THE NUMBER 1 WEEKLY EVENTS MAGAZINE IN FIJI

FIJI EVENTS GUIDE

Photo Courtesy of Hot Glass Fiji

@ FIJIGUIDE

THURSDAY
FRIDAY
SATURDAY
SUNDAY
MONDAY
TUESDAY
WEDNESDAY

SWIPE & CLICK MAGAZINE

Photo Courtesy of Sofitel Fiji Resort and Spa

FIJI EVENTS GUIDE

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.

In Fiji Sustainable Tourism is a Way of Life

Written & Photographed by Robert F Kay

When Oahu natives Rachel Holderbaum and Kainoa Cundall decided to set up Dua na Cegu, a fishing and free-diving resort on Waisalima Bay on Kadavu, a remote island in Fiji, they knew it would be a challenge. Roughly the size of Molokai with a population of approximately 11,000, Kadavu has virtually no roads, no electrical grid and no water system.

Known primarily for its diving in the surrounding Astrolabe Reef, motorboat is the only mode of transportation.

Kainoa Cundall, owner of Dua na Cegu, a fishing and free-diving operation.

Holderbaum and Cundall never intended to be on the leading edge of sustainable tourism, but that's exactly where their endeavor in rural Fiji took them.

Using local materials, such as Fiji-grown pine, mahogany and native hardwoods such as dilo

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and vau, they designed a sturdy “bure levu” (big house) — a kitchen, dining room and library along with two bungalows. EVERYTHING WAS built to withstand cyclones, which pummel the Fijian archipelago sporadically.

Given that the property is off the grid, a photovoltaic system with batteries (along with a backup generator) was installed. Complementing this was a redundant water system fed by a nearby spring and water catchment.

After arriving at Waisalima Bay, one of Holderbaum’s first tasks was to plant a garden. It now teems with papaya, lime, orange, bele (edible hibiscus), pineapple, kumala (sweet potato), pumpkin, green bean, chili, lilikoi, tavioka (cassava), dalo (taro), ginger, green onions, cilantro, lettuce, tomato and a host of other crops.

Bures can withstand Cyclones and are constructed with locally grown timber.

Her Fijian neighbors provided advice on how and where to plant. The local villagers also showed her indigenous medicinal plants such as totodro, a fan-shaped weed, which is used for diarrhea and stanching blood flow from open wounds.

Holderbaum said the garden usually provides enough veggies to feed themselves and guests, but some items, such as meat, onions and garlic, are brought in from the ferry boat or the Fiji

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Tokoriki Island Resort Fiji is a 5 star luxury, boutique ad
Bures, 18 Beachfront Pool Bures and 10 Beachfront Pool V
romantic beach vacation with warm Fijian hospitality and
style freestanding Bures & Villas are air-conditioned with
lush landscaped gardens.

ults-only resort (min age 16) comprising of 8 Beachfront
Villas with a max of 72 guests where you will enjoy a truly
a caring attention to detail. Their contemporary & Fijian
indoor & tropical outdoor showers and surrounded by

The Original Online Travel Guide to Fiji

Online since 1995, even before Tourism Fiji established their own website. The primary content for Fiji Guide was derived from Rob Kay's award-winning Lonely Planet Travel Survival Kit.

Airways flight.

Weather permitting, Cundall, a veteran fisherman, harvests opakapaka, onaga, snapper and other species which provide fodder for half of the meals.

On Kadavu, Cundall says, one is "forced to be sustainable," which means being a jack-of-all-trades — electrician, plumber, builder and backyard mechanic, to name just a few.

However, he said,

"our garden, fishing boat and PV system are only part of the sustainability equation. The linchpin is the Fijian culture — the values that are practiced daily."

Accommodations are comfortable but not fancy.

"You can put PV on your roof and add rain barrels in the yard. However, what we've learned," said Cundall, "is that the secret is community." Holderbaum added, "We may have our disagreements on Kadavu, but in times of adversity we cooperate."

"For example," said Cundall, "if a cyclone is coming, we spend the day with neighbors, securing boats and getting random articles tied down."

A sense of community isn't always felt in Honolulu. He related a childhood anecdote.

"I was at Longs with my mother to purchase some items to prepare for Hurricane Iniki. Mom was reaching for some batteries on the shelf, and a man grabbed them away from her. In doing so, he knocked her to the floor."

In Fiji communal cohesion is rooted deep in the culture. This is especially true in remote areas where services that Hawaii people take for granted may not be available.

"I've been to get-togethers on Kadavu," said Holderbaum, "where a local woman with a newborn will breastfeed another woman's baby without a second thought."

"Fijians don't shy away from responsibility," she said. "If a task needs to be done, such as weeding an elderly neighbor's garden or repairing a home in the aftermath of a storm, the job is done with no hesitation."

"Practicing sustainability," said Cundall, "is more than having the newest Tesla battery. In Fiji it's a way of life."

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SATURDAY

R & B NIGHT WITH RESONATE BAND	
6.30 PM - ONWARDS	$ 100
21st DECEMBER	
THE FIJI ORCHID | LAUTOKA	

The FIJI ORCHID

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ASIA PACIFIC'S TOP MODEL

A night of glitz, glam and razzle dazzle. Special Guests, spot prizes Top Models! A show not to miss!!

G/A- $50

SHOW AND DINNER- $75

DUADUA BEACH RESORT

21ST DECEMBER 2019

HAPPY TWO HOURS 4PM-6PM

SHOW STARTS 6.30 P.M.

AFTER PARTY WILL FOLLOW

SATURDAY

ASIA PACIFIC'S TOP MODEL	
4 PM - ONWARDS	$ 50 - 75
21st DECEMBER	
DUADUA BEACH RESORT | SUNCOAST	

AUCDUA
DUA DUA BEACH RESORT

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Nanuku wins Sustainable Tourism Company of the Year at the 2019 Travel

Nanuku, Auberge Resorts Collection, the South Pacific paradise set along the legendary serene coastline of Fiji's main island of Viti Levu, was the proud recipient of The Travel Awards 2019 Sustainable Tourism Company of the Year. Just weeks after also being recognised as the No.1 resort in Australia and the South Pacific in Condé Nast Traveler's 2019 Readers' Choice Awards.

The Travel Awards Gala, presented by Travel Weekly, in association with media partner Seven West Media's Better Homes and Gardens saw the travel and tourism industry descend on Alexandria for the prestigious award ceremony.

The consumer and travel trade facing event, now in its second year, is designed to celebrate the tourism industry. From wholesalers, destinations, airlines, tourism boards, cruise lines, retailers and a myriad of other travel-related companies.

When asked about future plans, "Watch this space! 2020 is going to be Nanuku's greenest year yet!"

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Overview:

On the hottest day in 50 years, a serious fire breaks out in a heavily populated commercial building in Southern China. It's up to a group of firefighters to save those trapped inside the building.

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Body Title: Stolen Kiss 3 | RED CAVE ARTS

SUNDAY

FINAL FIJI UNTOLD SHOW BY VOU FOR 2019

11.00 AM - 10.00 PM

$ 70 FJD

22nd DECEMBER

VOU HUB| DENARAU ROAD

VOU™

Mama's Pizza
SINCE 1984

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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

SUNDAY

YUM CHA	
11 AM - 3.00 PM	$ N/A
22th DECEMBER	
HILTON FIJI BEACH RESORT | DENARAU	

Hilton
FIJI BEACH RESORT & SPA

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SOFITEL
LUXURY HOTELS

FIJI RESORT & SPA

*** SPECIAL ***

Superior Oceanside Room

Including breakfast and all taxes (Rate is per room per night)

FJD $295

Room will accommodate 2 adults and up to 2 children under 12 years old. Additional inclusions –

- Unlimited Movies
- Late check out (subject to availability)

Stay is subject to availability from
10th Nov to 31st March 2020
(not available 20th Dec to 11th Jan 2020)

BOOKING CODE: **Quote - LOCALBB**

So Spa Offer

Enjoy 25% discount off all our So Spa Treatments when staying at the Resort

CONDITIONS:

- Subject to availability
- Offer valid for Local Residents only – valid ID needs to be shown on check in
- **To check availability and make a booking please email :**

  reservations@sofitelfiji.com.fj or call 675 1111

MONDAY

	CLEAN UP TAVEUNI
8 AM - Onwards	$ -
23rd DECEMBER	
TAVEUNI ISLAND	

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Photo Courtesy of Sofitel Fiji Resort and Spa

Sub-headings

SOFITEL FIJI RESORT & SPA - NEW REPUBLIK NIGHTCLUB

TUESDAY	CHRISTMAS EVE BUFFET		
	06.30 PM - 09.00 PM	$	55 FJD
	24th DECEMBER		
	THE ESTABLISHMENT| PACIFIC HARBOUR		

THE ESTABLISHMENT
RESTAURANT BAR BEER GARDEN EVENTS CENTRE

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TUESDAY

CHRISTMAS EVE BUFFET DINNER	
5.30 PM - 10.00 PM	$ 59 - 210
24th DECEMBER	
INTERCONTINENTAL FIJI GOLF RESORT	

TUESDAY

CHRISTMAS EVE TRADITIONAL CAROLS	
05.00 PM - 06.00 PM	$ 55 FJD
24th DECEMBER	
THE PEARL RESORT | PACIFIC HARBOUR	

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Taste of Fiji

Our Taste of Fiji event showcases the diversity of the modern day Fijian Cuisine and entertainment. From items cooked traditionally in an earth oven called "LOVO" to Kava ceremony and cultural dance "Meke"

Tuesdays & Saturdays from 6:30pm
Kids 6-12 years at 50%. Kids 0-5 years eat free
LIVE ENTERTAINMENT

TUESDAY

TASTE OF FIJI	
06.30 PM - Onwards	$ 110 FJD
24th DECEMBER	
HILTON FIJI BEACH RESORT | DENARAU	

Hilton
FIJI BEACH RESORT & SPA

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TUESDAY

CHRISTMAS EVE DINNER AT FISH BAR

06.00 PM - 10.00 PM | **$ 59 - 210**

24th DECEMBER

MOMI BAY RESORT | CORAL COAST

MARRIOTT RESORT FIJI MOMI BAY

Shop 11 Vinod Patel Plaza,
Laucala Beach Estate
Centrepoint 339 7107 Mobile 990 6543
Email: nair_rosyhearts@yahoo.com
Website: www.rosyheartsfiji.com
PO Box A257 Centrepoint
OPEN HRS: MON-SAT 7AM TO 7PM
SUNDAY 8AM TO 1PM
Mid City Complex Cumming St, Suva
Phone 310 0553 Mobile 995 9322
OPEN HRS: MON-FRI 7.30AM TO 6PM
SATURDAY 7.30AM TO 5PM
Damodar City Raiwai Grantham Rd
Phone 327 0510 Mobile 999 1006
OPEN HRS: MON-SUN 9AM TO 9PM
Nausori 12 Ross Rd
Phone 347 5265 Mobile 990 6544
OPEN HRS: MON-SAT 7.30AM TO 6.30PM
Rups Nakasi Phone 341 0277 Mobile 992 8728
OPEN HRS: MON-SUN 8AM TO 8PM

Rosy HEARTS

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Nadi Shared Tours

(Minimum 4 pax)

Visit the Viseisei Village, Orchid Garden (Sleeping Giant) and the Thermal Mud Pool
$FJD120.00 per person

Visit the Thermal Mud pool ONLY
$FJD80.00 per person

Visit the Orchid Garden (Sleeping Giant) ONLY
$FJD70.00 per person

Visit the Thermal Mud pool, Orchid Garden (Sleeping Giant) and the Transit Lounge
$FJD150.00 per person

Visit the Thermal Mud pool, Orchid Garden (Sleeping Giant) the Nadi Temple
$FJD150.00 per person

Visit a Fijian Village inclusive of a cave tour and then the Thermal Mud Pool (lunch included)
$FJD250.00 per person

Visit a Fijian Village inclusive of a cave tour and then the Thermal Mud Pool. Plus, A sunset dinner cruise in the evening (lunch & dinner included)
$FJD395.00 per person

Cave Tour + Village Tour + picnic at Natadola Beach
$FJD250.00 per person

Travelling Solo?

(ONLY Nadi Area)

1 hour, 2 places: $FJD50.00
2 hours, 4 places: $FJD90.00
3 hours, 4 places: $FJD150.00
4 hours, 5 places: $180.00
6 hours, UNLIMITED Places: $250.00

TUESDAY

CHRISTMAS EVE CAROLS & DINNER

6.00 PM - 9.00 PM | $ 25 - 55

24th DECEMBER

UPRISING BEACH RESORT | CORAL COAST

The UPRISING Beach Resort

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The South Pacific Archipelago of Fiji is the tropical setting
of the Mamanuca Islands, surrounded by crystal clear wat
guests, Six Senses Fiji is ideal for ocean enthusiasts lookin

Helicopter transfers | For an exhilarating arrival experien
from Nadi Airport or from Denarau for the 10-minute tran
the Mamanuca Islands as you arrive in style.

for **Six Senses Fiji**. Located on Malolo Island, the largest
ters and offering a picture-perfect white sandy beach for
g for their own piece of tropical paradise.

ce choose our helicopter option. Direct transfers depart
nsfer which promises jaw-dropping views of Vitu Levu and

WEDNESDAY

CHRISTMAS LUNCH OR DINNER

11.00 AM - 10.00 PM | $ '

WEDNESDAY 25th DECEMBER

BONEFISH RESTAURANT| DENARAU

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WEDNESDAY

XMAS DAY & BOXING DAY @ MALAMALA

10.30 AM - 5.30 PM | $ '

WEDNESDAY 25th & 26th DECEMBER

MALAMALA BEACH CLUB

WEDNESDAY

CHRISTMAS BBQ LUNCH AT TOBA

12 PM - 3.00 PM | $ 40 - 75

WEDNESDAY 25th DECEMBER

INTERCONTINENTAL FIJI GOLF RESORT

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UPRISING
Beach Resort

Christmas Eve
Takeaway Lovo Packs

OPTION 1 -$35
Whole Chicken #12
Palusami
Fijian Root Crops
Coleslaw

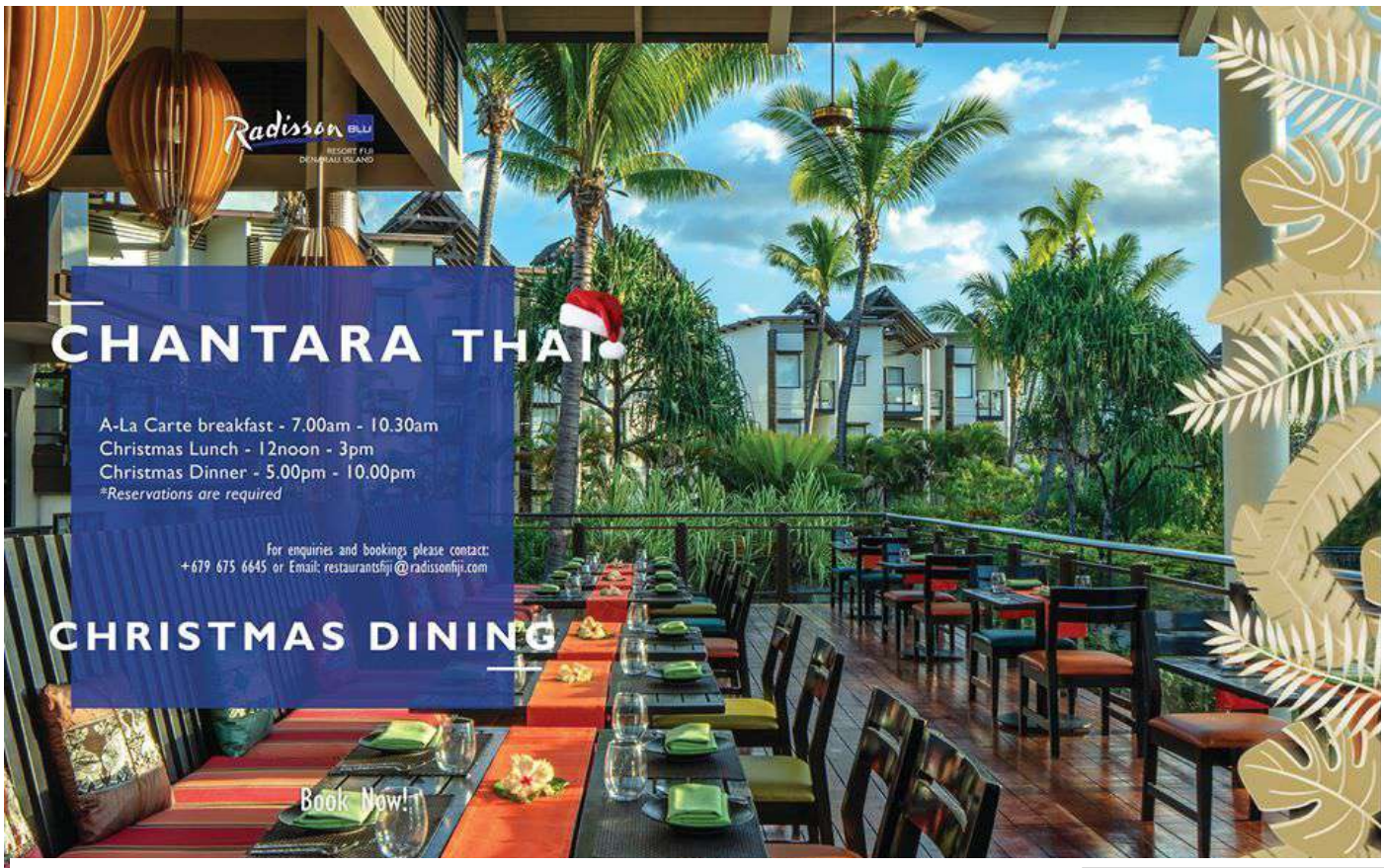
OPTION 2-$49
Whole Chicken #12
Pork
Palusami
Kokoda
Fijian Root Crops
Coleslaw
Coconut Tarts
Pineapples

Bookings Essential PH: 3452200 - Please book and pay 24 hours in advance.
Take away Orders and payment closes on Monday 23 Dec by 3pm.
Pick up from 3pm on 24 Dec

@uprisingfiji #uprisingfiji
www.uprisingbeachresort.com

WEDNESDAY

	CHRISTMAS DINNER
5.00 PM 10.00 PM	$
	WEDNESDAY 25th
	BASILICO ITALIAN RESTAURANT | DENARAU



WEDNESDAY

	CHRISTMAS LUNCH AND DINNER
12 PM - 10.00 PM	$ -
	WEDNESDAY 25th DECEMBER
	CHANTARA THAI RESTAURANT | DENARAU

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WEDNESDAY

CHRISTMAS LUNCH

11.30 AM - 4.00 PM | $ 49 - 99

WEDNESDAY 25th DECEMBER

GRAND PACIFIC HOTEL | SUVA

GRAND PACIFIC HOTEL

WEDNESDAY

CHRISTMAS DINING

06.30 AM - 10.00 PM | $ -

WEDNESDAY 25th DECEMBER

BLU BAR & GRILL | DENARAU ISLAND

Radisson BLU

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Paradiso
RESTAURANT & BAR

Christmas Lunch Menu

Hors D'Oeuvres
Prawn Cocktail
Fresh Tuna Kokoda
Stuffed Lolo Kai

Salads & Vegetables
Gourmet Garden Salad with Feta, Sundried Tomatoes & Olives
Mixed Bean Salad with Jicoma & Sprouts
Assortment of Roasted Vegetables

Vegetarian Selection
Butternut Squash Gnocchi with Sage Mushroom, Capsicum & Pine Nuts with Fresh Linguine
Smoked Egg Plants with Ota and Miti
Ota, Nama & Baigani Tavu Salad
Oven Baked Rourou with Fresh Coconut Cream

Seafood Selection
Seared Chilli Garlic Prawns with Peppers
Whole Roasted Snapper Stuffed with Herbs and Fennel
Almond Crusted Tuna Steaks
Pesto Green-lip Mussel

Carvery Station
Sage & Onion Stuffed Turkey
Roasted Rosemary Infused Leg of Lamb
Baked Honey Glazed Ham

Sauces
Traditional Dark Gravy / Cranberry Sauce / Apple Sauce / Horseradish Sauce / Mint Jelly

Starchy Corner
Roast Potatoes
Vudi & Kumala & Yam
Dalo

Get your tickets NOW!

Sides
Island Fries / Freshly Baked Focaccia / Sourdough Bread / Garlic Bread

Dessert Selection
Christmas Pudding with Custard Sauce
Tiramisu
Passionfruit Cheesecake
Sticky Date Pudding with Caramel Sauce
Trifle
Fruit Salad
Vanilla Ice Cream

$75 per adult
$35 Kids 4-10years
FREE Kids under 3years

To Buy Tickets Call 777-2303 | 999-6867 | 331-1726 or manager@paradiso.com.fj
Location: Albert Park, Ratu Cakobau Road, in Suva Lawn Tennis Club, opposite Fiji Museum

WEDNESDAY	CHRISTMAS LUNCH
	12.00 PM - 3.00 PM $ -
	WEDNESDAY 25th DECEMBER
	PARADISO RESTAURANT | SUVA CITY

Paradiso
RESTAURANT & BAR

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WEDNESDAY	CHRISTMAS DAY BUFFET LUNCH
	12.00 PM - 3.00 PM $ -
	WEDNESDAY 25th DECEMBER
	UPRISING BEACH RESORT | CORAL COAST

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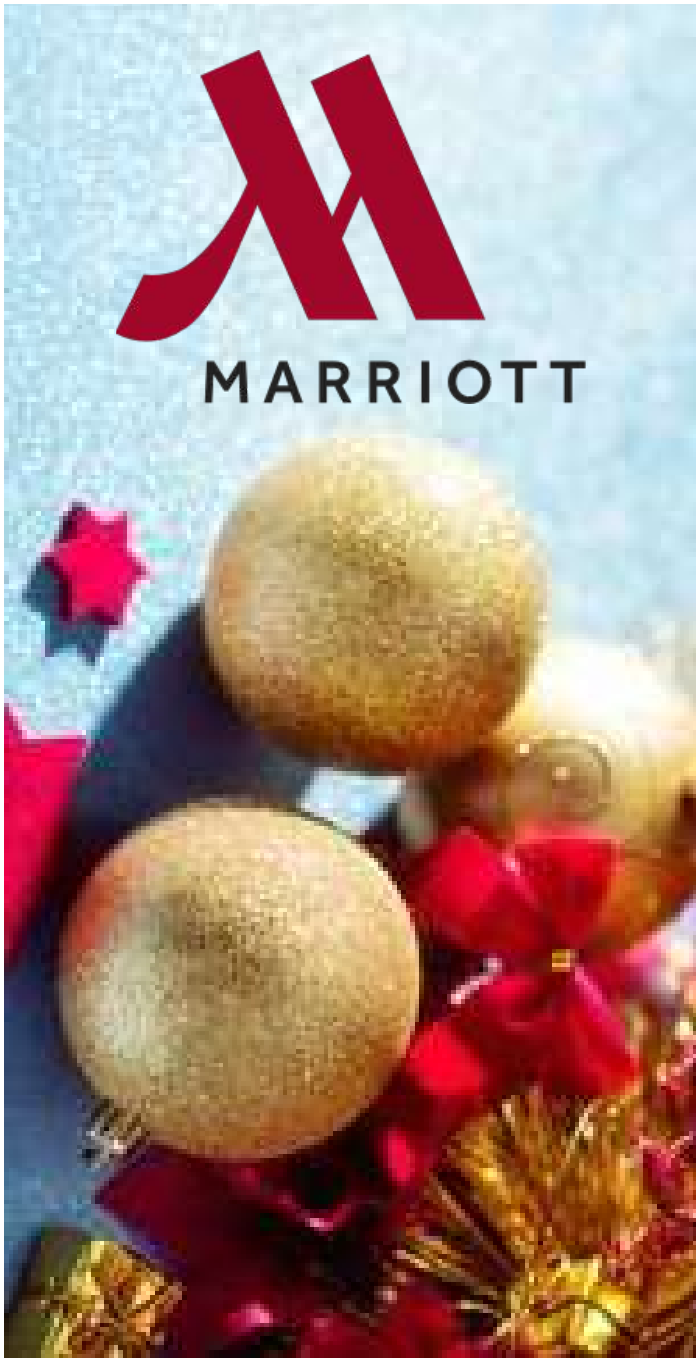
CHRISTMAS DINNER | FEAST
6 PM - 10.30 PM
DECEMBER 25th
SHERATON FIJI RESORT

CHRISTMAS DAY LUNCH
12 PM - 2 PM
DECEMBER 25th
MOMI BAY RESORT

CHRISTMAS DAY DINNER
12 PM - 10.00 PM
DECEMBER 25th
SHERATON DENARAU VILLAS

CHRISTMAS DAY DINNER
6 PM - 10.00 PM
DECEMBER 25th
KITCHEN GRILL | WESTIN



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WEDNESDAY

CHRISTMAS DAY BUFFER DINNER	
5.30 PM - 10.30 PM	$ 59 - 230
WEDNESDAY 25th DECEMBER	
INTERCONTINENTAL FIJI GOLF RESORT	

WEDNESDAY

CHRISTMAS DAY LUNCH	
12.00 AM - 3 PM	$ 120
WEDNESDAY 25th DECEMBER	
THE PEARL RESORT | PACIFIC HARBOUR	

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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

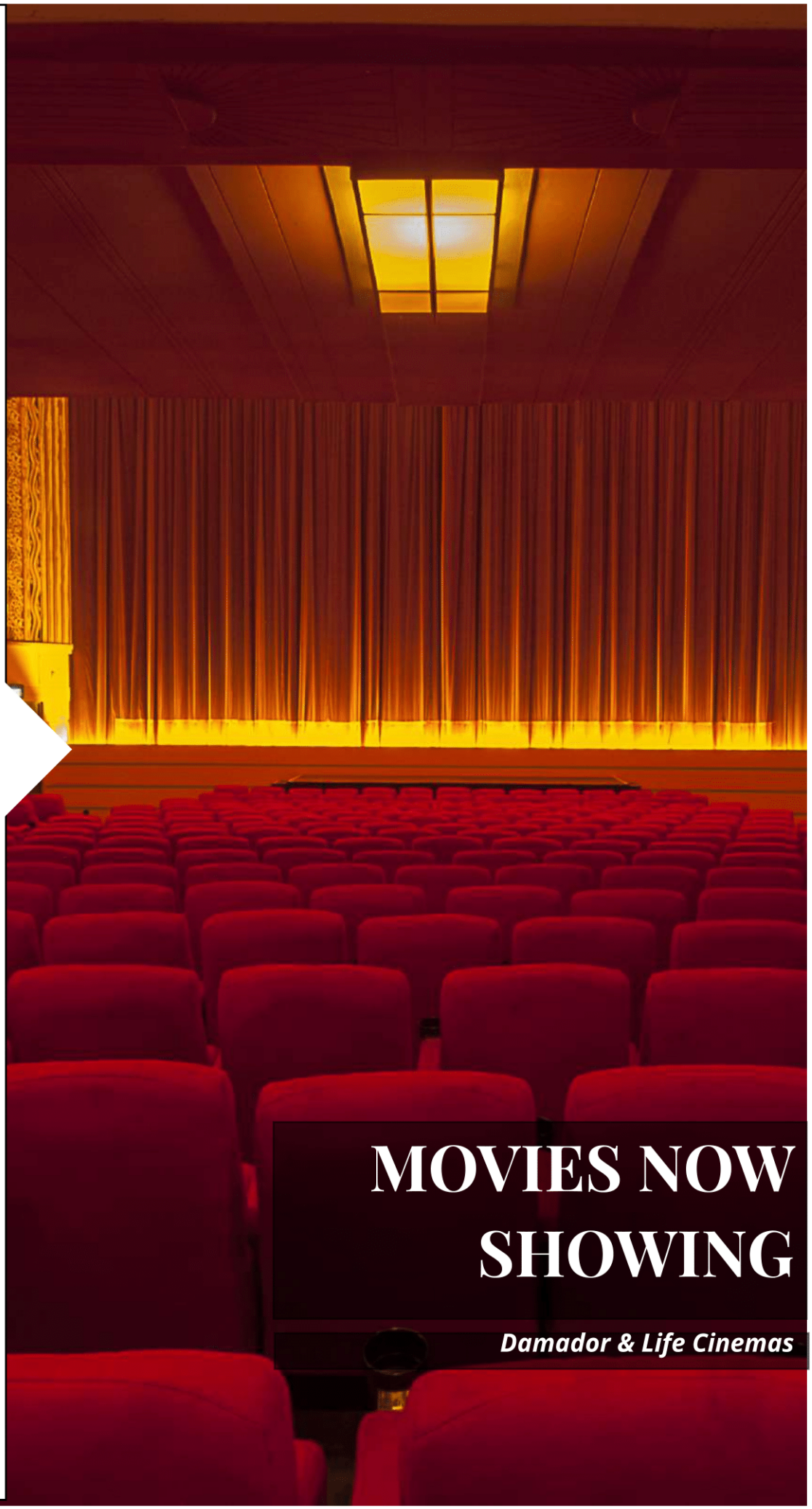
Damodar City Centre, Grantham Road, Suva

Phone: 327 5100

SUVA CITY

6 Scott Street, Suva.

Phone: 330 6006



MOVIES NOW SHOWING

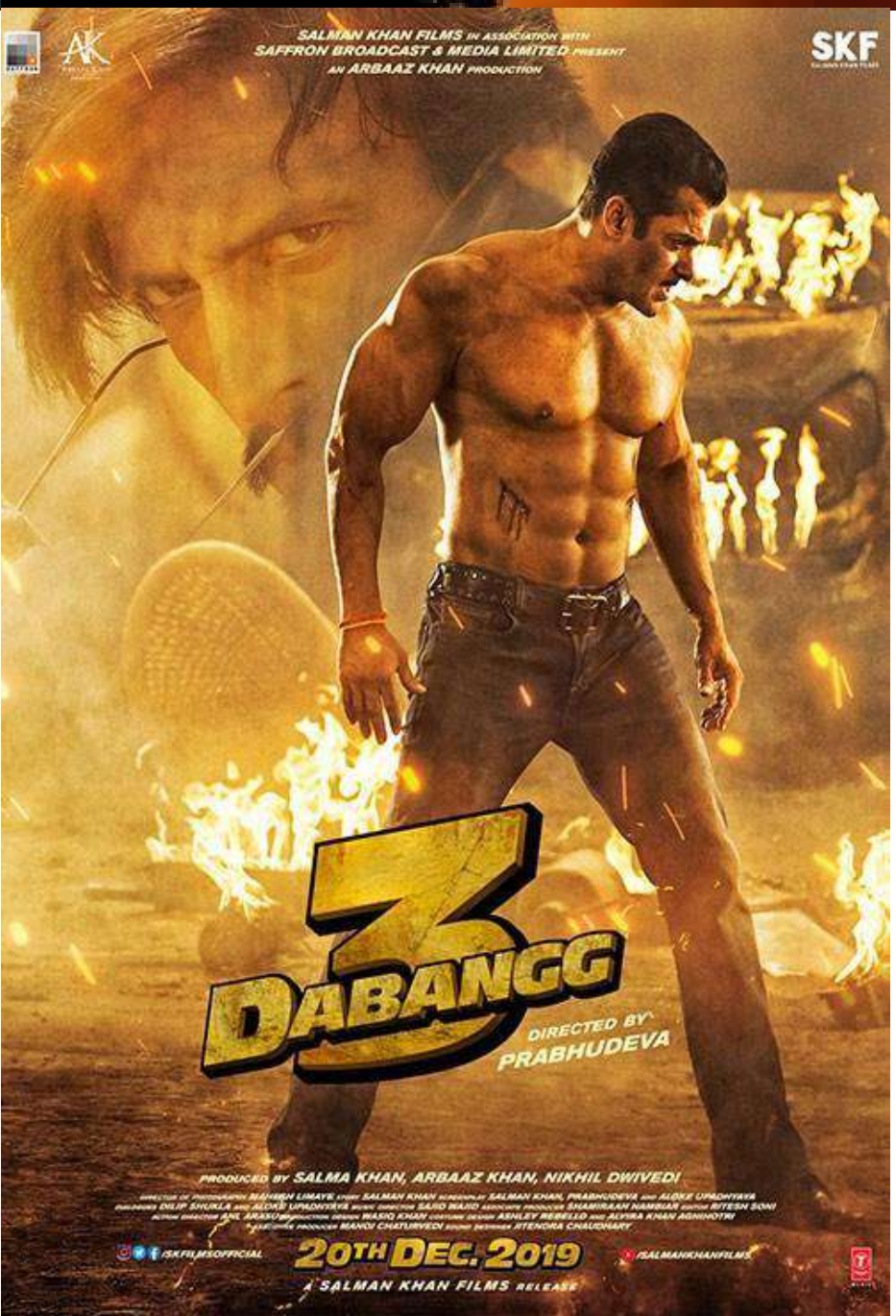
Damador & Life Cinemas

Overview:

The surviving Resistance faces the First Order once more in the final chapter of the Skywalker saga.

DAMODAR CINEMAS

LIFE CINEMA



Overview:

Dabangg 3 (transl.Fearless 3) is an upcoming 2019 Indian action film directed by Prabhu Deva, and produced by Salman Khan and Arbaaz Khan under the banner of Salman Khan Films, Arbaaz Khan Productions. It is a sequel to the 2012 film Dabangg 2 and the third installment of Dabangg film series. It is written by Dilip Shukla.

DAMODAR CINEMAS

LIFE CINEMA

Overview:

Kung Fu master Ip Man, comes to America to find a school for his son but soon realizes life abroad and racial discrimination is far worse than expected. Under the conflicts between Chinese and Western martial artists, he decides to re-examine his position for the dignity of Chinese culture.

DAMODAR CINEMAS

Photo Courtesy of VOU HUB FIJI
Fiji Guide
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Google Play
5% 15:22
Fiji Guide
International Airport
International Domestic Airlines, Times, Exchange Rates, Airport
Nadi
A bustling multi-cultural town is the main hub for international...
Denarau Island
Gateway to the Mamanuca &