

FIJI

June Official Newsletter



CONTENTS PAGE:

- *Welcome page*
- *News and updates*
- *Social updates*
- *Volunteer's adventure!*
- *Recipe of the month*
- *Stay connected*



Bula vinaka and welcome to the 18th edition of the Projects Abroad Fiji Newsletter.

June has certainly been a very busy and exciting month for both our Suva and Nadi offices. The Second School Term is in full swing and we have many new teaching volunteers to help the local children and staff make it a successful one. The weather has been cooperating quite well and our volunteers have wasted no time taking advantage of it by visiting popular beaches and islands in the weekends.

Sadly this marks Alisha East (our Assistant Country Managers) last month in Fiji but we look forward to welcoming Sophie Birtwistle to take over (more about her in the newsletter). Coincidentally she is no stranger to Fiji because she was previously a volunteer with Projects Abroad Fiji.

We are all working hard and looking forward to the busy coming month of July when we are expecting a record number of volunteers! It will undoubtedly be an exciting month couple of months here in Fiji.

As always if you have any suggestions, comments or contributions, please feel free to contact me by email at jonesolinaikoroi@projects-abroad.org.

Happy Reading and God Bless from sunny Fiji.

Jone Solinaikoroi

News and Updates.

Nadi Updates

“Well if you are in Fiji, make the most of all opportunities presented, especially since it’s a paradise” says our volunteer Rebecca Marsh who is from England and being here for only three weeks I definitely understand her point. Well our volunteers have not only been busy at their placements but they have been certainly very busy during the weekends (see Annemieke Talsma story)



The Big move...

Well it’s been an exciting time for the Projects Abroad staff as they got the chance to move offices, from Nadi town to a more convenient spot in Martintar town, Northern Press road, close to the main road. The new office is a lot bigger and with a lovely atmosphere, making work a delight! We have had lots of visitors come in to have a look, so why not pop in and have a look for yourself! Here are a few pictures of our lovely new working area....



Our resource room!



Seating area!



Relaxing Balcony!

We have designated one of the rooms for “resource” use, filled with activities, lesson plans, teaching guides, arts and crafts materials and much more for the volunteers to take full advantage of when making the most of their care or teaching placements here in Nadi! The wireless internet connection gives the volunteers a chance to bring their laptops and relax in air-conditioned air after a hard days work!



The Fun stuff: Fiji Social events



Suva:

The weekly social is an event looked forward to by all the volunteers as it is an opportunity for them to get together to share experiences and stories over a drink or two and maybe some dinner. So far it has been nice and cosy with 5 -7 volunteers at a time, but we are looking forward to busier months ahead. By default, favorites seem to be the Bad Dogs Restaurant and Bar, Fringing Reef Restaurant and the Suva Bowling Club and now a new favourite the Royal Suva Yacht Club exceptional food and very cheap drinks and of course the after dinner spot O'riellys. We look forward to adding more fun and educational activities and events in our future socials; stay tuned.

Social @ Royal Suva Yacht Club

The social was held at the Royal Suva Yacht upon the request of two of our departing Danish volunteers (aka the Pole dancers) Tobias and Peter, I tell you whenever they go on the pole they do the damage. This social was a record for Suva as we had the full 20 volunteers in Suva attending. It was time to catch and also meet the new volunteers and finding out what our not so new volunteers were up to. As usual everyone enjoyed themselves including the two Projects Abroad Fiji Karishma and Jone.



The next social was a little more exciting, having a 'Bula' theme, allowing the volunteers to share their inner Fijian side with flower-printed dresses and bula shirts filling the Enchanted Gardens Restaurant where the group was treated to a delicious buffet dinner and fun was had by all!



The “Bula group” enjoying their buffet dinner!

Nadi:

The first of the month’s socials was held at Farmers Club Nadi, a very popular choice for the Nadi Volunteers and as usual there was the Wednesday karaoke to entertain the group! Mama’s Pizza in Namaka was the following choice for dinner with giant sized pizzas being ordered by the group! Japanese food is something not everyone eats everyday, with fresh seafood and the opportunity to have the food cooked right in front of you, we choice Daikoku Restaurant right near the office for the 3rd dinner of the month. The volunteers loved the chance to watch the food being cooked and a good time was had by all!



The end of the month social was a feast at Bamboo on Wailoaloa beach. It’s the same spot where we had a host dinner in January, and as that was such a success we wanted to treat our volunteers too. The Nadi volunteers also had the chance to dress up “Bula” themed, with all the volunteers participating to the full with the traditional Hibiscus flower in the hair to complete Fijian dresses.



Thomas Burgess and Bayleigh-Rose Mclean!



A night at the “Beach House”

Although life as a teaching volunteer in Fiji is not particularly stressful, one needs to rewind from time to time. After hearing many good stories about a resort called ‘the Beachhouse’, we decided to spend a weekend there. So off we went, four volunteers from Nadi to the Coral Coast. After two hours in a local bus, including air-conditioning and movies, we were conveniently dropped in front of the entrance.

As soon as you step foot in the resort, you will have forgotten about your life back in Nadi. This is paradise. The staff immediately made us feel at home, and although breakfast was over they were happy to toast some bread and pour us big cups of tea. “Bula, are you girls only here for one night? You’re gonna regret that tomorrow...” “We already do!” was our reply.



Saturday was filled with the famous jungle trek. For ten dollars a local man from the nearby village takes you into the jungle to see a waterfall. 'Piece of cake' we thought, but no way. Jungle=mud=very slippery=walking like grandmas. Bare feet was the way to go, which might have slowed us down but has certainly contributed to the feeling of being though girls. To reach the waterfall was definitely worth the adventure. As a bonus, our guide Chuta proved to be a funny guy, joking about big spiders and dressing us up with decorations found in the jungle.

The lazy Sunday was spent where it should be, on the beach with a book. To have some exercise we took out the sea kayaks (included in the stay) and peddled on the gorgeous clear water. After the afternoon tea with scones, it was unfortunately time to head back to Nadi. A weekend well spent!

By Annemieke Talsma





Recipe of the Month - Ota in Miti with Tuna

Ingredients

- *One bundle ota*
- *Two coconuts*
- *3 Tomatoes*
- *1 Onion*
- *1 clove ginger*
- *1 Can of Tuna (Preferably Solomon Blue)*



Method of Preparation

Clean ota and dice it.

Scrape the coconuts.

Dice tomatoes and onions to bite size.

Clean ginger and pound.

After which, boil ota in hot water but see that it does not lose all its crunchiness. (Boil for 10 - 15 minutes)

Squeeze the grated coconut and sieve and store in a container.

Once the ota is ready, spread on a dish or bowl, and open can of tuna and mix together.

Once this is ready, pour the raw coconut milk (miti) into the bowl and garnish with onions and tomatoes, add with ginger to season.

And it is ready to eat!



As usual there are many ways in which you can Stay Connected...



Our Facebook page is a great way to chat with volunteers who are already here in Fiji, to meet those who may be coming out here soon, or get advice from volunteers who have been and gone.

<http://www.facebook.com/groups/projectsabroad.fiji>

Or follow us on Twitter...

http://twitter.com/Proj_AbroadFJ

Our blog will keep you up-to-date with the latest stories:

http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2887



...and of course we have the monthly Fiji newsletter:

<http://www.projects-abroad.co.uk/volunteer-destinations/fiji/newsletters-from-fiji/>

A special thanks to Annemieke Talsma for her article and wonderful pictures!

See you next month for more exciting tales from Fiji!