Some live downstairs, some live in the middle and some live upstairs.

Sea creatures live in different zones of the ocean depending on how much sun they need. Sea animals and plants who need a lot of sun like to stay close to the surface. Creatures that don't need any sun live all the way at the bottom where it's a lot darker.

The ocean is divided into three zones:

Sunlit Zone

This is the zone you are in when you are swimming! It's at the very top of the ocean and gets a lot of sunlight. Most sea animals live here and also many plants because they use the sunlight to grow. Ratu the turtle, Bella the dolphin, Meli the Mahi Mahi and Peni the shark all live here. It's also a very colourful zone with lots of beautiful coral.

Twilight Zone

This is where the deep sea starts and that's where I live. The water is a lot cooler here because there is almost no sunlight. There are no plants in this zone because there is not enough sunlight for them to grow. Some of the animals living in our zone are very special because they can make their own light - this is called bioluminescence. Have you ever seen a firefly? They can make their own light too! Sometimes we have visitors in submarines who come to explore our part of the ocean. In this part of the ocean you can also find sperm whales and hatchet fish.

Midnight Zone

It's very dark here just like night time on land. It's also very cold. My friend Seri the starfish lives all the way down here!

There is not much food in this part of the ocean and the deep sea creatures that live here will eat almost anything! You can also find anglerfish and eels. Seri told me one time she also saw a giant squid. Its eyes were as big as basketballs!

Oceanlovers
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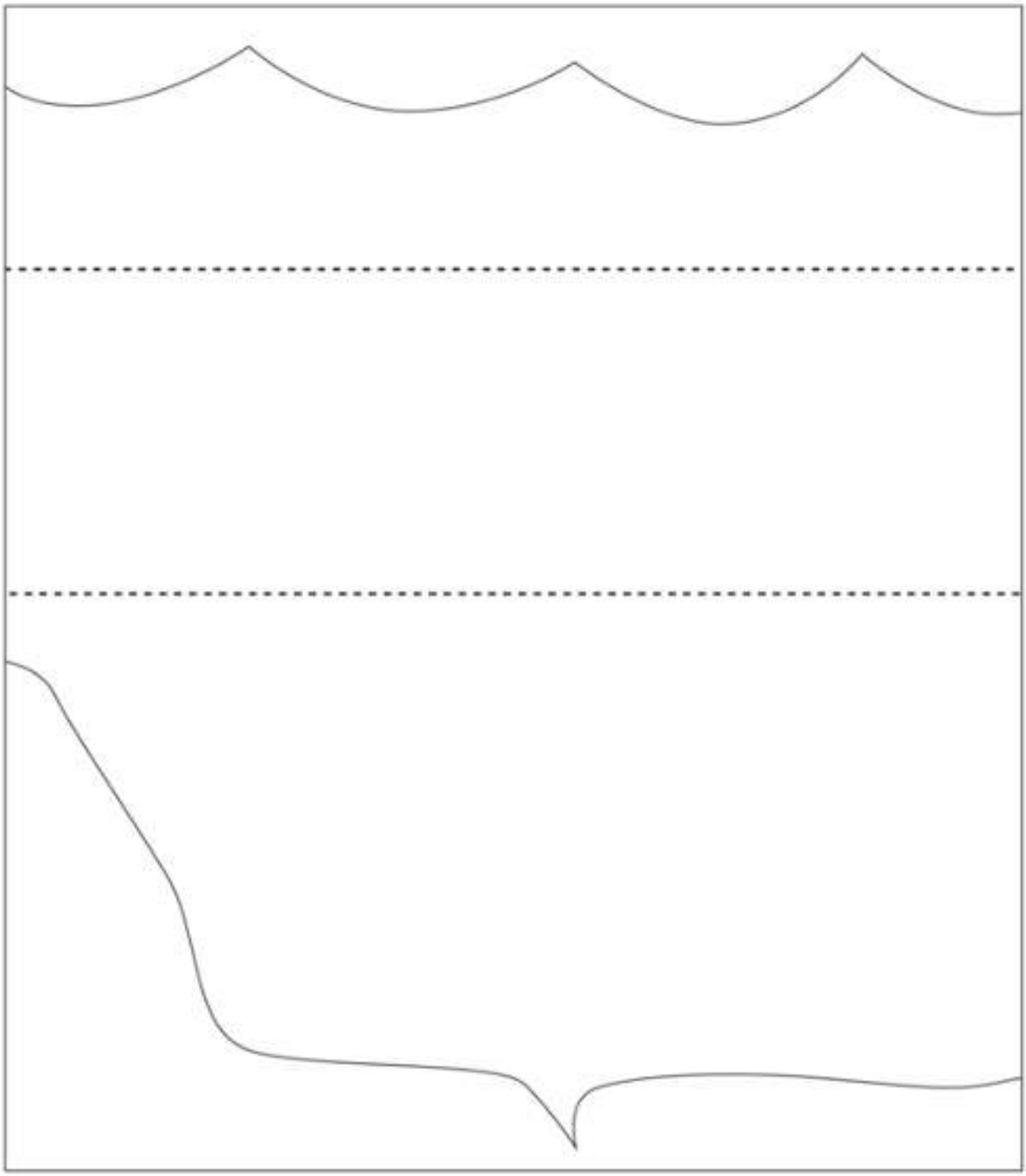
PART TWO

Let's colour in!

Can you help me make the ocean zones blue? At the top the water is light blue, in the middle a little darker and at the bottom we have a very dark blue!



Answers: Sunlit Zone: Turtle, Dolphin, Shark, Mahi Mahi, Seal, Coral
Twilight Zone: Sperm Whale, Octopus, Hatchet Fish
Midnight Zone: Algae, Starfish, Anglerfish, Tel. Giant squid

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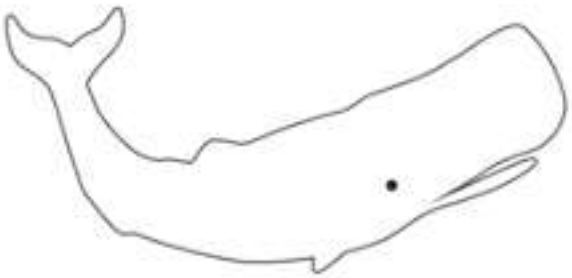
PART TWO

Which sea creature belongs in which ocean zone?
Cut out the sea creatures and glue them into their ocean zone.



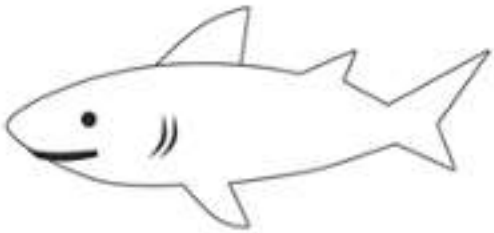
Sperm Whale

Seal

Turtle

Anglerfish

Eel



Shark

Algae

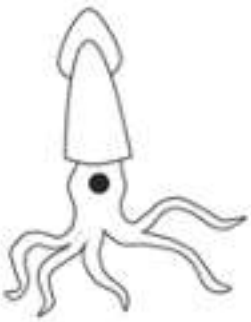
Mahi Mahi

Hatchetfish

Coral

Starfish

Dolphin



Giant Squid

Octopus

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PART THREE

Oceanlovers FOR KIDS

Bula, I'm Peni the shark. My favourite thing to do is to swim as fast and as far as I can! I love exploring ir beautiful oceans. My friends think I am very brave to swim so far.

I have two brothers and one sister and our whole family lives in the underwater town of Viti Livi.

Once a month we swim from our home to a place far far away.

We usually meet many different colourful fish on our long journey and they become our friends but on our last trip I noticed that there were less fish friends to greet us and that made me a bit sad.

What can you do?

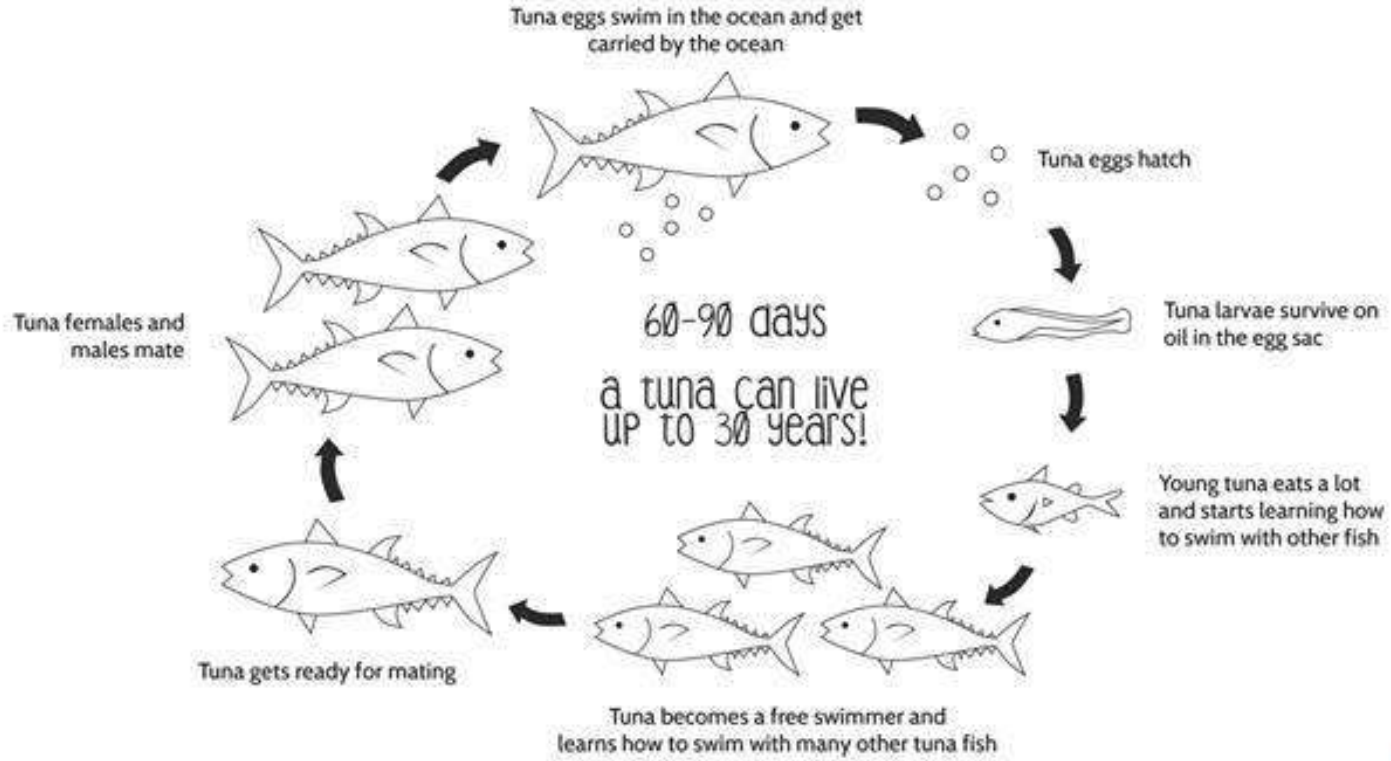
Talk to your friends and family
Many people do not know about the challenges overfishing brings. The first step is to know about the problem and then take action to help protect the ocean.

Eat less fish
If we all eat less fish the demand for fish will go down and the fisheries will fish less which means more time for fish to re grow their families!

There are less and less fish in the ocean because of overfishing. We all love to eat fish but at the moment too many fish are being taken from the ocean. Fish families don't have enough time to reproduce and so some species are now very endangered. If we keep fishing for more they will die out like the Bluefin Tuna which is a very popular fish to eat.

Many fishing boats also have huge nets that go all the way to the bottom of the ocean and many sea animals get caught in them - even some we cannot eat like starfish or turtle. This is very sad because many of these sea animals die without a reason. When someone uses big nets they also catch too many fish! This is called unsustainable fishing - it means fishing without thinking about what will happen to the ocean and its animals.

How long does it take for a Bluefin Tuna to grow into an adult fish?



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PART FOUR

Oceanlovers FOR KIDS

Bula kids, my name is Seru the starfish.

Yesterday my friend Ratu the turtle and I were playing after school and had a lot of fun until something unexpected happened. Ratu accidentally swallowed a plastic straw. His belly was hurting the entire day, he didn't feel well and found it hard to breathe. Thankfully Dr. Crab was able to help Ratu and he is feeling much better now. Dr. Crab explained that the things that don't belong in the ocean can make us very ill so we need to be really careful.

How does trash get into the ocean?

Trash gets into the ocean when people litter. Unfortunately, many people who visit the beach do not take their trash with them when they leave. When the water level rises with the tide, trash washes into the ocean. Some of the trash also comes from people on boats who throw their rubbish carelessly into the water.

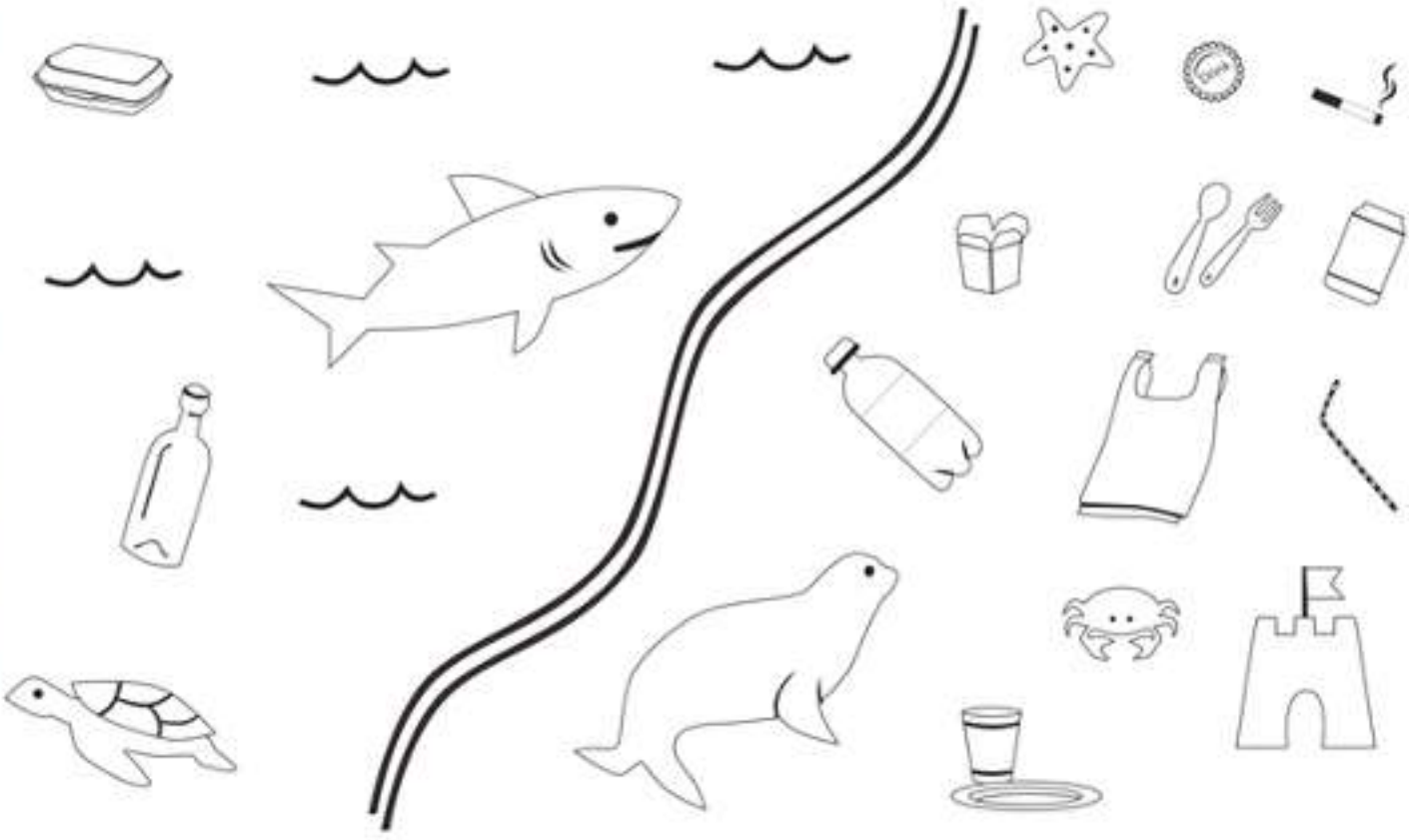
A lot of the trash in the ocean also comes from rivers. If trash gets thrown into a river it flows all the way into the ocean harming many sea animals.

How does trash affect the ocean?

Today there is a lot of plastic and other rubbish in the ocean and many sea creatures eat it thinking it's food... This can harm them greatly. Especially straws, plastic bags and balloons are very dangerous for sea animals.

How can I help?

Everyone can help to make sure rubbish doesn't end up in the ocean! Next time you visit a beach or when you're at the river pick up one piece of rubbish and put it in trash.



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PART FIVE

Oceanlovers FOR KIDS

Yesterday I was swimming along my favourite seaweed forest and out of nowhere, first I saw a jacket, then a toothbrush and a plastic bag floating in the water amongst the seaweed.. I was so surprised!. I was wondering where all of these things were coming from. Maybe these items accidentally slipped into the river on the island and ended up in my beloved seaweed forest?

What happens to the trash we throw into rivers?

Trash that gets thrown into the river looks like it will disappear with the flowing water. But the water carries the trash all the way into the ocean. Most of the trash in the ocean actually comes from rivers.
Unfortunately, many people don't know how harmful this can be to the ocean creatures who sometimes accidentally eat the small pieces of trash thinking that it is food.

The pollution is getting worse and worse and now there is so much trash and plastic in the water that it looks like a big carpet made out of plastic!

What can I do to help?

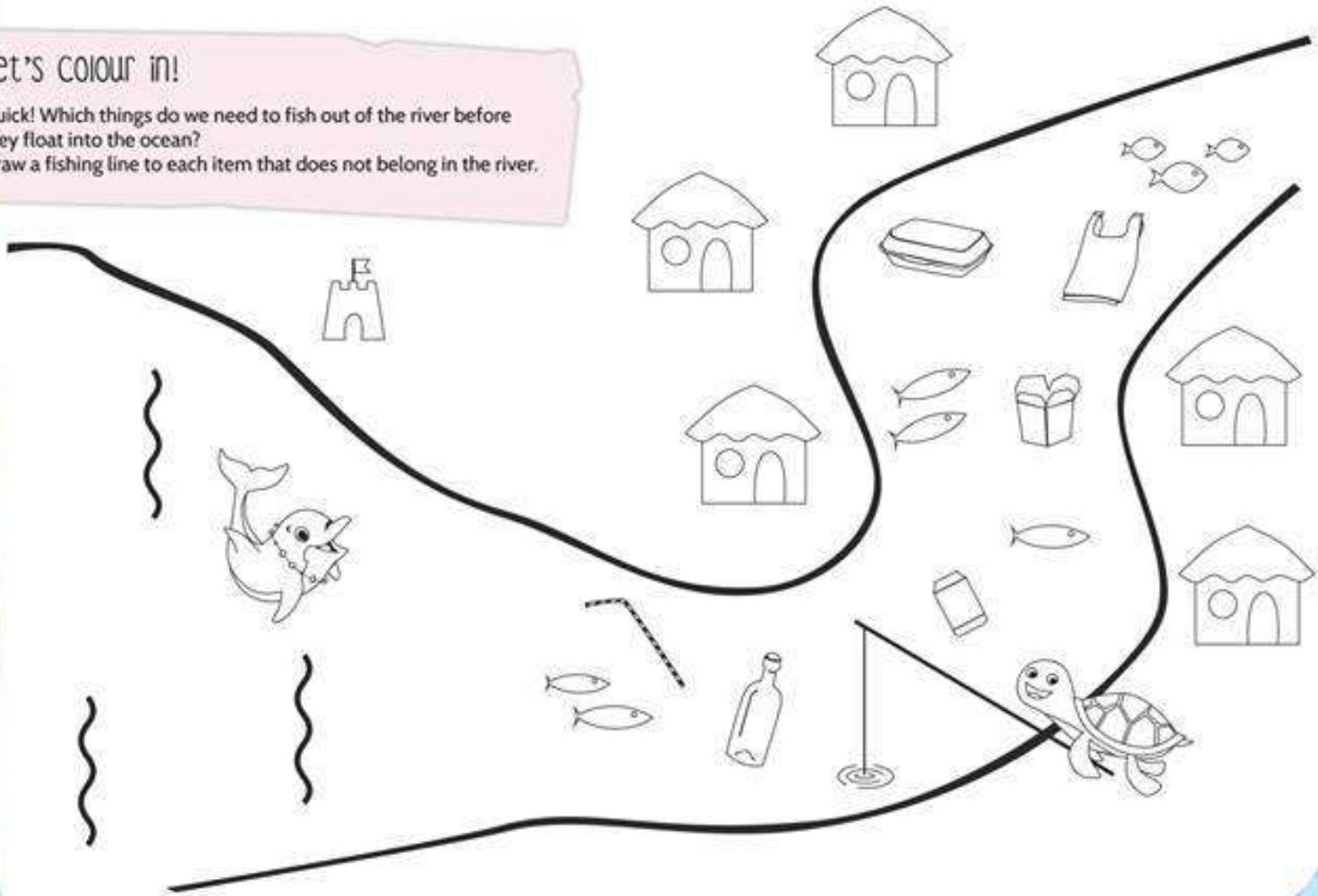
One of the biggest things to help all the animals in the ocean is to not throw any trash into the rivers. Trash should always be thrown into a trash bin or recycled wherever possible.

You could also talk to people who are throwing trash into the water and explain to them what happens with it.

Encourage your family and friends to always dispose of trash into a trash bin.

Let's colour in!

Quick! Which things do we need to fish out of the river before they float into the ocean?
Draw a fishing line to each item that does not belong in the river.



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