

# Childcare & Community

## High School Special Schedule

Fiji | 2 weeks

Welcome to our High School Special Care & Community Project in Fiji! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

### Programme Goals:

#### Education and Childcare:

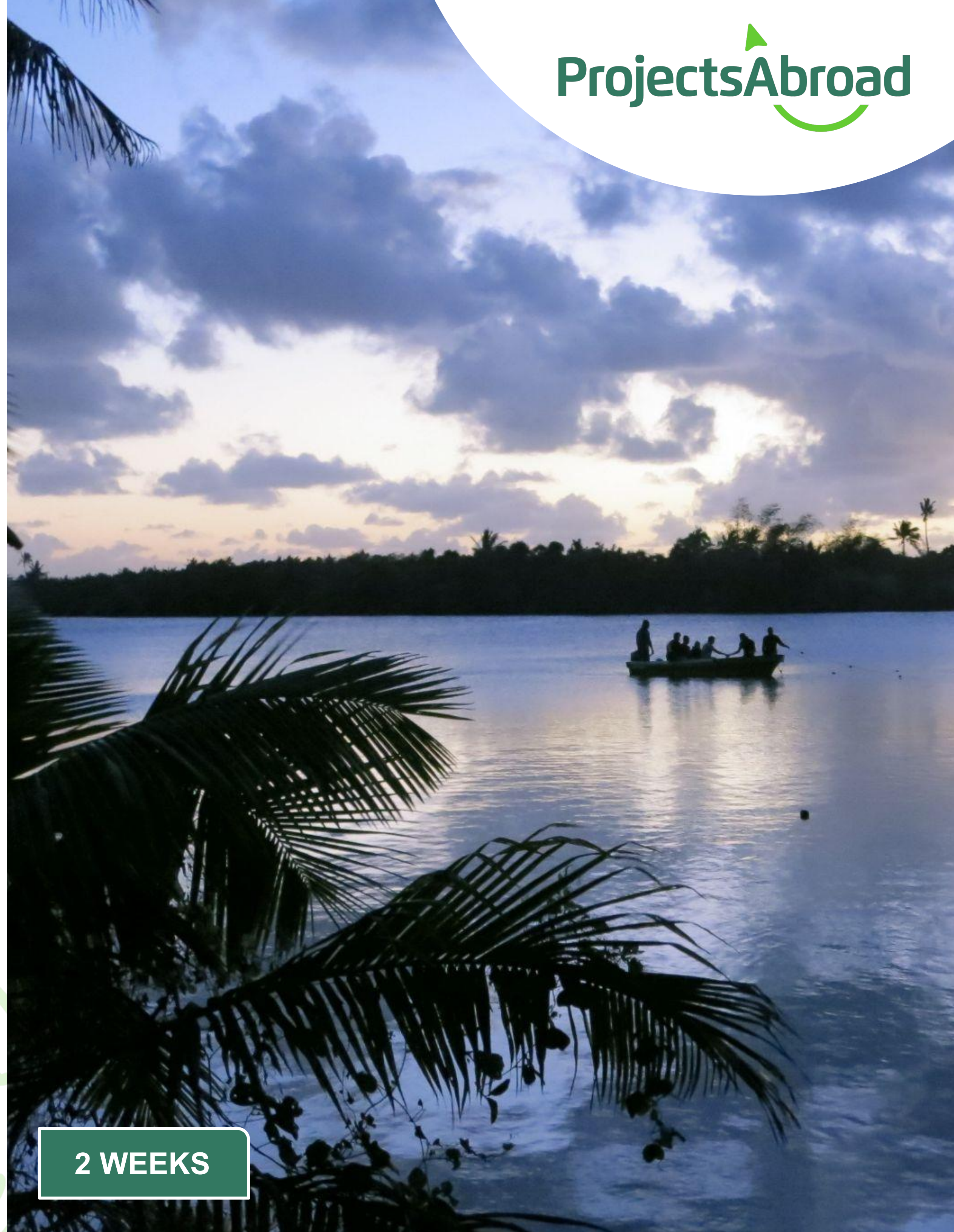
Spend your time working with children at a kindergarten, primary school or care centre, helping make learning fun for them. Teach basic English words and phrases through songs, pictures or role play games, play football games outside, or run arts and crafts lessons to unleash their creativity.

#### Renovation:

Make a lasting impact on the community by improving the schools and centres where you'll be working. Contribute to renovation work by digging and building flower beds, or help with the classroom renovation by adding a coat of paint where needed.

#### Cultural Immersion:

Immerse yourself in the vibrant culture of Fiji through captivating experiences that include witnessing traditional dances, engaging in meaningful conversations with locals, and savoring the authentic flavors of Fijian cuisine, all while making a meaningful impact through your volunteer work. Embark on an enriching journey alongside fellow volunteers, forging lifelong friendships and creating cherished memories as you visit stunning landmarks, immerse yourself in the rich history and traditions of Fiji, and marvel at the breathtaking beauty of its tropical landscapes, pristine beaches, and turquoise waters.

2 WEEKS



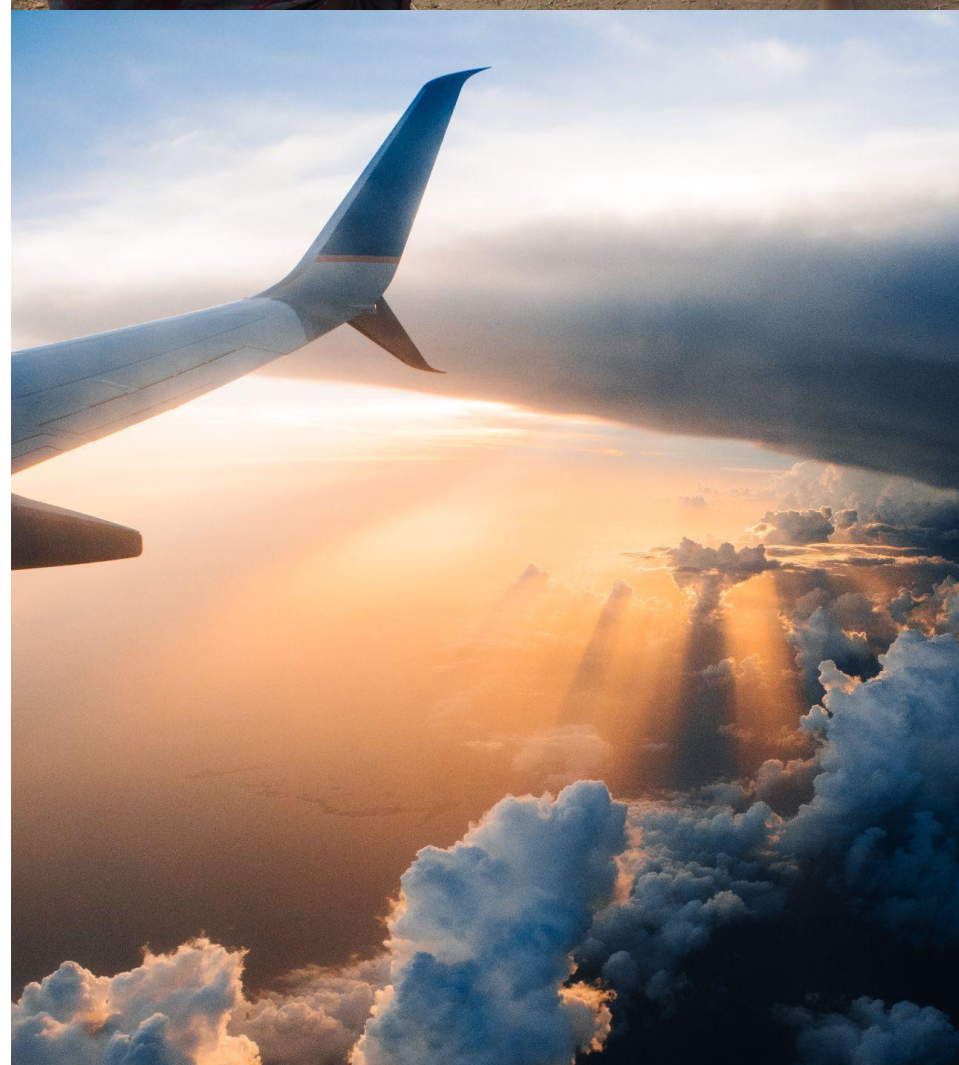


## Day 1

### Sunday

You will arrive into the culturally diverse city of Nandi, which is considered the travelling hub of the South Pacific. Nadi has the highest concentration of tourist spots and is home to the Sri Siva Subramaniya Swami, a Hindu temple which reflects Fiji's large Indian population.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Fiji. You will travel to the host family in Navua where you will relax, have a meal and rest for the next day.



### Highlights

- ▶ Volunteer at a village school
- ▶ Immerse yourself in the local culture
- ▶ Learn about Fijian traditional cooking
- ▶ Learn about the Fijian educational system
- ▶ Visit Sabeto Hot Springs and Mud Pool
- ▶ Offset your carbon footprint

### Accommodation

Host Families

### Transport

Taxis, buses and by foot

### Meals

Breakfast will be served at your host family each day. Lunch will either be at the school, at home or in the community. Dinner will be at home or a restaurant.

### Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

## Day 2

### Monday

#### Morning:

After breakfast, you will be collected from the host family and meet in the village hall where you will be briefed on the Care programme, the schedule, and the placement and cultural expectations.

#### Afternoon:

Continue with the program briefing followed by immersion in Fijian lessons.

Meet the village children and spend the afternoon playing with the kids as you help them to develop their cognitive skills and teach them lessons about collaboration and fairness. Return to your host family for a delicious Fijian dinner and some much needed rest.

## Day 3

### Tuesday

#### Morning:

Begin your day by meeting the children and engaging in interactive activities to create a positive learning environment, and contribute to the students' education.

#### Afternoon:

After a delicious lunch at the family, you will put your gardening skills to good use as you work with other volunteers to enhance the school garden with flowers and other plants.

#### Evening:

Share about the events of your day as you enjoy dinner at your host family and listen to cultural tidbits from the village elders.

## Day 4

### Wednesday

#### Morning:

Return to the classroom to continue your interactive activities with the children as you help them to improve their literacy and numeracy skills.

#### Afternoon:

Enjoy a well-prepared lunch at the host before embracing your creative side as you beautify the classroom by cleaning and painting murals.

#### Evening:

Spend the evening playing with the kids, assisting with their homework and engaging in reading lessons before a sumptuous dinner with the host family.

## Day 5

### Thursday

#### Morning:

Resume your activities with the children as you engage in storytelling, and sport activities to enhance the children's social and interactive skills.

#### Afternoon:

Protect marine animals and our natural environment by participating in a beach clean up.

#### Evening:

Relax and interact with villagers before another meal with the family.

## Day 6

### Friday

#### Morning:

After a delicious breakfast, prepare to explore the city of Suva.

#### Afternoon:

Journey to the city of Suva where you will enjoy a delicious lunch in the city then spend the afternoon exploring museums and shopping for souvenirs.

#### Evening:

Return to the village in time for another well-prepared Fijian meal.



## Day 7

Saturday

### Full Day:

Head to Navua and take a long boat ride up the scenic Navua River. From waterfalls to a tropical rainforest, this is the perfect chance for you to soak in the views.

After the boat ride, visit a Fijian village and see how the locals here live. Later on, float downstream on inner tubes over gentle rapids, enjoying the sights and the cool river water.



## Day 8

Sunday

### Full Day:

Spend the day with your host family at church as you experience worship, the Fijian way. Greet and spend time with the village children as you enjoy a relaxing day in the village.

## Day 9

Monday

### Morning:

Engage the children in stimulating activities to enhance their mastery of different subjects. Research and prepare other fun games that will target the children's motor skills and develop their speech and sensory skills.

### Afternoon:

Dive right into the cleaning and painting activities at the village hall as you contribute the general facelift.

### Evening:

Enjoy the Fijian cooking as you have dinner at the host family and reflect on a productive day..

## Day 10

Tuesday

### Morning:

Begin with cleaning and beautification activities at the village health centre.

### Afternoon:

Enjoy a well-prepared lunch and then resume cleaning and light renovation work at the village health centre.

### Evening:

Unwind with a well-prepared Fijian dinner.

## Day 11

Wednesday

### Morning:

Embark on a journey of discovery as you teach the children how to interact with their environment through songs and games. Share in a farewell party as you spend the last day with the children.

### Afternoon:

Break for lunch and then spend the afternoon putting on the final touches of the renovative work at the village hall and health centre.

### Evening:

Reflect on the cultural differences and the new experiences that you have enjoyed, over a flavourful dinner with the host.



## Day 12

Thursday

### Morning:

Rise early to assist your host family with the preparation for the cultural day. Get involved in scraping coconuts, wrapping meats in foil, cutting vegetables and peeling taro as you anticipate the traditional lovo celebration.

### Afternoon:

Enjoy your farewell traditional lovo with all your new made friends and neighbours in the village.

### Evening:

Pack for departure and bid farewell to all your new friends. Reflect on 2 amazing weeks with countless lessons and memories.





## Day 13

Friday

### Morning:

Travel to Nadi and explore the city.

### Afternoon:

Spend a few hours covering yourself and others in mud and then wash off in the hot springs at the famous Sabeto Hot Springs and Mud Pool.

### Evening:

Stay overnight in Nadi and enjoy your final Fijian dinner of the trip. Pack your backs to be ready for your departure.

## Day 14

Saturday / Sunday  
Departing Fiji

The group members will likely be departing at different times, therefore day 13 and 14 may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team.

You will have the continued support of Projects Abroad staff right until you are safely at the airport.

We wish you a safe journey home and we hope to see you again on one of our projects around the world!

## Want to learn more?

We'd be happy to talk to you and answer any questions you may have. You can call or email our team, or use the 'live chat' feature on the Projects Abroad website.

General inquiries: [info@projects-abroad.org](mailto:info@projects-abroad.org)

## Social Media

 [@projectsabroadglobal](https://www.instagram.com/projectsabroadglobal)

 [@projectsabroad](https://www.facebook.com/projectsabroad)

 [@projectsabroad](https://www.tiktok.com/@projectsabroad)

 [@projectsabroad](https://twitter.com/projectsabroad)

## Personal Achievements



- ▶ Completed a total of 40 service hours
- ▶ Completed renovations and beautification projects
- ▶ Taught important lessons to over 30 children



## Student Learning Outcomes

### Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

### Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

### Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

### Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

### Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.



# Childcare & Community

## High School Special Schedule

Fiji | 3 weeks

Welcome to our High School Special Care & Community Project in Fiji! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

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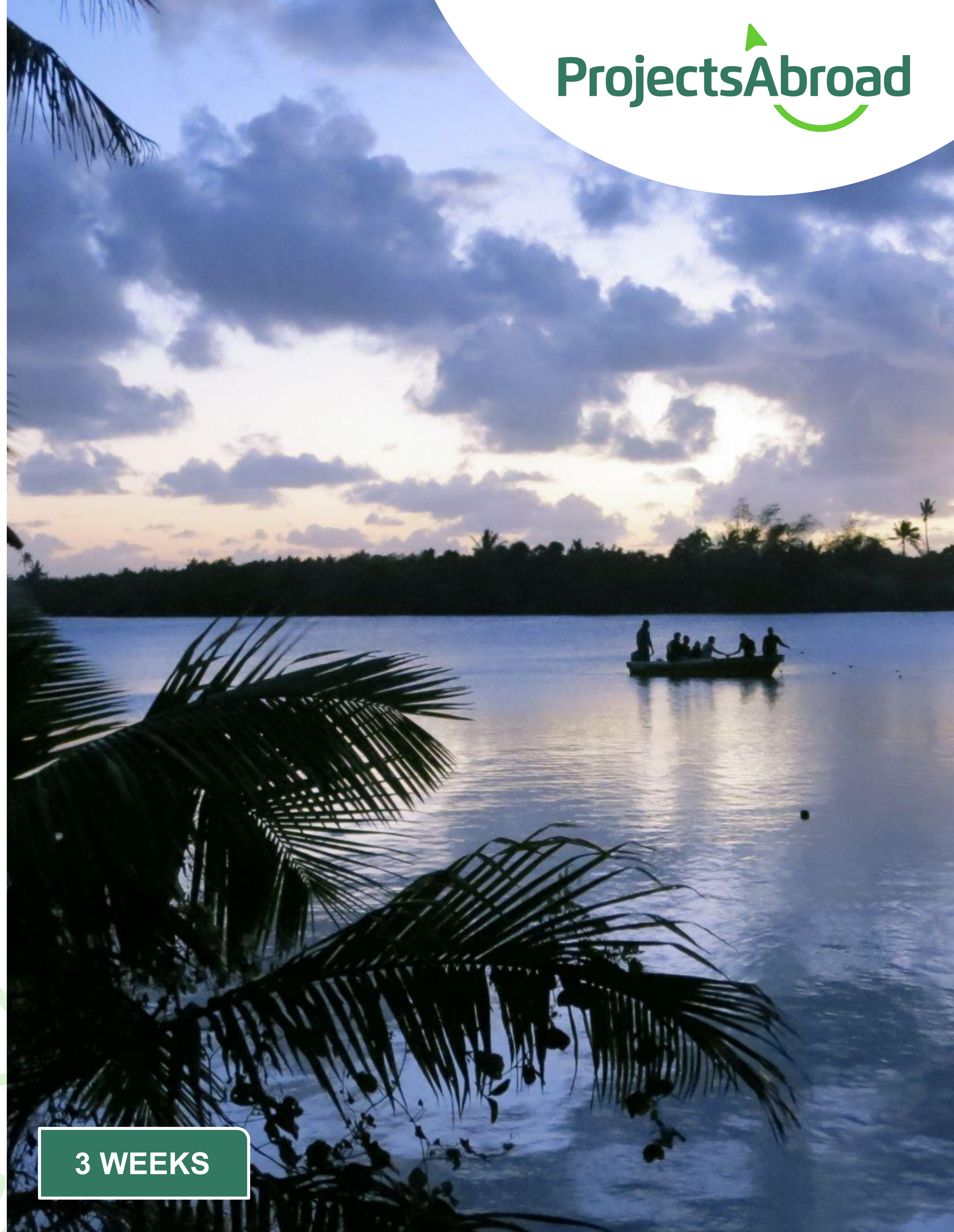
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#### Renovation:

Make a lasting impact on the community by improving the schools and centres where you'll be working. Contribute to renovation work by digging and building flower beds, or help with the classroom renovation by adding a coat of paint where needed.

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3 WEEKS





### Highlights

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- ▶ Immerse yourself in the local culture
- ▶ Learn about the Fijian educational system
- ▶ Learn about Fijian traditional cooking
- ▶ Visit Sabeto Hot Springs and Mud Pool
- ▶ Offset your carbon footprint

### Accommodation

Host Families

### Transport

Taxis, buses and by foot

### Meals

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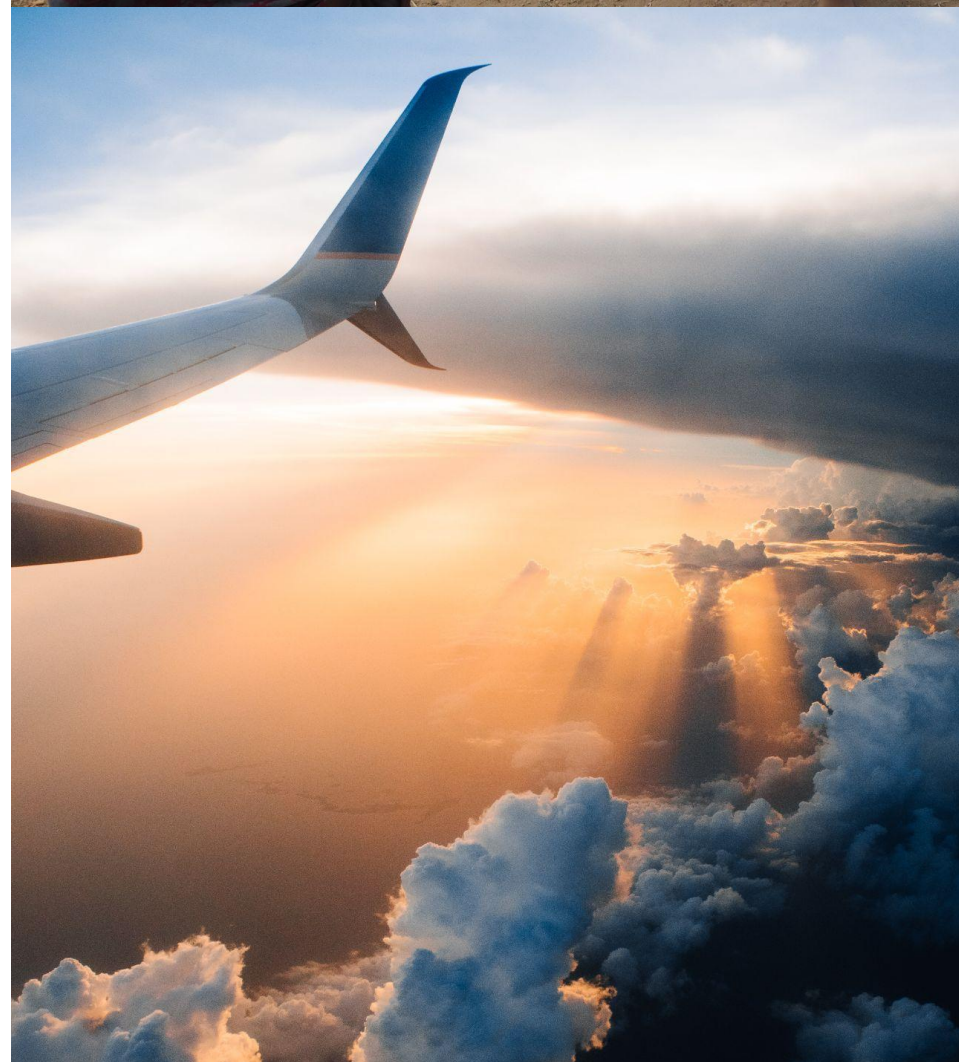
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Enjoy a well-prepared lunch at the host before embracing your creative side as you beautify the classroom by cleaning and painting murals.

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### Afternoon:

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### Evening:

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### Morning:

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### Afternoon:

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### Evening:

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### Morning:

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### Afternoon:

Break for lunch and then spend the afternoon putting on the final touches of the renovative work at the village hall and health centre.

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## Day 12

Thursday

### Morning:

Rise early to assist your host family with the preparation for the cultural day. Get involved in scraping coconuts, wrapping meats in foil, cutting vegetables and peeling taro as you anticipate the traditional lovo celebration.

### Afternoon:

Enjoy the traditional lovo with all your new made friends and neighbours in the village.

### Evening:

Reflect on 2 amazing weeks with countless lessons and memories.

## Day 13

Friday

### Morning:

Join fun activities with the children as you focus on personal care and hygiene.

### Afternoon:

Resume the light renovation work at the village health centre and enjoy the difference in appearance as a result of your efforts.

### Evening:

Sit with the family and reflect on the past week as you share about the new things you have learnt over dinner.



## Day 14

Saturday

### All day:

Pack your gear and get ready for a fun day of fishing. Learn the Fijian technique as you use traditional fishing equipment. If you are lucky enough, you may catch your dinner for the evening.

## Day 15

Sunday

### All day:

Grab your swimsuit and your sunscreen and pack your bag for a day at the beach. Swim in the beautiful, clear water, soak up the sunshine and enjoy a flavourful lunch on the go. Return to the family for dinner before retiring for the night.

## Day 16

Monday

### Morning:

Continue with care and educational activities at the kindergarten as you spend valuable time with the children.

### Afternoon:

Resume your painting and cleaning activities at the village health centre.

### Evening:

Enjoy dinner at the host family.

## Day 17

Tuesday

### Morning:

Engage in creative activities as you provide one-on-one support for the children.

### Afternoon:

Resume cleaning and renovation activities at the village hall.

### Evening:

Enjoy dinner with at the host family.

## Day 18

Wednesday

### Morning:

Engage in fun and educational activities that support early childhood development targets.

### Afternoon:

Resume cleaning and painting efforts at the village hall as you work together to achieve a complete facelift.

### Evening:

Share in a delicious dinner with your Fijian family.



## Day 19

Thursday

### Morning:

Share in a farewell party through quizzes and games with the children whom you taught and supported over 3 weeks.

### Afternoon:

Put on the finishing touches on the painting and renovation projects as you admire your handiwork.

### Evening:

Pack for departure and bid farewell to all your new friends. Reflect on 2 amazing weeks with countless lessons and memories.



## Day 20

Friday

### Morning:

Travel to Nadi and explore the city.

### Afternoon:

Spend a few hours covering yourself and others in mud and then wash off in the hot springs at the famous Sabeto Hot Springs and Mud Pool.

### Evening:

Stay overnight in Nadi and enjoy your final Fijian dinner of the trip. Pack your backs to be ready for your departure.

## Day 21

Saturday  
Departing Fiji

The group members will likely be departing at different times, therefore the last 2 days may not be the same for everyone.

Your exact departure plan will be communicated with you directly by our local team. If you have longer to wait around, we will ensure you are comfortable and well looked-after.

You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.





Discover the island's sandy shores, blue waters and sunny skies and explore the rich culture during your trip. Known for their warmth and humble nature, you'll feel at home the moment you step foot into this beautiful country.

### FUN FACTS

- ▶ The 2000 film "Castaway", starring Tom Hanks, was shot in Fiji.
- ▶ Located in the South Pacific Ocean, the country of Fiji is a group of about 330 islands.
- ▶ Fiji's first settlers arrived from other Pacific islands at least 3,500 years ago.
- ▶ Today it is estimated that Fiji's population is made up of about 38% of people of Indian descent. They are called Indo-Fijians.

Destination Information	
National Language:	English, Fijian and Fiji-Hindi
Population:	920,000
Currency:	Fijian Dollar
Time Zone:	(GMT+12)
Capital:	Suva
Calling Code:	+679
Dominant Religions:	Christianity, Hindu, Muslim
National Dish:	Kokoda
National Animal:	Iguana
National Bird:	Collared Lory

### Want to learn more?

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## Personal Achievements



- ▶ Completed a total of 60 plus service hours
- ▶ Completed renovations and beautification projects
- ▶ Taught important lessons to over 30 children



### Student Learning Outcomes

#### Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

#### Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

#### Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

#### Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

#### Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.