



TRIP NOTES

Fiji Building & Teaching

Join a group of like minded volunteers to experience and contribute to daily life in a rural Fijian village. Split your time between a building project and teaching at a local school. Working alongside local builders, staying in the community and spending time with the kids, you'll become an essential part of the community. This project will tackle needs that have been identified by your host community to ensure that your financial and physical investment is sustainable long into the future. Take part in a unique experience where you can really Make A Difference to a Fijian community.

Itinerary Disclaimer

The itinerary attached is correct at time of printing. Please note: occasionally 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 November 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.

Itinerary

Days 1

If arriving on Saturday you will be met at the airport. If you are arriving a few days early please be at the reception of the joining point hotel in Nadi no later than 7.00pm. You will be met by your leader and the rest of the group arriving on your joining date. There will be a brief welcome meeting where your leader will outline a plan for the days ahead, as well as answering any questions you may have.

We will travel by local bus (approx. 3 hrs) to the project site and enjoy our first views of beautiful Fiji, with lush forests and white sandy beaches. This be your home for the duration of the project

Days 2-13

Arrival at our project house will be marked by a welcome from our host family, head teacher or community representative. You will have the opportunity to unpack and pick your spot in one of the shared rooms. Group accommodation will be provided by local host families who you will stay with throughout your time in the village.

As a guest, you can overcome the barrier that is common between tourist and villager and instead become friends and experience the true way of tribe life and learn to live as they do.

Your accommodation and food will be basic; an outdoor washroom containing long-drop toilet facilities and a cold water bucket shower. Starchy Carbs will make up your staple diet as this is what the villagers eat. Good food for energy and eaten with crunchy fresh vegetables, possibly fish and meat.

Storage will be limited but we will provide a safe area for valuables in a lockable room. Your accommodation is selected in a secure, proximate location to the project. A local cook is provided which often will be a member of the host family within whose house you are staying.

On day 2 you will have the option of taking a tour of the school and local village. Take time to soak up the scenery and meet some of the people you will be working with both in the school and the village. You will be given a chance to see the building site and see where you will be working on a new project or continuing an existing one. Meet the school community from the teachers to the board of parents and chairs to the many small faces peering curiously at you.

Get to know your surroundings, find out where the local 'store' is and what delights they sell, be introduced to the nearest water source. Mark the first sight of your new building or plot with a photo, the scene will soon change.

Your usual working hours are 8am - 4pm with breaks during the day. Throughout the day we will rotate teaching as and when lessons are timetabled. When we are not teaching we can return to work on the building site or plan our next lessons.

Each day we have the opportunity to explore the community after school and take part and organise activities with the community.

The key is to get to know your village and how they need your support. You may be able to join local adults in their cooperative groups, teach them English and learn their local traditions. We also can look for opportunities to play sport with youth groups, Rugby is always a winner.

Each project reaches a 2 week milestone so your contributions will be recognised at the end of every milestone.

Day 14 Nadi – end of a two week project

You will be returned to Nadi for no later than 7pm.

Days 14-27

Relationships in your community will be developing so that you can take on more responsibility in your work. Running classes for adults or researching your village's particular challenges will lead to exciting side projects.

Tackling side projects such as educational murals or organising English lessons for adults will inspire your community to work with you and achieve their goals that also become yours. Learning more about the wonderful Fijian culture and how they live from day to day. Their peaceful way of life is resistant to the faster pace of nearby towns.

Your building will be changing radically from when you first began - make sure you photograph every stage so you can look back and appreciate the hard work that you've all put in.

Appreciate every day with your new friends in the community - the time will fly but the memories will last forever.

Day 28 Nadi – end of a four week project

You will be returned to Nadi for no later than 7pm.

Days 28-41

In your final weeks on the project your ideas will have been implemented in the building project and classroom and a good knowledge of the local culture gained. Give this time your all and see the results of your hard work on the building site and in the school. You will be leaving behind a sustainable project for the community and local children who will have benefited from your classroom work. Visit the families of those you have worked alongside and share a meal. There will be plenty of opportunities for exchange of songs and stories and don't forget contact details with your fellow travellers and friends from the village. Watch the last sunrise in your village to mark a unique experience that will never fade from memory and is only the beginning of your bonds with your home away from home.

Day 42

You will be returned to Nadi for no later than 7pm where you will have the opportunity to enjoy a leaving meal with your group. Accommodation for this night is not included in this itinerary.

We recommend you consider booking at least 1 extra night's accommodation after this trip to see all the sights of Nadi and surroundings paradise islands.

Arrival & other Complications

We don't expect any problems (and nor should you!) but if for any reason you are unable to commence your group trip as scheduled, please contact the Madventurer HQ on 0845 121 1996.

If you are eligible for a complimentary airport pick up or have requested one prior to departure and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions in the Trip Notes. Should this occur, please apply to Madventurer for a refund of the transfer cost on your return.

No refund is available on missed transfers or portions of your trip owing to a different flight arrival or delayed flight arrival. Any additional cost incurred in order to meet up with your group is at your own expense.

Before 7pm on day 1 and after 7pm on the last day of your project, which is either day 14, 28 or 42 (depending on your project length) Madventurer and our crew are not responsible for you and will not always be available for assistance.

Joining Point

Nomads Skylodge

Queens Highway

Nadi

Fiji

Phone: +679 672 2200

Fax: +679 672 4330

Joining Point Instructions

If arriving on day 1 of the itinerary a complimentary airport pickup is provided. You must provide Madventurer with flight arrival details including flight number and arrival time.

If you wish to have an airport pick up before day 1 then there is a cost of £20.00 which needs to be paid before you arrive.

If you choose to arrive a day or two early (prior to arrival day of this itinerary) and do not wish to pay for a pick up then we recommend this hotel. Check hotel reception for a message from your Leader about what time you will be picked up on day 1.

Finishing Point

Nomads Skylodge

Queens Highway

Nadi

Activities Included

This is a list of included activities on this trip. All other activities are optional and at your own expense. For a list of optional activities and sightseeing available on this trip, see the optional activities section below. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.

Teaching and building are available as separate options within the project. Most adventurers choose to do both, though it is not mandatory.

Building:

Undertaking labouring work usually broken into 3 phases you will assist and learn from skilled local tradesman. The building project will be run by a local foreman. You will take part in the following activities depending on what phase of the project you are working on.

Phase 1 - Digging, brick laying, concrete mixing

Phase 2 - Brick laying and basic carpentry

Phase 3 - Plastering and painting

Not every building is the same so you may get to do more than just the activities listed above. The breakdown above is based on a 2 room classroom block. Depending on the aim of the Project building activities may vary.

Teaching:

Liaising with teachers and your leader you will conduct classes individually or in pairs in English, Math's, Sports, Creative Arts and other subjects.

Additional activities range from sports, healthcare and conservation depending on the needs of your community.

Our projects in this region are undertaken in partnership with a local NGO who seek to empower communities and promote social change through mutual co-operation, self education and an active community. All projects undertaken are identified by the community, who play an active role in their realisation.

Optional Activities

All optional activities are entirely your choice and are not included in price of this trip. The following is not an exhaustive list and should be used as a guide only. At weekends we offer you the choice of either staying on the project site or travelling away with the rest of your group. Your leader will help co-ordinate and recommend points of interest and places to stay though they may not travel with you on this excursion. This is your time to relax in the village, enjoy the independence of discovering your host country's attractions or catch up on emails in the nearest town. You will need to be back at your host village no later than 05:00pm on the Sunday evening.

Culture Shock

Expect to rough it every now and again, whether it's very simple group-share accommodation at a homestay, a packed public bus where you are forced to stand, the odd cold shower or an encounter with a squat toilet.

Travel Insurance

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.

If you have credit card insurance your tour leader 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>

Visas

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself.

A free tourist visa of 4 months is granted on arrival to citizens of more than 100 countries. You'll need to have an onward ticket and a passport valid for at least 3 months longer than your intended stay.

Health

All traveller 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, we reserve 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.

For more information on vaccinations and health whilst abroad please refer to InterHealth

Physical Preparation

Previous work experience is not required for work on the building site however a general level of fitness is important bearing in mind that some labour can be intensive in hot weather conditions. Adventurers are given every opportunity to take breaks when needed and encouraged to take them regularly. Some light exercise and preparation will be beneficial but you will find your body will also adapt and strengthen the more time you spend building, we stress that you do this at your own pace.

If in doubt seek medical advice prior to travel.

Money Exchange

Currency exchange rates often fluctuate. For the most up to date rates please refer to the following website: www.oanda.com.

US\$ cash (notes printed after 2003) are the most readily changeable currency. Pound Sterling is also widely accepted in cash. It is unlikely that you will be able to get hold of Fijian currencies in your home country. Local currencies can be readily obtained at international airports, city banks and most major hotels. Travellers cheques should only ever be used as a back up and not your main source of funds, if you do bring travellers cheques it is very important that you also bring the encashment receipts. You are strongly advised not to walk around with large amounts of cash.

Visa, MasterCard and Maestro debit cards can be used to draw cash from ATM's in Fiji

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping, participating in optional activities and tipping. Please also remember the following specific recommendations when planning your trip.

Any tip that you wish to give your local guides or leader in recognition of excellent service is always appreciated.

Departure Tax

All departure taxes should be included in your international flight ticket.

Emergency Funds

Please also make sure you have access to an additional USD\$400, to be used when unforeseen incidents or circumstances outside our control (e.g. a natural disaster, or an outbreak of bird flu) necessitate a change to our planned route. This change may

have to be decided prior to departure. This is a rare occurrence but it is well worth being prepared!

Keeping in touch - communication while on the road

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on snail mail. Email has quickly become the preferred way for our leaders and travellers to stay in touch and email cafes are commonplace throughout the regions we visit. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our emergency contact. We don't recommend that family and friends try to contact you through hotels, as they are subject to change and the reception staff may not speak English.

Emergency Contact

In the case of a genuine crisis or emergency, Madventurer can be reached during office hours (Monday to Friday, 9am to 5pm) on Tel: 00 44 (0)845 121 1996. Out of office hours, emergency contact details can be found by going to:

www.madventurer.net.

Your fellow travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Please note that due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

Group Leader

Every project has a leader – the person directly responsible for running the project.

All leaders are trained including first aid training. They are selected for their knowledge of the country they are working in and their ability to act as a liaison between you and your host community.

Leaders are there to set things up, ensure the smooth running of the project and deal with any unexpected or emergency situations. It's important to remember, however, that this project is a team activity, and they are team leaders. Here are a few points

highlighting what to expect:

Project leaders are responsible for the final stages of the project implementation and know the background of the project.

Leaders are there to liaise with the local community and any local partners who may be involved, to ensure the smooth running of the project. They will sometimes give specific responsibilities to group a member, which helps to keep all members of the team involved and help everyone to get the most out of the experience.

Leaders are not responsible for organising weekend activities for adventurers. On occasions they may decide to arrange a trip but they are under no obligation to do so. Adventurers are expected to organise weekend trips themselves and they can seek advice from their leader for this as it will promote your independence as a traveller.

Your leader is trained and equipped to deal with any emergency situation which may arise.

Finally, leaders are there to make sure you have a good time and get the most out of the project. If you have any ideas, please talk to your leader e.g. if you want to start extra activities or extend your coaching programmes to adults or other communities.

All trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your experience and help you have the best time possible. We endeavor to provide the services of an experienced leader however, due to the seasonality of travel; situations may arise where your leader is new to a particular region or training other group leaders. You can expect your leader to have a general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We aim to support local project partners who have specialised knowledge of the regions we visit - and who better to hear it from than the locals themselves?

It is important to note that your project leader, while available 24 hours a day 7 days a week while on the project site, they do have other off-site responsibilities which means they may be away from the project site for certain periods.

Responsible travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

A couple of rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Madventurer's. Madventurer's philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our

destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

The MAD Foundation

For more info on the Madventurer Foundation go to:
<http://www.madventurer.com/page/the-mad-foundation>

Laundry

You can enjoy hand washing your own clothes outdoors along side other members of the village or negotiate to pay a member of the local community. We recommend you bring bio-degradable washing powder.

What to Take

Generally speaking, you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage, and though you will not be required to walk long distances with your luggage we recommend keeping the weight under 10kg/22lb.

Suitcases are not recommended, most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags with wheels are acceptable, although we recommend your bag has carry straps as well, as you may be required to negotiate bus and railway station steps. You will also need a day pack/bag to carry water and a camera etc for day walks and day trips.

Community donations:

We encourage anything that can aid teaching such as pens/ exercise books/ activity books/ arts materials and sports equipment. Any donations should be used as part of lessons or directed through your leader or teachers to be dispersed on need or merit and not given as a handout.

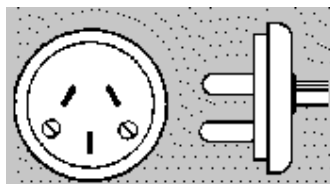
Checklist

The following checklist is to be used as a guide only and is not intended to be a complete packing list. Any other items that you wish to pack are at your own discretion however you should attempt to comply with the suggested luggage weight limit.

Refillable water bottle

Passport - plus a photocopy to be kept separately
Money: cash and/or Traveller's Cheques – Keep a note of the serial numbers of your Travellers cheques and also the emergency contact numbers. Keep these details separately from the cheques. Credit cards for ATM withdrawals. It is a good idea to bring both Visa and MasterCard if possible as some machines only accept one type.
Travel Insurance - Take a photocopy of your policy with you or leave a photocopy at home
Airline Tickets
Vaccination Certificates - if applicable
Vouchers – occasionally vouchers are issued for certain services. If you receive a voucher please ensure you bring it with you.
1 Pair boots or strong shoes (must be worn for building work, useful for trekking)
1 pair sandals
Socks
Underwear
T-Shirts (Suitable for building work)
Long-sleeved top (for evenings when mosquitoes are out)
Lightweight trousers
Fleece/Sweater
Shorts (knee length)
Hat and sunglasses
Swimming gear
Lightweight rainproof jacket
Backpack (60 to 80 litre capacity should be enough to carry everything you need)
1-2 season sleeping bag
Sleeping bag liner (cotton or silk)
Sleep mat or Thermarest (optional for added comfort)
Towel
Bio-degradable washing detergent
Mosquito net (impregnated with insecticide is best)
Insect repellent (essential malaria protection, you'll use a lot)
Bite & sting relief ointment
Torch with spare batteries
Sun cream (high protection factor, the sun is strong on the equator)
Aftersun/moisturiser
Toiletries
Day bag
Camera (spare batteries and memory card)
Work gloves (if you will be doing building work)
Personal music player, cards, travel games, books

To charge electrical items in Fiji, you will need an adapter to fit a flat prong, inverted “V” positioned with earth connector, please see below:



Local Dress

Women should dress modestly whilst staying in the village. T-shirts and shorts are fine, shorts that cover the knees should be worn within the community, vests that show the shoulders or stomach is not appropriate.

Smart clothes should be changed into for teaching such as a shirt with a collar for men and skirts below the knees for women.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. A lock is recommended for securing your luggage. Your leader will accompany you on all included activities however during your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Madventurer itinerary, and Madventurer makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

You will be given a full briefing at your orientation meeting when you arrive in country on safety in country and on project. This will cover all areas from theft, taking public transport, sun/altitude exposure and safety on the building site.

1. You will have a supply of drinking water supplied by your cook and/or the school.
2. Project leaders are first aid trained and use specially designed first aid kits on each location.
3. Project sites are located with a maximum 4hr driving radius of a hospital that can be reached by a vehicle in case of emergency.
4. Be prepared that safety standards on the building site are not exactly as you would expect to find them at home. Our leaders risk assess the project regularly throughout and will guide you on avoiding unnecessary dangers.

Feedback

Your crew will provide you with a feedback form that we would appreciate you filling in and returning either to your crew or to the Madventurer HQ in the UK

We want your Blogs, Photo's and Video's

Before you depart you will need to set up your own MAD Blog (www.madtribe.com) by going to <http://www.madtribe.com/register> and following the online instructions.

At any point during your trip or when you return you can access the Mad Blog allowing you to keep everyone back home and us here in HQ up to date with what your doing or have been doing whilst on a Madventurer project.

The Mad Blog will also be a way for you to access the most up to date information regarding your project