

ROAD SCHOLAR

Adventures in Lifelong Learning

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

Welcome Packet

**Program # 17863
January – December 2012**



PACIFIC
ISLANDS
INSTITUTE

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ROAD SCHOLAR

Dear Road Scholar,

“Aloha and Ni sa Bula Vinaka!” (WELCOME) to your Road Scholar program. We are delighted that you have enrolled in this exciting educational adventure that will take you to the beautiful islands of Fiji and look forward to greeting you. Most of the people who have participated in our previous programs have described them as “a once in a lifetime experience” or “a unique opportunity, not available to most South Pacific travelers.” If you arrive relaxed, with an open heart and mind, ready to learn, and willing to accept things operating on “local time” rather than exactly to schedule, you will enjoy a wonderful experience with some of the most polite, considerate, and friendly people in the world. The enclosed materials are designed to help you prepare for this very special learning experience.

Please take the time to read the following information thoroughly, as we have tried to include everything that has proven helpful to our participants in the past. These materials are also available online on our website. To access them, open your web browser and type www.explorethepacific.com/17863.asp

This program is sponsored by Pacific Islands Institute. Pacific Islands Institute has been offering Road Scholar group programs in Hawai`i and the rest of the Polynesia, Melanesian, and Micronesian parts of the Pacific since 1989. Through its educational programs, Pacific Islands Institute is dedicated to providing positive cultural interactions; to ensuring our programs are culturally and environmentally sensitive; to involving local people in decision making; and to protecting, sustaining and respecting indigenous cultures and environments. For more information, visit our website at www.explorethepacific.com.

Should you have questions regarding this program, please contact the following organizations depending on the nature of your inquiry:

For registration and general questions:
(9 am – 6 pm eastern time, Monday – Friday)

Road Scholar
11 Avenue de Lafayette
Boston, MA 02111
Ph: (877) 426-8056
Fax: (877) 426-2166
www.roadscholar.org

Specific questions about program:
(8:00 am – 5:00 pm Hawai`i standard time
[2 – 6 hours behind North American
time zones] Monday – Friday)

Road Scholar Program
c/o Pacific Islands Institute
3566 Harding Avenue, Suite #202
Honolulu, HI 96816
Ph: (808) 732-1999
Fax: (808) 732-9555
Email: info@pac-island.com
Web: Explorethepacific.com

Please be ready to give us your program destination and number when you call – e.g: 17863-012812, Fiji Snorkeling, as we have programs in many different locations.

For all matters relating to travel between your home and your international gateway, travel from your international gateway to your program country, or pre- or post-program travel plans, please contact Road Scholar's designated *TRAVEL COORDINATOR*, our colleagues at:

Road Scholar Travel Services
999 Putney Road
P.O. Box 6179
Brattleboro, VT 05302-6179
Main Phone number: 802-254-6033
Toll Free Number on International Programs: 800-241-1404
travelinfo@Road Scholar.org

A substantial amount of information is included with this letter. May we suggest that you:

- 1- Read all of the information contained in this mailing;
- 2- Make your airplane reservations with Road Scholar Travel Services
- 3- Complete and mail your information forms to us;
- 4- Ensure that your passport is in order and **does not expire within six months** of your program's departure date; and
- 5- Please mail a clear photocopy of the photograph and information page of your current passport to us, on an 8 ½" x 11" sheet of paper, with your information forms.

On behalf of everyone at Pacific Islands Institute as well as the people you will soon be meeting during the program, we extend our best wishes for a memorable and rewarding learning adventure.

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`A Hui Hou – Until we see you soon!



Andrew A. Lockwood
PII Road Scholar Director

Enclosures: Program Information Welcome Packet
Road Scholar Health & Safety Questionnaire
Housing and Transportation Form
General Health Questionnaire

PROGRAM SUMMARY

PROGRAM GOALS

Below and Above Blue Waters – Snorkeling and Exploring in Fiji

Our goal is to give participants the opportunity to learn about Fiji's spectacular coral reefs by snorkeling them and through classes provided by marine experts. Savusavu and Taveuni are wonderful places to snorkel with clear warm waters, teeming fish and coral life, and proximity of its reefs – there are many spectacular sites within short distances from both resorts. Ample time for swimming and snorkeling is included, and we will have guided field trips that will allow you to study, observe, participate in, and photograph various aspects of Fijian life, and Fiji's beautiful undersea world.

We will also learn about Fijian culture as we meet Fijians in their villages, schools, and through cultural lectures and demonstrations.

PROGRAM ITINERARY:

Arrival Nadi; fly to Savusavu, 5 nights; fly to Taveuni, 3 nights, fly to Nadi for connecting flight to final destination

PROGRAM STRUCTURE

Participants explore Fiji's exceptional marine environment with a series of talks from a resident marine biologist, combined with field work in the form of snorkeling expeditions. There will be visits to sites around Lesciaceva Point (Split Rock, Nuggets, Rupeni's) and around Taveuni that provide an outstanding opportunity to really see and understand the wonders of Fiji's coral reefs. Additionally, we'll meet with local residents by experiencing their culture first-hand (such as the Cultural Event: Yaqona and Tabua) ceremonies of welcome. In the evenings in Savusavu, there will be a mixture of entertainment ranging from family style singing and light hearted games to slide presentations on pearl farming and a music evening with the local Indian temple group.

Staff and local experts lecture on Fijian tradition, myths and rituals, education, family life, traditional foods, and Indian culture. Field trips introduce Fijian villages and schools, plus demonstrations of Fijian music, dancing, and choral singing. We have excursions to Savusavu town and the open market, opportunities for snorkeling and viewing reef life, and meeting and mingling with the friendly Fijians

Please note that all classes and field trips are subject to change depending upon local circumstances.

HEALTH/SAFETY/PHYSICAL CONSIDERATIONS:

Please consult with your physician about the physical demands of the program and your participation in it well before departure. If you have any questions or concerns about aspects of the program, please contact the PII Road Scholar office.

This program is rated Activity Level 4. Participants must be able to climb a few flights of stairs and walk on uneven surfaces up to two miles at a 2.0 mph pace over the course of the day.

Because of the nature of this program, agility is a must. This is an active program with 1.5 to four hours of snorkeling at a time. No previous experience required, but **you must be competent swimmer.** Walks and hikes over rocky terrain with some steep inclines. Although no unusual risks are involved, the program is located in a tropical climate, in areas where roads and paths are not always paved, and there will be times when the group will venture into the forest to study flora and fauna or into the water to study marine life. On some field trips the bus will drive on unpaved roads, which can be very bumpy and can cause some jolting to the body.

Snorkeling skills and experience are not required; however you **must be a competent swimmer** in order to snorkel. Flotation devices will be available. You may enter and get out of the water as desired. **Participants should be in good health and able to walk at least one-half mile comfortably, and be able to withstand occasional high heat and humidity.** Although no unusual risks are involved, the program is located in a tropical climate, in areas where roads and paths are not always paved, and there will be times when the group will venture into the forest to study flora and fauna or into the lagoons to study marine life.

The seasons in the Southern Hemisphere are the reverse of those in the Northern Hemisphere. Therefore, when it is Winter in North America, it is Summer in Fiji, and vice versa. The climate is an oceanic temperate one, uninfluenced by any close land mass. The temperatures usually range between a high of 91° and a low of 60°, with a wonderful cooling breeze. For the majority of these islands, rainfall is spread fairly evenly throughout the year and humidity can be fairly high.

MEDICAL CLEARANCE

The U.S. Center for Disease Control (CDC) bulletin states that no special immunizations or medical precautions are required prior to travel to Fiji. However, if you have not already done so, we would highly recommend that you visit your family doctor and follow his/her recommendations, as he/she knows your personal medical history and current physical conditions best.

CDC WEBSITE RECOMMENDATIONS

The following is excerpted and reprinted from the CDC Website:

The CDC recommends (but does not require) the following vaccines as appropriate for age: (See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.)

- Hepatitis A or immune globulin (IG);
- Hepatitis B
- Rabies
- Typhoid, particularly if you are visiting developing countries; and
- As needed, booster doses for tetanus-diphtheria, and a one-time dose of polio for adults.

You can reduce your chances of getting sick or injured while traveling by following these recommendations:

- Wash hands often with soap and water.
- Use sunscreen with both UVA and UVB protection.

- Prevent mosquito and other bug bites by wearing long-sleeved shirts and long pants; apply insect repellent to exposed skin. You may want to use insect repellents that contain DEET with a concentration of 30%-50%.

What to Pack in Your Personal Travel Health Kit

- Insect repellent containing DEET (diethylmethylnolamide), in 30%–50% strength for adults.
- Over-the-counter antidiarrheal medicine to take if you have diarrhea.
- Sun block, sunglasses, and hat or visor.
- Prescription medications: make sure you have enough to last during your trip, as well as a copy of the prescription(s).

As the country we will be visiting is located in the tropics, you should take care that any cuts or insect bites don't become infected. We recommend that you take some antiseptic powder to keep any cuts clean. It seems to work better than ointment in this humid climate.

For more travel health information:

View CDC's Travelers' Health Website at <http://www.cdc.gov/travel>, or call CDC's toll-free voice information system at 1-877-FYI-TRIP. You can also download or order a copy of the CDC booklet *Health Information for International Travel (the "Yellow Book")*.

There are pharmacies, hospitals, and medical personnel everywhere we are going, although access to medical services is limited in some rural areas. Bring your prescription drugs AND a copy of the prescription, as well as hearing aid batteries or glasses prescriptions, if necessary. Bring a pain reliever, laxative, antibiotic ointment, Band-Aids, and either kaopectate, lomotil, or imodium. Please also bring your medical insurance card. Your Group Leader carries a first aid kit.

A SAFE TRIP ABROAD

(Excerpted From U.S. State Department General Notes)

Millions of U.S. citizens travel abroad each year. The odds are in your favor that you will have a safe and incident-free trip. But crime and violence, as well as unexpected difficulties, do befall U.S. citizens in all parts of the world. Safety begins when you pack. To avoid being a target, dress conservatively. A flashy wardrobe or one that is too casual can mark you as a tourist. Avoid the appearance of affluence. Carry the minimum amount of valuables necessary and plan a place or places to conceal them. Your passport, cash and credit cards are safest when locked in a hotel safe. When you carry them on your person, you may wish to conceal them in several places rather than putting them in one wallet or pouch. Avoid hand bags, fanny packs, and outside pockets which are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. The safest place to carry valuables is probably a pouch or money belt that you wear under your clothing.

When you leave the U.S., you are subject to the laws of the country where you are. Learn as much as you can about the local laws and customs of the places you plan to visit. Use the same common sense traveling overseas that you would in an unknown city at home. Be especially cautious in crowded subways, train stations, elevators, tourist sites, market places, festivals, and

marginal areas of cities. Don't use short-cuts, narrow alleys, or poorly-lit streets. Try not to travel alone at night. Avoid public demonstrations and other civil disturbances. To avoid scam artists, beware of strangers who approach you offering bargains or to be your guide. Beware of pickpockets. They often have an accomplice who will jostle you, ask you for directions or the time, or distract you by creating a disturbance. Beware of groups of vagrant children. (*This is very rare in the South Pacific; however, be aware of your surroundings in crowded places.*)

Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse snatchers. Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions only from individuals in authority. Do not be afraid to alert authorities if you feel threatened in any way. If your possessions are lost or stolen, report the loss immediately to the local police. Keep a copy of the report for insurance claims. At all times take responsibility for your own safety.

UNITED STATES DEPARTMENT OF STATE STEP (SMART TRAVELER ENROLLMENT) PROGRAM

We would like to suggest that you consider using the Smart Traveler Enrollment Program (STEP), a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate. US citizens can submit their travel information via the STEP website at <https://travelregistration.state.gov> or by emailing them at CAIBRS@state.gov if you have questions.

REQUIRED INFORMATION FORMS

Please be sure to fill out your enclosed Housing/Transportation and Health/Safety Forms. A Risk Waiver is also required for each participant. Those participants traveling together may complete one general Housing/Transportation Form. **However, each program participant must complete a separate Health and Safety Questionnaire. Please send these forms in as soon as possible and no later than 4 weeks prior to your arrival.**

Please provide all details that would be important in the case of an emergency or that could affect your participation in the program. For your health and safety please understand that accurate and complete responses are essential. These forms will be kept on hand with your Group Leader during your program.

When filling out the Housing and Transportation form, **you must print your name exactly as listed on your passport.** There will be a separate space to indicate your “preferred name” for use on nametags and other program materials.

Please send the enclosed forms and any letters requesting further information to:

Road Scholar Programs c/o Pacific Islands Institute
3566 Harding Ave., Suite 202
Honolulu, Hawai`i 96816
Fax: (808) 732-9555
Email: info@pac-island.com

Do not send your travel and emergency information forms to Road Scholar in Boston, as this will significantly delay processing.

If you do not already have a valid passport and must apply for one, please do so immediately and do not wait to send in your forms. You may send us your passport information, once you receive it. Passport application forms can be obtained at your local post office or online at www.travel.state.gov/passport/

SUGGESTED READING

A bibliography of recommended reading materials is included at the back of this packet to enhance your enjoyment of the program. Please check your local library and bookstores for additional titles.

STUDY SITES

The educational program is at the heart of your Road Scholar experience and this section will provide a more detailed outline of what is planned at each study site. Because you will be experiencing a country that is very different from the U.S., we have also provided numerous details about accommodations and meals. International Road Scholar programs are developed very far in advance, so please be aware that the schedule may be modified due to local circumstances and conditions. You'll receive a day-by-day itinerary in the final program packet sent approximately five weeks before departure and an updated schedule during the initial orientation session.

All of our sites offer laundry services and a safe or safety deposit boxes at the front desk. Communication via telephones is available in Fiji. Transportation is in small vans, busses, and 4WD vehicles. Lodging is provided at hotels that are open to the general public, so participants will encounter other travelers at each site.

The meals included in your program cost provide more than sustenance. They also provide an opportunity to enhance your appreciation and enjoyment of other countries and cultures. Meals will consist of local foods prepared according to local tastes. Road Scholar regrets that special dietary requests cannot be guaranteed.

SAVUSAVU, FIJI

Fiji is composed of roughly 322 islands, and approximately 100 are inhabited. Fiji's total land area is about the same size as the state of Hawai'i, with islands that are either volcanic, coral atolls, or remnants of an ancient sunken continent which once included Australia. The climate in Fiji is temperate, normally ranging from 60°–89°F annually. Fiji's population is 850,000, of which a little over half are ethnic Fijians. Indians make up most of the remainder. The Fijian people are among the most welcoming people you will ever meet. Fijian is the primary language of Fiji, but many people also speak English. Hindustani is the main language of the Indian community. Fiji has been populated since at least 1500 B.C. and was first sighted by a Dutch ship in 1643. The majority of our Fijian ground stay will be in Savusavu on the southern shore of Vanua Levu.

ACCOMMODATIONS: Daku Resort

Participants will be housed in *bures* (cottages) in a family style resort (converted from a copra plantation) located on the shores of lovely Savusavu Bay. Each room is equipped with a refrigerator, coffee and tea-making equipment, and ceiling fans. While we try to provide one bathroom for every two people, four people may need to share bathroom facilities while in Savusavu. Meals will be served from set menus with a liberal sampling of traditionally prepared foods of the Pacific: chicken, fresh fish, shellfish, pork, local fruits and vegetables, and much more. Breakfasts can include toast, cold cereals, fresh fruit and juice. Alcoholic beverages may be purchased on your own.

TAVEUNI, FIJI

Taveuni is the third-largest island in Fiji, after Vanua Levu and Viti Levu, and is known as the “Garden Island of Fiji” - a tropical flower garden on land and a coral garden beneath the sea. Taveuni's volcanic past is evident in its many black-sand beaches. The eastern side of the island has dramatic waterfalls while the southern coast boasts caves and blowholes. It had a population of around 12,500, some 75 percent of them indigenous Fijians.

ACCOMMODATIONS: Paradise Taveuni

Participants will be housed in traditional Fijian Bures. The property also consists of a restaurant and bar, tour desk, Pro Dive Taveuni on site, gift shop and the horizon edge swimming pool offers a refreshing alternative to the crystal waters of Paradise. Meals will be served from set menus.

GENERAL INFORMATION

PROGRAM ARRIVAL AND DEPARTURE POINT

The program begins and ends at the gate at the Los Angeles International Airport. Your Group Leader will either meet you upon arrival in Fiji or at the airport in LAX. At the end of the program, the Group Leader will see you off at the airport in Fiji for your return flight to Los Angeles or return on the same flight with you. We will update you with this information closer to program start dates in future mailings.

ROOM ASSIGNMENTS

Participants traveling together will be housed together. Those traveling independently will be paired and housed two to a room unless registered for a single room. You will, of course, be with your requested roommate. If you registered with Road Scholar for single occupancy you will be assigned a single room at the hotel and aboard the ship. Couples will generally be assigned a room/cabin with one bed unless otherwise specified on the Housing & Transportation Form. All others will be assigned a room/cabin with two beds unless otherwise specified. Please note that we will do our best to obtain your preferred bedding arrangements, however, there are no guarantees. Rooms will be assigned randomly.

PROGRAM SCHEDULE

This *SAMPLE* outline is intended to give you a general idea of how program events are scheduled. The order of elements and island visits may vary from program to program. You will receive a daily schedule from your group leader when the program begins.

DAY 1	In transit	DAY 6	
		Morning	Breakfast
DAY 2	In transit		Snorkeling Expedition
		Afternoon	Lunch
DAY 3			Field Trip: Vivili Village
Morning	Arrival in Nadi, Fiji	Evening	Dinner
	Fly to Labasa		Class: Fijian Ceremonies & Way of Life
	Arrive and transfer to Savusavu resort		
	Check in to resort	DAY 7	
	Cultural Event: “Yagona and Tabua Ceremonies of Welcome”	Morning	Breakfast
Afternoon	Lunch		Snorkeling Expedition
	Class & Snorkeling Refresher	Afternoon	Lunch
Evening	Welcome Dinner		Class: Fijian Food Preparation - The Lovo
			Dinner - Prepare lovo
DAY 4		Evening	Lovo Dinner
Morning	Breakfast	DAY 8	
	Snorkeling Expedition	Morning-	Breakfast
Afternoon	Lunch		Cultural Event: - Bulu Yava (Burying the Footprints)
	Excursion: Savusavu Town	Afternoon	Picnic Lunch
	Class: Making of Masi		Fly to Taveuni
Evening	Social hour		Transfer to hotel & check in
	Indian Dinner	Evening	Dinner
	Indian Band		
	Class: “Coral Critters”	DAY 9	
DAY 5		Morning	Breakfast
Morning	Optional Bird-watching Expedition		Snorkeling Expedition
	Breakfast	Afternoon	Lunch
	Snorkeling Expedition		Snorkeling Expedition
Afternoon	Lunch	Evening	Dinner
	Class: “Fijian Fishing Methods”		
	Snorkeling Expedition	DAY 10	
Evening	Dinner	Morning	Breakfast
	Class: “Conceptual Coral Reefs”		Snorkeling Expedition
		Afternoon	Lunch
			Snorkeling Expedition
		Evening	Farewell Dinner

DAY 11

Morning	Breakfast Free time
Afternoon	Lunch Fly to Nadi
Evening	Dinner Arrive at airport Flight departs to Los Angeles

Please note: Every effort has been made to ensure the accuracy and completeness of this information at the time of printing. Itineraries are based on our best information at this time. Circumstances beyond our control may require us to adjust itineraries or other details. We regret any inconvenience this may cause and appreciate your understanding.

PII ROAD SCHOLAR PROGRAMS

Pacific Islands Institute also offers other Road Scholar Programs in Hawai`i and the South Pacific. You may wish to consider one of these before or after your program or another time in the future.

In the Road Scholar U.S. & Canada catalog:

Service Learning: Maintaining "Mighty Mo" in Pearl Harbor (#2617): Walk the decks of the historic USS Missouri – the "Mighty MO" – and feel its storied history as the site of the Japanese World War II surrender, a veteran of four wars, and the last battleship to be active in any navy in the world. On this 6-night program, become a part of the Mighty Mo's history as you join the ship's "Teak Crew" of this magnificent vessel.

Hawai`i's National Parks (#2810): A 15-night program in which participants visit national parks, historic sites, wildlife refuges, and state parks on five islands.

Hawaii's Humpback Whales and Marine Environment - Maui (#12140): This 6-night program on Maui, Hawai`i's most popular island has a focus on Maui's humpback whales (Dec-Apr).

Adventure programs are for those who enjoy a more physically active program. Courses include hiking, kayaking, snorkeling, and surfing.

Hawaiian Water Adventure: An Intergenerational Marine Exploration (#4827): This 8-night active program will bring you and your grandchild to O`ahu for 5 nights and to Kona for 3 nights. Swim, surf, sail, and snorkel together and learn about Hawai`i's glorious undersea world and its bountiful ocean treasures.

Maui/Big Island Snorkeling (#18116): Explore Hawai`i's underwater world on this 9-night program with 5 nights on Maui followed by 4 nights in Kona

Paradise Adventure From Mountains to Sea - O`ahu/Maui/Kaua`i (#12294): An 11-night Adventure program with 3 - 4 nights on each island. Focus is on active exploration of Hawai`i's outdoor environment.

In the International Road Scholar catalog:

The Atacama Desert (Chile) & Easter Island: Different Worlds (#3892): Spend 20 days exploring Chile's natural beauty and Easter Island's awe-inspiring monoliths, the moai. This program focuses on the history & culture of the ancient peoples that inhabited these diverse lands.

Below and Above Blue Waters – Snorkeling and Exploring in Fiji (#17863): Learn about Fiji's spectacular coral reefs by snorkeling them and through classes provided by marine experts on this 12- night program. Savusavu is a wonderful easy place to snorkel with its clear warm waters, teeming fish and coral life.

NEW! Easter Island: The Majesty and Mystery of Rapa Nui (#16342): At the turn of the millennium, the island of Rapa Nui — later named Easter Island by a Dutch explorer — flourished with the communities of early Polynesians. Delve into their legacy and history on this 9-night program as you explore Easter Island and relish in an opportunity to study the monolithic moai that still exist. Meet archaeologists and historians who study these ancient peoples as well as local residents who continue to call this sub-tropical island their home.

Documenting the Past: The Easter Island Archaeology Project (#16289): Join archaeologists and other researchers for a hands-on exploration of one of the world's most mysterious and fascinating places. Learn archaeological research techniques and contribute to a growing body of research to bring the mysteries of Rapa Nui into view.

Dive in and Discover: Snorkel Palau and Yap (#18535): Strung across the Western Pacific like a thousand green emeralds on a sea of blue are the islands of Micronesia, or “little islands.” These islands are steeped in ancient traditions and fascinating legends, and also offer some of the best snorkeling in the world. Dive in and discover two of these sparkling gems — Palau and Yap on this 14-night program.

In the Adventures Afloat catalog:

Hawaii on the Horizon: A Transpacific Voyage Into Island Culture and Nature (#16225): On this 16 day program, discover the treasures of this idyllic Hawai`i without the hassle of flying. Onboard lecturers lay the groundwork for your Hawaiian discoveries, as you voyage across the Pacific enjoying the amenities of a full-service ocean cruiser, Holland America's *MS Zaandam*. As you venture to Hawaii Volcanoes National Park, the USS Arizona Memorial, Haleakala National Park and more, experts introduce the people and nature of Hawai`i and the fiery geology that sustains them.

Tropical Splendor: Exploring the Hawaiian Islands (#11513): Spend 3 nights on O`ahu followed by 7 nights on Norwegian Cruise Line's *Pride of America* visiting Maui, the Big Island (Hilo and Kona), Kaua`i, and studying Hawai`i's history, culture, natural environment, and people. Spend days in port and cruise at night.

Submarines, Volcanoes & Tropical Forests: Intergenerational Hawai`i (#12426): With 2 nights on O`ahu followed by 7 nights on Norwegian Cruise Lines' *Pride of America*, visit Maui, the Big Island (Hilo and Kona), and Kaua`i while studying Hawai`i's volcanoes, marine life, culture and traditions with your grandchild.

NEW! A Polynesian Adventure: The Society Islands, Tonga & Fiji (#20360): More than 1,000 years ago, brave navigators set out in ocean-going canoes to explore what lay beyond the horizon of the wide blue Pacific. Recreate their journey on this 17 night program in luxury aboard the *MS Paul Gauguin* as you venture to distinctive islands including the Society Islands, the remote Kingdom of Tonga and three Fijian isles.

NEW! Deep Into French Polynesia: Marquesas, Tuamotus & Society Islands (#20359): Journey through French Polynesia, beginning in Tahiti then sailing aboard the *MS Paul Gauguin*

to the Tuamotus and an island so pristine it is considered a biosphere reserve. Explore the mist-covered Marquesas, discovering waterfalls, wild stallions, tiki sculptures and other delights. Plus embark on spectacular shore excursions in the Society Islands.

Following Captain Cook: The Cook Islands & Society Islands (#19387): On this 15- night South Pacific odyssey, spend 3 nights in Tahiti first and then set sail on the *MS Paul Gauguin* to discover the isle of Huahine, renowned for its spectacular rainforests, experience the unique majesty of the Cook Islands, then return to the Society Islands of French Polynesia for days in alluring Bora Bora, Tahaa, Moorea and Tahiti.

Intergenerational South Pacific: The Future of the Oceans (#19388): On this intergenerational adventure starting with 3 nights in Tahiti and then cruising for 7 nights to the French Polynesian islands of Bora Bora, Tahaa, Raiatea, and Moorea, you and your grandchild — or even three generations if their parent(s) wish to enroll — will have a hands-on, interactive experience of French Polynesia’s marine and island ecosystems. Explore coral reefs, hike rainforest trails and much more. This voyage on the *MS Paul Gauguin* is specially designed to be an exciting and memorable learning experience for all ages.

Heart of French Polynesia: Tahiti & the Society Islands (#19384): Spend your first 3 nights in Tahiti exploring and learning about French Polynesian culture. Then soak in nature’s beauty as you sail for 7 nights on the *MS Paul Gauguin* from Tahiti to the French Polynesian islands of Raiatea and its reef-bound lagoon, its companion island Tahaa, beautiful Bora Bora and Moorea.

Voyage Through French Polynesia: The Islands of Tahiti, Marquesas, And Tuamotu (#14177): Spend 13 days on the *Aranui* freighter, and 4-5 days in Tahiti exploring the archaeology, history, cultures, and natural history of this fascinating part of Polynesia.

French Polynesia Below the Surface: The Society Islands & Tuamotus (#19386): On this 14- night program, experience life below the waves in the Tuamotus, a snorkeler’s paradise where the warm, crystal-clear waters are home to rays, dolphins, sharks and brilliantly colored reef fish. Learn about life onshore in French Polynesia including Tahiti and two lesser-known isles, Huahine and Raiatea as you sail on the *MS Paul Gauguin*.

NEW! Connected Cultures: New Orleans and the Caribbean (#20409): New Orleans has been described as a city whose identity is as much Caribbean as it is American. Experience this cultural connection in the pounding drums, exciting flavors and unique celebrations of the Crescent City. Then explore the Caribbean for yourself during a voyage on a Norwegian cruise ship to ancient ruins and modern communities of Mexico, Belize and Honduras.

NEW! The Great West: California to Canada by Sea and the Rocky Mountaineer (#20450): Experience the majesty of the west on a journey up the coast by sea and through the Canadian Rockies by rail. Encounter First Nations people and Vancouver’s thriving Chinese community. Then take an incredible journey on the Rocky Mountaineer, a luxury train that operates during the day so you enjoy every spectacular view of the Rocky Mountains, lakes, forests and wildlife through its large picture windows.

If any of these programs interest you, please contact Road Scholar at (877) 426-8056 or www.road scholar.org for further information. PII Road Scholar can be reached at (808) 732-1999 or explorethepacific.com but other organizations in Hawai`i also offer Road Scholar Programs.

GENERAL ROAD SCHOLAR INFORMATION

INSURANCE

As explained in the “Welcome to Road Scholar” brochure that was included with your enrollment notice, your program cost includes the Road Scholar “Travel Assistance & Insurance Plan.” The primary purpose of this plan is to provide 24-hour assistance for medical and other emergencies. In addition, this plan provides insurance coverage in the event of accidental death or dismemberment. This plan also provides limited, supplemental, medical, and baggage insurance. Please read the Road Scholar brochure carefully to understand what is involved.

You should review your personal insurance policies and the scope of this insurance plan to determine whether, together, they provide adequate coverage for your individual needs. 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.

ROLES AND RESPONSIBILITIES

Many people cooperate to make Road Scholar programs a success. Following are the roles and responsibilities of key organizations and individuals involved.

Program Coordinator: the organization(s) that develops and administers programs under Road Scholar guidelines. Your Program Coordinator is Pacific Islands Institute (PII). PII is responsible for the quality and performance of all program-related staff and for all program content and related activities.

Group Leader: the person who travels with, and oversees, the group throughout the program. The Group Leader accompanies the group during scheduled activities, assists with rooming, participant concerns, emergency situations, and provides assistance with logistics as needed to both participants and program staff. While well-informed, the group leader is not usually part of the program’s educational staff.

Educational Staff: lecturers are drawn from the local community on each island and are selected for their expertise on the subject area being studied, as well as for their communication skills. Lecturers have a wide range of backgrounds.

Road Scholar Participants: program participants also have certain responsibilities. We have endeavored to present sufficient information in the catalog and on Road Scholar’s website (www.roadscholar.org) for participants to make intelligent decisions as to which programs are suitable for your personal health condition and individual circumstances.

Since Road Scholar does not conduct screenings for fitness prior to enrollment, it is your responsibility as a participant to inquire about any aspects of the program that may be of doubt or concern and to consult your health care provider(s) as appropriate regarding your ability to deal with the demands involved. It is also your responsibility to prepare for the program by carefully reading the preparatory materials and following any recommendations.

ROAD SCHOLAR MISSION STATEMENT

Road Scholar is the new name for the programs developed and offered by Elderhostel, Inc., the not-for-profit world leader in lifelong learning since 1975. Our mission is to empower adults to explore the world's places, peoples, cultures and ideas, and in so doing to discover more about themselves. A fellowship of learning and the joy of discovery are the hallmarks of the Road Scholar experience.

Road Scholar programs bring together instructors and participants from diverse backgrounds to foster dynamic interaction, engaging discourse and warm camaraderie. In a world that seems to shrink smaller by the day because of technology, we believe that true insight and understanding are still sparked by hands-on experience and open discussions that stimulate the senses, energize the body and challenge the mind. We are committed to continually developing new program destinations, topics and formats to reflect the shifting realities and emerging trends of our ever-changing world.

THE ROAD SCHOLAR SPIRIT

We believe learning is a lifelong process – that sharing new ideas, challenges, and experiences is rewarding in every season of life. Participants come together as an assortment of diverse individuals who share a passion for learning. This common bond creates a rich environment for intellectual and personal growth, a supportive group spirit, and opportunities for making new friends. Some important things to remember:

- Road Scholar is educational – participants are considered students, not tourists.
- Programs are not for credit but for the enjoyment of learning.
- There is no homework and no exams or grades.
- No special educational background is needed or required.

At the core of our programs are liberal arts courses designed to stimulate your thinking and increase your knowledge. In addition to background lectures and discussions, we also provide fascinating field trips, excursions, and enrichment activities for a balanced schedule of active learning and doing.

Our budgetary guidelines are to seek the best value at the best cost. Just as you will be sensitive towards other cultures and customs, we trust you will be adaptable with respect to meals and accommodations that may be quite different from what you are used to at home. Accepting and dealing positively with such differences will greatly enhance your appreciation of the experience.

You will also encounter a wonderful diversity of people in the group who may span several generations and get to know folks with distinctive histories, interests, and levels of physical ability. Wherever you fit into the mix, you will be respected as an “elder” in the best sense of the word – someone who has attained wisdom and a wealth of life experiences. For these reasons, we look forward to your full participation and the enrichment it will provide. Should you find that some activities are beyond your abilities, you have the option of relaxing on your own.

There will some free time to pursue individual interests, take care of personal business, sightseeing on your own, shopping, laundry, etc. Because you are a vitally important part of Road Scholar, we ask that you undertake any independent touring or visiting friends/relatives either before or after the program.

Successful participants are friendly, active, adaptable; able to function independently and as members of the group; know how to deal flexibly with unexpected circumstances and changing conditions; are able to pace themselves and be tolerant of others who move at a different pace; and have a sense of humor. Having an attitude of openness towards new people, places, and customs may be the most significant factor in enjoying the program. On behalf of our staff and esteemed associates, best wishes for an outstanding adventure in lifelong learning!

SUGGESTED READING LIST

(Please note: Some of the books may be highly specialized and some libraries may not carry them. We recommend checking online sites like amazon.com to check if they are available for purchase.)

Highly Recommended

Brown, Stanley. *Men from Under the Sky: The Arrival of Westerners in Fiji*. Rutland: Charles E. Tuttle, 1973.

The story of famous foreigners who came to 19th century Fiji and changed it, such as David Whippy, Charles Savage, and many others. Long out of print, but available in libraries, it is a worthwhile background read before a trip to Fiji.

Kirch, Patrick Vinton. *On the Road of the Winds: An Archeological History of the Pacific Islands*. Berkeley: University of California Press, 2000.

This is the most complete and up-to-date general account of the settlement of the Pacific. Based upon archeological findings, it summarizes and reports upon the most significant recent research.

Samson, Jane. *Imperial Benevolence: Making British Authority in the Pacific Islands*. Honolulu: University of Hawaii Press, 1998.

This book places the history of Fiji and Tonga in the context of British actions in 19th century Pacific. Provides context for events in 19th century Fiji, particularly in its takeover by the British in 1874.

Waterhouse, Joseph. *The King and the People of Fiji (1866)*. Honolulu: University of Hawaii Press, 1997.

First published in 1866 by the Wesleyan Office in London, this is an excellent and riveting eyewitness account of Waterhouse's life as a missionary in mid-19th century Fiji, before Fiji became a British colony. Includes descriptions of the traditional practices and customs of Fijians and tales of high chief Cakobau.

Culture

Bellwood, Peter. *The Polynesians*. 1987.

Largely out of date now, this was at one time the best short summary of Pacific archaeology and the meaning of the archaeological finds. Has now been superseded by Patrick Kirch, listed above.

Craig, Glen. *Children of the Sun: Fiji Islands*. Gympie, Australia: G. Craig Publishing, 1995.

A superb collection of varied photographs that capture the wonderful spirit and spontaneity of the Fijian islanders.

Guiart, Jean. *The Arts of the South Pacific*. New York: Golden Press, 1963.

Oliver, Douglas L. *Oceania: The Native Cultures of Australia and the Pacific Islands*. (2 volumes). Honolulu: University of Hawaii Press. 1989.

Two volume general survey of what is known or theorized about the traditional societies and cultures of Melanesia, Micronesia, and Polynesia. Provides summaries of the theories and interpretations of anthropologists who have studied Pacific cultures.

Oliver, Douglas L. *The Pacific Islands, 3rd ed.* Honolulu: University of Hawaii Press.

Ravuvu, Asesela D. *The Fijian Ethos*. Suva, Fiji: Institute of Pacific Studies, 1987.

This book is about traditional Fijian ceremonies which continue to exist as a model for life. They reflect Fijian world view, and define the social and political structures, religious beliefs, values and practices inherent in Fijian communities. Functioning as a framework within people which people continually evaluate their behavior in relation to others, these ceremonies also act as a focus of achieving and maintaining unity and a unique Fijian way of life.

Ravuvu, Asesela D. *Vaka I Taukei: The Fijian Way of Life*. Suva, Fiji: Institute of Pacific Studies, 1983.

This fascinating yet definitive study of the Fijian way of life promises to become a standard reference. Included is the study of kinship, houses, food, life-cycles, land, spirits, personality, values and administration. The book describes both the traditional principles and their present-day manifestations.

Tabualevu, Merieisi Sekinabou, Uluniaceva, Josefa, and Raimua, Sereima. *Traditional Handicrafts of Fiji*. Suva, Fiji: Institute of Pacific Studies, 1997.

For anyone interested in life in Fiji, this book explains the construction of- and the significance of- traditional crafts of Fiji.

Natural History

Brown, W. Gregory. *Diving and Snorkeling Guide to Fiji*. Houston, TX: Pisces Books, 1993.

Although some of the information is out of date now, these photographs will tell you why Fiji provides some of the world's best diving. Experienced underwater photographer, W. Gregory Brown, takes you on an underwater journey to 21 of Fiji's prime dive sites.

Busonero, Federico. *Fiji, The Uncharted Sea*. Saint Barthélemy, Antilles françaises; 1996.

Busonero has produced the best collection of Fiji underwater photographs. This inspirational collection is the next best thing to rarely visited reefs. Most of the photos come from the Vanuabalavu area near the Lomaloma Resort.

Clunie, Fergus. *Birds of the Fiji Bush*. Suva, Fiji: Fiji Museum, 1984.

Of the more than 70 species of native land birds, 58 are established as native residents that are not found anywhere else in the world. Contains a comprehensive listing of Fijian Bird Names by Paul Geraghty of the Institute of Fijian Language and Culture – this is an essential introduction into the complexities of Fijian bird names.

- Ryan, Paddy. *Fiji's Natural Heritage*. Auckland, New Zealand: Southwestern, 1988.
First published in 1988 to critical acclaim, the second edition is now out. You cannot get a better introduction to the breadth of Fiji's wildlife. This comprehensive collection is an excellent guide for anyone who is curious of what natural beauty Fiji has to offer.
- Watling, Dick. *A Guide to the Birds of Fiji & Western Polynesia (including American Samoa, Niue, Samoa, Tokelau, Tonga, Tuvalu and Wallis & Futuna)*. 2001.
This guide is a completely revised and reformatted edition of the widely acclaimed Birds of Fiji, Tonga, and Samoa (Watling, Dick. Wellington, New Zealand; Millwood Press, 1982) and has detailed species account for the 173 species with confirmed records in the region and notes on a further 22 species with unconfirmed records. Book includes illustrations of every breeding bird and regular migrant as well as past and present threats, priority conservation needs, and informative background on the region's birds.
- Watling, Dick. *Birds of Fiji. 1. Land birds*. 2001.
This foldout guide is designed for use in the field. Illustrations and information is excerpted from Birds of Fiji, Tonga, and Samoa (Watling, Dick. Wellington, New Zealand; Millwood Press, 1982). It folds readily into the section on the required environment and is a great supplemental tool if used with A Guide to the Birds of Fiji & Western Polynesia (listed above), Birds of Fiji 2. Sea & Shore Birds (listed below), or alone as a reference.
- Watling, Dick. *Birds of Fiji. 2. Sea & Shore Birds*. 2001.
This foldout guide is also designed for use in the field. Illustrations and information is excerpted from Birds of Fiji, Tonga, and Samoa (Watling, Dick. Wellington, New Zealand; Millwood Press, 1982). It folds readily into the section on seabirds or the shorebirds and is a great supplemental tool if used with either A Guide to the Birds of Fiji & Western Polynesia or Birds of Fiji 1. Land birds (both listed above), or alone as a reference.
- Watling, Dick. *Mai Veikau: Tales of Fijian Wildlife*. Suva, Fiji: D. Watling and I. Rolls, 1986.
An immensely popular introduction to Fiji's varied wildlife. 30 short stories written in a popular style but factual and informative. Each chapter describes a different animal or plant, or other equally interesting topics. Fijian legends – as well as pencil and water color paintings – are also incorporated where relevant.

History

Borofsky, Robert (editor). *Remembrance of Pacific Pasts: an Invitation to Remake History*. Honolulu: University of Hawaii Press, 2000.

Organized around the major topics in Pacific history, such as the dynamics of contact, the colonial experience and post-colonial politics, this anthology provides on each of these questions the varied answers of historians, anthropologists, and indigenous voices.

Denoon, Donald (editor). *The Cambridge History of the Pacific Islanders*. Cambridge: Cambridge University Press, 1997.

A reference work history of Pacific islanders, with each chapter examining a different major question. Represents the Australian interpretation of Pacific history, influenced by the scholars at Australian National University, the major center for Pacific research.

Geddes, William R. *Deuba: A Study of Fijian Village*. Suva, Fiji: Institute of Pacific Studies, 2000.

Originally published in 1945, this book is a simply told but highly informative account of life in three adjacent rural communities in Deuba district, not far from today's Pacific Harbour complex.

Gravelle, Kim. *Fiji Time's: A History of Fiji*. Suva: The Fiji Times.

Williams, Thomas. *Fiji and the Fijians Volume 1: The Islands and their Inhabitants*. Suva, Fiji: Fiji Museum, 1982.

Written in the forties and fifties of the last century, and published in 1858, Rev. Thomas Williams' remarkable classic still provides by far the best single insight into Fijian life as it was before the widespread and profound impact of Christianity. This book contains a wealth of reliable and detailed information on most aspects of Fijian culture, presented in highly readable form.

Withey, Lynn. *Voyages of Discovery: Captain Cook and the Exploration of the Pacific*. Berkeley: University of California Press, 1989.

There are many biographies of Cook and editions of his own accounts of the voyages, but this is the most readable short account, based upon a careful reading of his journals.

Contemporary Society

Ali, Ahmed. *Plantation to Politics; Studies on Fiji Indians*. Suva, Fiji: University of the South Pacific and the Fiji Times and Herald Limited, 1980.

A century ago Indians began arriving in Fiji as indentured laborers at the request of the British rulers who gave them the option of remaining permanently in the Pacific. Today, as Fiji Indians they constitute nearly half the population of their homeland. This collection of essays highlights the march of a people arriving as immigrants and then sinking roots in their search for security as permanent citizens.

Bergerud, Eric. *Touched by Fire: The Land War in the South Pacific*. New York: Penguin USA, 1997.

Katz, Richard. *The Straight Path: A Story of Healing and Transformation in Fiji*. New York: Addison-Wesley, 1993.

The story of an anthropologist's discovery of traditional and alternative healing methods in a Fijian village. One of the few books about the content and survival of traditional spiritual beliefs among the Fijians.

Martini, Frederick. *Exploring Tropical Isles and Seas: An Introduction for the Traveller and Amateur*

Naturalist. New Jersey: Prentice-Hall, Inc., PHalarope Series.

Overton, Jon (editor). *Rural Fiji*. Suva, Fiji: Institute of Pacific Studies, 1988.

This volume is a collection of studies, covering a cross-section of recent research in a country that has been the focus of much recent political and social upheaval. These research efforts do give some clues to the frictions and frustrations, as well as the limited successes, of Fijian rural development. The book is an attempt to present a 'flavor' of some of the work that has marked a recent upsurge of interest in rural Fiji.

Varawa, Joana McIntyre. *Changes in Latitude: An Uncommon Anthropology*. New York: Harper and Row, 1989.

A cross-cultural autobiography of an American woman who married a Fijian and lived a new and challenging life in Fijian family and culture on an island off Vanua Levu.

Fiction

Day, A. Grove and Stroven, Carl sel. and ed. *Best South Seas Stories*. Honolulu: Mutual Publishing Paperback Series.

London, Jack. *South Seas Islands Tales*. Honolulu: Mutual Publishing Paperback Series.

Maugham, W. Somerset. *The Trembling of a Leaf: Including "Rain" and other Stories of the South Sea Islands*. Honolulu: Mutual Publishing Paperback Series.

Viewing

Crawford, Peter. *Nomads of the Wind*. (BBC Video) London: BBC, 1993.

Video and book about the natural and cultural history of Polynesia.

Internet Sites:

Highly Recommended

www.bulafiji.com/about/index.shtml

An excellent resource for travelers visiting Fiji. This site has a broad range of information on this exotic destination. Some topics included are etiquette, exchange rates, legends, a lesson in Fijian vocabulary and pronunciation, and weather and climate.

www.cia.gov/cia/publications/factbook/geos/fj.html

Site offers detailed information on Fiji from its economy to population to transportation. Another excellent site for visitors traveling to Fiji.

www.environmentfiji.com/environment.html

Environment Consultants Fiji is Fiji's most experienced independent environmental consultancy practice. Information includes a wide range of environmental and resource management studies from faunal surveys to the assessment of mining impacts; from environmental audits to advice on ecotourism development and landowner management projects.

www.lonelyplanet.com/dest/pac/fj.htm

Another excellent informative site on different aspects of Fiji. This information is also included in book form that can be purchased for your personal library.

Culture

<http://scubadiving.com/travel/200211fiji/>

Dubbed as the magazine that divers trust, this interesting article from Rodale's Scuba Diving magazine gives insight to Fiji's marine life as well as brief insight to Fijian culture from an outsider's point of view. Also included are helpful tips for visitors traveling to Fiji.

www.environmentfiji.com/publications.html

A website set up specifically for information on Dick Watling's latest publication A Guide to the Birds of Fiji & Western Polynesia and for ordering other wildlife books (publications listed on website are also listed in the Welcome Packet's bibliography section).

Reference

www.pacificislandbooks.com/fiji.htm

A comprehensive list of publications relating to Fiji. A wide range of topics, from Art and Architecture to Travel and Guide Information, are included. This list is very informative for those who wish to increase their knowledge.

www.bulafiji.com/about/links/oth_site.shtml

An extensive list of other sites to visit for information on Fiji. Topics include (but not limited to) Fiji Government, Handicrafts, and Trade and Investment.

Marine Life

www.scubadiving.com/photo/gallery/080102dacosta.shtml

Displays 8 photographs of one of Rodale's Scuba Diving magazine's photographer of the week. Although the number of photographs here are small, it shows the beauty of Fiji's marine life.

www.marinelifephoto.com/fiji1.html

View various images of underwater life in Fiji waters. This photo gallery not only includes images of the different types of fish, but also includes corals, octopi, shrimps, and turtles.

We would also like to suggest that you check with your local library *National Geographic* index to find the many issues of this magazine which may contain interesting articles relating to Fiji and its natural history, cultures, traditions and history.

*We are eager to keep our resources up to date.
Please let us know if you have suggestions or comments.*