

ROAD SCHOLAR

Adventures in Lifelong Learning

**Below and Above Blue Waters –
Snorkeling and Exploring in Fiji**

Second Packet

**Program # 17863
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PACIFIC
ISLANDS
INSTITUTE

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ROAD SCHOLAR

Dear Road Scholar,

We hope you are as excited as we are to be only months away from your Palau and Yap Snorkeling Road Scholar program. Today's mailing is your second packet of preparatory materials designed to briefly profile the country you will be visiting. We have provided basic information on the history of the country, currency/exchange information, and some helpful packing tips. Remember, any additional preparations you make for this great journey can only enhance your experience, broaden your knowledge base and inevitably contribute to everyone's learning adventure. **You will receive one final packet of information 4 - 6 weeks prior to your arrival.** If you have not returned to our office yet the required forms that were included with your welcome materials, we recommend that you do so at your earliest convenience. Thank you.

Your choice in destinations is excellent; both Palau and Yap have a rich history and culture. The lush landscapes and breathtaking ocean scenes are sure to make a lasting impression.

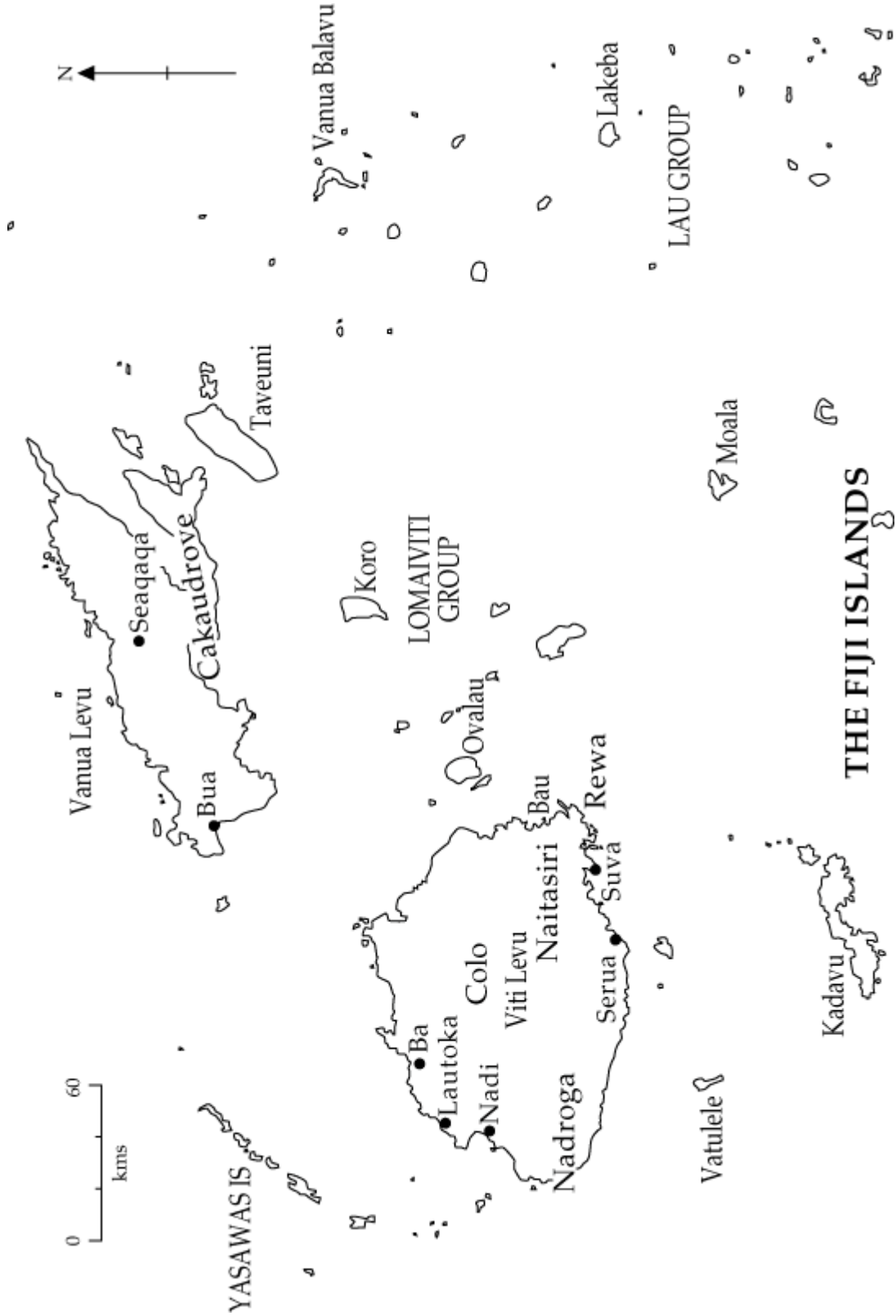
Thank you in advance for allowing us to encourage your journey of lifelong learning.

A Hui Hou – Until we see you soon!



Andrew A. Lockwood
PII Road Scholar Director

FIJI INTRODUCTION



FIJI PROFILE

GEOGRAPHY

The name, Fiji, is a Tongan corruption of the word Viti, meaning great or large. Fiji has approximately 322 islands, of which 100 are inhabited. The land area is about 8,000 sq/mi or the size of Hawai'i. The islands are the visible volcanic remnant of an ancient sunken continent, which also included Australia, New Caledonia, New Britain, and New Guinea. None of Fiji's volcanoes are presently active, though there are a few small hot springs. Viti Levu and Vanua Levu, the two largest islands, together account for 87% of Fiji's recorded land. Viti Levu has 57% of the land area and 75% of the people, while Vanua Levu with 30% of the land has 18% of the population. The highest point in Fiji is the 4,000-foot Mt. Victoria (Tomaniivi). Fiji is situated near the northeast corner of the Indo-Australian Plate. Fiji is known for its many barrier reefs. The Great Sea Reef off the north coast of Vanua Levu is the fourth longest in the world, and the Astrolabe Reef north of Kadavu is one of the most colorful.

PEOPLE

The origin of the Fijian people is still a matter of contention among historians and other scholars. Some say that they emanated in Africa around Lake Tanganyika. Others believe they came from Asia through Arabia. Still others think they came through India and Malaya. Southeast Asia is another possible source of origin. Archaeologists, linguists and botanists support this latter theory.

Whatever their origin, it is clear that ethnic Fijians are basically Melanesian with Polynesian infusions arising from centuries of interaction with Samoa and Tonga. Due to these infusions Fijians tend to have lighter skin and larger stature than other Melanesians. In the interior and west of Viti Levu, where the contact was less, the people tend to be somewhat darker and smaller than the easterners. Yet Fijians still have Melanesian frizzy hair, while most – but not all – Polynesians have straight hair.

The population of Fiji is about 850,000 (July 2011 est.); however, the departure of several thousand educated professionals and businessmen and women of Indian ancestry following the Army coup in 1987 have skewed figures. Estimates now are that the population is divided at about 57% Fijian, 37% Indian, and 4% European/Polynesian/Chinese. Intermarriage in Fiji has been rare. This is a direct contrast to the Hawaiian Islands where intermarriage is the rule rather than the exception. Missionaries in Fiji opposed intermarriage on religious grounds, and traditional Indian beliefs which arranged all marriages, also prevented Indian-Fijian marriages.

ECONOMY

Tourism and sugar are Fiji's main earners and together employ about 335,000 people. Fiji also exports molasses, gold, timber, fish, copra, coconut oil, and clothing. Recent years have seen diversification, with the exportation of forest wood chips and sawn timber, and an expansion in manufacturing to include products such as leather and furniture. Fiji is facing many economic problems. With a shift away from subsistence farming, poverty and inequality are on the rise. The increasing urbanization is also taking unemployment to its highest levels to date. The lack of work is reflected in an increasing crime rate. Although Fiji's economy grew by 25% between 1977 and 1991, the number of people living in poverty increased by two-thirds over the same period. Traditional Fijian and modern economic systems have different and often contradictory requirements. One of the hardest hit is the single-parent urban family. They are cut off from the

extended family, the social safety net, whose traditional economic systems rely on kinship and village structure to sustain them.

HISTORY

Prior to 1800, Fijian society was organized into small-localized kin units between which there were constant battles. Before Christianity, the high chiefs had terrifying customs of warfare including roasting and eating one's defeated enemies, drinking yaqona from the skull of one's enemy, launching war canoes over dead bodies and burying men beneath posts of temples. Each tried to build up advantage against others, but none became dominant.

In the early 1800's, four centers of power, called vanua or confederacies emerged in the eastern portion of Fiji, each with its own high chief (ratu). The four power bases back then are the same from which contemporary Fijian high chiefs draw their power.

The inability of any single vanua to emerge as a national center before 1874 was one of the reasons the four Ratu all agreed to cede sovereignty to Britain. Under British rule, all of the Ratu shared power with the British colonial administrators. This division has survived until today, as witnessed by the positions of power held by their current high chiefs. The other reasons the Ratu requested British protection was the emergence of guns, which had a leveling effect on society and slowed warring, Tongan imperialism and European influence, the later carrying the most impact.

The 1874 cession was the turning point for the survival of Fijian village culture. Since Britain then ruled Fiji, it could have opened it up to plantation development by permitting the widespread sale of lands to settlers coming in from New Zealand and Australia, and it could have taken-over unused land as crown land, which occurred in most other parts of the British Empire. Instead, something very different (and unique at the time for the British Empire) occurred. The first colonial administrator, Sir Arthur Gordon, and his successor, John Thurston, a planter from Taveuni who feared for the survival of the Fijians in the face of commercial forces, established policies that protected village Fiji and its chiefs. These policies formed the basis for a unique colonized-colonizer relationship in which each shared rule.

Applied in 1875, these policies recognized the matagali title to the land (82.4% of Fiji), and specified that no more matagali land could be sold, although it could be leased. The remaining 17.6% of the land that was already in the hands of Europeans could be sold as freehold. This 17.6% formed the basis of the plantation economy that emerged in Fiji. Additionally, by ruling through the Great Council of Chiefs, the British preserved the power of the high chiefs and provided a basis for the emergence of national unity that had never existed before. The Council of Chiefs acted as advisor to the colonial administration.

In 1904, the colonial legislature, composed primarily of European representatives, was created; Indians were added to the council in 1916. Since it gave administrators positions of significant authority, colonial rule served to create more "chiefs." The British also permitted the Fijians to retain their custom law; British common law was not imposed on Fijians, although cannibalism was outlawed.

Another change made by the British was the introduction of a clever taxation system, which did not require the creation of a cash economy in the village, yet it paid the costs of colonial

administration. Instead of cash, each village sent produce to a colonial marketing board, which sold the produce and used the proceeds to settle the village's tax bill.

Finally, provision was made for a labor supply to work Fiji's plantations. By 1916, 63,000 people from British India, Pakistan and Bangladesh, were brought to Fiji. (The caste system did not come with them; crossing the sea lost caste status.) After their five-year contracts for cutting cane were over, some Indians returned to India, but most remained to lease small sugar farms on village land.

What followed until independence in 1970 was the creation of a dual society. Politically, the Fijian chiefs survived, providing a hierarchical and aristocratic system of leadership, which was institutionalized in the Great Council of Chiefs. They functioned alongside a more egalitarian and representative political system, the Legislative Council, which ultimately became a national parliament in the 1970 Constitution. Economically, the ethnic Fijian village was preserved with little economic development; villagers existed in a subsistence economy largely outside the boundaries of the commercial or market sector. Today, Indians, Chinese and Europeans dominate commerce; while in rural Fiji there is a lack of understanding of this passion for money. Since ethnic Fijians own their land and have such a supportive family structure, they can survive without money, and sometimes have trouble understanding that this is not so for non-Fijians.

The village's control of land was secured in the 1970 Constitution through a provision that required a 70% majority in Parliament to amend the constitution. Since the law required that most voting be done on a racial basis (Indians were only able to vote for Indians and Fijians for Fijians with 22 seats allotted for each in Parliament), it was thought that such a majority would never be obtained and that the village's land was therefore secure. This certainly would have been true as long as voting continued to take place along racial lines, however by the early 1980's this was no longer the case. As Fiji's economy grew and an increasing number of Fijians worked beside Indians in urban-industrial areas, a great threat to the political alliance began to emerge. The threat took the form of a new political movement made up of trade unions with both Indians and urbanized Fijian membership. These unions led to a coalition in politics (Indian party and Fijian Labor party), which grew in power until the coalition finally won in the national elections of April 1987. Led by Dr. Timoci Bavadra from western Viti Levu the victory was based on solutions to issues that increasingly attracted both Indians and Fijians: community health care, unemployment insurance, anti-corruption measures, rights of workers, and non-alignment in foreign affairs. While village Fiji did not support the Coalition, enough urbanized Fijians did, so the coalition was victorious in the 1987 elections.

As a result of these elections, politics based on race had come to an end, as did the political protection to village Fiji. It appeared that the new government might have enough power to overturn the village's control of the land, the basis for the survival of traditional Fijian society and culture. In reality, the Fijians and Indians shared power. Fijians led the ministry of labor and land; Indians led the ministries of foreign affairs, justice, finance and commerce.

However, on May 14, 1987, less than a month later, the new government was overthrown in a military coup led by Fiji's third ranking military officer, Colonel Sitiveni Rabuka. The reason given for the takeover was the need to restore ethnic Fijian political supremacy. The coup resulted in Fiji as a nation taking a large step backwards in the areas of democracy and increasing harmony between Indians and Fijians. Whether or not village Fiji felt threatened by the Coalition victory of April 1987 is unclear. It has been claimed that Fijians were shocked by Ratu Mara's defeat in the

election since, according to this view, Fiji had been ceded back to the high chiefs at independence in 1970, not to the people or their representatives. The crux of this point of view is that the chiefs, not democratically elected coalition governments of Fijians and Indians, were meant to rule Fiji after independence. Whatever the validity of that point of view, what is clear is that a group in the army and possibly the chiefs felt threatened enough by Bavadra's coalition government that they staged a coup in response.

After a tumultuous 7 months, a new Fijian constitution was developed and promulgated by the state. The new constitution preserves ethnic Fijian political supremacy, the traditional political power of rural Fiji and the Fijian chiefs, and provides security for the village's control of the land. The 1990 Constitution further guarantees an ethnic Fijian majority in both Houses of Parliament (37 of 70 seats in the House; 24 of 34 seats in the Senate), preserves rural over urban power, preserves the power of chiefs (they now appoint the President), and declares Christianity as the official religion of Fiji.

Fiji's Indians have claimed the new constitution is racist, feudal and undemocratic, and say they will boycott any elections at which approval of it is the subject (For the record, such elections have never been held). In May 1990, the Government of India launched a public relations campaign against Fiji over the constitution, diminishing Fiji's desire to return to the Commonwealth, and further inhibiting the possibility of such a return if Fiji had the inclination to try (in truth, most Fijians probably still want to be part of the Commonwealth – the queen is still on Fiji's currency, and most Fijians have a picture of British royalty somewhere in their houses). In response to India's actions, Fiji ordered the Indian embassy in Suva closed and its diplomats expelled. Today, there is still no Indian embassy in Fiji.

In 1997 Rabuka apologized to Queen Elizabeth for the 1987 coup and the next month Fiji was readmitted to the Commonwealth. Constitutional amendments were enacted on July 25, 1997 making the Fiji Constitution more racially equitable allowing for non-ethnic Fijians to have greater say in government and to make multi-party government mandatory. The 1997 Constitutional Amendments were entered into force on July 28, 1998.

In May 1999 the first democratic election under the amended constitution allowing open (non-racially prescribed) voting at the national level was held. Interestingly, Fijians (including indigenous Fijians) rejected Rabuka and elected Mahendra Chaudhry (a Fijian ethnic Indian who was running in coalition with indigenous Fijians) Prime Minister and the 1997 Constitutional Amendments were deemed a success with Fiji well on its way toward racial harmony.

However, on May 19, 2000 armed gunmen seized control of Fiji's parliament building in Suva and took the parliamentarians (including Prime Minister Chaudhry) hostage. This was followed by significant unrest in Suva and its environs, including rioting, looting and arson.

The rebel leader was an indigenous Fijian named George Speight. Although Speight presented himself as an advocate for the rights of indigenous Fijians in opposition to an economy dominated by Fiji's Indian minority, many believe Speight was simply a failed businessman using the passionate issue of indigenous Fijian rights as a means to personal gain.

President Ratu Sir Kamisese Mara ceded power to the military leader, Commodore Frank Bainimarama and Martial law was declared by the military on May 29. The Commodore installed

a nationalist civilian government, throwing out the multiracial constitution previously approved in 1997. The nation's high court ruled that the 1997 constitution prescribing a multiracial government is legal and valid and called for President Ratu Sir Kamisese Mara to recall his government; however, he officially resigned from office throwing uncertainty on the state of affairs.

On March 1, 2001, Fiji's Court of Appeals rules that the appointed military backed government is illegal, essentially upholding the High Court Ruling and the validity of the 1997 constitution.

On March 7, 2001, the interim government resigns. However, although the Great Council of Chiefs formally accepted the ruling by accepting the resignations, they ignored the ruling in practice as they reinstalled the resigned government as an interim government until elections can be held in August 2001.

After the August 2001 elections, Laiseni Qarase is once again appointed Prime Minister by President Iloilo despite the fact that his party did not capture the majority of the Parliament seats which he needed in order to demonstrate control of government. Qarase then appointed a cabinet without a single Indo-Fijian member and excluding the Labour Party headed by deposed Prime Minister Chaudhry in blatant disregard for the 1997 Constitution. His actions and the subsequent government were challenged as illegal but were eventually validated as a legitimate government.

Meanwhile, due to the deteriorating economic and political conditions in Fiji, many Indians emigrated to Canada, New Zealand and other parts of the Commonwealth, taking with them the technical and professional skills that are a vital part of Fiji's wealth.

GOVERNMENT

The constitution provides for a parliament consisting of a president, a House of Representatives and a Senate.

The president has executive authority and serves for a period of five years. The position is reserved for an indigenous Fijian appointed by the Great Council of Chiefs and requires support from a majority in the House of Representatives.

The Senate (upper house) consists of 32 members appointed by the president. Of these, the majority is appointed on the advice of the Great Council of Chiefs, one on the advice of the Rotuman Island Council and the remainder on the advice of other communities. The role of the Senate is to revise bills and debate issues.

The House of Representatives (lower house) consists of 71 members. Of these seats, 23 are reserved for indigenous Fijians, 19 for Indians, one for a Rotuman, three for members of other races and 25 are open seats.

The Prime Minister is appointed by the President based on who, in the President's opinion, can form a government that has the confidence of the House of Representatives. The Prime Minister establishes a multiparty Cabinet which should include member parties of the House of Representatives. The judiciary is comprised of three courts: a high court, a court of appeal and a supreme court.

Parallel to and intertwined with government administration is the traditional chiefly system. Chiefs make decisions at a local level as well as being extremely influential at the national level. The basic unit of the chiefly system is the koro (village) headed by the turaga-ni-koro (a hereditary chief) who is appointed by the village elders. Several koro are linked as a tikina, and several tikina form a yasana or province. Fiji is divided into 14 provinces, and each has a high chief.

The Great Council of Chiefs includes members of the lower house as well as nominated chiefs from the provincial councils. The council was originally created to strengthen the position of the ruling Fijian elite who gained great power after the military coups and the introduction of the 1990 constitution.

POLITICAL CONDITIONS

A military takeover took place in December 2006; it was the island nation's fourth military coup in 19 years. Armed forces chief Commodore Frank Bainimarama overthrew the government amid a dispute about amnesty for those involved in an earlier coup plot. A month later, Bainimarama returned executive power to President Ratu Josefa Iloilo, and the following day Bainimarama was named prime minister.

Deposed Prime Minister Laisenia Qarase was banished to an outlying island. He returned to the capital in September 2007, and the state of emergency was lifted, but the military remained firmly in control. In early November 2007, however, more than a dozen people were arrested after police said they had uncovered a fresh coup plot. Bainimarama later promised that elections would be held in 2010.

In April 2009, Fiji's Court of Appeal ruled that Bainimarama's coup was illegal, and the military government should be replaced with an interim government led by neither Qarase nor Bainimarama. President Iloilo then said he had annulled the 1997 constitution, assumed all governing power and revoked the appointments of the country's judges.

Iloilo, however, reappointed Bainimarama as prime minister with a fresh military government and declared a 30-day state of emergency with news media banned from carrying stories critical of the army's grip on power. Iloilo said he would maintain this interim regime for five years to allow time for necessary reforms before elections could be held. In May 2009, Iloilo reappointed the country's chief justice and named three judges. The new appointments came despite legal groups urging senior lawyers to reject posts offered by the military leadership, arguing that it would undermine the independence of the judiciary system and give legitimacy to the regime. The new elections were set for September 2014.


In late July 2009, Bainimarama announced that Iloilo was retiring and would be replaced by Vice President Ratu Epeli Nailatikau, also a military officer, who had been appointed vice president under Fiji's new system.

BUSINESS HOURS

The workday in urban Fiji is Monday through Friday with closure for lunch. Saturday finds things slowing down and closing around Noon. The reexerted power of Methodist politicians and chiefs, after 1987, has resulted in extremely strict Sabbath observance/blue laws for the country. Virtually

nothing moves on Sunday, with the exception of hotels and some visitor attractions. Taxis need a special license, and buses need permits for Sunday operations.

ELECTRICITY

Fiji uses 240 AC voltage, 50 cycles. Most appliances require a converter to change from one voltage to another. You'll also need an adapter to connect to the three-pronged plugs with the two on top at angles as shown:  (the lower middle plug is not necessary).

TIME ZONE(S)

The international dateline generally follows 180 degrees longitude and creates a difference of 24 hours in time between the two sides. It swings east at Tuvalu to avoid slicing Fiji in two. Thus, travelers lose a day when they fly west across the date line and gain it back when they return. As compared to Pacific Standard Time, Fiji is 1 day ahead less 5 hours in April – Oct and 4 hrs Nov.– Mar. depending on daylight savings time.

CURRENCY

The currency is the Fiji dollar, with 2 Fijian dollars equal to approximately one US dollar in value. The Fiji dollar is broken down into 100 cents. Bank notes come in denominations of \$50, \$20, \$10, \$5 and \$2. There are coins to the value of \$1, \$0.50, \$0.20, \$0.10, \$0.05, \$0.02 and \$0.01. Even though Fiji is now a republic, notes and coins still have a picture of England's Queen Elizabeth II on one side.

It's good to have a few options for accessing money - take a credit card, a debit card, some travelers cheques and a small amount of foreign currency. The best currencies to carry are Australian, New Zealand or US dollars, which can be exchanged at all banks. There are bank branches in all the main towns, but it's usually not possible to change traveler's checks or foreign banknotes in rural areas or on outer islands. Credit cards are strictly for the cities and resorts. Many banks now have automated teller machines outside their offices and these provide local currency against checking account/Visa/MC at good rates without commission. Be sure to ask your bank what fee they'll charge if you use an ATM and find out if you need a special international personal identification number. Occasionally the machines don't work due to software problems, so it's better not to be 100% dependent of ATM's.

PACKING GUIDELINES

GENERAL ADVICE

The most important advice anyone can give you about packing is to travel light! Airlines now have strict rules on the amount, weight, and size of both carry-on and checked baggage. Plus, less luggage means shorter waits for baggage claim, less to carry around, and easier Customs inspections.

Before you pack, check the condition of your luggage. Airlines can refuse to accept fragile or damaged pieces. If you have to purchase new bags, choose luggage that is lightweight, roomy and easy to carry, yet durable enough to withstand rough treatment. Choose material that will not sag or rip as it moves along the conveyor.

Please limit your luggage to one suitcase and a small backpack to use as a carry-on bag. Most of the carry-on baggage restrictions do not apply to purses, coats, camera equipment, or briefcases.

Baggage restrictions may vary from flight to flight depending on the design and passenger load of each plane, but a good rule of thumb is a total of two bags per person (one check-in luggage and one carry-on). The flight attendant has the final say as to whether your bags can be taken on board as carry-on luggage or whether the baggage must be checked as cargo. These rules have been made with your safety and comfort in mind. Check with the airline or your travel coordinator for detailed information on baggage regulations and fees.

Your carry-on must have a secure closure for theft prevention and not be an open bag. We recommend a backpack, rather than a shoulder bag, so that your hands are free during field trips. While traveling, your carry-on should be used for medicine, a change of clothing, basic toiletries, a jacket, camera equipment, film, reading material, and a folding umbrella. On field trips, you will use your backpack for rain gear, a water bottle, camera equipment and snacks. The generous amount of rain in some areas is what makes them so green and appealing, but it also means that you should never be too far from your poncho or small, easily carried, collapsible umbrella. A light poncho, rather than a raincoat, is the recommended wet weather garment. It will cover you and your backpack in a heavy downpour, and will drape to your feet like a tent, when seated. It will also allow for better air circulation in warm and humid weather.

Choosing a wardrobe of basics will help you deal with space limitations. Select clothes that will coordinate around one or two colors.

Prepare a kit of miniature toiletries in small plastic bottles to save space and weight. Don't fill bottles to the top if you are flying because the pressure may cause the contents to expand. These should all be packed in a heavy plastic bag in case of leakage. If you are bringing these in your carry-on baggage, please remember the 3 oz limit in a clear quart-size bag. Visit www.tsa.gov for more information.

When deciding what to take with you, anticipate articles that you may want to purchase at your destination. And, always include a collapsible nylon tote bag that will fit easily into your luggage to accommodate new purchases and other articles that seem to expand upon repacking. Pack tightly. Packing loosely wastes precious space and causes clothes to wrinkle.

Shoes should be packed in shoe mittens or an old pair of socks to protect other clothes from being soiled. You may also want to stuff your shoes with underwear and socks so that they won't be crushed during your flight.

Dresses, shirts and blouses can be packed in plastic dry cleaner bags to limit wrinkling. Roll pajamas, nightgowns, sweaters and other casual wear to fit into small spaces where possible, but don't cram your suitcase full. If you have to force your luggage to close, remove a few items to prevent broken hinges or zippers along the way.

Always carry your travel documents, medication, jewelry, traveler's checks, keys and other valuables in your hand luggage. Items such as these should NEVER be packed in luggage that you plan to check.

CLOTHING AND PACKING SUGGESTIONS

The following list should be used as a guide. Neat, casual attire is acceptable in most instances. A secret to lightweight packing is to take tops (shirts, blouses) and bottoms (skirts, shorts, slacks), which can be combined and layered. Whites tend to get soiled and black is hot, so consider other colors. You will have no problem getting your clothes laundered during this program. We recommend only cotton or poly/cotton clothing; polyester can be too warm. Wash and wear (quick drying) fabric is easier to care for. Remember, you will be carrying your own luggage, so pack light! *"WHEN IN DOUBT, LEAVE IT OUT!"*

Everyone

- passport
- medical insurance card
- prescription medicines
- Imodium AD or other anti-diarrhea pills
- Sunscreen (minimum SPF 30)
- sun hat or visor
- sun glasses
- sea-sickness preventatives (e.g. meclazine, patch, wristbands, and ginger candy)
- 1 lightweight sweater or long-sleeved shirt (for cold airports)
- 1 lightweight rainproof windbreaker
- 1 pair of reef or old canvas shoes (to wear in the ocean)
- Ziploc bags to protect your camera and film from the humidity, and currency in your money belt from humidity and sweat
- 1 pair sandals or rubber slippers
- snorkel, mask, and fins* (optional)**
- 1 pair good, comfortable, covered walking shoes suitable for rain or mud and short hikes
- folding umbrella and/or rain poncho
- small flashlight, extra batteries
- Handi-wipes (disposable towelettes) and/or anti-bacterial gel
- Reusable water bottle****
- underwear and socks (nylons are too hot)
- handkerchief or towel to wipe perspiration
- sleepwear
- mosquito repellent
- lotion for sunburn
- swim suit
- beach towel

*** We suggest you bring your own snorkel equipment (snorkel, mask, fins) to ensure proper fit and maximum comfort, although equipment will be provided for all.**

**** We recommend that you bring along a small water bottle that you can refill throughout the program. (You will appreciate having this during field trips.) It is very important that**

you consume enough water daily. It is very easy to get dehydrated in tropical climates and we recommend drinking at least 1 ½ your usual daily water consumption.

Men

- 2 lightweight trousers and/or jeans
- 2-3 walking or bermuda shorts (no gym shorts)
- 2-3 aloha or collared sport shirts (for hotels, nice restaurants and villages)
- t-shirts or golf shirts (for beach days and to wear while snorkeling)

Women

- 1-2 dresses - loose fitting cotton, calf length*
- 4-6 cotton blouses or t-shirts
- 1-2 cotton skirts or pareo* (length of colorful cloth worn as a dress or skirt by ladies/men in the Pacific)
- 1-2 cotton slacks
- 2-3 bermuda shorts
- 1 t-shirt to wear while snorkeling to prevent sunburn

** Previous participants have suggested that they prefer to have an outfit that is slightly nicer than their daily wear on excursions and fieldtrips for special evenings such as the Welcome Dinner – however there is no need for fancy or formal clothing.*

Optional

- 1 pair dress or non-walking shoes
- personal items (soap, shampoo, toothbrush and paste, medications, etc.) in small, airtight plastic containers
- washcloth
- travel alarm clock
- digital camera (don't forget battery recharger) or regular camera with lots of film, and extra battery
- binoculars
- small first aid kit (including insect repellent, Band-Aids, antibiotic ointment or powder, etc., over-the-counter remedies in original containers only)
- small notebook and pen
- small sewing kit
- plastic bags (one for wet items, one for dirty laundry)
- combination passport/money pouch, (and 2 extra passport photos & photocopy of the front page of your passport)
- lightweight daypack or fold-up/expandable tote bag
- snorkel, mask, and fins, if you own them (otherwise, snorkel equipment will be provided in Palau and Yap as part of your tuition)
- "Safe Sea" -"Safe Sea" is a lotion, a combination of sunscreen (SPF 30) and Jellyfish sting protection
- soft foam ear plugs
- hand-held fan

It is important for the ladies to pack a couple of below the knee dresses or skirts. Missionary modesty persists, and shorts or slacks are considered inappropriate for women in the South Pacific. Exception is made for visitors and women may wear walking shorts in the city, town, and on resort property. **However, for the visits to the villages, schools and churches, ladies MUST wear dresses or skirts that are no shorter than midcalf.** Loose culottes that look like skirts are acceptable; short shorts or tight slacks are not. For the men, Bermuda shorts may be worn. Our village visits are a vital part of the program. Out of respect for the people we will

meet, and so as not to lose this great privilege, we are unable to take anyone into the villages who is not appropriately dressed.

Bring your **Passport and Medical Insurance Card**: make two 8 1/2 X 11 **photocopies of your passport picture/information pages**. Put one copy in your suitcase, and **send one to us with the enclosed Health and Information sheets**. A lost or stolen passport is trouble!

Parents in the Pacific, like parents throughout the world, don't want their children to beg. Candy, balloons, manufactured toys, etc. are foreign to many of these children. Their pleasures are usually simpler, handmade, and within their parents' means. Likewise, gifts and other monetary contributions given to individuals can sometimes create an unnecessary sense of obligation and are not encouraged. In an effort to preserve their local culture and traditions, we ask that you kindly adhere to this request.

MEDICATIONS

Pack a supply of all medications you take regularly. Make sure your supply will be sufficient to last the entire trip, including any unexpected delays. It is recommended to bring along copies of your prescription and, if you have an unusual prescription, carry a letter from your physician explaining your need for the drug. As an extra precaution, carry the generic names of your medications with you because pharmaceutical companies overseas may use different names from those used in the United States

Medications available by prescription or over-the-counter sale in many countries do not necessarily meet the standards for safety, quality and consistency found at home, and familiar brands may not be available. Thus, the safest course of action is to pack plenty of what you are likely to need.

To prevent problems if your luggage is lost or misrouted, keep medications in their original containers and pack them in carry-on luggage.

SECURITY TIPS

Use a luggage strap to avoid accidental openings due to rough handling or cabin pressure and carry the keys in your hand luggage. Remove old claim checks to avoid confusing baggage handlers about your destination.

Identify your luggage both inside and outside with your name, address and telephone number and make sure the outside tag is securely fastened to your luggage. This will help if your luggage is lost or stolen and will save time when you are picking up your bags at the claim area.

The Transportation Security Administration has recommendations for types of locks to secure your luggage. For more information please visit their website at:
www.tsa.gov/travelers/airtravel/assistant/locks.shtm

A copy of your itinerary with your address and your destination should be included in your luggage in the event you and your bags get temporarily separated. This information will help minimize any delay in retrieving lost luggage.

Check your luggage early to ensure that your bags not only make your originating flight but your connecting flight (if you have one) as well.

Report lost or damaged luggage immediately before you leave the airport. Make sure you have a complete list of the contents of your bags as well as a detailed description of the luggage in question.

Average Temperatures by Month (°F)

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Fiji	70-75	70-75	70-75	70-75	70-75	69-72	69-72	69-72	69-72	70-75	70-75	70-75

**Please note that occasional high humidity can increase the overall temperature.*

Weather

Temperatures range from warm to hot year round; however, the ever present sea moderates the humidity by bringing continual tradewind breezes. There is almost no twilight in the tropics, which makes Pacific sunsets brief. When the sun begins to go down, you have less than half an hour before darkness.

GENERAL INFORMATION

ROAD SCHOLAR POLICIE, PROCEDURES & ADVICE

ALL-INCLUSIVE PROGRAM COST

The full Road Scholar program package, with airfare arranged by Road Scholar's designated Travel Coordinator, includes the following:

- round-trip international airfare from/to designated U.S. departure cities (when you purchase the program with airfare arranged by Road Scholar's designated Travel Coordinator);
- instruction by expert lecturers, many affiliated with leading educational institutions;
- educational field trips, often involving special access not generally available to tourists;
- excursions to places of interest;
- cultural events and a variety of other enrichment activities;
- room and board (any meals excluded from the program cost are noted in the catalog);
- group transportation during the program;
- a Group Leader to accompany you through the program;
- modest gratuities for program-related staff;
- the Road Scholar "Travel Assistance & Insurance Plan".

Airport departure taxes and visa fees may also be included in the cost of many programs. There are exceptions where it is more efficient for participants to handle these particulars themselves. You will be advised if/when such taxes and fees are to be billed and how payment should be made.

A ROAD SCHOLAR GLOSSARY

Road Scholar combines learning with travel in special ways. We hope this brief glossary of terms will be helpful in understanding Road Scholar's distinctiveness and how we differ from commercial enterprises and other non-profit organizations.

- **Program:** The Road Scholar experience consisting of instruction, field trips, excursions, and enrichment activities as well as included meals, accommodations, and internal transfers. We refer to Road Scholar experiences as "programs" rather than "trips" because the focus is on learning while exploring, not simply sightseeing.
- **Instruction:** May be referred to as lectures, classes, presentations. Instruction consists of sessions in which faculty (professors, teachers, lecturers, specialists, local experts) address the entire Road Scholar group. Sessions may be indoors or out, may be given as background or on-site during field trips, and are typically interactive with time for questions and answers.
- **Field trips:** Group outings in which faculty (or official guides where required by local laws) interpret/explain/illustrate connections between lecture topics and related sites in the field.
- **Excursions:** Group outings to places/sites representing interesting aspects of local history, culture, people, etc. Excursions are considered broadly educational and need not be directly related to lecture topics. They are for general interest and a well-rounded experience.

- **Enrichment activities:** Organized group activities that enrich the program through experiencing enjoyable aspects of the locale, people, and culture. Enrichment activities may include cultural events such as music, dance, theater; folklore presentations; folk dancing/singing; storytelling; recreation; viewing and discussing films/videos; participating in games typical of the country and/or locale; meeting and interacting with local residents. Enrichment activities vary greatly from program to program depending on local resources.

CARRYING YOUR BAGGAGE

Wherever possible, porter service is included in your program cost. However, this may vary from program to program and even from site to site depending on local circumstances, e.g., porters may not be available in some areas; in certain situations the cost could be prohibitively expensive; some motor coaches and other transport have space for only one bag per person. For these reasons, Road Scholar urges you not to bring more baggage than you are capable of carrying comfortably by yourself if needed. The Program Coordinator and/or Travel Coordinator will advise you of any specific baggage limitations or restrictions. We want you to enjoy yourself as much as possible – not be exhausted from carrying heavy bags.

CURRENCY AND EXCHANGE

We recommend that you obtain some local currency before departing and have it with you for any immediate needs upon arrival. Rates and fees vary greatly, but please be aware that purchasing currency from a bank is normally less expensive than from an exchange bureau. To identify banks and other business in your area that sell foreign currency, search the telephone “yellow pages” and/or the Internet under “currency exchange.” If your local bank does not sell foreign currency, there are agencies that sell currency via the Internet. International airports also have currency exchange bureaus. Always compare rates and service charges before buying.

Do not carry large amounts of cash. Other options are traveler’s checks, credits cards, and ATM (bank) cards for obtaining local currency. Depending on arrival times and days, and the program schedule, it may be a day or two before you can get to a bank. Traveler’s checks usually provide the most security but may not be the most convenient. Major credit cards are widely accepted in most major cities, but fees and service charges vary from company to company. Please check with your credit card company if they charge a fee for exchange. The same is true of ATM cards. If you take your ATM card with you, be sure you have a personal identification number (PIN) designed to work overseas. According to many reports, ATMs offer the best exchange rates but service charges may be added. The program staff on site will give you the information they have during orientation, but the best advice is “know before you go.”

Before leaving home, consult a “currency converter” that can tell you the rates of exchange between the U.S. dollar and local currencies around the world. Search the Internet for “currency converters” to find numerous helpful sites. Many major metropolitan newspapers also publish such information.

DESIGNATED TRANSFERS

Airport transfers – from the arrival airport to the first program site at the beginning of the program, and from the final program site to the departure airport at the conclusion of the

program – are included in your cost if you purchased the standard Road Scholar program with international flights arranged by our designated Travel Coordinator.

EVALUATION PROCEDURES

Program evaluation is an integral element of our work. To assist in this process, you will have an opportunity to rate various aspects of your experience at each study site. On-site evaluation forms are important to indicate positive aspects of your experience as well as any problems or concerns. They should be completed and left with the Group Leader prior to departure so that s/he can deal with them right away. The Program Coordinator receives and reviews site evaluation forms. After the program, you will receive an evaluation form in the mail from Road Scholar headquarters to rate the program overall. Post-program evaluation forms should be returned directly to Road Scholar.

EXPENSES ABROAD

All of your Road Scholar program components are included in the program cost, but you should have sufficient funds available for any purchases you wish to make and for unforeseen events such as accidents or illness, losing luggage or personal effects, etc. As explained elsewhere, the Road Scholar *Travel Assistance and Insurance Plan* operates on a reimbursement basis for covered expenses. Neither the Group Leader nor other program staff is authorized to make cash outlays to participants. In the event of a mishap such as losing luggage or important personal effects, or your needing to pay for a doctor's visit, you will need access to local currency.

To summarize: while all of your Road Scholar program components are included in your program cost, it is your responsibility to pay for all other expenses you may incur during your time abroad. For the most comfortable and enjoyable experience, please plan accordingly.

INSURANCE

The "Welcome to International Road Scholar" brochure included with your enrollment notice explains that your program cost includes the Road Scholar "Travel Assistance and Insurance Plan." The primary purpose of this plan is to provide 24-hour assistance for emergencies. In addition, the plan provides insurance coverage in the event of accidental death or dismemberment. The plan also provides limited, supplemental, medical and baggage insurance. Please read the brochure carefully to understand the scope and limitations of coverage.

Please review your personal insurance policies and this emergency assistance plan to determine whether, together, they provide adequate coverage for your individual needs. Please be aware that the Medicare/Medicaid program does not provide payment for medical services outside the United States.

The Road Scholar "Travel Assistance & Insurance Plan" applies for the program dates published in the catalog or subsequent notices. Independent travel (before, during, or after the published program dates) is not covered by this plan.

Road Scholar also provides an opportunity to purchase optional "Trip Cancellation, Interruption & Travel Delay Insurance"; please note that the "Travel Assistance Plan" does not include trip interruption or cancellation protection. Road Scholar cannot issue refunds to participants for

program days missed due to accidents, injuries, illnesses, or other emergencies. Should you have questions about this or other financial matters, please contact Road Scholar directly.

NO SMOKING POLICY

The great majority of participants are non-smokers. Some never smoked at all and many have stopped smoking because of the health hazards involved. Others have respiratory problems made worse by second-hand smoke. While we cannot regulate the habits of residents of other countries, we try to minimize the effects of smoking during Road Scholar programs. We try to insure that smokers and non-smokers are not assigned as roommates; if there is no other option than to assign a non-smoker and smoker as roommates, the smoker is asked to refrain from smoking in the room. Where available, we try to utilize non-smoking areas in restaurants, lounges, etc. For the benefit of everyone, smoking is prohibited in classrooms and other enclosed areas as well as on motor coaches or other conveyances used for group travel and transfers. Group leaders, drivers, and other staff are expected to observe non-smoking areas established during the program.

SEAT ROTATION

We ask that participants rotate seating during transportation for field trips, excursions, and transfers throughout the program.

SOME ADVICE ABOUT SHOPPING

No matter where you are in the world, shopping is an optional free-time activity and not part of the Road Scholar program. For participants who wish to buy souvenirs, handicrafts, or expensive items such as cameras, jewelry, paintings, perfume, rugs, etc., we offer the following advice for your benefit and greater enjoyment of the program.

- Neither the Group Leader nor other Road Scholar program staffs are permitted to lead shopping expeditions. If you have a particular request, a member of the staff may be able to suggest known shops or vendors, but this should never be taken as encouragement to make purchases or endorsement of the value, quality, or authenticity of particular items.
- Neither Road Scholar nor the Program Coordinator organization has partnerships or other relationships with vendors of any kind. We do not request, receive or accept commissions from vendors, nor do we act as guarantors, agents, or expeditors for merchandise to be shipped later. Please do not ask the Group Leader or other staff to assist you in this regard.
- When and if you visit local factories, galleries, handicraft shops, or other establishments as part of the program it is for the educational value involved. You are always free to make – or not make – purchases as you like. Road Scholar groups should never be subjected to a high-pressure “sales pitch” so if you encounter such a situation, please notify Road Scholar.
- If you wish to buy souvenirs or other items, always compare prices first. No one associated with the Road Scholar program can ever guarantee you will get the “best” price.
- In some places, antiques or artifacts of cultural value may not be taken out of the country without inspection by local authorities and payment of substantial export duties. It is possible that such antiques or artifacts could even be confiscated at pre-departure customs inspection. Buy only from reputable, licensed dealers and never on the “black market.”
- Most of all, if you choose to purchase art, handicrafts, or other items, we hope it will be as reminders of a wonderful experience with another country and its people.

TIPPING

Road Scholar recognizes that some participants might like to reward individuals who have provided outstanding service during the program. This is not necessary, as modest gratuities are included in the program cost. If you wish to reward someone for the service they have provided, please do so on a private, individual basis and refrain from “passing the hat” or requesting contributions for a group collection as the practice makes many people uncomfortable. Group Leaders and other program staff are instructed not to request tips for themselves and/or take up collections for other staff, the driver, etc. Please do not ask them to do so. Participating institutions are prohibited from soliciting gifts or donations from their Road Scholar students. If you experience breaches of this policy, please notify Road Scholar headquarters. Outside of scheduled program activities, tipping should be guided by local customs. The custom in the South Pacific is generally no tipping. Hotels may have a Christmas box in which to place leftover change which will be divided among the staff at Christmas. Your Group Leader can further advise you on local practices.