Latest Travel News

On Fiji Islands

Environmental

THE NUMBER 1 EVENTS & LIFESTYLE MAGAZINE IN FIJI

FIJI EVENTS GUIDE

Western Division

Central Division

Movies Showing

Upcoming Events

GIG GUIDE

Pick of the Week
I Love FIJI Islands

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.

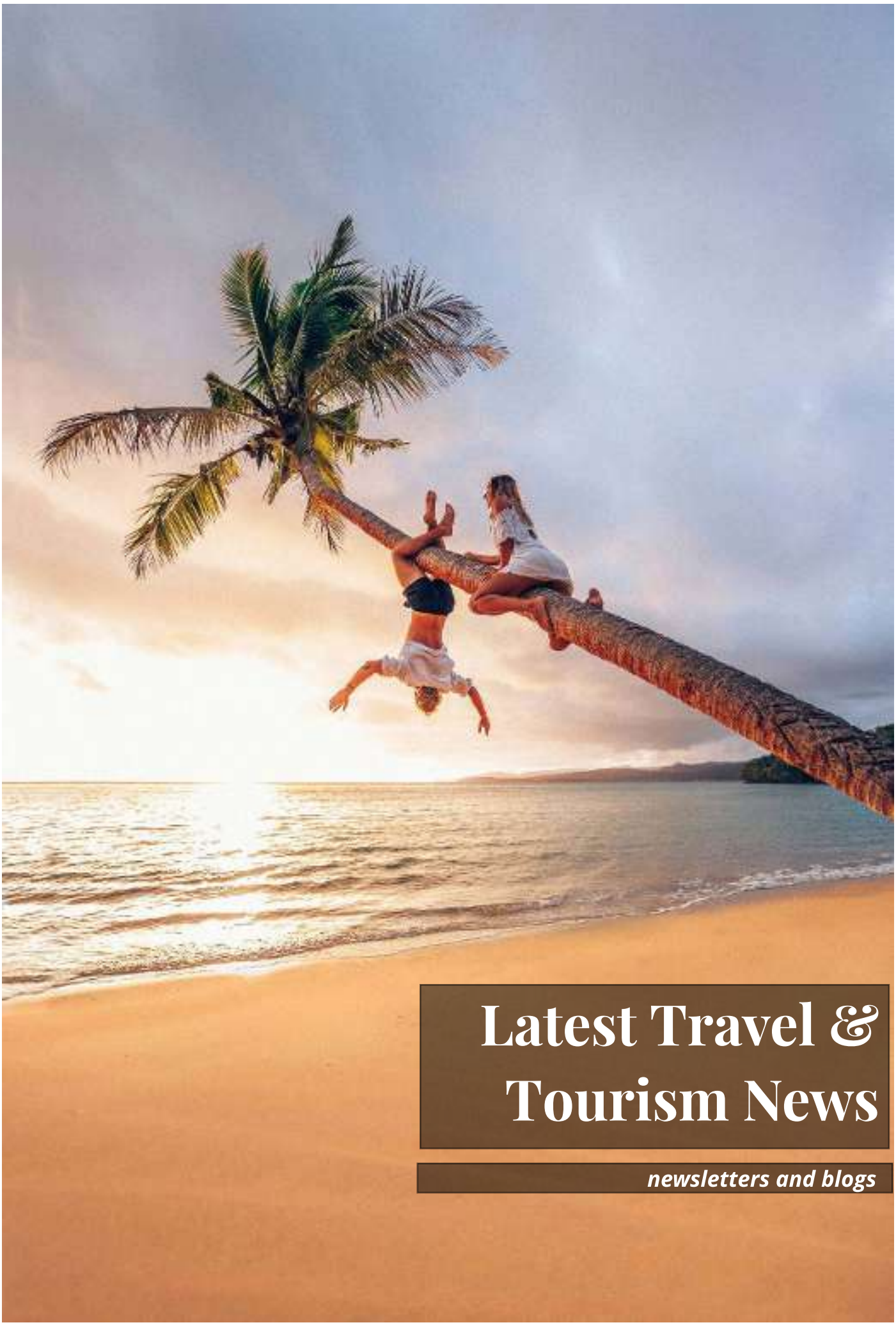
HomeStyle Pizzas , Pasta and Salads

Mama's Pizza
SINCE 1984

670 0221
Nadi Town

675 0553
Denarau Island

672 0922
Colonial Plaza


Latest Travel &
Tourism News
newsletters and blogs

Victoria wines

We love it, We drink it, We sell it

WINTER WINE SALE

AUGUST 1st - 4th

THU SUN

Shop Hours

Denarau Store: 8am-8pm

Damodar City Store: 10am-9pm. Sun: 12pm-9pm

Martintar Store: 10am-6pm. Sun: 9-1pm

Tourism Fiji Roadshows

Kicking off in Adelaide, and closing in Brisbane, Tourism Fiji hosted another successful luxury roadshow this week across four Australian metro cities.

The annual event hosted over 200 hand-picked high-end luxury agents across Adelaide, Melbourne, Sydney & Brisbane. Suppliers that took part, presented in a 'speed-dating" format, for 8 mins each to small groups. Suppliers included:

- ***Royal Davui Island Resort***
- ***Yasawa Island Resort***
- ***Likuliku Lagoon Resort***
- ***Vomo Island Resort***
- ***Dolphin Island Fiji***
- ***Nanuku Auberge Resort Fiji***
- ***Savasi Private Island,***
- ***Jean-Michel Cousteau Resort Fiji***
- ***Kokomo Private Island***
- ***Qamea Resort & Spa***
- ***Tokoriki Island Resort***
- ***Six Senses Fiji***
- ***Pacific Island Air***

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
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- **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

THURSDAY
FRIDAY
SATURDAY
SUNDAY
MONDAY
TUESDAY
WEDNESDAY

Featured EVENT
SUNDAY
Sunday
Brunch
10AM - 2PM
(unlimited dining +
bottomless mimosas)
$99 per person

Featured EVENT

SUNDAY

Yum Cha

Our Pan-Asian restaurant Maravu, adopts a strong belief that food is for mind, body & soul. This Yum Cha menu, gives the importance to the balance and blend of foods satisfying the four major taste sensations - Hot, Sour, Sweet & Salty. All dishes are made by using the freshest ingredients with strength, texture & seductive aromas to tantalize your taste sensations.

Join the Asian tradition of sharing dishes to pick & choose your cravings. Each and every bite from our menu offers a refined taste of the most highly respected cuisines from Asia, right here in Fiji.

Every Sunday
11am until 3pm

MARAVU

Limited Seating, bookings Essential please dial 56760.

SATURDAY

ICE
BAR
BULA
PARTY
$5
ENTRY
FEATURING
DJ KRISH | DJ TEX
FREE ENTRY - TILL 12AM
AUGUST 3RD
SATURDAY
DOORS OPEN 7PM | ADMISSION AFTER 12AM : $5
THIS EVENT IS RESTRICTED | +18 ONLY
@ ICE BAR, JETPOINT COMPLEX, MARTINTAR NADI

THURSDAY

AUG 1

Bogi no Butukai

Public · Hosted by Nadi Bula Festival 2019

SATURDAY

AUG 3

Crowning Night

Public · Hosted by Nadi Bula Festival 2019

FRIDAY

AUG 2

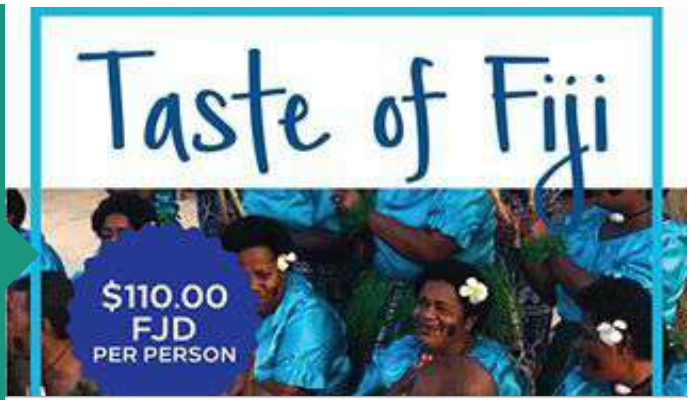
SPEF Ladies Retreat

Public · Hosted by South Pacific Evangelical Fellowship (SPEF)

SUNDAY

SATURDAY

TUESDAY



Taste of Fiji

Public · 44 instances · 10 people · by Hilton Fiji Beach Resort & Spa

Rise and Run with runWestin

Public · 24 instances · 19 people · by The Westin Denarau Island Resort & Spa

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.

SATURDAY

Ram Sami

let the sun shine in

In Partnership With:

Wallson

NASINU TOWN COUNCIL
service is our priority

NASINU RUGBY FOOTBALL UNION

CLEAN UP CAMPAIGN

At 6.30am

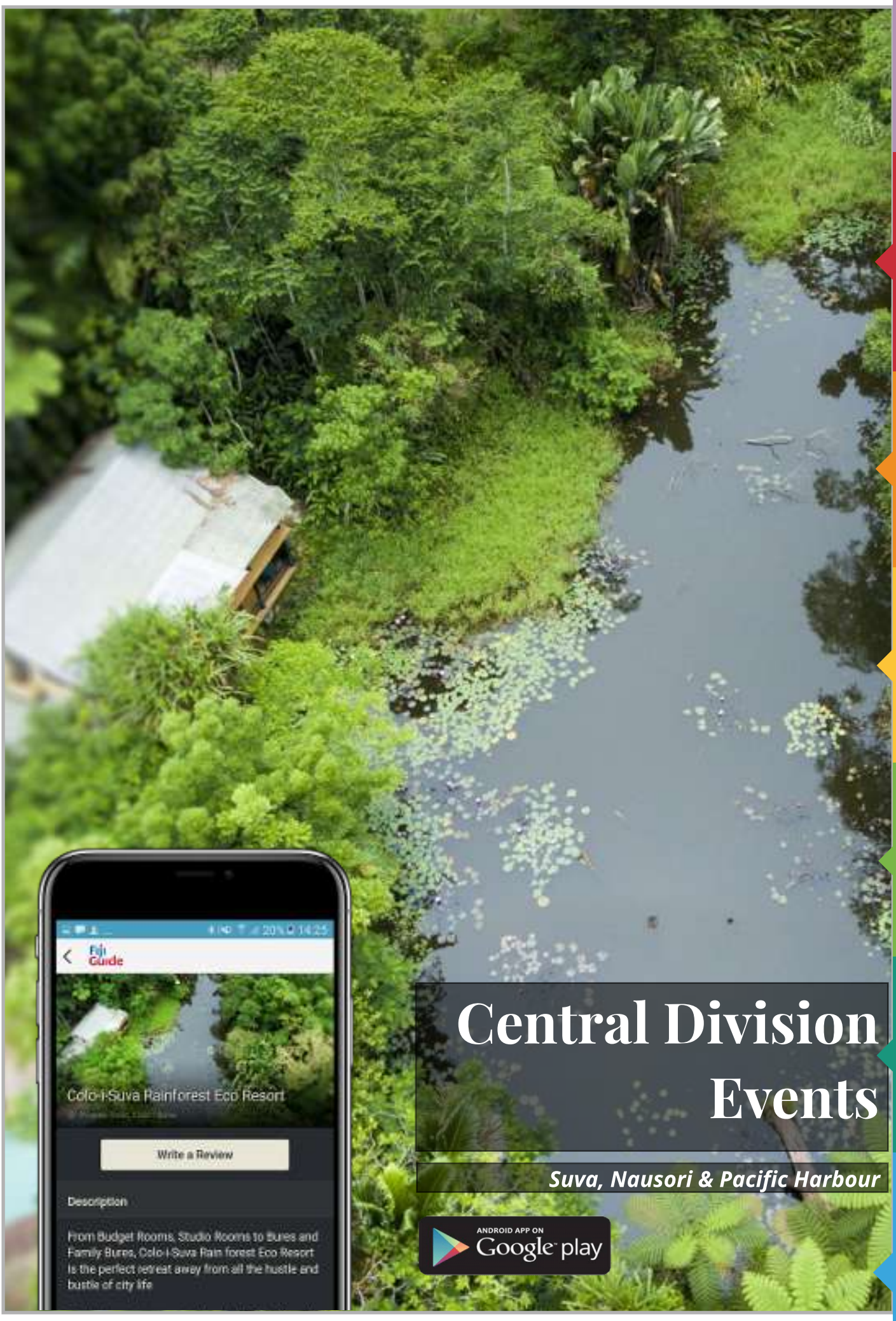
Saturday 3rd August 2019

FROM - Ram Sami Head Office, Makoi

TO - Valelevu Multi-Purpose Court.

Find us on facebook.

Tourism Fiji



Central Division Events

Suva, Nausori & Pacific Harbour

ANDROID APP ON Google play

THURSDAY
FRIDAY
SATURDAY
SUNDAY
MONDAY
TUESDAY
WEDNESDAY

Featured EVENT

VEITAU WAQ
THE BOAT LI

SUVA CITY COUNCIL CARP

SATURDAY, 3 AUGUST 201

PACIFIC BLUE
FOUNDATION
Sustaining Reef Communities

A -
VES
PARK
19

THURSDAY
LOVE &
LOSS
OPEN SPACE – VOLUME 2
THURSDAY 1 AUGUST | NIU GRILLZ, FIJI CLUB
6PM - 9PM | FREE ADMISSION

THURSDAY

Suva Marathon Club's Thursday Social Run

Public · 48 instances · 476 people · by Suva Marathon

Yoga for health of body, weight management, peace of mind

Public · 31 instances · 4 people · by Saber Holistic Wellness Academy

FRIDAY

AUG 2

Business Link Pacific Portal Launch - Fiji

Public · Hosted by Business Link Pacific and Webmedia South Pacific

Yoga for health of body, weight management, peace of mind

Public · 31 instances · 4 people · by Saber Holistic Wellness Academy

SATURDAY

AUG 3

RISHIKUL REUNION PARTY

Public · Hosted by Sonal Govind and 8 others

Suva Marathon Club's Saturday Social Run

Public · 9 instances · 428 people · by Suva Marathon

SATURDAY

Come-n-try Program By World Archery Fiji

Public · 4 instances · 312 people · by Colo-i-Suva Archery Club

AUG 3

Tukuna Acting Club Young Adult Acting Workshop Taster

Public · Hosted by Tukuna Acting Club and 2 others

SATURDAY

SUNDAY

SATURDAY

Pacific Harbour

OPEN MARKET DAY

• SATURDAY 3RD AUGUST •

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

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

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

FOR MORE INFORMATION CONTACT
ALAN KUMAR
Mobile: +679 9209 132 or

Sports World
Your Total Fitness Store

WALK ON - WALK STRONG
WOWskids
CARING FOR CHILDREN WITH CANCER

SUPERHERO

WALK AND FUN RUN

Don your cape, mask, boots and wear your underpants on the outside and be a SUPERHERO for a day to raise funds for our SUPERHEROS children with cancer. You can run, walk, cycle and roller blade.

SUVA
Saturday 3 August 2019, 6.30 am @ My Suva Park

LAUTOKA
Saturday 10 August 2019, 6.30 am @ Shirley Park

SIGATOKA
Saturday 17 August 2019, 6.30 am @ Sigatoka City Council Vacant Lot

All we ask for is $1....
But you're welcome to give more, so
OPEN THAT SUPER-HERO PURSE AND CHEQUE BOOK!

The Fiji Times

ECO FRIENDLY

Iss Funday!

International School, SUVA

FUN

Join us to a day of fun On FUNDAY

Saturday August 3rd, 10am – 3pm

Extra fun!

According to ancient lore, if a human freely offers their heart to a demon, that monster can become mortal, experiencing the true pains and passions of existence.

This is the ultimate triumph of the underworld. Xiaowei (Xun Zhou, THE GREAT MAGICIAN, FLYING SWORDS OF DRAGON GATE), a millennia-old fox spirit, is freed from her frozen prison and transforms into a dangerous seductress, consuming living hearts to keep her beautiful as she searches for her chance to become human.

Meanwhile, Princess Jing (Wei Zhao, 14 BLADES, RED CLIFF, SHAOLIN SOCCER),hiding her marred beauty behind a golden mask, flees an unknown threat to her kingdom by pursuing the only man she ever loved: the guard who was unable to protect her, so many years ago. A twist of fate brings Princess Jing and Xiaowei together, and a slow game of wits, deceit, and seduction begins for the princess' very own heart.

SUNDAY

THE ESTABLISHMENT

ALL YOU CAN EAT BUFFET LUNCH

ITALIAN

SUNDAY 4TH AUGUST 12-3PM

F$35 PP

SALADS

Tomato, cucumber, red onion and basil
Antipasto Platters
Caesar Salad
Pasta Salad with marinated vegetables

FROM THE SPIT

PORCHETTA

FROM THE WOODFIRED OVEN & GRILL

Prosciutto Pizzettes from the oven
Grilled Fish with Capers, lemon and basil
Chicken with tomato, olives and herbs
Woodfired Braised Pork Sausages
Grilled Beef Steaks with balsamic and peppercorns
Roasted Potatoes with confit garlic and rosemary
Roasted Vegetables
Eggplant Parmigiana

DESSERTS

Tropical Fruit Salad, Tiramisu and Cakes

LIVE MUSIC BY BLUE MONK & KNOX FROM 5PM

PACIFIC HARBOUR | eat@establishmentfiji | 773 002

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

BoxFit Fiji

KIDS BOXING

Ages 8 - 16 years

START THEM EARLY

- Using the principles of boxing to instill discipline and character building
- Learn basic boxing skills through to advanced
- Learn self defence and build self confidence.
- Group activities that foster the value of team work

MON, WED, FRI

3.30pm - 4.30pm

Casual Class - $15
Weekly - $40 (save $5)
Monthly - $120 (save $60)

CALL 9963343
OR 9735324

CAFé 30
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CAFE - RESTAURANT - CATERING SERVICES

Authentic Chinese Cuisine
Beach Escape Resort
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Baravi Road, Nadi

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

On Fiji Islands | Ronald Wright

Serialization of his Work

On Fiji Islands – Sigatoka – Chapter 1.13

The racial picture is equally complex. Fijians are taller and burlier than most other "Melanesians," and though they have frizzy hair of the "afro" type, their skin color ranges from a deep blue-black to brown. People tend to be darker in the western Pacific, lighter in the east, but this racial spectrum is fraught with anomalies. Many "Polynesians" are Closer in appearance to Fijians than to the ima-ginary Polynesian of the travel poster. The ancient Pacific peoples were superb navigators; they travelled their ocean in convoluted patterns over thousands of years. And there were peripheral play-ers-Chinese, Philippine, Indonesian, possibly even Peruvian- who became important at certain times and places.As for the people of Fiji, though the Kaunitoni myth is spurious, the first Fijians did arrive-in canoes. But it happened so long ago that they forgot; and when the first white men asked them whence they came, they said only that they were kai Viti, 'people of Fiji," since the world began.

Beyond Sigatoka the hills gradually assume more cover as the bus crosses from the "dry side" to the wet. Near the road grow tulip trees with dark, glossy leaves and shining canopies of

scarlet blos-soms. Vines creep along the ground like snakes, climb the trees, and malevolently drape themselves on bushes as if scheming to drag the other vegetation down. The hills, too, grow taller and greener. At Yavu, in a coconut grove, there is a village with many buildings of traditional thatch. Above, the hills rear suddenly, symmetrically, like Maya pyramids, and their shapes echo in nature the steep gables of the houses. Looking up, you see the even silhouettes of man -made terraces-an ancient fortified town-and the hills look more than ever like the jungle-covered fanes of Guatemala.

Around the corner: a resort, honestly named the Fantasy. Farther on, another, the Naviti Beach: white people in baggy white shorts, green sun visors on faces bent over golf clubs; and near the entrance a sign: CAR PARK FOR FIREWALKING ARENA.

The bus stopped for ten minutes at the Hyatt Regency. I disem-barked andbought a pineapple juice (from a tin!) which cost too much. By now I was drowsy; the warm air blowing freely through the windowless bus brought smells of flowers, damp earth, and copra-drying fires, that seemed to blend and thicken as the day lengthened and the colours became enriched

Fiji Guide

Antonio Robles | Jul 29, 2019 | Conducted Marine Biology research in Fiji for 10 days and during this time I was able to fit time to film Mana Island and the other adventures we took. Hope you enjoy!

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
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

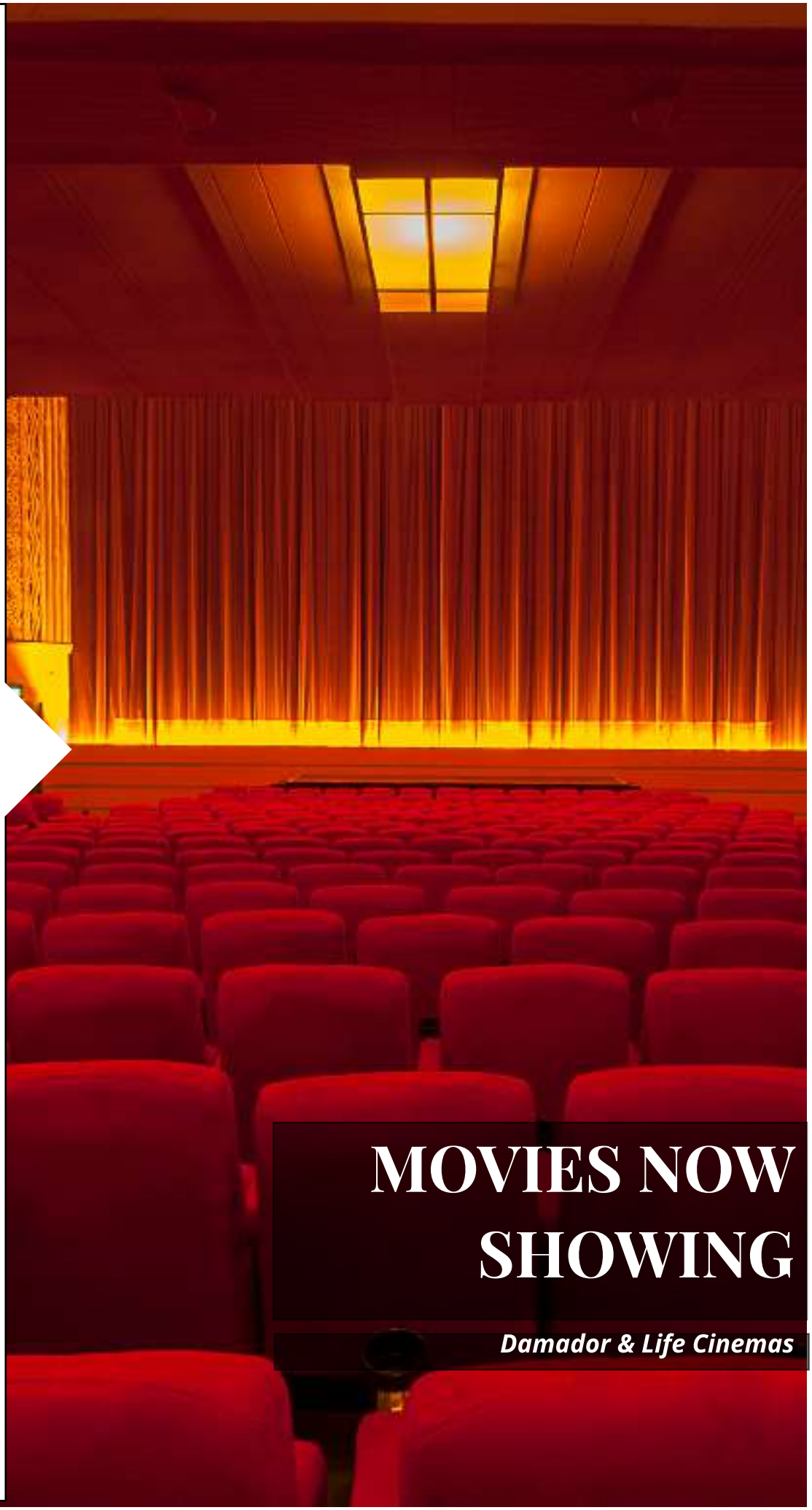
Damodar City Centre, Grantham Road, Suva

Phone: 327 5100

SUVA CITY

6 Scott Street, Suva.

Phone: 330 6006



MOVIES NOW SHOWING

Damador & Life Cinemas

Overview:

Ever since hulking lawman Hobbs (Johnson), a loyal agent of America's Diplomatic Security Service, and lawless outcast Shaw (Statham), a former British military elite operative, first faced off in 2015's Furious 7, the duo have swapped smack talk and body blows as they've tried to take each other down .But when cyber-genetically enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever — and bests a brilliant and fearless rogue MI6 agent (The Crown's Vanessa Kirby), who just happens to be Shaw's sister — these two sworn enemies will have to partner up to bring down the only guy who might be badder than themselves. Hobbs & Shaw blasts open a new door in the Fast universe as it hurtles action across the globe, from Los Angeles to London and from the toxic wasteland of Chernobyl to the lush beauty of Samoa.

DAMODAR CINEMAS

LIFE CINEMA

Overview:

In "the public" an unusually bitter Arctic blast has made its way to downtown Cincinnati and the front doors of the public library where the action of the film takes place. The story revolves around the library patrons, many of whom are homeless, mentally ill and marginalized, as well as an exhausted and overwhelmed staff of librarians who often build emotional connections and a sense of obligation to care for those regular patrons. At odds with library officials over how to handle the extreme weather event, the Patrons turn the building into a homeless shelter for the night by staging an "Occupy" sit in. What begins as an act of civil disobedience becomes a stand off with police and a rush-to-judgment media constantly speculating about what's really happening. This David versus Goliath story tackles some of our nation's most challenging issues, homelessness and mental illness and sets the drama inside one of the last bastions of democracy-in-action: your public library.

DAMODAR CINEMAS

Overview:

Baby Bedi is a quick-witted small town medical representative from an orthodox Punjabi family; despite her earnest efforts, her modest income never matches up to the mounting bills, resulting in multiple loans & creditors knocking at the family door constantly.

One day, she is presented with a unique opportunity. She has to choose between her utterly ordinary life, or bail her family out of their perennial money crunch by selling off an infamous clinic which she inherits from her estranged uncle.

The catch though is the rather unusual conditions he has laid out in his will.

What follows is the no-holds-barred journey of a girl in a hush-hush world.

DAMODAR CINEMAS

LIFE CINEMA

UPCOMING
EVENTS
BOOK EARLY TO AVOID DISAPPOINTMENT

FIJIFESTIVALS.COM

YOUR CHANCE TO A COMPLETELY NEW AND SURREAL EXPERIENCE

Get ready to get wild and to get wet as we bring you the BIGGEST FOAM PARTY like no other. Hundreds of Party People will feel the beats of International and Local DJ's spinning the latest trends of Music including Reggae, House, EDM, as well as stepping back in time with old school hits and even a touch of Bollywood. Your feet will be dancing all night long!

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 · Prefume 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

PROCERA

Supporting Fijian Artists Since 1972

Procera Music Carnival 2019

VENUE: SYRIA PARK, NAUSORI

DATE: 10TH - 17TH AUGUST, 2019

Live Performances from all

Procera's Top Local Artists

COME DOWN AND SUPPORT YOUR LOCAL ARTISTS

Featuring Artists

Laisa Vulakoro
Eta Gonerogo
Seru Serevi
Breeze Tukana
Tamonibuca
Eddie Wilson
Ronald Jai
Jimmy Subhyadas
& Many More....

At the CARNIVAL

Amusement Rides
Bouncy Castle
Candy Floss
Food Stalls
Trade Fair Stalls
Etc

See you there!

CONTACT: **MR MOHAMMED AKIF (8347674)**

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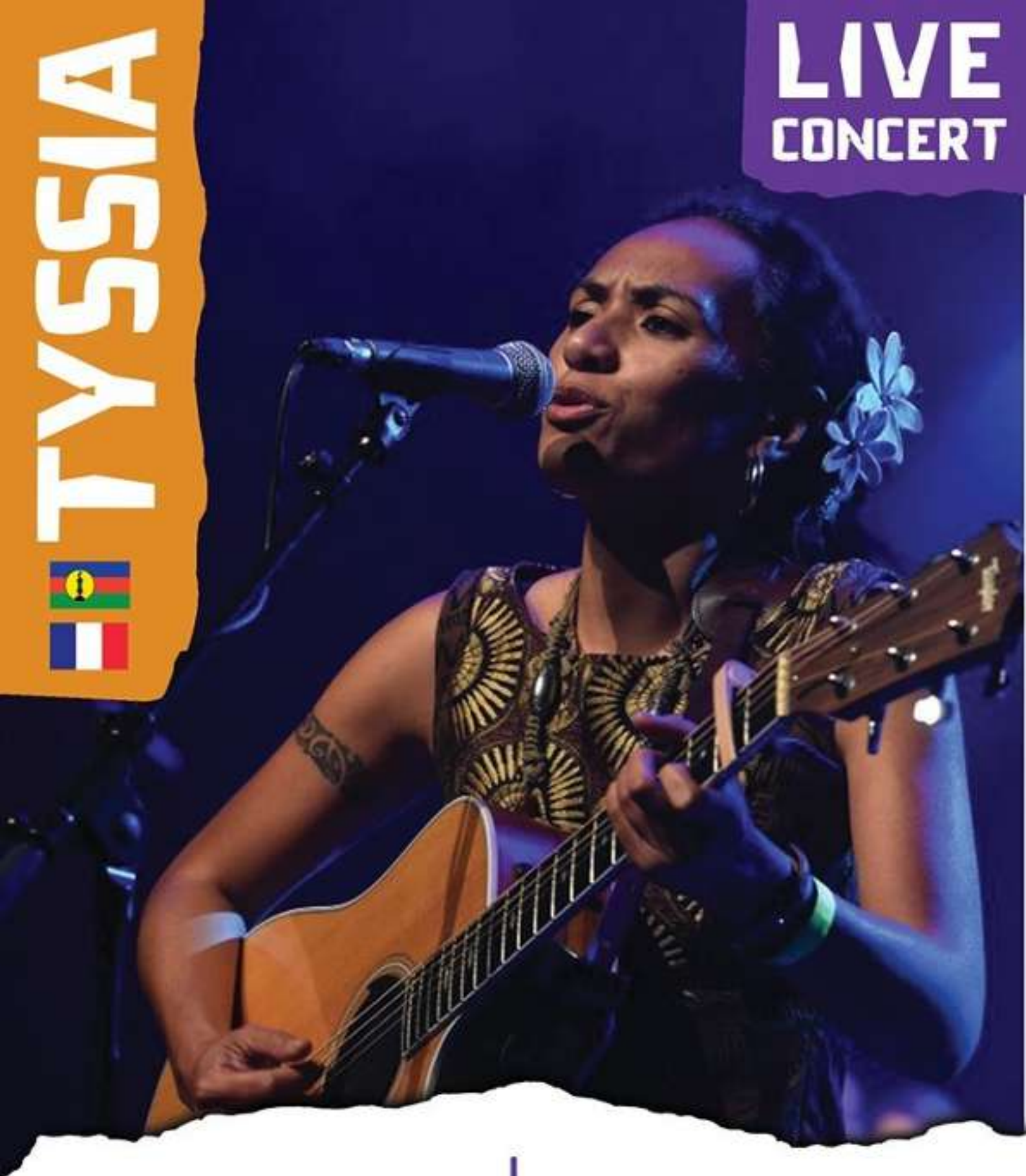
2006 EST
VONU
PURE LAGER
FIJI ISLANDS™
Uprising
Festival of
Music
Dance
& Lights
UPRISING
ENTERTAINMENT
SATURDAY 9TH NOVEMBER
UPRISING BEACH RESORT
FROM 12PM-1AM
TICKETS ON SALE AT
Cafe 30 SUVA
Ginger Kitchen SUVA
Taste Fiji NADI
EARLY BIRD
TICKETS
$35
PROUDLY SUPPORTING
LIFELINE
F•I•J•I

UPCOMING MUSIC GIGS

NEVER MISS A GIG AGAIN

TYSSIA

LIVE CONCERT



ON FRIDAY 9TH AUGUST
FROM 7 PM

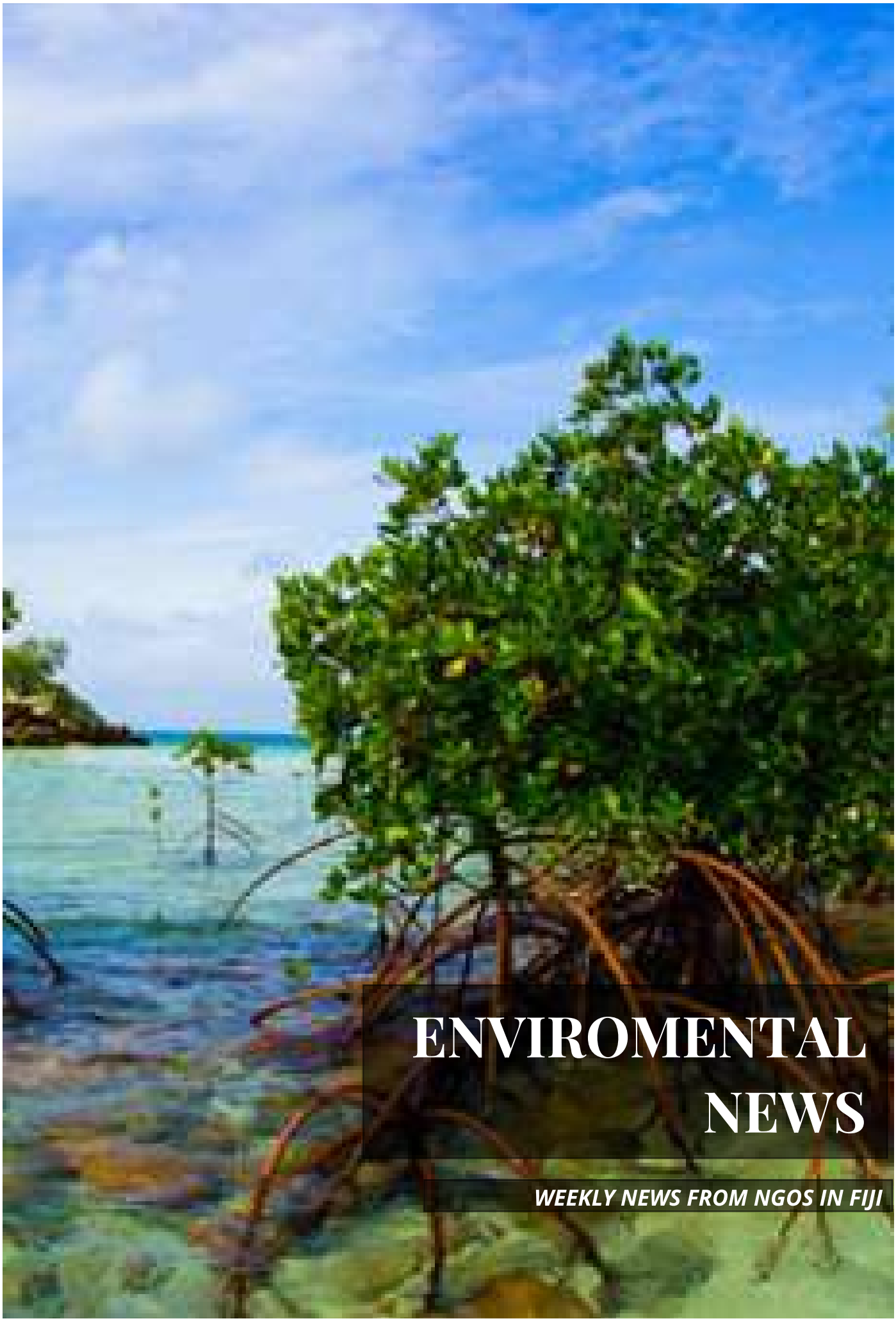
ROYAL SUVA YACHT CLUB
FREE ENTRY

AllianceFrançaise
Suva - Fidji
Centre Jeanne Galzy

Ambassade de France à Fidji, Kiribati, Nauru, Tonga et Tuvalu

Gouvernement de la Nouvelle Calédonie

Aircalin



ENVIROMENTAL NEWS

WEEKLY NEWS FROM NGOS IN FIJI

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

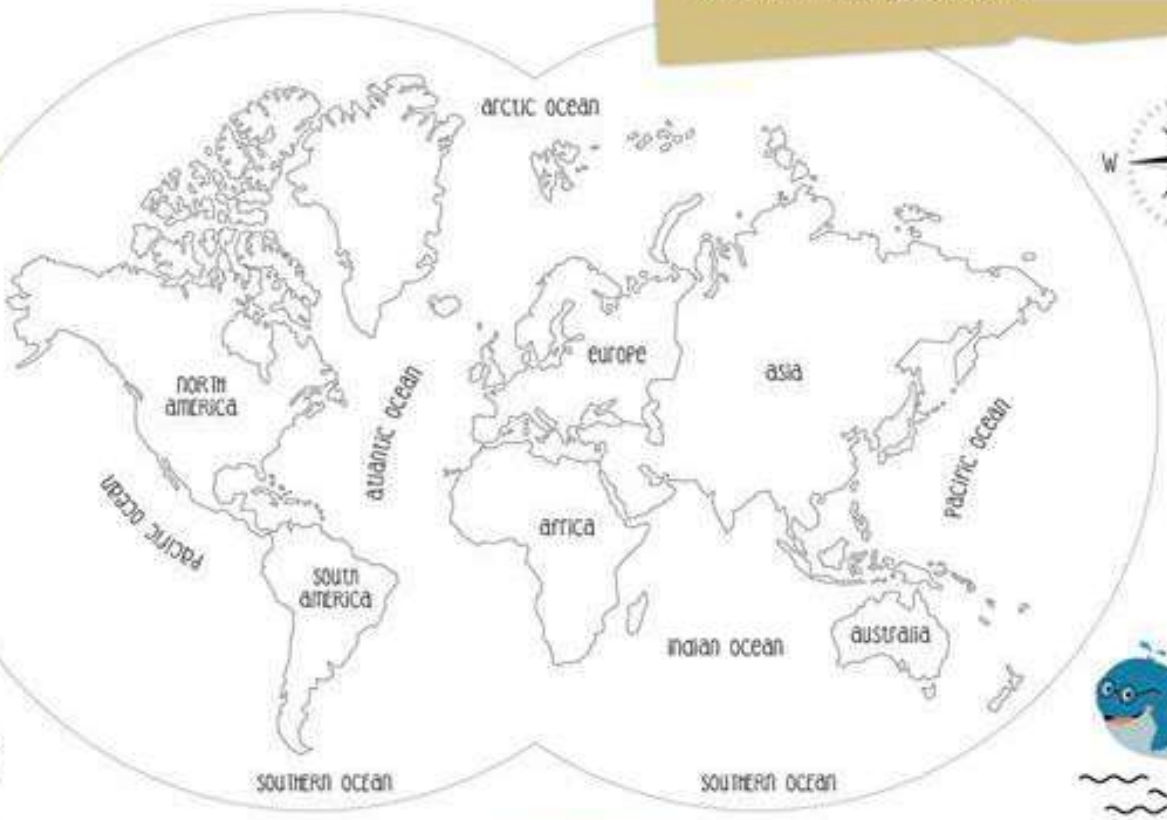
Ar _ t _ _ Ocean

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

© OCEANLOVERS IN COOPERATION WITH PORT DENARAU MARINA
WWW.OCEANLOVERS.COM

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!

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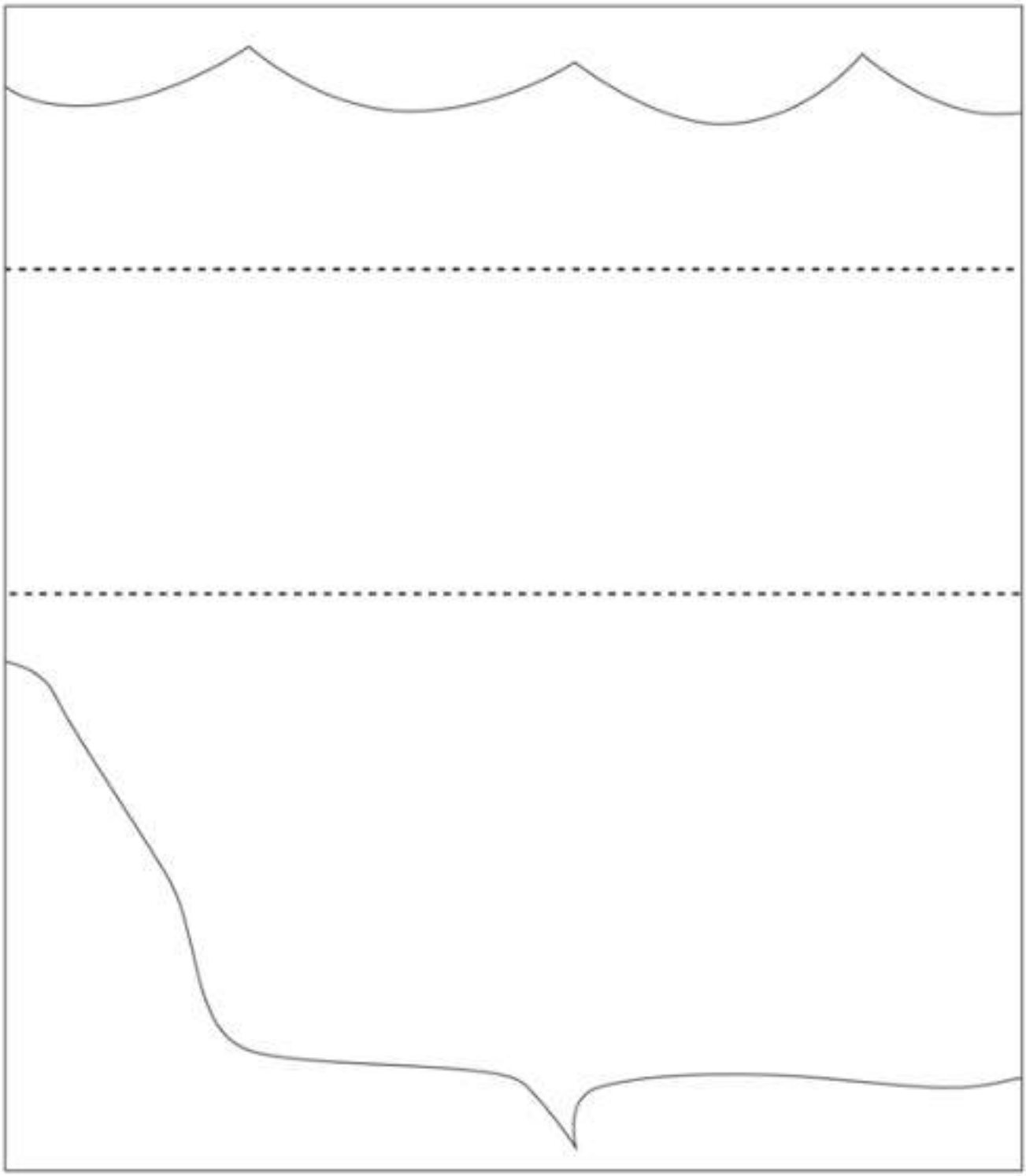
PART TWO

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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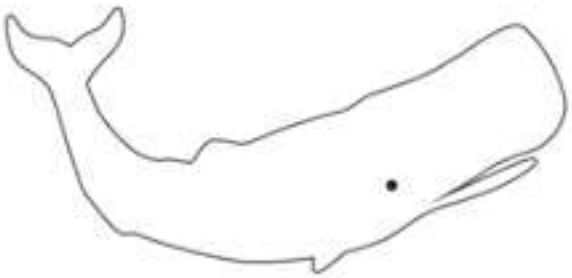
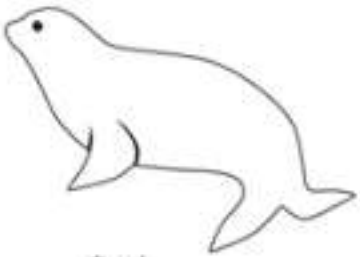
PART TWO

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



Sperm Whale

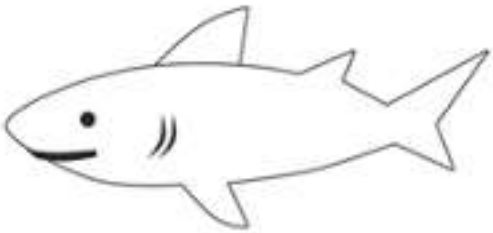


Seal

Turtle

Anglerfish

Eel



Shark

Algae

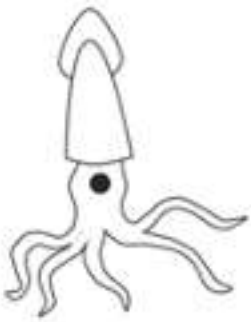
Mahi Mahi

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?

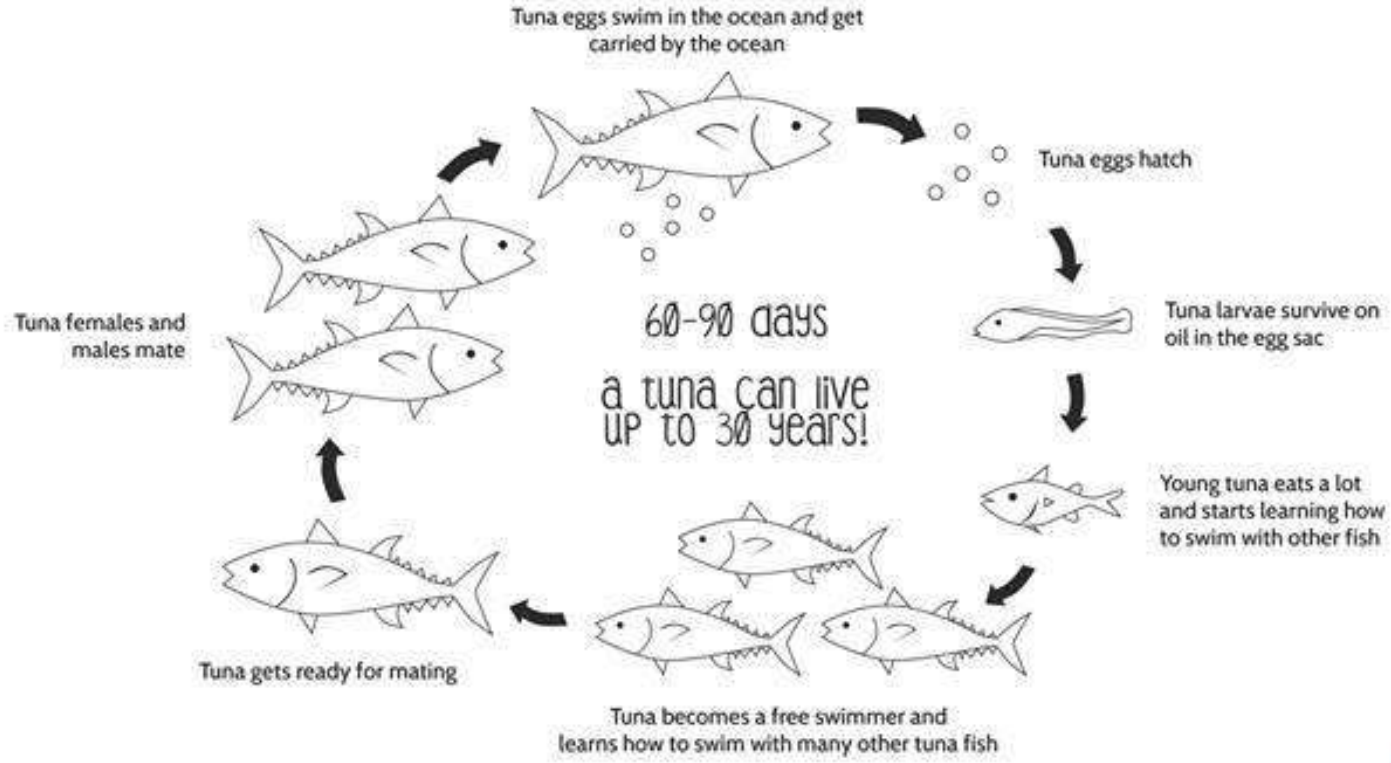
Talk to your friends and family
Many people do not know about the challenges overfishing brings. The first step is to know about the problem and then take action to help protect the ocean.

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.

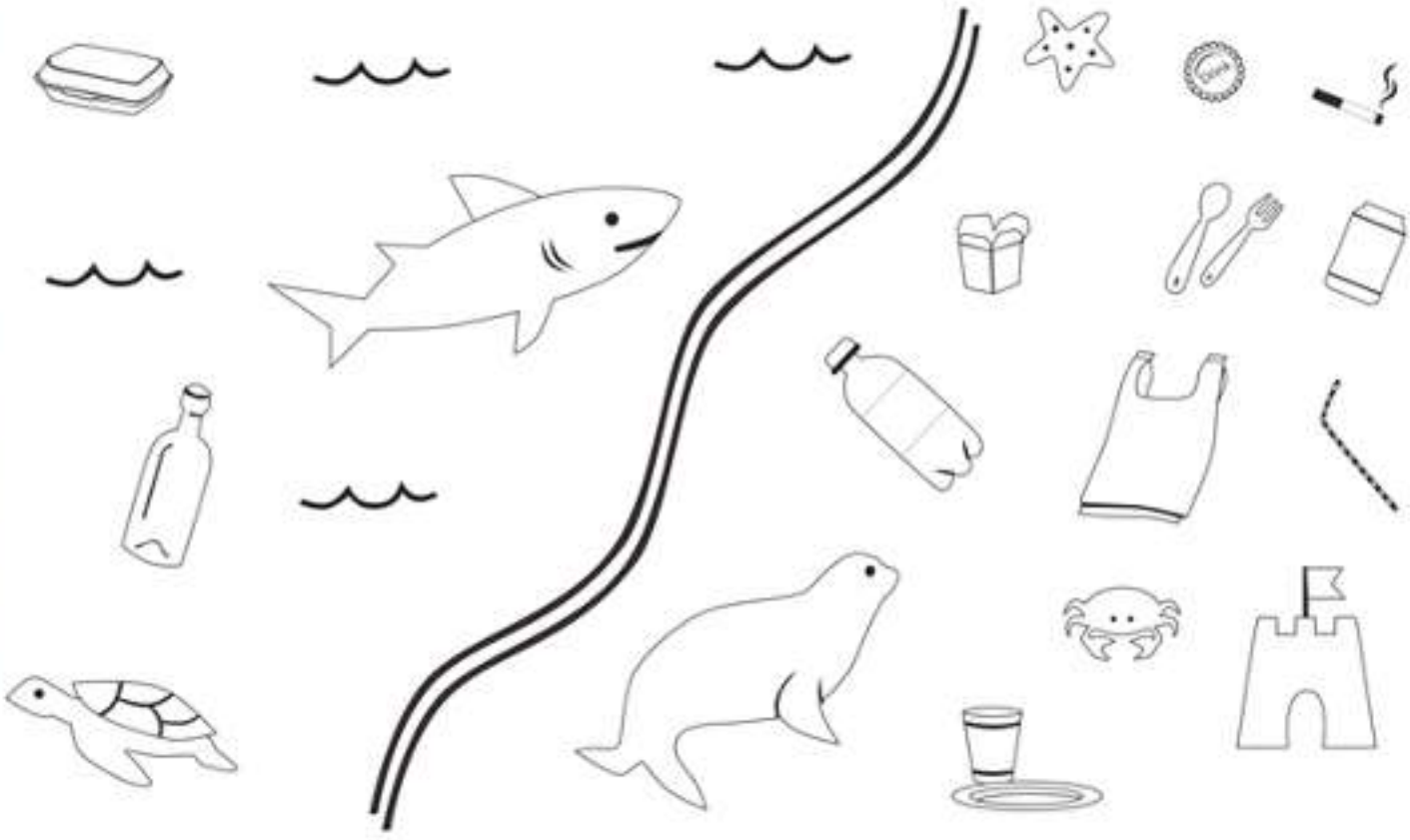
A lot of the trash in the ocean also comes from rivers. If trash gets thrown into a river it flows all the way into the ocean harming many sea animals.

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?

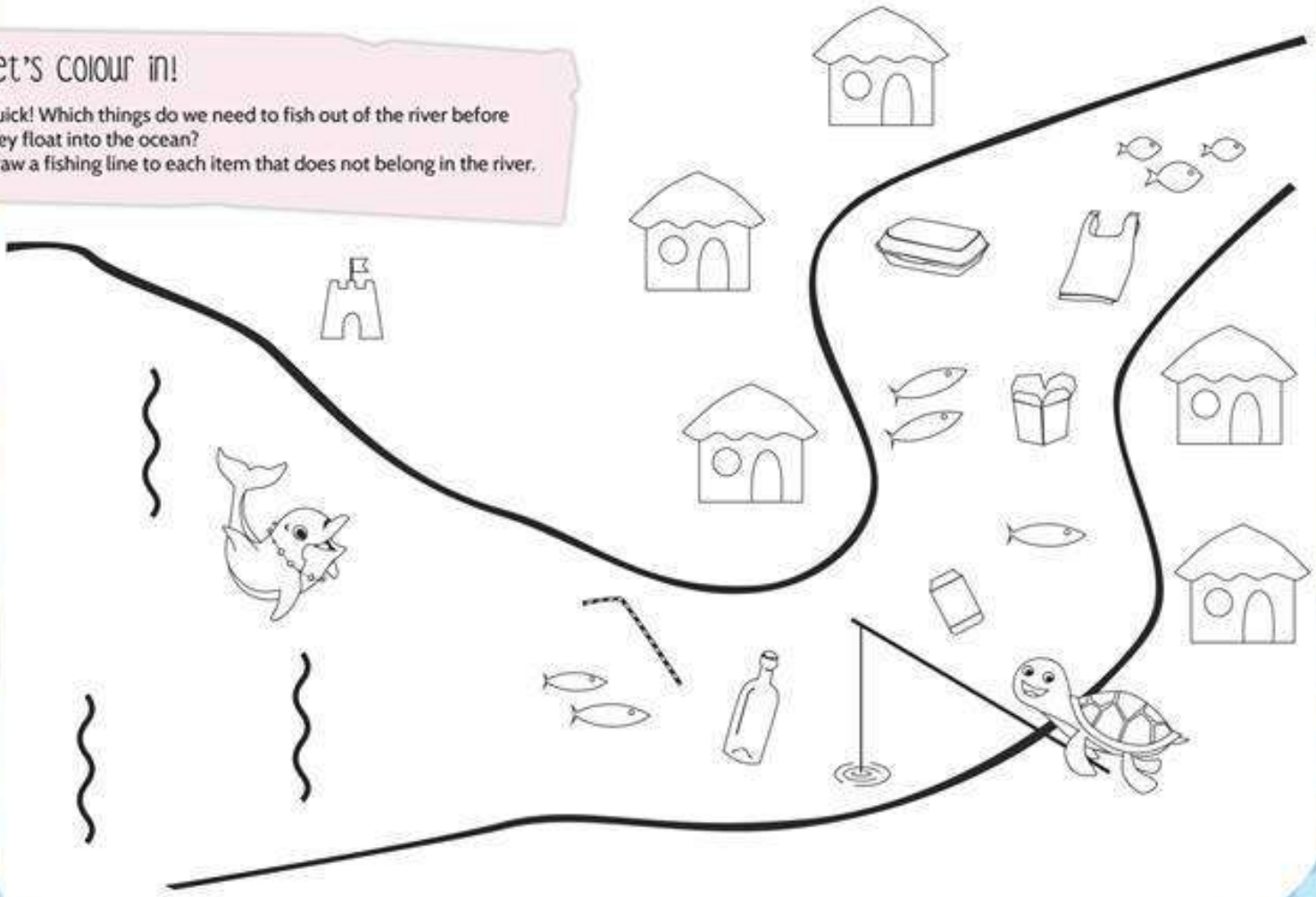
One of the biggest things to help all the animals in the ocean is to not throw any trash into the rivers. Trash should always be thrown into a trash bin or recycled wherever possible.

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.

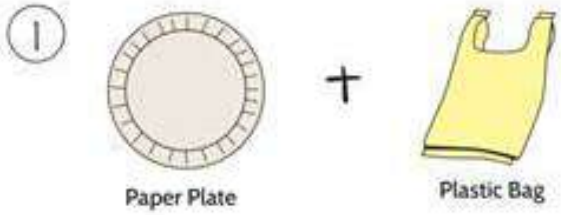
Some places in Fiji already have special trash bins so people can separate their rubbish. Things that can be recycled, such as plastic, paper and glass are collected in special bins and then taken to a recycling place. Out of these materials new things are made which is great so we don't need to keep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

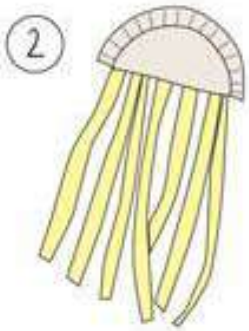
DID YOU KNOW?

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!

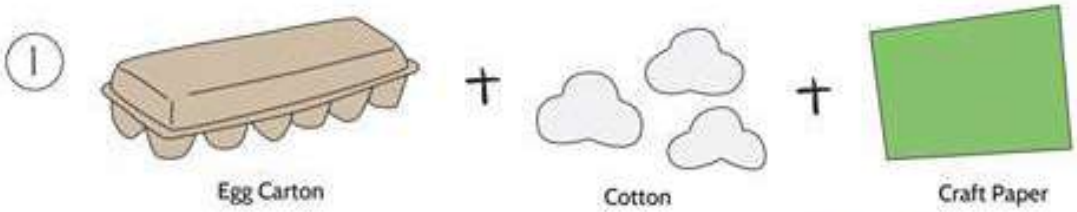
Paper Plate & Plastic Bag Jellyfish



Bottle Cap Fish



Egg Carton & Cotton Ball Turtle



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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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PART EIGHT

Oceanlovers FOR KIDS

Bula my name is Ratu the turtle. Yesterday I was swimming close to the shore near my favourite rock. Something was different. The water felt unusually warm. I can't remember the last time I was sweating so much. It was like taking a very hot bath. It was so uncomfortable that I had to pull my head into my shell to cool down. I asked my wise grandmother why the water felt so warm and as always she had an answer:

The earth is getting warmer every year. This is because there are a lot of cars, trucks, planes and factories which produce a gas called carbon dioxide. This gas heats up the air around us. The ocean wants to help us so the earth doesn't get too hot and soaks up a lot of the hot air. Some of the creatures and plants in the ocean cannot live very well in warmer water, they prefer colder temperatures. A lot of coral is dying because the water has gotten so much warmer and that means that there is less food for fish to eat.

Many fish are migrating to colder waters, leaving their homes behind.

The hot air also makes glaciers and polar ice sheets melt into the ocean which means that the sea level rises. This can cause flooding and really strong storms.

If we don't do anything about the world getting warmer every year we will run into a lot of trouble in the future!

Luckily there are a lot of people who are trying to help us stop the world getting warmer and you can help too!

Ride a bike, walk or take the bus instead of driving in a car.

Turn the lights off at home - this saves energy and means less carbon dioxide is produced!

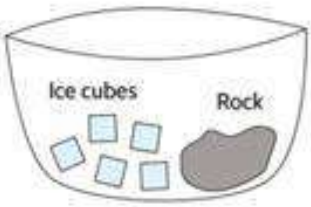
Buy second hand things - the less new things we buy the less factories will produce = less carbon dioxide!

Parents and Children - Let's do a temperature experiment!

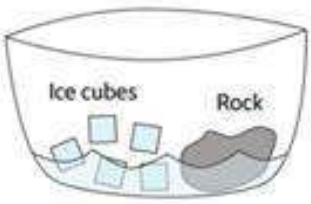
You need:

- 4 Ice cubes
- 1 Bowl
- 1 Rock or item that can get wet & fits into the bowl
- Cold water
- Hot water

1. Place the ice cubes and rock/item into the bowl



2. Pour a little cold water into the bowl so the rock is half-covered in water



3. Observe the ice cubes for a minute. What's happening to them in the cold water?

4. Now add some hot water but only so much that the rock/item is not covered up.

5. Observe
   - What happens to the ice cubes when hot water is added? Does the ice melt quicker?
   - What happens to the rock?
   - Parents: Discuss with your children how this experiment relates to the rising of ocean temperature.

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PART NINE

Oceanlovers FOR KIDS

Bula my name is Sami the squid and I love all things that are colourful. Our big coral reef shines in the most beautiful colours and I just can't get enough looking at it, it makes me so happy! Remember what Ratu the turtle told you about the temperature raising and how hot he was? The temperature and many other things can make our friend the coral reef a little sick sometimes.

Did you know that corals are actually small animals? Coral reef is very important for humans and sea creatures alike. Corals provide shelter, a place to live and food for many sea creatures and ocean organisms. Coral reef also protect our land from getting too much damage during a tropical storm.

When the ocean temperature gets too hot corals release the algae that are living in its tissue which makes the corals go completely white. This is called coral bleaching. Corals can survive bleaching, however it puts it under a lot of stress and sometimes the coral dies.

If the water gets polluted corals can get very sick. The pollution contributes to the growth of a type of algae that can hurt the corals.

Luckily, there are a few things we can do to protect the beautiful coral in Fiji!

When snorkeling, try not to touch the reef with your feet and hands.

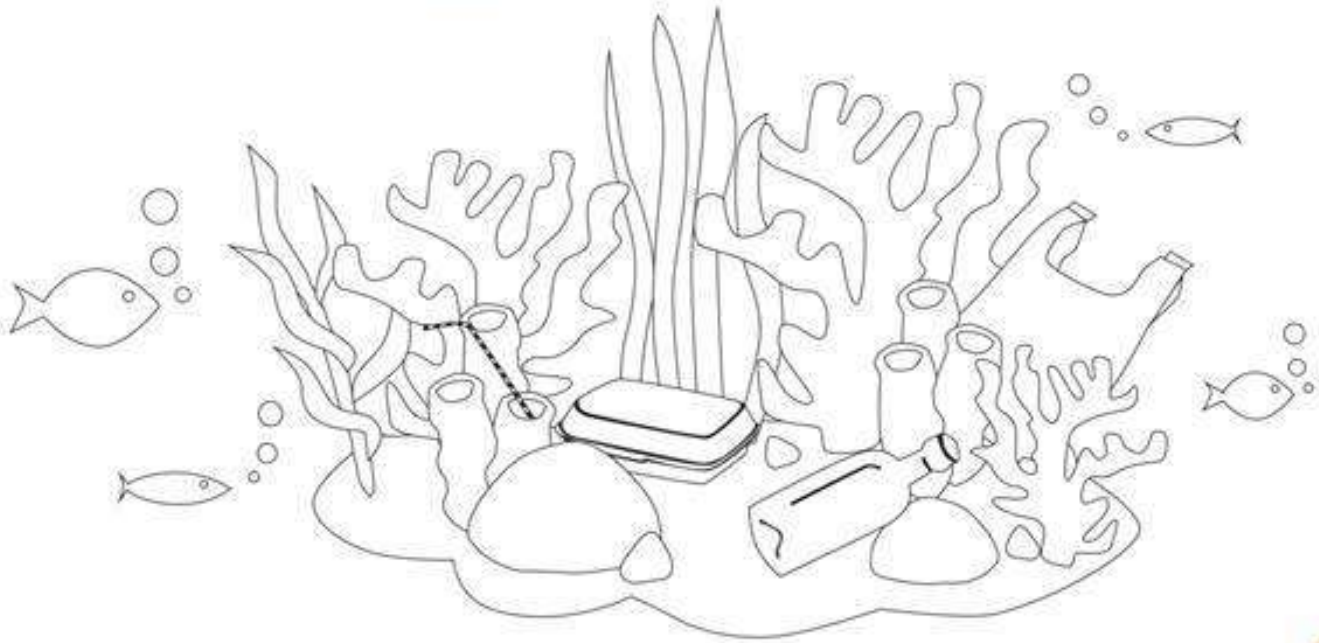
Don't fish or boat near a coral reef. Anchors and hooks can damage corals.

Use less water - the less water we use the less runoff there is into the ocean that makes corals sick.

Don't leave any rubbish at the beach to avoid pollution.

Let's colour in!

Use all your favourite colours to create a beautiful coral reef. But wait, there are some items which don't belong here! Can you find them?



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