



PRE-DEPARTURE PACK - FIJI ISLAND SAFARI

(Updated September 2009)

Introduction

BULA! The Fiji Island Safari is our own 21 Day adventure, an amazing journey from the tourist hotspot of Nadi, heading out to the more remote, peaceful idyllic beaches, hills and reefs of 'Real Fiji'. We take in the Garden Island of Taveuni, quiet indo-Fijian towns on Vanua Levu, the remote volcanic highlands, and then back to the sunny beaches of the popular Yasawa Islands.

Itinerary Disclaimer

The itinerary attached is correct at time of printing. Please note: Our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. Our brochure is usually released in December/January each year. As such the information given in this itinerary may be slightly different to that in the brochure.

It is VERY IMPORTANT that you print and review a final copy of your Trip Notes a couple of days prior to travel, in case there have been changes that affect your plans.

If you have any questions about the Fiji Island Safari, or just want to talk to us about your trip, please feel free to give us a call on the number below. Or drop us an email on team@madventurer.com

Madventurer HQ office number **0845 121 1996** (local rate call from a UK landline)

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The following itinerary and route is a guide with the details and order of activities being subject to change due to unforeseen circumstances, e.g. Weather, transport, public holidays, or “Fiji Time”. Occasionally we may amend the trip based on previous groups experience or our own research.

The Fiji Island Safari is an amazing adventure that offers a unique opportunity to sample the varied delights that Fiji has to offer.

You can experience traditional Fijian life in remote villages, raft grade III rapids, kayak through lush mountain rainforests, relax on some of the world’s most beautiful beaches, trek in ancient volcanic highlands, snorkel with Manta Rays and further your diving experience in some of the best diving spots in the world. An action packed few weeks, but a totally relaxed experience.

Day 1 - An energetic start with a 15-20km bike ride across the foothills of Nadi. Exploring the old coastal roads and inner pathways between the rural settlements and sugar cane fields. Some steep up-hills, but down too, and the route can be extended further depending on group fitness!

Day 2 – We travel as a group along the coral coast on the south side of Fiji. Hugging the landscape, with the beautiful pacific ocean on our right hand side. Up over the hills, through picturesque villages, sugar fields and a short stop at a handicraft centre along the way. In the afternoon you will feel the rush as you soar high through the rain forest on the thrilling canopy zip lines. Approximately 10 lines ranging from 45m to over 200m, and reaching speeds of 60km/h!

Day 3 – After travelling in the morning, then chilling in Suva, the end of the day is spend boarding the overnight ferry towards Taveuni

Day 4 - Once in Taveuni, and dropping the kit in our beachside camp site. We head off visiting an idyllic village church, and then on to play in the amazing natural waterslide. Afterwards, it's the Kodak moment of standing on the 180 degree so you can set one foot in today and yesterday...

Day 5 - After a relaxed breakfast and a bit of an early start we'll get our day packs ready to take on the Lavena Coastal Walk. This trail follows the forest edge along a white-sand and then volcanic-black beach. Through some of the most beautiful scenery in Fiji we'll find ourselves at the waterfall and splash pool.

Day 6 - After a leisurely morning we'll catch the afternoon ferry to Savusavu. The evening will be spent in the beautiful harbour marina restaurants, with great food and a chilled beer.

Day 7 & 8 - Taking it easy, today's activities will either include a scenic walk or bike ride.

Day 8 - Up and out early as we head off into the interior of Vanua Levu, for a short hike and play in some great rock pools and waterfalls. Then it's either an overnight boat or short flight back to Suva.

Day 9 - Lazy day today, as we head the short distance from Suva to Pacific Harbour. With good bars and food, cultural heritage on our doorstep time. We aim to rest and prepare for the week ahead.

Day 10 - After a hearty breakfast and some last minute packing we head off overland by truck to a small Village, part of Fiji's unspoilt highland interior unseen by most tourists. After dropping off some of our gear and a welcome from the village we will then head to the put-in-point for the kayak trip on the beautiful Luvu River. After a full day on the river we come to Nakavika village and are welcomed with a traditional kava ceremony.

Day 11 - We will start a mountain trek through the sacred highlands, passing a couple of waterfalls where you will have a chance to have a swim and see some amazing scenery. The night will be spent drinking and dancing with some great Fijian company.

Day 12 - After breakfast we continue our kayak journey downriver seeing more beautiful scenery travelling through the heart of some of Fiji's most unspoilt landscape. We'll kayak through canyons gouged out of the rock and enjoy chances to get out and swim in deep pools or under idyllic waterfalls.

Day 13 - We're off to sea but won't stray too far from the beautiful Coral Coast. This time we will be in 2 man sea kayaks which are great fun and require plenty of team work and coordination. Group bonding at its best!

Day 14 - After an early start we're heading back inland to do some exhilarating white water rafting on the upper Navua River! This is a full day on the river and the big raft poses a very different prospect to the individual kayak. Chill and recuperate in Pacific Harbour

Day 15 - Once the adrenaline has worn off, then its time to head over to Nadi. Maybe even time for a skydive!

Day 16 – Sunday down time to relax on the shores of the Ocean, game of touch rugby on the beach, or find your spot in the hammock! Or if you have still got the energy then head off to experience some other activities that Nadi has to offer!

Day 17 - Off to Denarau to board the Yasawa Flyer for a week in the remote and beautiful Yasawa Islands. First stop, Waya Lailai resort. Fijian owned, it's more relaxed than other resorts and offers snorkelling, village trips, walks, crafts and hammock time!

Day 18 – More hammock time in Waya Lailai, life's a beach!

Day 19 - Back on the flyer, heading further north to the Manta Ray Resort - named after the massive and beautiful manta rays that gather off the beach to feed in a coral channel.

Day 20 - Snorkel with manta rays, sit in the hammock, volleyball, chill, kayak to nearby islands or make sandcastles! It's up to you!

Day 21 - Morning time is yours, then after lunch it's back on the flyer and back to Denarau, and unfortunately the end of your adventure.

*FIS is subject to late change without notice, depending on season, weather, or just plain old Fiji time!

✈ Arriving into Fiji (Nadi)

Pre-tour accommodation

In order to acclimatise to the climate, get over any jetlag and make sure you are feeling that little bit fresher before the Safari, we recommend that you arrive on the Friday before your adventure start date. Especially if you have just done a long international flight, you will need to give yourself enough time to rest and re-charge your batteries before embarking on this active adventure. You will start very early on the first day (Sat) so it's important that you don't miss the first day's itinerary.

Madventurer suggest you spend the Friday night before the safari at the Travellers Beach Resort, as this is our starting point early on the Saturday morning, and also our choice of accommodation for the Saturday night. It's very reasonably priced and has a central location.

Travellers Beach - Is situated in the Newtown & Wailoaloa area of Nadi town, and is half way between Nadi airport and Nadi town, both being a 10 minute drive away. You can give them a call or book online on the details below.

You can access the accommodation from our website and book online. Use the link below.

<http://www.madventurer.com/page/hotel-quotes> then access "Get me a hotel quote" then put in country "Fiji" then city "Nadi"

Or check out their website direct on www.travellersbeachresortfiji.com or phone +679 672 3322. Dorm rates start at approx \$20. The accommodation can offer you an airport pick up so please remember to ask at time of booking. Sometimes this is included in the price, but its best to ask on booking to confirm the pick-up.

Arriving into Nadi - Nadi Airport arrivals hall is small and easy to navigate. After clearing customs continue straight ahead to the 'Welcome Desk' and they will be able to point you in the direction of the Travellers Beach representative, who will help you to the shuttle bus to take you to the resort **(if you have pre-booked an airport pick-up with them)**. If for any reason you miss the shuttle bus then there are plenty of yellow taxis immediately outside the arrivals hall. A trip to Travellers Beach should only be approx \$12, but confirm the price with the driver before getting in.

Travellers Beach is well placed for other hostels, allowing ample choice for eating out and nightlife should the jetlag allow it! Should you wish to stay elsewhere then nearby hostels include Smugglers Cove, Aquarius, Horizon, Capricorn Backpackers, Blue Water Lodge & Nadi Bay Hotel. These are close enough for you to still meet at Travellers Beach on the Saturday morning for the start of your Safari.

Any additional costs incurred in order to meet up with your group is at your own expense should you choose to stay in different accommodation. Ideally, please notify your Fiji Crew that you have arrived safely, either by email (madcrewfiji@hotmail.co.uk) or phone 664 5210 when you are in country.

There are supermarkets a short taxi ride (\$5) from Travellers Beach if you need any last minute purchases before safari, or alternatively head into Nadi Town for eateries, local markets and tourist stores! Hourly buses for Nadi Town operate from Travellers Beach, or take a \$12 taxi (best to share with fellow travellers). Please do not travel on your own late at night. Reception will be able to offer more advice. If you have any issues or emergencies then please call our overseas crew immediately.

End of the Adventure

The Adventure will finish on day 21 when we return to Port Denarau, Nadi by boat. The boat will be back in dock at some point (around 1700) during this day, so we suggest booking any returning flights for the following day.

Accommodation on the last night (Friday) is not included but can easily be arranged by our Crew for those that want to spend an extra night in Nadi. Please make your accommodation requests to crew as soon as possible if you need to book 1 night's accommodation, this can be done in country. Post-tour accommodation needs to be budgeted for separately. For those returning to Lautoka to continue with the Madventurer coaching programme, transport and accommodation if necessary, will be provided.

If anyone wishes to spend extra time on the islands and return to the mainland at their leisure to catch a later flight this can be arranged with our Crew. They will provide you with your return boat ticket to Nadi but any extra costs will need to be covered by the individual.

🦁 Kitty/Fee

The local kitty payment for this adventure has been decreased from FJD\$680 to FJD \$400. This will allow you to have more flexibility on meals. However you will have to now budget for approx FJD\$280 for meals not included on the safari. This is not an extra amount, we are just giving you more flexibility on where the money goes!

The local kitty payment does not provide for any extra costs prior or subsequent to the start and end dates respectively. The Adventure begins in Nadi and finishes at Port Denarau, Nadi once we return from the islands (21 day only).

Optional extras such as the PADI dive course, scuba diving, skydiving, jet-boating and any motorized water sports are not included in the cost but can be arranged and paid for directly with local providers. These activities are not run by Madventurer, please see "optional extras" information below.

Snacks, extra drinks and alcoholic drinks are not included in the kitty payment.

🦁 Meals/Extra Funds

To give you flexibility in deciding where, what, with whom to eat, not all meals are included in the trip price. This will also let you have more control over your budget. More often than not, we will eat together. This is to enable you to taste a variety of dishes and enjoy the company of others and group atmosphere, but due to the nature of the safari and the activities and logistics we follow, there are times where you might want to eat earlier/later than the rest of the group. Because of our activity schedule some meals will be at a different time to what you perhaps are used to. Sometimes we may have a number of options to choose from, others only one. Our food options throughout the trip vary from resort restaurants, local restaurants, self catering, and street sellers to fast food restaurants. Your palette will therefore be presented with a mix of western food and also traditional local dishes. Some days meals are prepared for us, and there is no choice, but don't worry as it is great food.

Meals Included in the price (Day Number, followed by code for which meal is included in price - **B**reakfast, **L**unch, **D**inner)

- Day 1 & 2 Dinner
- Day 3 None
- Day 4 Lunch/Dinner
- Day 5 Breakfast/Lunch/Dinner
- Day 6, 7, 8 & 9 Breakfast
- Day 10 Lunch
- Day 11 Lunch/Dinner
- Day 12 Breakfast/Lunch/Dinner
- Day 13 Breakfast/Lunch
- Day 14 Lunch
- Day 15 None
- Day 16 Breakfast/Dinner
- Day 17 Lunch/Dinner
- Day 18, 19, 20 Breakfast/Lunch/Dinner
- Day 21 Breakfast/Lunch

Eg, on day 1 and 2 only the Dinner is included in the Price. Breakfast and Lunch are paid for by you, as are all meals on Day 3.

MAD suggest a budget of approx \$280+ FJD to cover all meals not included in the price.

🍷 Spending Money

The currency in Fiji is the Fijian Dollar, and currently £1 will buy you about \$3.2 Fijian dollars. This rate will fluctuate but is a general guide. Please check for up to date exchange rates (www.xe.com).

£1 = \$3.2 Fijian Dollars (FJD) (Septemeber 2009)

While some meals, accommodation and transport are included, you may wish to purchase, gifts, snacks and extra drinks while travelling. On certain occasions we will be staying in remote locations and villages where there will be little to spend money on whereas on some occasions we will be staying in towns and tourist destinations where there will be a greater temptation and choice to spend money on. Any additional expenses, not including meals, will depend entirely on your own personal budget and preferences and we recommend approximately £150 - £300 spending money for the duration of the 3 weeks although it is always advisable to have some access to some spare money in case of an emergency.

🍷 Optional Extras

Here are some approximate costs of some of the extra expenses/activities you may wish to purchase which may affect your budget.

\$10 - \$20 per day for snacks and extra drinks etc.

\$600 skydive

\$210 2 tank dive

\$115 Introductory Dive for those without PADI

\$60 for jet skiing

\$40 for parasailing

\$10 - \$50 for motorised watersport activities including equipment and instruction

\$5- \$25 Island Activities (Week 3). Bracelet making, weaving, summit hikes, snorkelling, village visits, fishing trips.

The above is presented as a guide for your information only and prices can fluctuate depending on departure date. These activities are run by outside agents and not by Madventurer. If you participate in any of the optional extras mentioned above you do so at your own risk. You will be asked by the outside agents to sign a waiver form on all optional activities.

🍷 Emergency Funds

Please also make sure you have access to additional emergency funds, to be used when unforeseen incidents or circumstances outside our control (e.g. a natural disaster, or an outbreak of swine or bird flu) necessitate a change to our planned adventure. This change may have to be decided prior to departure. This is a rare occurrence but it is well worth being prepared!

🍷 Money Exchange

Currency exchange rates will vary. Though it might not be the 'price on the high street', to get a good idea of the current rate then check www.xe.com

Perhaps the easiest way to get money whilst in Fiji is via an ATM/Cash point. You will still be restricted to your equivalent daily UK limit (so plan ahead if doing some expensive activities), but your crew will be able to advise when and where the ATM's will be as we travel. If you have security settings on your account then check with your bank before you go and let them know you are travelling overseas.

Your first ATM will be on your left at ANZ bank as you exit customs in the arrivals hall at Nadi airport.

(Ignore the ANZ foreign exchange in the baggage claim hall). Most banks charge a £2 withdrawal fee, plus a small percentage of the total amount lifted. Typically on the equivalent of GBP £200 being withdrawn, you will be charged approx £4.

One or two banks can sometimes offer free withdrawals on special accounts, or if this is set up before you travel.

There are a number of opportunities to use ATM's on the adventure, and Crew can advise when the next location is. Cards tend not to be accepted on the islands in week 3, so you will need cash to pay for your activity/bar tab at the end of the stay, so will be advisable to withdraw the necessary money on days 15 & 16. All island meal packages in week 3 are pre paid by Madventurer.

Make a note of your banks telephone number required should your card be lost or stolen. Ensure you advise your bank of your travel plan as sometimes quickly switching from one country to another is deemed 'unusual activity' by some banks, and they will freeze your card, and it will take some time to get it 'unfrozen', and will be even harder to arrange from overseas.

Travellers cheques offer the safest way to carry 'money', though due to our itinerary we are very restricted on opportunities to exchange them. Due the number of days between possible exchange sites, it will mean you will be carrying a large amount of money with you, and we would advise against this. Using a card is probably the easiest and safest option. Please check with your travel insurance on how much money you are covered to carry.

Fiji no longer uses 1 or 2 cent coins. It is the total value of a purchase (not the individual items) that is rounded off to the nearest 5c if paying by cash. If payment is made on a card, then the amount is not rounded off.

Kit

There may be other things you wish to bring and some that can be bought in Fiji during your Madventurer project prior to the Adventure.

- 1 Pair trainers for walking and the biking
- An old pair of trainers/sandals for the rafting and kayaking section (these will get very wet)
- Socks
- Underwear
- T-Shirts
- Lightweight trousers
- Fleece/sweatshirt (can occasionally get a bit chilly in the evenings)
- Shorts
- Hat and sunglasses
- Swimming gear
- Lightweight rainproof jacket
- Light **compact** sleeping bag (1-2 season)
- Quick-drying towel
- Insect repellent
- Bite & sting relief ointment
- Torch with spare batteries
- A small personal medical kit with plasters & bandages (incl travel sickness, immodium etc)
- Wet wipes tend to be a good quick way of freshening up, particularly in rural areas
- Hand Sanitizer
- Blister pack
- Re-hydration sachets
- Water bottle (or platypus – well recommended!)

Sun cream (high protection factor)
Aftersun / moisturiser
Toiletries
Day rucksack (15-25 litres)
Main rucksack (60–80 litres)
Camera
Waterproof Disposable camera (useful for rafting etc)
Pack of cards/books/guide book/music

Water Purification tablets. (Whilst on the trip drinkable water should be available at all places, though sometimes the source maybe mains supplied, rainfall, de-sal etc. If you wish to be 100% safe then bring purification tablets, and iodine if required).

It is advisable to travel as light as possible. Whilst you will be able to leave the bulk of your kit in your main rucksack at various camps for a couple of days and carry what you need for the day in your day sack, there will be occasions where you have to carry all of your kit.

Most Safari goers tend to have only 12-15kg of kit with them. If we need to take a domestic flight, then there limit is 15kg anyway, sometimes there is some flexibility with this but it can never be guaranteed. Weight restriction fee would need to be budgeted for separately, so its best to keep your luggage as light as possible.

A lot of activities only require simple attire, and you will find you probably end up wearing the same few t-shirts and shorts for a few days – particularly if we are going to be getting wet and muddy!

Also, packing and unpacking your bag as you travel on the Adventure is a lot easier if you are travelling light and have left some space. It is also worth remembering that you can borrow/buy anything you have forgotten if and when you need it. You may also want to leave some space for souvenirs etc.

Mosquito nets tend not to be required. In the places where there are needed, they are often supplied anyway. If not then we find repellent and mosquito coils tend to do a good enough job.

If you are returning to the Madventurer programme in Lautoka you can leave extra kit there to be collected on your return.

Accommodation

We will use a variety of accommodation types on the safari. Most often it will be dormitory type/backpacker/hostel accommodation, ranging from 4 to 12 beds – enough to accommodate only our group. However out on the islands then some nights will be spent in dorm rooms of up to 32 beds – so you'll be sharing with other travellers not on this trip. Approx 4 nights will be spent under canvas in shared tents – whilst on Taveuni (week 1) and our time spent in Nakavika village (week 2).

Transport

We will use a number of different modes of transport whilst on safari. This ranges from mini vans, local buses, taxi's, planes, equipment trucks, ferries, fibre boats, bicycling and walking.

Health

All Madventurer travellers' need to be in good physical health in order to participate fully in the group travel experience. If, in the opinion of our group leader, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Madventurer reserves the right to exclude them from all or part of a trip without refund. We therefore ask that you read the itinerary in these trip notes thoroughly and then realistically self-assess your physical ability to complete the trip as described. Please consult with your doctor if you have any doubts. It's also very important that you fill out the pre-departure form with details of any medical conditions that we should be aware of. Please note that we may ask you for a doctor's note to say that you are "Fit for Travel".

There are no specific health requirements for this trip. However, you should consult your own doctor before travelling for individual advice, they will be able to recommend individual requirements as they will have your medical records and details of any allergies. They will also have up-to-date information on prescriptions for vaccinations, travel sickness tablets, anti-malarial requirements and any reasonably foreseeable illnesses before your departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as we do travel to areas that are away from medical facilities. Please be aware that for legal reasons any leaders/guides are prohibited from administering any type of drug including headache tablets and antibiotics. Please ensure that you are adequately prepared for the full duration of this trip.

InterHealth - General Online Health Advice

If you sign up with Madventurer you will also have online access to more general health advice through our health partners InterHealth. Once you sign up you can then register (email/password) with Inter Health. They will ask us to verify your booking, then you will have online access to their health information. When you register please remember which email address and password you use, as we don't get a copy!

Fitness

Generally a good level of aerobic fitness is required to fully enjoy the safari trip we offer. One of the attractions of Fiji is its warm tropical temperatures, and sunshine! However the climate can be muggy too. Some days we can spend a few hours on a mountain bike, 2-4 hour hikes along undulating terrain, short hikes on steeper terrain, long days in kayaks etc so good fitness is required and essential, and of course there are plenty of designated times to rest as well. With the tropical climate you may experience some Fiji rain as well.

One very important thing to bear in mind is the hot sun. You will need to practice good "Sun Sense" if you are exposed to the hot sun for long periods. This means, Hydration, Sun cream, and cover up if you think you will burn! There is nothing more uncomfortable and dangerous to the skin so make sure you pack all the necessary products for your skin type. Please consult your doctor if you are unsure of what products to use.

At times we may be a considerable distance from medical care so please use common sense at all times. If you have any issues it is very important that you make your crew aware of this immediately, especially before heading to our more remote areas. Before heading to remote locations your crew will give advance notice of availability of Doctors, in order to treat any common illnesses.

Visas

Most visitors to Fiji are not required to either apply in advance or pay for a visa. You will be issued with a tourist visa on arrival in Fiji.

Flights

Madventurer work in partnership with STA Travel to offer you the best prices, flexibility and knowledge for all of your travel needs! They will be able to help with flight and travel insurance quotes.

For a flight quote email madventurer@statravel.co.uk or call STA Travel on 0871 468 0668. STA are our travel partners and they have a dedicated member of staff to deal with all the Madventurer questions. Why not give them a call with your travel dates and airport details, along with your full name as printed on your passport (the one you will travel on) and telephone number/email address, Date of Birth, Nationality etc.

If you are unsure of arrival or departure dates and times to book your flights its very important that you **check with us first before making any confirmed plans**, as with most airlines amendments have to be paid for. Please do not arrive after the start date for this adventure as you will miss the adventure orientation meeting and planned activities which can not be refunded, and you can incur extra transfer costs.

Please note that under our terms and conditions we will not cancel a Trip less than 60 days before departure except for unforeseen circumstances outside of the Company's control. This means that you should not be booking any non-refundable flights more than 60 days ahead of departure in case we do not have sufficient numbers (usually a minimum of 4) to run the trip. We recommend refundable flights.

Use this opportunity to see the world! STA Travel can tailor-make your trip to suit your needs, so if you want to go traveling after your adventure with Madventurer or maybe visit friends or family in another country, let STA Travel know and they will organise it all. From Round the world tickets to discount cards, flights, accommodation and bus tours, STA Travel have it all.

Travel Insurance

STA travel will be able to help with Travel Insurance quotes as well. **Travel insurance is compulsory for all our trips.** We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been provided to the Mad HQ office in the UK and to our overseas crew in country.

If you have credit card insurance we will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact telephone number rather than the Bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

For information on insurance cover please go to:
<http://www.madventurer.com/page/insurance-quotes>

Communication

Informing 'home' that you are safe and well and enjoying your new adventure will probably be at the forefront of your mind. Though at times we may be far from internet cafes, or perhaps they close before we finish our arranged activity, so you may not be able to communicate as often as you like. If we are near an open internet café, then we are probably on the tourist route, and these cafes can be quite expensive. Weirdly, it is probably cheaper to buy a local sim card for your phone and send text messages. Our crew can help advise on the local sim cards and where to get your phone unlocked in order

to use these. You can also get your phone unlocked in the UK before you travel in preparation as well. Though be warned at some points during the trip we are in areas with little or no reception. **Crew will always have a mobile to be used in emergency situations only. It is not to be used to make or receive frequent calls/messages from loved ones.**

🚫 Group Travel

Travelling as a group can bring many benefits and times of enjoyment. It can also bring times of frustration too – this is normal human behaviour! Please be understanding of the different needs and perspectives of the group, and patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience.

Remember too that if requested, it is your responsibly to be at the designated meeting spot at the previously arranged time, so please don't keep the group waiting. And if it comes to it, the group will travel on if you are too late, or our travel itinerary dictates we cannot wait any longer. **Cost incurred to 'rejoin' the group will not be covered by Madventurer.**

🚫 Crew

On your safari you will be accompanied by a member of the Mad Fiji crew. Their aim is to minimise any problems or pressure of travel during the 3 weeks, and to make sure everyone has a good time. We will strive to provide the services of an experienced leader though there may be the rare situation where the crew enters a new region or has to leave the group in an emergency. If this is the case, then detailed plans and contact details will be left with the group.

Crew are there to provide information on the places you are travelling through, or advise on local customs, or eateries. We don't claim they will know everything and at times it is often best to discover the answer yourself. In some activities you will be joined by a 'local guide' who will be able to offer more specialised and detailed knowledge about the region you are in.

🚫 Rules

Illegal drugs will not be tolerated on any of our trips. Possessing or using illegal drugs is against the law in Fiji, and puts you, the crew and the rest of the group at risk. Any 'illegal activity' is not acceptable and you will be removed from the trip, without refund. Any costs incurred after the time of your removal of the group will be done so at your expense.

You could also face criminal charges under Fijian Law and there will be little that our crew or Madventurer UK HQ could do. Though Fiji may have a relaxed approach to its drinking laws, Madventurer are not responsible should you find yourself in trouble for breaking this law. Legal age in Fiji for general alcohol consumption is 18, though for spirits it is 21.

🚫 Issues on your trip

Given the nature of the trip, the hot humid weather, the adventurous activities, the types of transport we use, and also mentioned –'Fiji time' – routes can, and have on previous trips deviated from the itinerary mentioned above. Though generally nothing too significant, and nothing that does not at least offer an acceptable 'Plan B'. Generally issues are beyond the control of your Crew, so we ask that they are supported for any subsequent decision making as they want to help you make the most of your time in Fiji. Sometimes last minute changes have to be made and are beyond our control.

Should any personal issues arise on your adventure that it is imperative that you inform your crew leader at the earliest opportunity. They can then do their best to rectify the issue and save any further negative impact on your trip. Please do not leave this until the end of your adventure, or until you get home as its very difficult for us to do anything about it then. If the outcome of the situation is not to your satisfaction, then you can call or email our Mad HQ in the UK at anytime on 0845 121 1996 or email

ream@madventurer.com If you are calling outside of normal office hours then please leave a [clear message](#) with your name, contact number and reason for calling.

🗣️ Different Culture – “Fiji Time”

One of the best memories you will take away from Fiji is the hospitable nature of the locals. They will welcome you with open arms and big bula smiles! Fiji is an amazing, diverse nation full of history, religion and culture – and one they are very proud of too. In the rural areas away from the towns, then the lifestyle is very different to perhaps what you are used to, so expect to ‘rough it’ now and again. This can include cold showers, different cuisine, group share accommodation, no electricity, minimal laundry opportunities (!), a busy bus or maybe even a long drop toilet! Laundry is done at your own cost.

One of the biggest things you will notice is ‘**Fiji time**’. The relaxed Fijian attitude to life can quickly dismantle even the best laid plans – so be prepared for this. Sometimes you will even welcome a bit of ‘fiji time’. You will soon learn all about Fiji Time and its best to embrace the different culture and learn to go with the flow.

🗣️ Local Dress

Dress standards will vary throughout the trip, particular for females. In rural villages, or particularly in the company of elders then you will need to have shoulders covered. Sulu’s (sarongs) will be required by all, but we can help you purchase these in Fiji whilst on the trip.

🗣️ Tipping

Whilst tipping in Fiji is not customary, there may be times where as a group we may want to tip good restaurant service. Not necessarily as a percentage, but perhaps rounded to the nearest \$10. It is best if the tip is given as a note rather than coins – though be aware as some establishments have ‘group pots’ for tipping. Even the smallest amount may even get us faster service or larger drink servings in some of the establishments we sometimes visit!

Note the average daily wage for most of the tourism workers is only GBP £10, so bear this in mind if tipping. We do not wish to encourage open displays of wealth.

On the activities where we have local guides, [check with Crew before giving tips](#), as it may risk the relationship we have with their employer. **If in doubt, please check with your crew first.**

🗣️ Photo’s & Blogs

Make Friends with the Chief! If you have not joined our ‘**Madventurer**’ Facebook group yet do it now!!! Our Founder – Chief Togbe Mottey I (aka ‘**John Lawler**’) would love to see your photos of your trip and so the guys who work hard back at Mad HQ in the UK can also see what an awesome time you’re having – send him a friend request and he’ll be sure to confirm you!

Before you set off, don’t forget to set yourself up with a free Mad Tribe Blog “Travel Journal” at www.madtribe.com, here you will be able to have one place to store all your photos, and blog to friends and family at home about how you are getting on. When you get back from your travels it would be really great to find out how you got on. We would really appreciate it if you could fill in a Madventurer feedback form which we can send to you on your return.

We always ask our Mad travellers if they would kindly give us copies of their photos, and permission to use them on the Mad Tribe Blog/Brochure/Posters. These can be via email or disc sent to our Mad HQ office. You never know, your picture might make it to the front page of our brochure, or be on the next Madventurer Newsletter, or posters!

