THE NUMBER 1 EVENTS & LIFESTYLE MAGAZINE IN FIJI

FIJI EVENTS GUIDE

ARTISTS LINEUP

Saturday July 20th, 2019
Thurston Garden, Suva City

12.00	-	12.30	Solomone Kacirogoci
12.35	-	12.45	KIDS from Dave Steven's music school
12.50	-	1.10	Performance: Indonesian Embassy
1.10	-	1.20	VOU
1.20	-	2.05	Hope Fiji
2.10	-	2.50	Four Quarters
2.50	-	2.55	WOWS
2.55	-	3.05	VOU
3.05	-	4.05	Groove Co.
4.10	-	4.55	Rako Pasefika
4.55	-	5.05	VOU
5.05	-	5.50	Knox Brotherhood
5.55	-	6.55	Glass Alley
7.00	-	8.00	Nem & Talei
8.05	-	9.05	Inside Out
9.10	-	10.05	The Gang

Tickets at Ginger Cafe or FBCL, Suva

CHILDREN UNDER 12 FREE

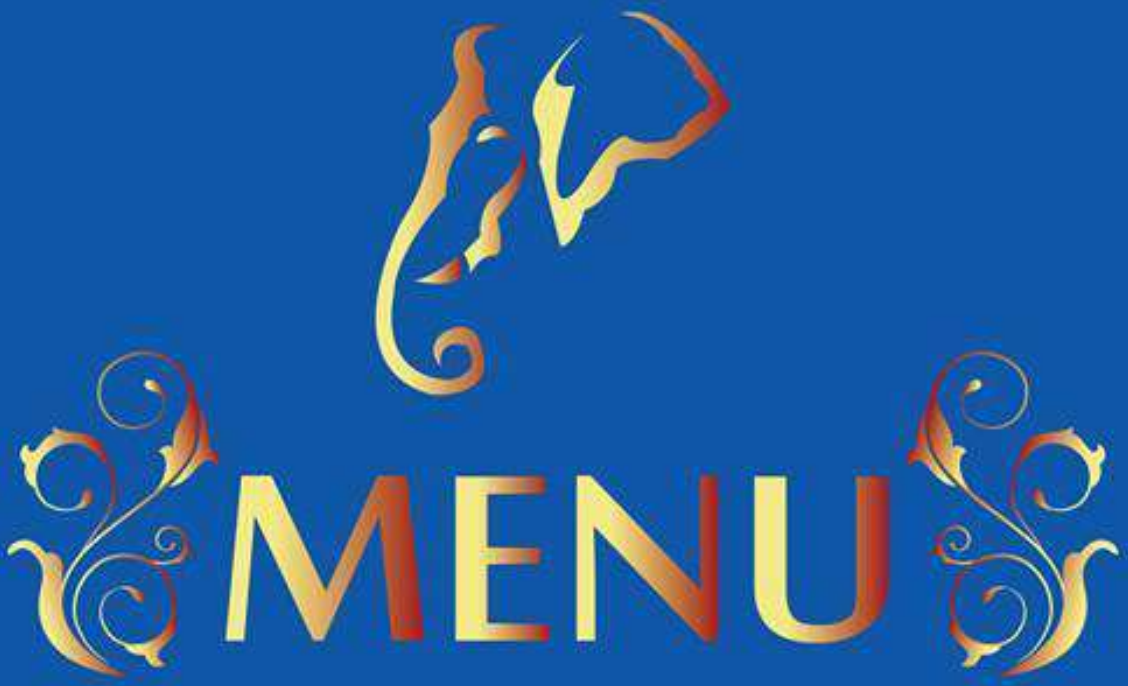
Pick of the Week
South Sea Cruises

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 in our Weekly Guide that stirs your interest. We've got original articles, videos, photos and serialized edition of Ron Wright's classic. On Fiji Islands originally published by Penguin Booksand recognized as the best nonfiction Fiji travel Narrative ever written.

Indiana

TANDOORI RESTAURANT & BAR



WE USE ALL HALAL MEATS

PHONE: 672 2962 / 930 0417

WIN DINNER FOR 2 at the New Indiana Curry House & Bar, Suva.

Our team picked out the **Lucky Winner Aaina Shivanjali** (Please could you contact us via Facebook Messenger and we will forward your all the details.

Thank you all for entering the competition.

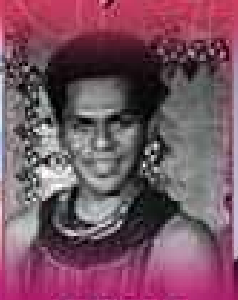
DAKU FIJI RESORT

Fashion & Art FESTIVAL

17-19 JULY 2019

Aisea Kaurata
NEIRANI

Hupfeld Evers Haerder
HUPFELD HOERDER DESIGNS



Epeli Tuibeqa
KUI VITI

Cherish Prasad

Waqa Yuidreketi

AND ALSO FEATURING

Lorna Grace

Day 1 - 17th July
Theme: Garden of Eden
Time : 6.30pm
FOC
Fashion & Art Show

Day 2 - 18th July
Theme: Our Planet, Our Ocean
Time : 6.30pm
FOC
Fashion & Art Show

Day 3 - 19th July
Theme: Swaying Palms of Savusavu
Time: 6.30pm
Fee: $75.00 per person
Buffet Dinner | Beverages (Beer, Wine & Rum Punch)
| Fashion Show | Auctions | Awareness Talk
Dance the Night away

LUPUS FOUNDATION FIJI

The Lupus Foundation of Fiji, will be here to conduct awareness talks on the 3 evenings, and also visiting several nearby villages to talk about Lupus:

- Ms Una Toifubou, Executive Cordinator
- Mr Kali Taragaivivu, Deputy Executive Cordinator

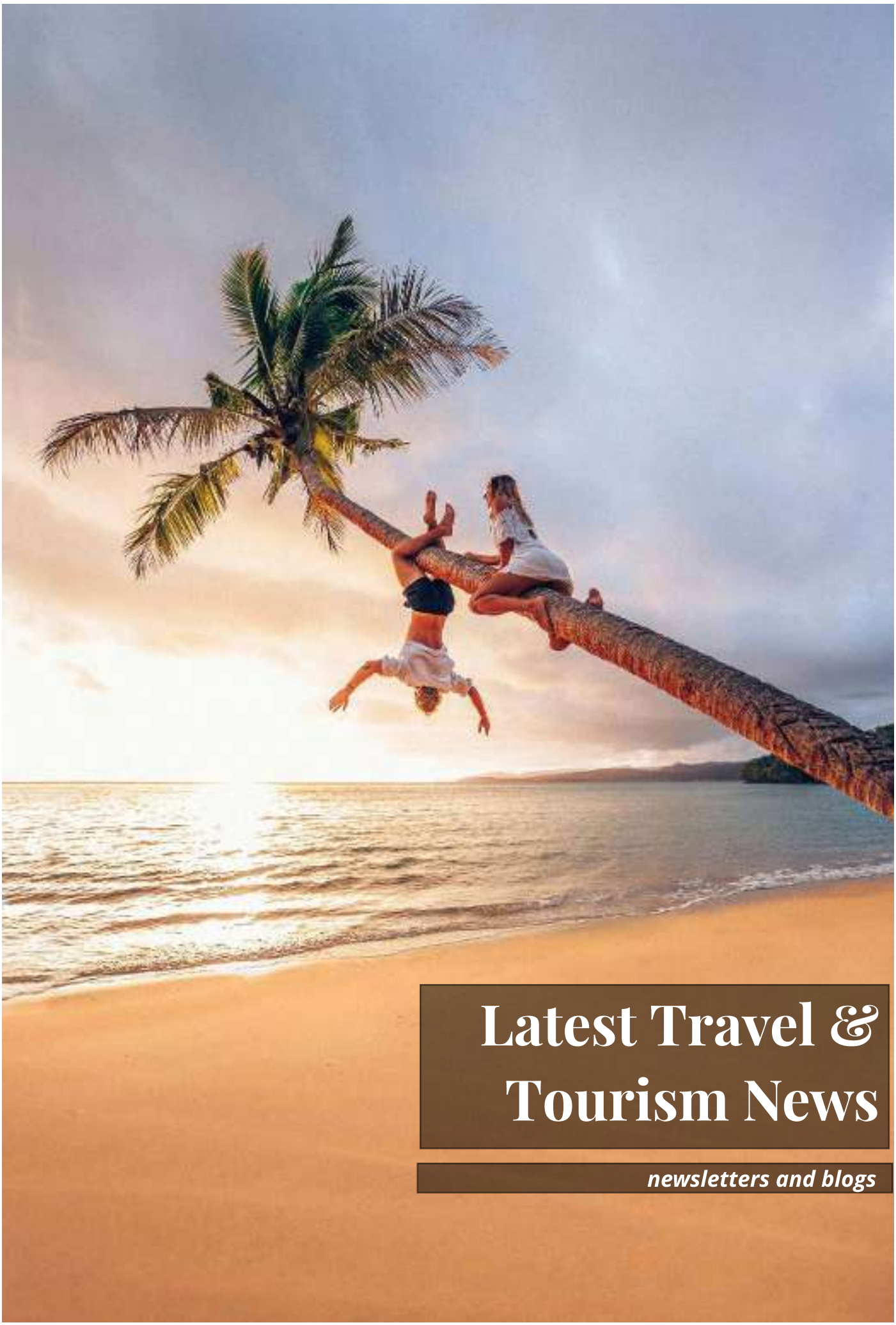
Daku Resort proudly supports the work and effort of the Lupus Foundation of Fiji as its Charity to donate to for this year 2019 hence the invitation to come and conduct awareness talks. Money raised from the Auctions and the per person cost for the final evening of which some of the proceeds will be donated to the Foundation.

PARADISE BEVERAGES

Ayush PARADISE CABS

DAKU Fiji Resort

From the heart of FIJI



Latest Travel & Tourism News

newsletters and blogs

Hollywood Actress Roberta Haynes to be Buried at Return to Paradise Resort

Roberta Haynes, who starred opposite Gary Cooper in the South Pacific-set 1953 movie *Return to Paradise*, is returning to Paradise. Her family are bringing her ashes back for a Memorial Service at the Resort's Chapel by the Sea on 23rd July. Following the service, her ashes will be deposited in the Memorial Fale that sits in front of the Chapel overlooking the beach that Roberta loved so much.

Tributes will be led by Deputy Prime Minister Fiame Naomi Mataafa. This is very fitting as Fiame is the Grand-daughter of Le Mamea Matatamua who played a significant part as Chief Tonga in the movie. Other tributes will be given by two other actors from the movie – Sio Frieda Paul and Terry Dunleavy. Family and friends tributes will be given by Roberta's longtime friend, Vio Atherton, Resort Chairman Hinauri Petana, Jonathan Ward (Roberta's son) and Grand-daughter Gemma Ward.

Roberta also starred in movies with other movie legends of the era including **Roger Moore, Lee J Cobb, Rock Hudson, Humphrey Bogart, John Carradine and John Garfield.** She was romantically linked to some of the top Hollywood heart-throbs of the day including **Marlon Brando, Yul Brynner, and Richard Burton, but not her co-star.** In a 2015 interview, Haynes said she adored working with Gary Cooper, who she noted was ill and on medication during filming ***"Don't feel bad if I don't make a pass at you,"*** he told her. Roberta was also named one of the sexiest women alive by People magazine and made frequent cover appearances. In later years, she became an executive behind the camera at Twentieth Century Fox, but still appeared as Special Guest Star in TV dramas including Falcon Crest and Knott's Landing.

As well as the grave site, Return to Paradise is also setting up a permanent **Roberta Haynes Memorial Fale** which will display of memorabilia and tributes to Ms. Haynes next to the Chapel. Far into the future, people will be able to visit the chapel, hear about the life of Roberta Haynes and visit her grave.

"We are so honoured to be welcoming Roberta back," says Resort General Manager and Matriarch Ramona Su'a Pale, "Roberta made it clear to us when she visited us four years ago that her heart remained in Samoa and this was where she wanted her ashes to come to. She will always be Maeva to the people of Samoa, and we are looking forward to welcoming her home."

The movie was filmed in Lefaga at what became known thereafter as Return to Paradise Beach which was renamed the island of Matareva. Ms. Haynes portrayed a native on the island who has a romance and then a child with Cooper's drifter character. The movie was directed by Mark Robson and based on a novel by James Michener.

In 2015, Ms. Haynes was flown business class to Samoa from Hollywood courtesy of Fiji Airlines to be guest of honour at a movie reunion at the then recently opened Return to Paradise Resort. At the Gala Ball held in her honour, she said that her heart was still here in Samoa and she was going to tell her family that she wanted her ashes brought back here. This is the wish that her family and the family at Return to Paradise Resort are now going to honour.

"Roberta is a part of us," says Ramona; "She has done so much to raise the visibility of Samoa and we are so glad she is coming back to where she belongs."

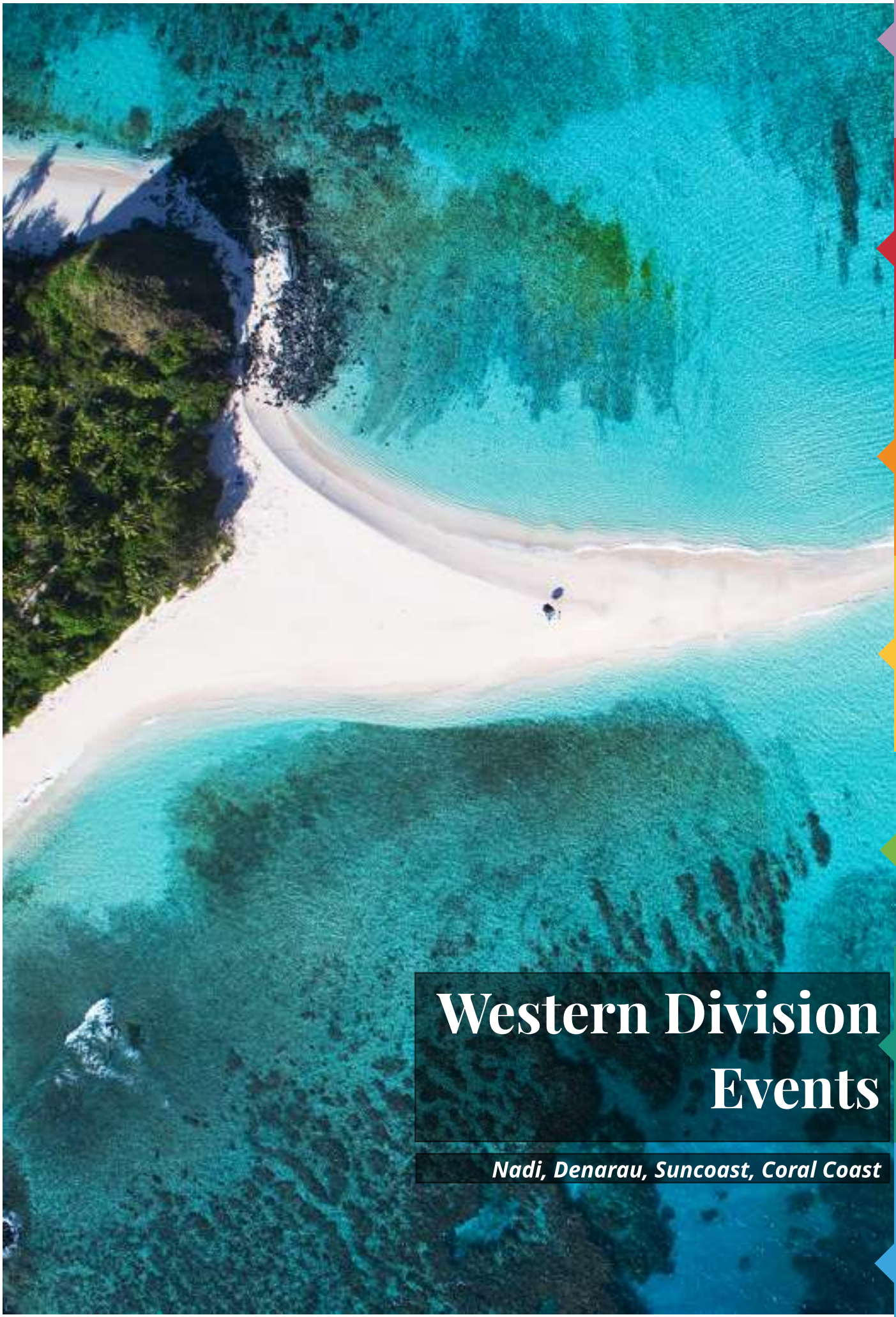
HomeStyle Pizzas , Pasta and Salads

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

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.

THURSDAY

YOGA CLASS at Vai Restaurant & Bar

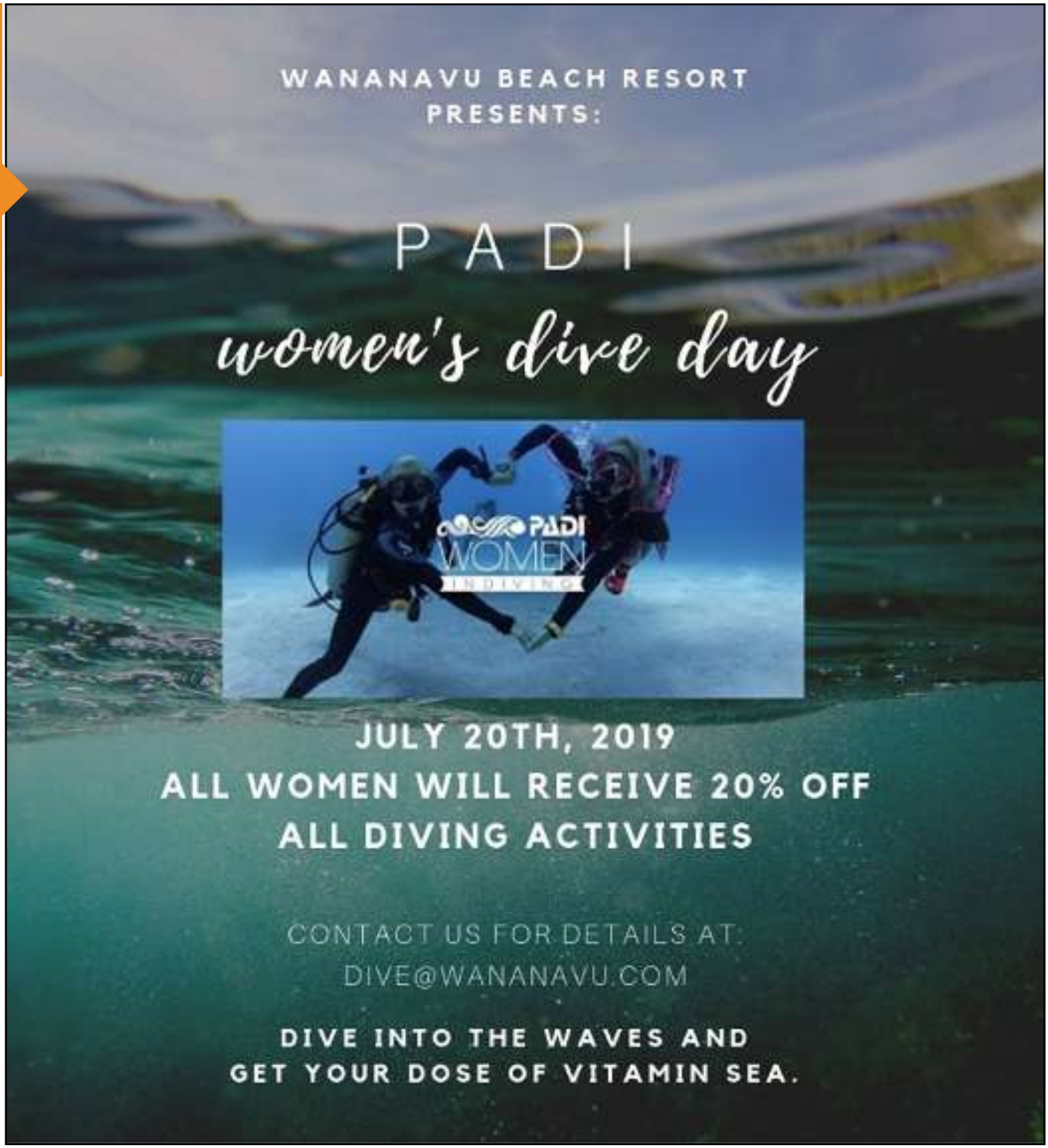
Public · 41 instances · 374 people · by Kama Yoga Fiji and Sheraton Fiji Resort

TUESDAY

YOGA CLASS at Pacific Fitness Gym

Public · 25 instances · 454 people · by Kama Yoga Fiji

SATURDAY



WEDNESDAY

FRIDAY

Live music by talented local musicians & Happy Hour everyday from 4:30pm - 6:30pm.

PASSION FRUIT MOJITO

An amazingly refreshing cocktail perfect for the summer that features white rum, passionfruit pulp & fresh mint leaves.

WALU FISH PIE

Fresh Walu fillet in a creamy Rourou garlic & ginger filling topped with mash potato & gratinated cheese served with citrus orange, fennel, red onion, tomato salad & a fresh lemon cheek.

FIJIAN PUMPKIN PIE

Topped with condensed milk and toasted almonds served with caramel sauce, Kava dark chocolate ice cream & fresh mint.

VODKA CRUISER

ICE BAR

Christmas IN JULY

SATURDAY JULY 20TH

FEATURING

DJ KRISH | DJ KARMA

FREE ENTRY - TILL 9PM

ADMISSION AFTER 9PM : $5 | DOORS OPEN 7PM | THIS EVENT IS RESTRICTED | +18 ONLY

@ ICE BAR, JETPOINT COMPLEX, MARTINTAR NADI

NEED A BREAK?

Share & Win FREE 1 HOUR SPA TREATMENT FOR TWO AT MOKSHA SPA

1. Share this post on your facebook or instagram page
2. Tag with #MokshaSpaFiji
3. Posts with the most organic reach (likes and shares) will go into the draw to win a FREE 1 hour Spa treatment for 2.
4. Draw date: 31st July 2019. *Conditions Apply

BURGER KING

COUPONS IS BACK

A CRISPY CHICKEN BURGER + CHICKEN FRIES + MEDIUM DRINK $12.95

B 10PC NUGGETS + MEDIUM FRIES $9.95

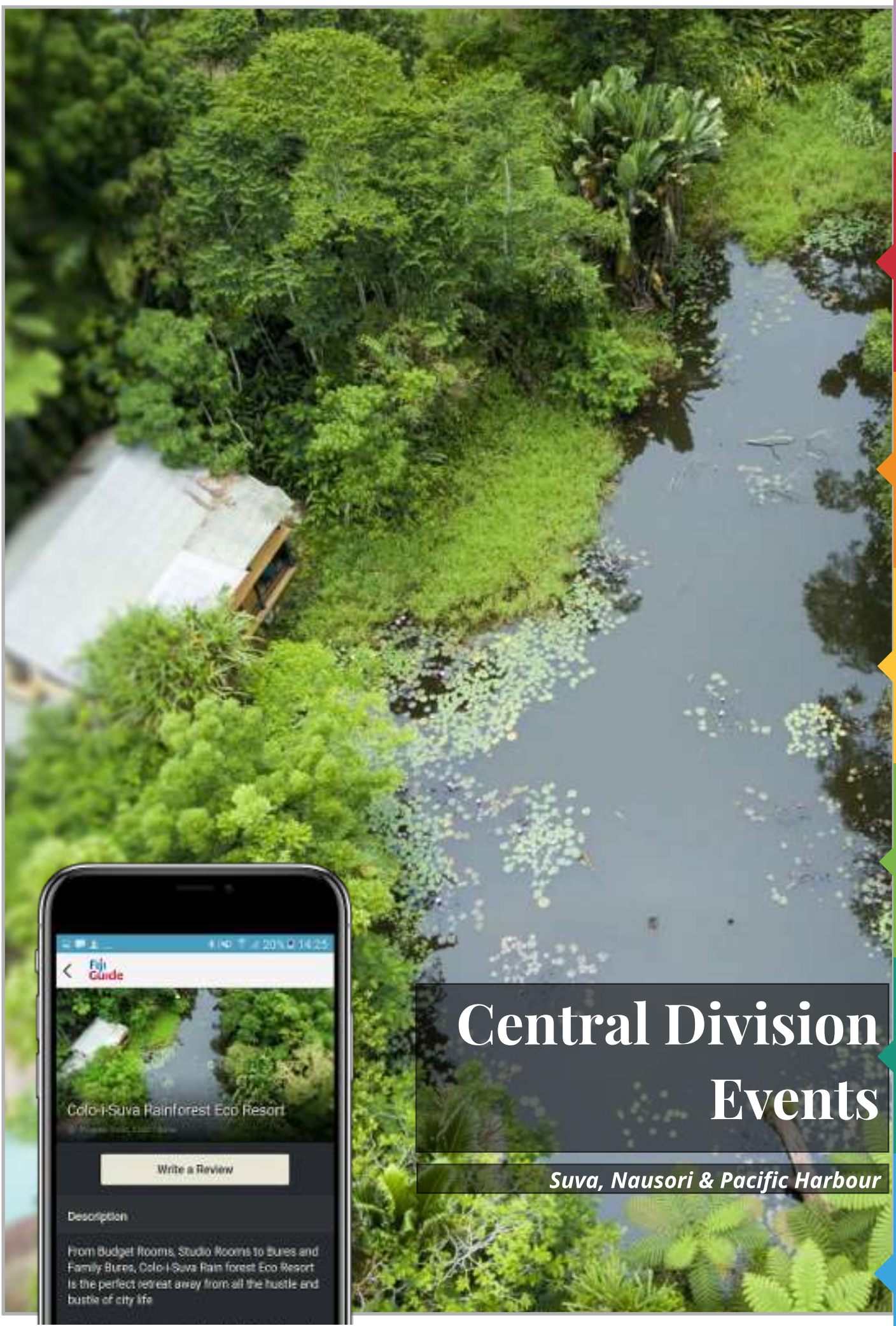
C DOUBLE CHEESE BURGER + CHICKEN FRIES $10.45

D CHICKEN FRIES + 6PC NUGGETS + MEDIUM FRIES $12.95

E 3 CHEESE BURGER $10.95

AVAILABLE AT NEWLY REFURBISHED BURGER KING GANILAU

OFFER STARTS FROM 15TH JULY - 4TH AUGUST



Central Division Events

Suva, Nausori & Pacific Harbour

Featured EVENT

Save the Date

Saturday 20th July 2019
Thurston Gardens Suva
Midday to 10pm

SATURDAY

Thurston Food & Music Festival

ARTISTS LINEUP

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Thurston Garden, Suva City

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8.05	-	9.05	Inside Out
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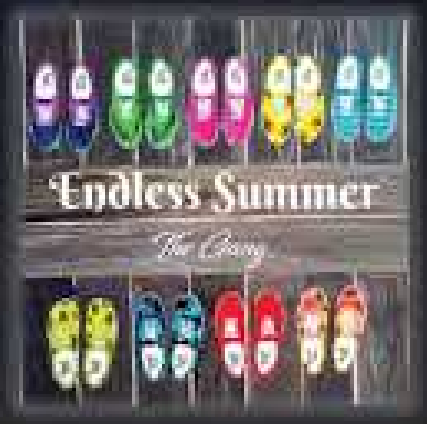
Food galore

Live music

$25 per ticket

Tickets at Ginger Cafe or FBCL, Suva

CHILDREN UNDER 12 FREE



Available Now:

iTunes DEEZER
amazonMP3 beatport
Spotify
TIDAL MUSIC

SATURDAY

Thurston Food & Music Festival

FOOD & DRINKS

Saturday July 20th, 2019
Thurston Garden, Suva City

Lady Kupcake
Nanays Filipino Delights
Three Places
Niu Grillz
Kanalevu Kitchen
Island Slam
Taste Fiji
Rhubarb Café
Natta's Thai Hut
Taste of Indonesia

Live music

Food galore

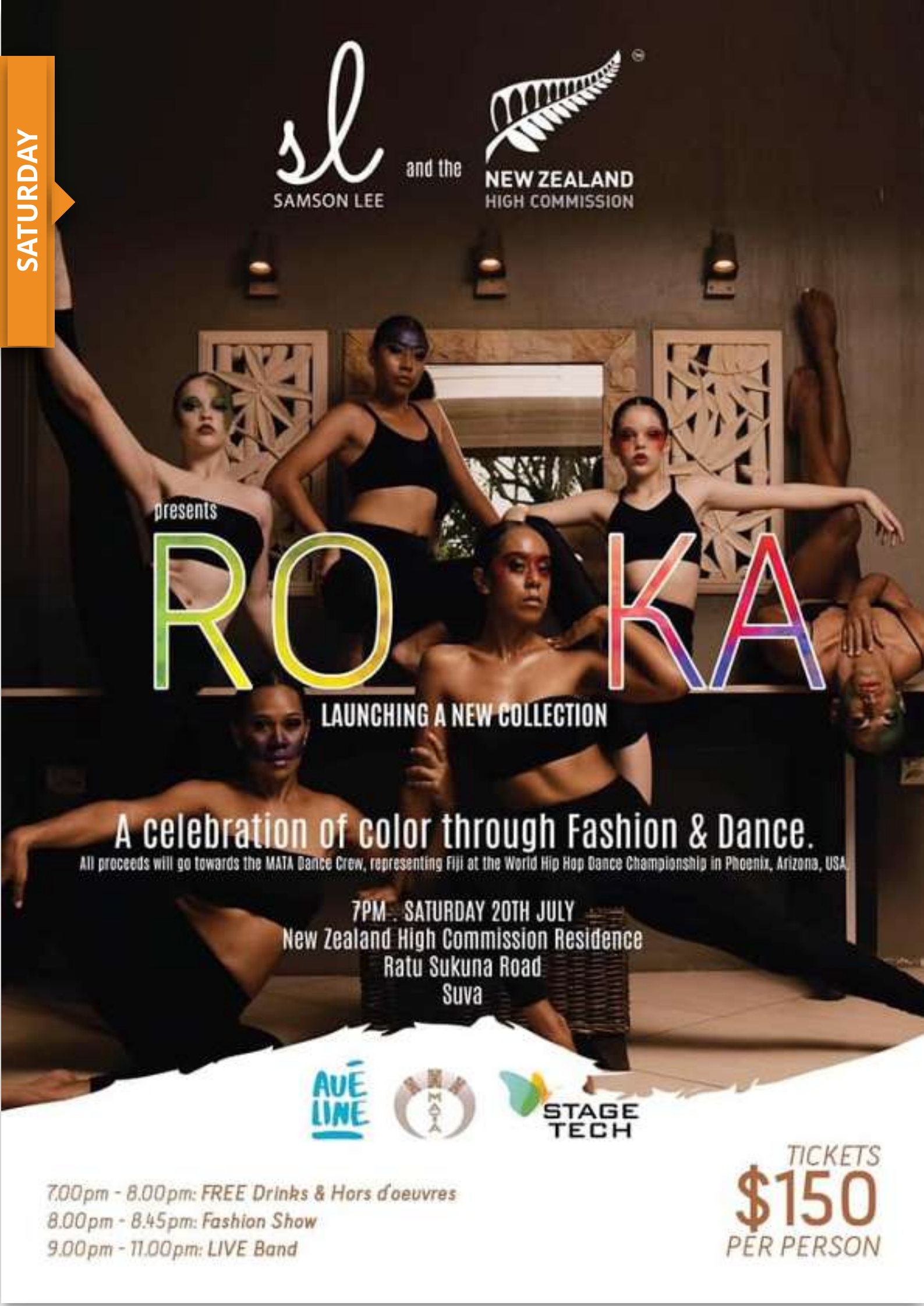
Koula Kava
Lemon Moli
Fiji Gold Beer
Fiji Bitter
Low carb VONU Beer
Paradise Beverages
Lawhill Wines
Coca Cola

$25 per ticket

Tickets at Ginger Cafe or FBCL, Suva

CHILDREN UNDER 12 FREE

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
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

THURSDAY

FRIDAY

SATURDAY

Fiji Showcase NOW ON

FRIDAY 12TH - SATURDAY 20TH JULY, 2019

FMF GYMNASIUM, LAUCALA BAY, SUVA

THURSDAY

Suva Marathon Club's Thursday Social Run

Public · 48 instances · 476 people · by Suva Marathon

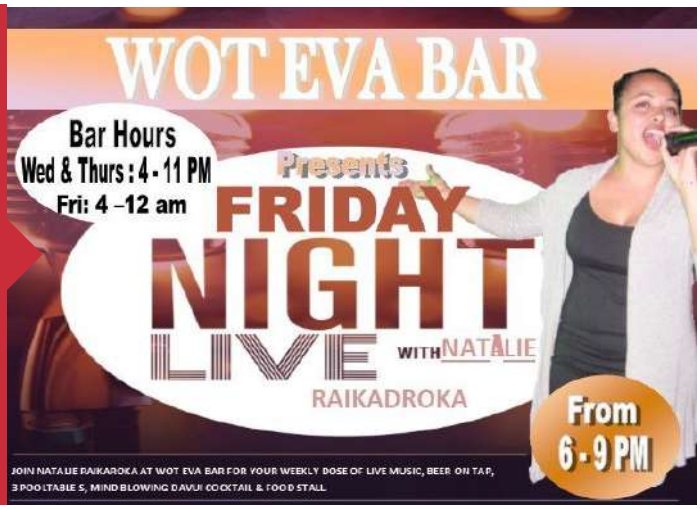
JUL 19

Youth Committe Kava Barrel Night

Public · Hosted by National Union of Factory and Commercial Workers

FRIDAY

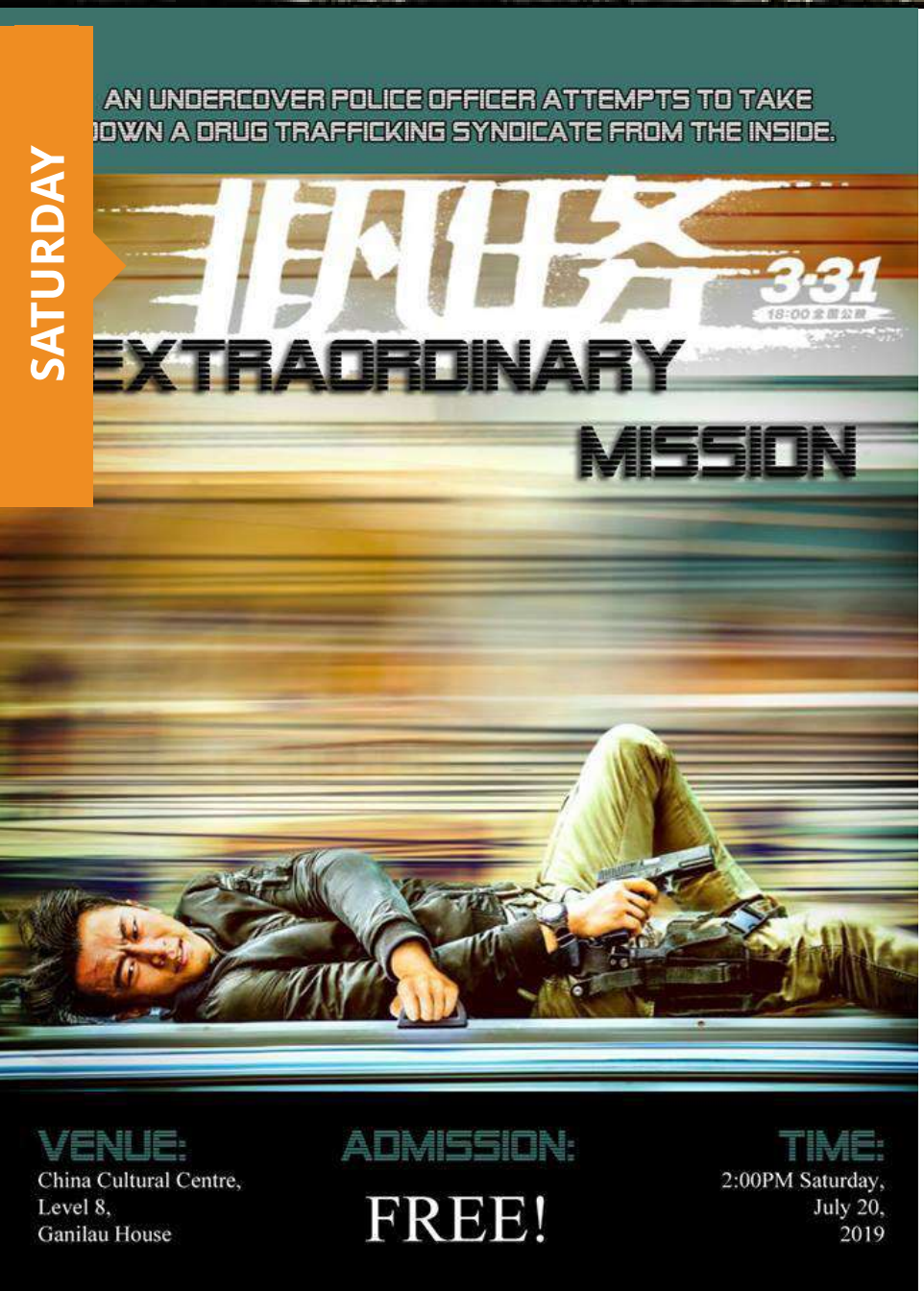
FRIDAY



Come-n-try Program By World Archery Fiji

Public · 4 instances · 99 people · by Colo-i-Suva Archery Club

SATURDAY



FREE MOVIE SCREENING WITH ENGLISH SUBTITLE!

An all-out action-packed assault. Policeman Lin Kai (Huang Xuan) goes undercover to bring down the Twin Eagles drug cartel. While he thwarts opponents at every turn while keeping his façade intact, the stakes are raised when he is inextricably entwined with psychopathic head honcho Eagle (Duan Yihong) himself, leading to a harrowing journey of forced drug addiction and time bomb pyrotechnics.

China Cultural Centre in Fiji

SATURDAY

Frank Hilton

AMAZING WHEELBARROW RACE

SUNDAY

GOLD FM

Only The Classic Hits

THE ROC MARKET

Sunday 21st JULY, 2019

FROM 9:00AM - 3:00PM

Along Carnarvon Street (Beside FBC), Suva

Knox Entertainment

The Republic of Cappuccino

100.2FM	100.0FM	100.4FM	100.6FM	990KHz
Suva, Nadi, Lautoka, Labasa	Sigatoka, Nadi	Tavua	Rakiraki	AM Frequency

Listen via our live web-stream: goldfm.com.fj

THEME NIGHTS

tripadvisor

Colo-i-Suva

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEDNESDAY NIGHTS
TASTE OF FIJI | FIJIAN FOOD NIGHT

THURSDAY NIGHTS
PASTA NIGHT

FRIDAY NIGHTS
FISH & SEAFOOD NIGHT

SATURDAY NIGHTS
BURGER NIGHT

SUNDAY NIGHTS
CHICKEN SCHNITZEL NIGHT

HAPPY HOUR PRICES ALL NIGHT LONG!*

*ON SELECTED ITEMS ONLY

WEDNESDAY

AFRICAN MOVIE NIGHT

"Timbuktu" by Abderrahmane Sissako (2014)

On Wednesday 24th July from 7:30 PM

at Alliance Française de Suva

100 minutes -In French with English Subtitles

A cattle herder and his family who reside in the dunes of Timbuktu find their quiet lives -- which are typically free of the Jihadists determined to control their faith -- abruptly disturbed.

Free entry and open to all. Drinks provided. French crêpes for 2$

Alliance française de Suva

It’s that time of the week – our fourth instalment of ou
much-loved and respected restaurant host, Kris Bose.
– which spans 30 years – includes five-star training as
Denarau when tourism was first emerging in Fiji.

VIDEO OF THE WEEK

r ‘Heart & Soul’ video series features the resort’s
Kris’ impressive career in the hospitality industry
part of the first intake of hospitality staff on

Sunday Buffet

SPICES OF INDIA

SOUNDS OF BLUE MONK!

ROTI, PURI AND APPALAM

SALADS

CHICKPEA SALAD WITH CUMIN, TOMATO & CORIANDER
CARROT, MINT AND GINGER SALAD
CUCUMBER AND YOGHURT
TOMATO, RED ONION AND CORIANDER

FROM THE SPIT

SPICED LAMB LEG

FROM THE WOODFIRED OVEN & GRILL

TANDOORI FISH FILLETS
CHICKEN TIKKA THIGHS
SPICED PRAWN SKEWERS
PORK VINDALOO CURRY

ROASTED POTATOES WITH JEERA AND ONION
BIRYANI WITH CASHEWS AND CORIANDER
PUMPKIN CURRY
STEAMED RICE
DHAL, PICKLES, RIATA, CUTNEYS

DESSERTS

TROPICAL FRUIT SALAD ICE CREAM AND CAKES

SUNDAY 21ST JULY
12PM - 3PM

EAT@ESTABISHMENTFIJI.COM
773 0028

Happy Hour
4pm - 7pm

F$35 PP

On Fiji Islands | Ronald Wright

Serialization of his Work

On Fiji Islands – Nadi – Chapter 1.11

At Sigatoka the driver shouted "Fifteen minutes" and parked next to an older bus with its name, Spirit Of Simon, painted in red on the side. The town stands at the mouth of Fiji's second- largest river, and prospers from market gardening in the valley. Derek pointed out a bamboo raft laden with lettuce and bana-nas. "They call those 'one-way liners' because they only go down-stream."Here Fijians outnumber Indians. I looked in the crowd but did not see a half-caste. The two races seem to mix only for business and travel. They have kept mutually aloof since the early days of contact, when the Indians despised the Fijians as Jungli, "forest men" or "savages," and the Fijians, ever conscious of rank, looked down on the Indians because they were landless and appeared to be slaves of the British. It didn't help matters that the British called the Indians "coolies": koli is the Fijian word for dog."In the old days," Derek said, "the Fijians used to sacrifice people when they built a temple. A chap had to stay down the post holes when the dirt was filled in. When I was here before, I heard a rumour that the custom didn't quite die out until the

1940s-some Fijians volunteered an Indian for the job. They were most upset that he did it with bad grace. The poor bugger tried to climb out of the hole and they had to whack him on the head with a shovel. It was hushed up, of course."Relations between the races were not always bad. The naturally hospitable Fijians helped enough runaway Indians to worry the British during the cane workers' strikes of 1920 and '21. And despite official efforts to encourage separation of the two groups, some cultural exchanges did take place. The Indians adopted the custom of kava drinking, and the Hindus even added a Fijian god to their pantheon, believing that Degei, the Fijian creator-serpent, was none other than Kaliya, the snake banished by Lord Krishna to a remote island. By making offerings to Degei, the migrants gained a spiritual foothold in their new home. The Fijians, for their part, took a liking to curry: it made the new meats introduced from Europe more interesting.

Historian, novelist, and essayist Ronald Wright is the award-winning author of nine books of nonfiction and fiction published in 16 languages and more than 50 countries. Much of his work explores the relationships between past and present, peoples and power, other cultures and our own.

Fiji Guide Website

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
Wood-Fired PIZZA
Call: 672 4491
Queen's Highway, MARTINTAR

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

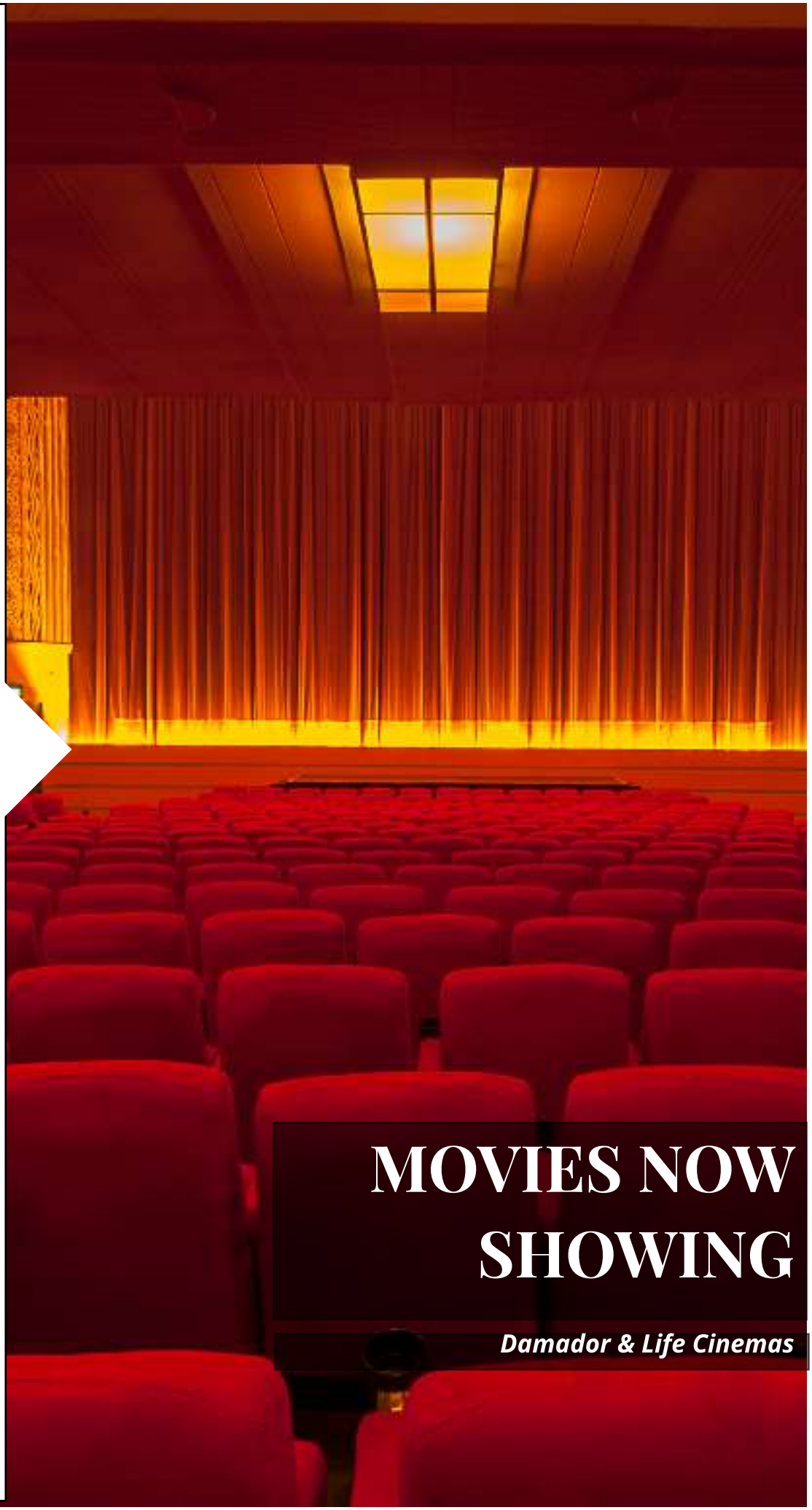
Damodar City Centre, Grantham Road, Suva

Phone: 327 5100

SUVA CITY

6 Scott Street, Suva.

Phone: 330 6006



MOVIES NOW SHOWING

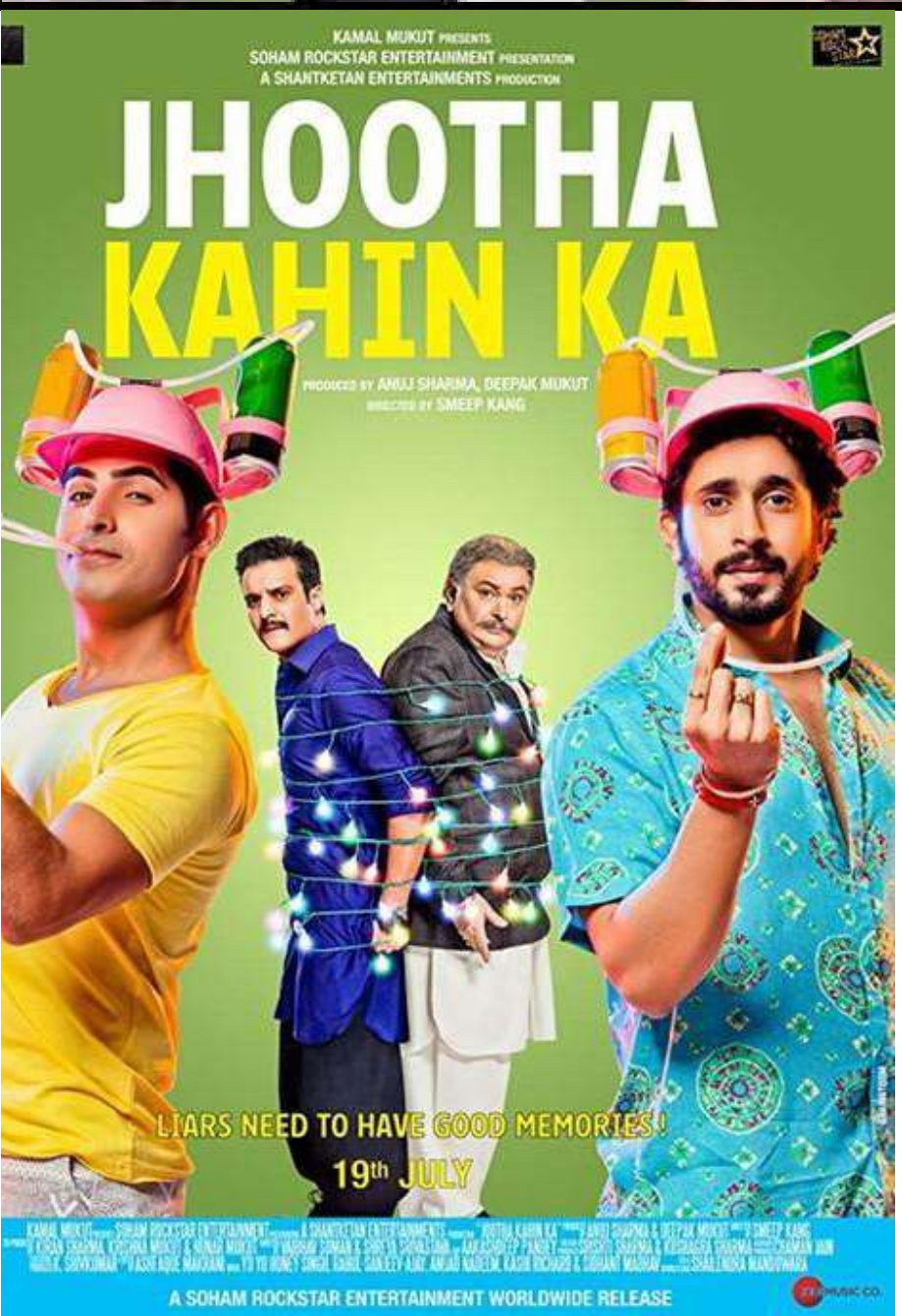
Damador & Life Cinemas

Overview:

Simba idolises his father, King Mufasa, and takes to heart his own royal destiny. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother—and former heir to the throne—has plans of his own. The battle for Pride Rock is ravaged with betrayal, tragedy and drama, ultimately resulting in Simba's exile. With help from a curious pair of newfound friends, Simba will have to figure out how to grow up and take back what is rightfully his.

DAMODAR CINEMAS

LIFE CINEMA



Overview:

Two boys go to Mauritius to study and love it so much there, that they are reluctant to return home. Rishi plays Omkar's dad who turns up from the village to surprise him and is in turn surprised by his son's lifestyle.

DAMODAR CINEMAS

LIFE CINEMA

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

UPCOMING
EVENTS
BOOK EARLY TO AVOID DISAPPOINTMENT

FRIDAY

FRIDAY 26TH JULY

~ One Night Stand ~

On the Island

TICKETS: $20

VENUE: O'REILLY'S BAR | **TIME:** 7.00PM TILL KEGS RUN DRY | **THEME:** BEACH PARTY

LIVE PERFORMANCES

& LUCKY DOOR PRIZES

FOR MORE INFORMATION

CONTACT: (679) 974-0006 | 837-4724

EMAIL: VILIAMENAVOKA@GMAIL.COM

SATURDAY

THE FIJI ORCHID PRESENTS

Christmas in July

Featuring Nem & Talei

Join us for an evening of good food,
music and dancing!

SATURDAY 27TH JULY 2019
6:30PM TILL LATE | $100 PER PERSON

RSVP BY THURSDAY 25TH JULY
(679) 228 0097 OR info@fijiorchid.com
BOOKINGS ARE ESSENTIAL!

SATURDAY

Iss Funday!

ECO FRIENDLY

International School, SUVA

FUN

Join us to a day of fun On FUNDAY

Saturday August 3rd, 10am – 3pm

Eco Friendly Fun Day - Say no to Plastic

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
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SATURDAY

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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
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8am - 11pm

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George Fiji Veikoso

LIVE IN CONCERT

VENUE: BOTANICAL GARDEN, LAUTOKA

DATE: SAT, 27TH JULY, 2019

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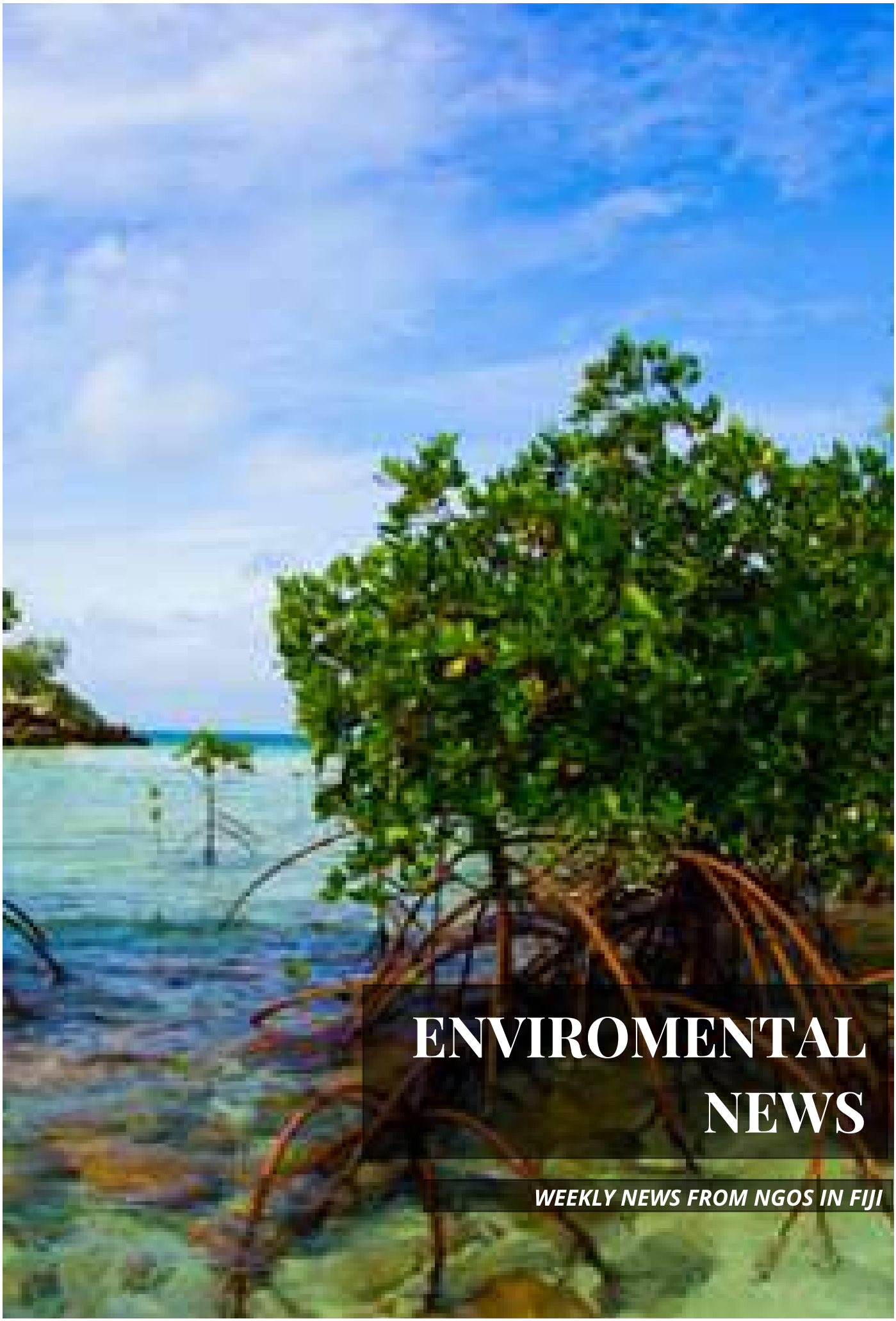


ENVIROMENTAL NEWS

WEEKLY NEWS FROM NGOS IN FIJI

PLASTIC FREE JULY

Plastic Free July is a global movement that
plastic pollution – so we can have cleaner
be part of Plastic Free July by choosing to

t helps millions of people be part of the solution to
streets, oceans, and beautiful communities. Will you
refuse single-use plastics?

HOW LONG UNTIL IT'S DECOMPOSED?

IF ONE BOTTLE OF WATER MADE IT INTO THE SEA, HOW LONG WOULD IT TAKE TO FULLY DECOMPOSE?

Brought to you by:

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 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

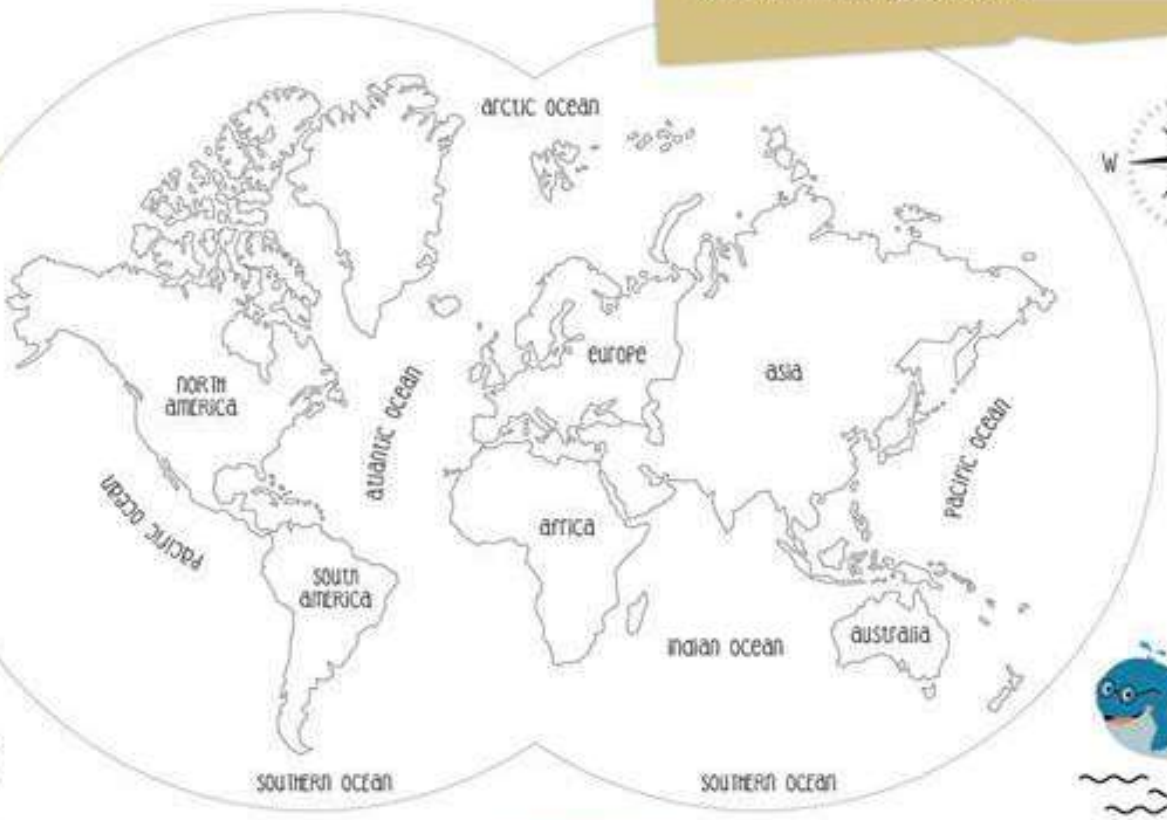
Ar _ t _ _ Ocean

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

Bula, my name is Oscar the octopus!

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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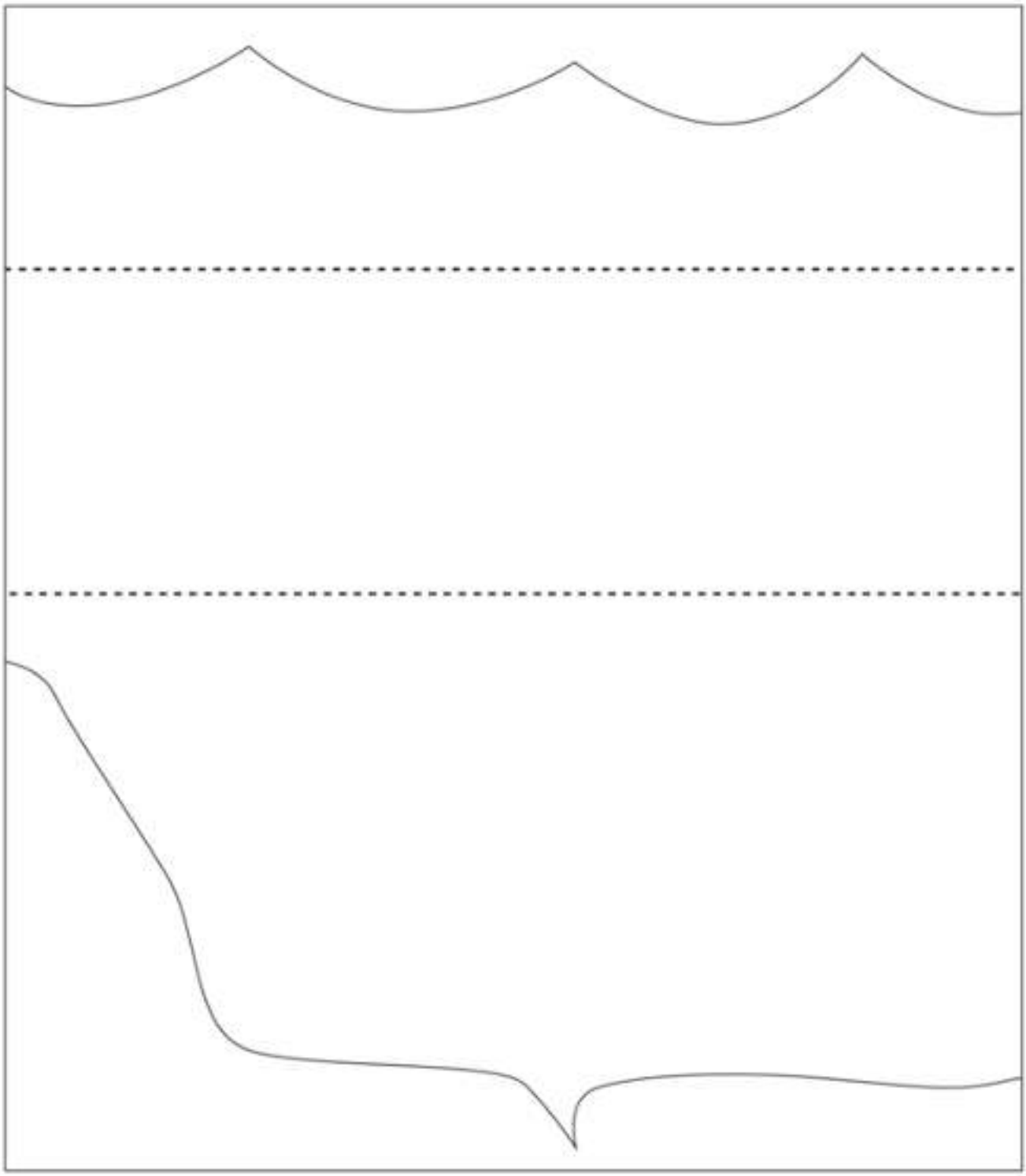
PART TWO

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, Eel, Giant squid

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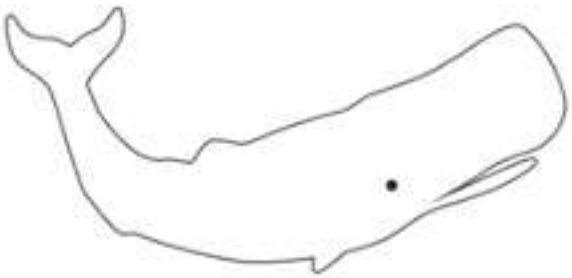
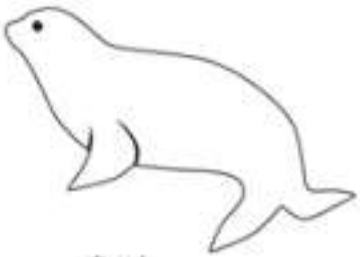
PART TWO

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



Sperm Whale

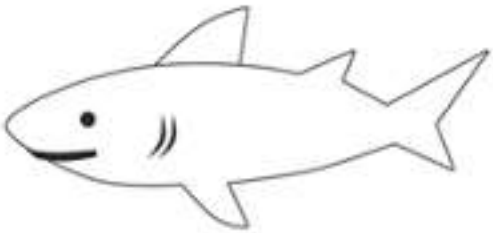


Seal

Turtle

Anglerfish

Eel



Shark

Algae

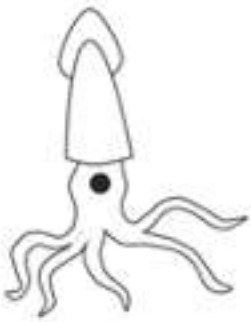
Mahi Mahi

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 ur 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?

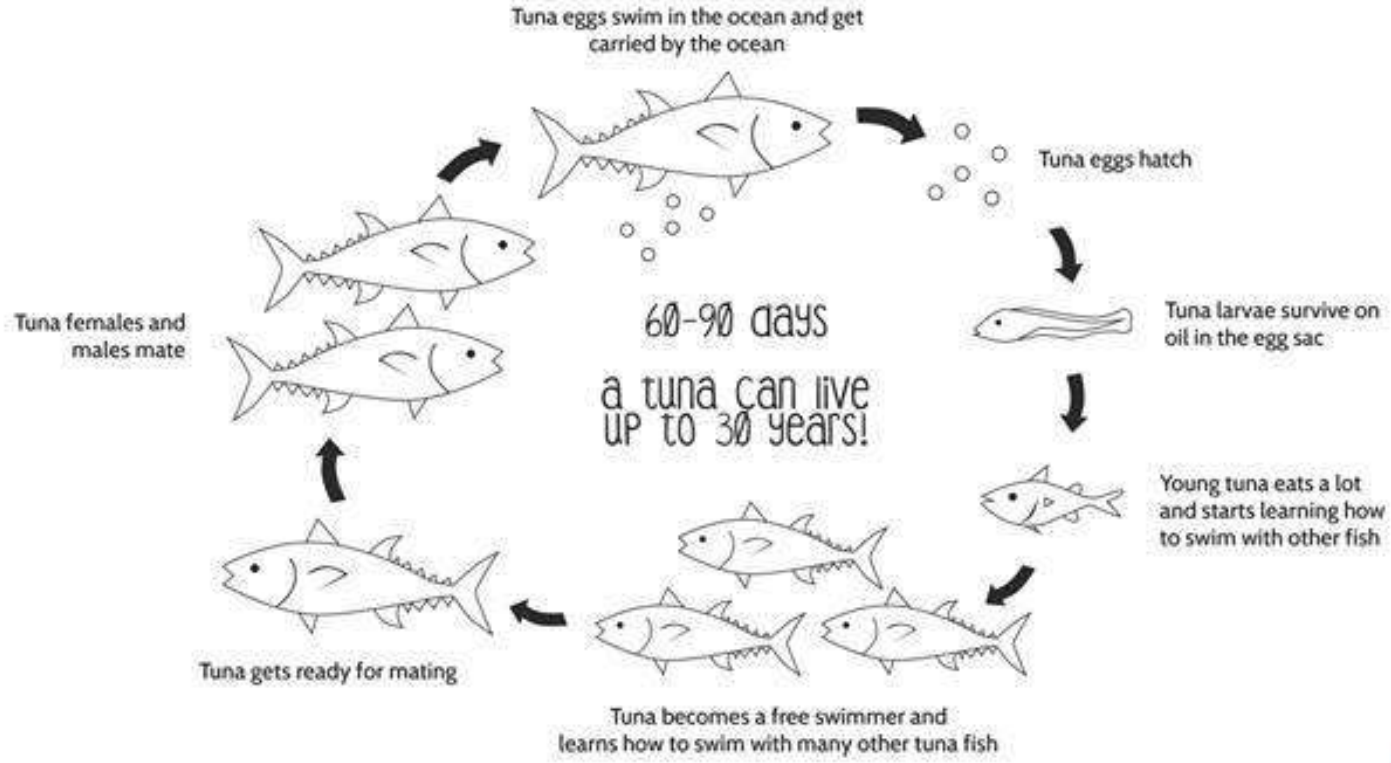
Talk to your friends and family
Many people do not know about the challenges overfishing brings. The first step is to know about the problem and then take action to help protect the ocean.

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.

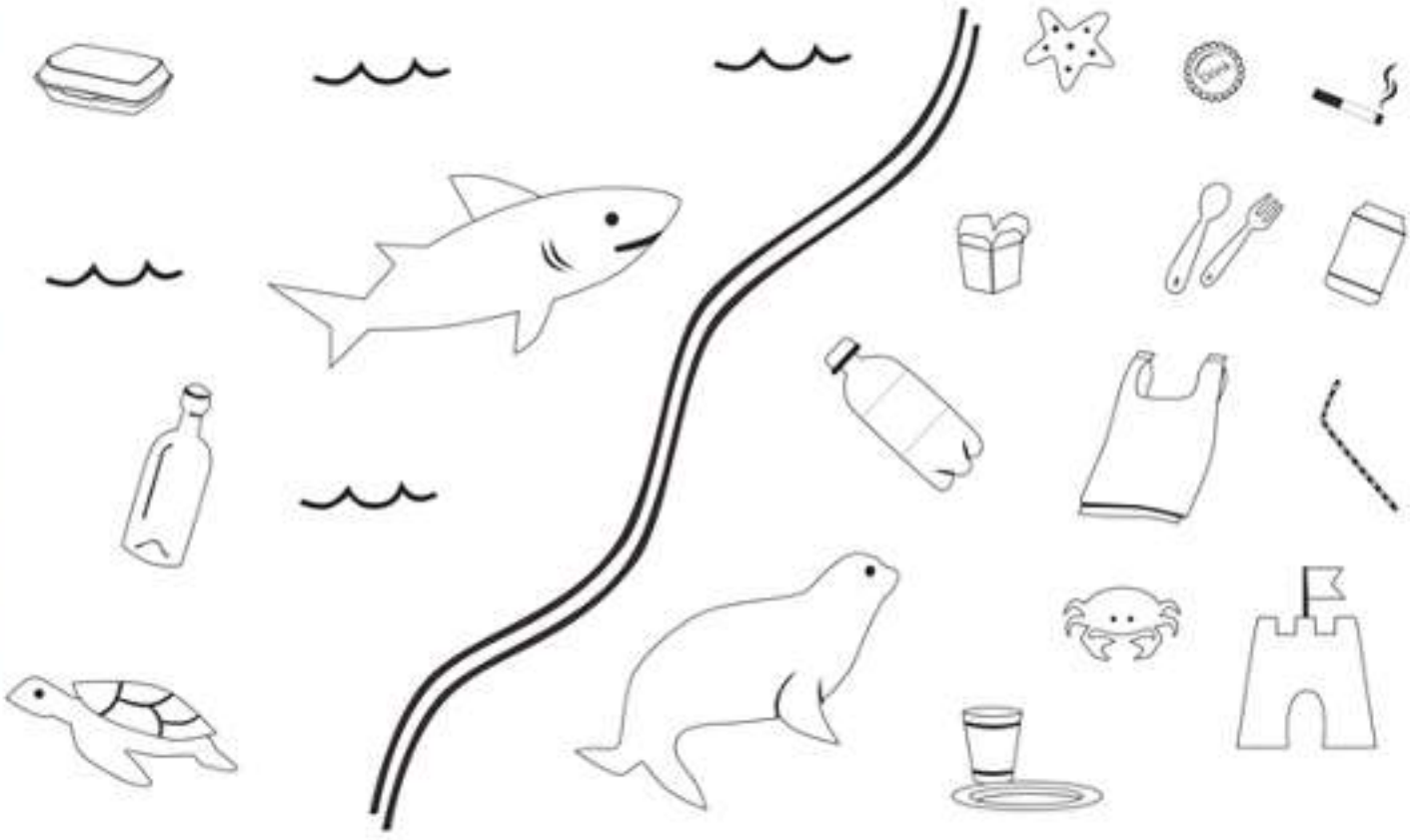
A lot of the trash in the ocean also comes from rivers. If trash gets thrown into a river it flows all the way into the ocean harming many sea animals.

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?

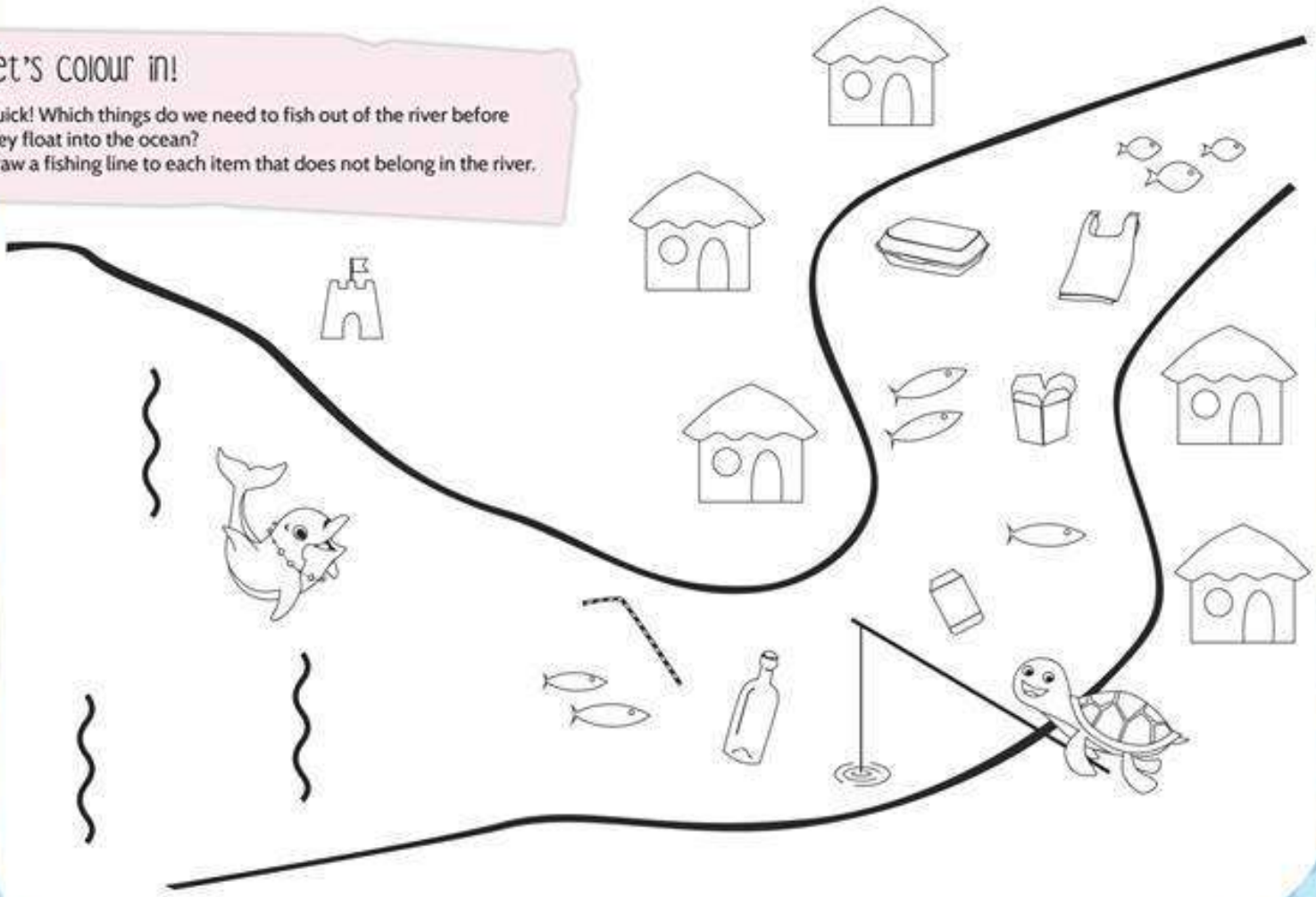
One of the biggest things to help all the animals in the ocean is to not throw any trash into the rivers. Trash should always be thrown into a trash bin or recycled wherever possible.

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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PART SIX

Oceanlovers FOR KIDS

Bula, my name is Bella the dolphin. I like surfing up and down the waves. It brings me so much joy. I also enjoy making beautiful gifts like pictures or decorated bottles for my family and friends with all the strange things I can find in the ocean. There is a lot of rubbish swimming around my home and I often get creative with it. Last week I made a necklace out of plastic bottle lids for my mother and she loved it. It was so much fun!

Whenever we take trash and make something new out of it, it's called recycling. We should recycle a lot more. A lot of the trash we have gets burned or thrown into the ocean which is very bad for us and our planet. We could help our planet a lot if we produced less trash and recycled more.

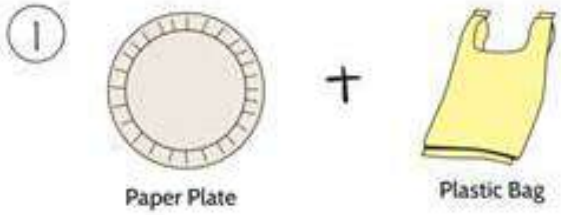
Some places in Fiji already have special trash bins so people can separate their rubbish. Things that can be recycled, such as plastic, paper and glass are collected in special bins and then taken to a recycling place. Out of these materials new things are made which is great so we don't need to keep making new plastic, glass and paper which use a lot of energy.

These bins aren't available everywhere yet but we hope that we will have a lot more in the future.

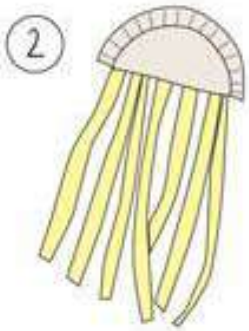
DID YOU KNOW?

You can also recycle at home. Here are a few crafts you can make out of trash you might have at home just like Bella! They make great gifts!

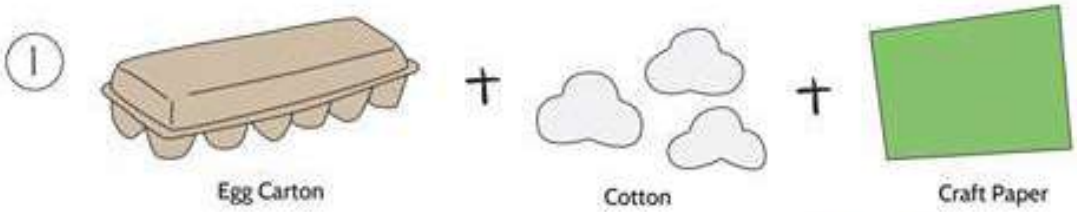
Paper Plate & Plastic Bag Jellyfish



Bottle Cap Fish



Egg Carton & Cotton Ball Turtle



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Oceanlovers PORTDENARAUMARINA

PART SEVEN

Oceanlovers FOR KIDS

Remember me? I'm Bella the dolphin. Last time I was telling you about all the lovely gifts I made with the rubbish I found in the ocean. Even though I enjoy crafting, there are so many things made out of plastic and it's really not good for our environment. Every day I collect more and more to help clean my village but it just never stops. Now I have so many plastic items in my room at home I can use to make new gifts but it will take me a lifetime to use it all up. My mother will get mad at me if she sees the tower of plastic in my room. Oh dear, maybe someone has to help me to stop so much plastic from swimming around in the ocean!

How can we help Bella?

We can all help by using less plastics. For example if we lined up all the plastic water bottles tossed away every year they would circle around the world four times! That's a lot of plastic.

The less plastic we use the better! Often people are very used to using things made out of plastic but there are actually many different ways we can avoid it!

Here are a few examples on how you can use less plastic:

- Straws are fun to use but they can be very dangerous for sea animals if they're accidentally swallowed. If we stopped using plastic straws, a lot of sea creatures would be very happy. You can always drink out of a cup without a straw!
- When you go to the shop with your mum or dad remind them to bring some bags so you don't need to use any plastic bags from the shop.
- You can also avoid buying new plastic bottles by always carrying a reusable water bottle that can be filled many many times. And remember less trash means happier ocean animals!
- Balloons can be very fun and pretty but they are very bad for our environment! We can use paper flags, streamers or flowers next time we throw a party!
- A lot of snacks we buy come in plastic wrapping that ends up as a lot of rubbish. Ask your parents and siblings what snacks you could make together so you don't need to buy snacks from the shop wrapped in plastic! It's so much fun to make snacks together too and be creative!

We're having a party, let's colour in! But wait, do you want to help the ocean? Circle the things made out of plastic we could do without!

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