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Fiji Experience Bus Pass

Adventure Relaxation Culture

Trip Name: Fiji Experience Bus Pass **Trip Code:** FIXP **Duration:** From 6 months

Trip Highlights

- 4 great bus passes to choose from
- Flexible hop-on, hop-off travel
- Amazing beach resorts
- Fantastic activities - sandboarding, bilibili rafting, waterfalls, rainforest trekking, mud pools....
- Cultural stops - experience a tradtional Kava ceremony
- Opportunity to try your hand at world class diving
- Great guides, all drivers have lots of knowledge about the area
- Small buses, a great way to get to know your fellow travellers
- See the best that Fiji has to offer at your own pace

Overview

Our Fiji Experience bus passes take you to some of the most beautiful islands allowing you to experience some of the most untouched places you never knew existed in the tropical paradise that is Fiji.

Choose from 4 different passes and hop on and off the buses and see things that many tourists don't. Try bilibili rafting, enjoy a traditional Kava ceremony, trek to waterfalls, bathe in mud pools and lots more! You're in for the ultimate Fiji Experience.

Destination Info

Fiji – the land of paradise. With its crystal clear turquoise waters, friendly people, tasty papayas and traditional Kava ceremonies, Fiji is one destination that you'll be sad to leave.

Located in the heart of the South Pacific Ocean, Fiji lies between New Zealand and the equator. The capital city

Fiji Experience Bus Pass

Suva, one of only two cities in Fiji, is located on the island of Viti Levu. The Fijian archipelago is made up of over 300 islands, of which only one third are inhabited. The many islands are perfect for diving, and coral reefs are plentiful.

Itinerary

3 islands, 9 nights accommodation, 3 breakfasts, plus all meals on Beachcomber island!

Route: Nadi - Coral Coast - Pacific Harbour - VoliVoli - Nadi - Beachcomber Island - Mantaray Island - Nadi

Day 1 - Nadi to Mango Bay

Your Fijian adventure begins with a stop at Natadola beach to enjoy a tasty BBQ - Fijian style! You'll also visit a local Fijian village and learn about their culture. In the afternoon, try your hand at sand boarding!

Day 2 - Mango Bay to Uprising Beach Resort

Discover the tropical rainforest and enjoy a trek led by local guides - cool off at waterfalls before enjoying a well deserved river boat trip back to the bus (optional). Enjoy a free afternoon at Uprising beach - feel the sea spray against your face and try jet skiing, wakeboarding or diving! (optional).

Day 3 - Uprising Beach Resort to Volivoli Beach

Enjoy a scenic bus ride through Suva city before arriving at Wailotua village to experience a traditional Kava ceremony and bilibili rafting.

Day 4 - Volivoli Beach to Nadi

Spend half a day on the beach before departing for an Indo-Fijian lunch stop and the Sabeto mud and hot pools!

Day 5 - Nadi to Beachcomber Island

Depart from Port Denarau early morning on a boat transfer to the gorgeous Mamanuca Islands. You'll arrive at party central Beachcomber island late morning, just in time for lunch.

Day 6 - Beachcomber Island

Spend the day snorkelling, or relaxing on your tropical paradise!

Day 7 - Beachcomber Island to Mantaray Island Resort

Hop back on the boat and cruise north enjoying the turquoise waters along the way. You'll arrive at Mantaray Island early afternoon.

Day 8 and 9 - Mantaray Island

Spend 2 relaxing days on this amazing island snorkelling, diving, swimming or if you're there in Manta Ray season (late May - October) spotting mantarays!

Day 10 - Mantaray Island to Nadi

Bid farewell to the beautiful Yasawas and hop on the boat to arrive back to Nadi early evening.

2 islands, 5 nights accommodation, 3 breakfasts, plus all meals on Beachcomber island!

Route: Nadi - Coral Coast - Pacific Harbour - VoliVoli - Nadi - Beachcomber Island - Nadi

Day 1 - Nadi to Mango Bay

First stop, Natadola beach to play footy, volleyball or sunbathe. Next, visit a coastal village before sandboarding down the Sigatoka Sand dunes, then relax on the Coral Coast for the night.

Day 2 - Mango Bay to Uprising Beach Resort
Start the day off with a trek through the tropical rainforest - swim at secluded waterfalls and enjoy a long boat journey back to the coast. Spend the afternoon relaxing at Uprising Beach Resort.

Day 3 - Uprising Beach Resort to Volivoli Beach
On today's route we stop at a remote village to experience a traditional sevu-sevu ceremony and tickle our taste buds drinking Kava. If the weather is kind to us, we'll also try our hand at bilibili rafting (made of bamboo poles). During term time we visit a local school to meet Fijian students. Next stop is Volivoli Beach - Rakiraki, which is located right at the top of the main island. Volivoli boasts a secluded white sandy beach and plentiful reefs for snorkelling.

Day 4 - Volivoli Beach to Nadi
Today we head to the north west of the island through sugar cane fields and 'Bollywood' film locations. We focus on our Indo-Fijian culture in the Ba district, chowing down Ruby Murray (curry). Our main island tour ends with a dip in the Hot Pools and Mud Pools at the base of the Sabeto Valley before we return to Nadi.

Day 5 - Nadi to Beachcomber Island
Today you will be picked up from your hostel in Nadi Bay and transferred to Denerau Marina where you will board the boat to Beachcomber Island which only takes about 30minutes. Beachcomber Island is situated on a marine sanctuary in the heart of the Mamanuca group of islands. The Island is surrounded by some of the best snorkelling / diving spots in Fiji as it is on the edge of a marine reserve. A whole host of adventure activities are available on the island and there is plenty of time to let your hair down on this party island!

Day 6 - Beachcomber Island to Nadi
Spend the day relaxing on the beach before hopping back on the boat to be transfered back to Nadi where your Lei Low pass ends.

Fiji Experience Bus Pass

1 island, 3 nights accommodation, 3 breakfasts

Route: Nadi - Coral Coast - Pacific Harbour - VoliVoli - Nadi

Day 1 - Nadi to Mango Bay
First stop, Natadola beach to play footy, volleyball or sunbathe. Next, visit a coastal village before sandboarding down the Sigatoka Sand dunes, then relax on the Coral Coast for the night.

Day 2 - Mango Bay to Uprising Beach Resort
Start the day off with a trek through the tropical rainforest - swim at secluded waterfalls and enjoy a long boat journey back to the coast. Spend the afternoon relaxing at Uprising Beach Resort.

Day 3 - Uprising Beach Resort to Volivoli Beach
On today's route we stop at a remote village to experience a traditional sevu-sevu ceremony and tickle our taste buds drinking Kava. If the weather is kind to us, we'll also try our hand at bilibili rafting (made of bamboo poles). During term time we visit a local school to meet Fijian students. Next stop is Volivoli Beach - Rakiraki, which is located right at the top of the main island. Volivoli boasts a secluded white sandy beach and plentiful reefs for snorkelling.

Day 4 - Volivoli Beach to Nadi
Today we head to the north west of the island through sugar cane fields and 'Bollywood' film locations. We focus on our Indo-Fijian culture in the Ba district, chowing down Ruby Murray (curry). Your Whole Hula pass ends with a dip in the Hot Pools and Mud Pools at the base of the Sabeto Valley before heading back to Nadi.

1 island - Transport only - no accommodation and meals are included

Route: Nadi - Coral Coast - Pacific Harbour - VoliVoli - Nadi

Day 1 - Nadi to Coral Coast
First stop - Natadola beach for a dip in the crystal clear waters. Next, visit a coastal village before sandboarding down the Sigatoka Sand dunes, then relax on the Coral Coast for the night.

Day 2 - Coral Coast to Pacific Harbour
Explore the tropical rainforest and take a well deserved dip in natural waterfalls as you enjoy a trek led by local guides.

Day 3 - Pacific Harbour to VoliVoli
Experience a traditional sevu-sevu ceremony and taste the local kava! Try your hand at bilibili rafting (made of bamboo poles).

Day 4 - Volivoli to Nadi
Heading back to Nadi through sugar cane fields and 'Bolywood' film locations focus on the lands Indo-Fijian culture in the Ba district, chowing down Ruby Murray (curry). Take a dip in natural Hot Pools and Mud Pools at the base of the Sabeto Valley.

Accommodation

If accommodation is included in your pass you will stay in a dorm shared room with shared facilities at a beachside resort. All resorts boast lively bars and a fantastic choice of water sport activities.

Triple Treat Pass
9 nights accommodation, 3 breakfasts and all meals on Beachcomber Island are included. A compulsory meal

package is applicable on Mantaray Island paid direct to the resort.

Lei Low Pass
5 nights accommodation, 3 breakfasts and all meals on Beachcomber Island are included.

Whole Hula Pass
3 nights accommodation and 3 breakfasts are included.

Hula Loop Pass
Accommodation and meals are not included to allow unlimited flexibility and the ability to jump on and jump off

anywhere on route around Fiji's largest island.

Please note: Meals that are not included are on a menu selection basis and average between FJ$10-$25 per meal at the resort restaurants. The Fijian food is out of this world - try the delicious local delicacy 'Kokoda' - a South Pacific fish dish or if fruit is your thing the papaya is unlimited!

Programme Services and Facilities

Internet

Internet access is available at the accommodation around Viti Levu and will cost approximately $10 FJD per hour.

Internet access is available at most of the resorts in the Mamanuca and Yasawa islands but may be intermittent and more expensive than on the mainland.

Telephone

The international telephone access code for Fiji is +679

To place an outgoing, direct dialled international call, dial +44 for the UK, +49 for Germany, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164 / +49 69 222226 475.

International calls can only really be made from Viti Levu. Be warned that phone calls from hotels via an operator are very expensive. It is cheaper to get a public phone-card, available from post offices and newsagents or from the Fiji International Telecommunications (FINTEL) office.

Your mobile phone may or may not work in Fiji, depending on your network and band of phone, and if it does, please be aware that in many areas you may not always have signal. It may be worth taking your phone with you and buying a pay-as-you-go SIM card when you arrive to enable you to call and text cheaply. Before you depart, please ensure that your mobile is set up with international roaming and unlocked, so you may use a pay-as-you-go SIM while you are away.

Laundry

Some of the accommodations offer laundry services where you can do your own laundry for a small fee. It is advisable to take some travel wash with you.

Meals

Please see accommodation.

Fiji Experience Bus Pass

What's Included

- Bus pass valid for 12 months between set routes
- Accommodation if included in itinerary of chosen pass
- Meals if included in itinerary of chosen pass
- Excursions and extras as detailed in itinerary of chosen pass
- Extensive tour information provided by bus staff
- 24 hour emergency assistance

What's Not Included

- Flights
- Travel Insurance
- Extra activities not on itinerary
- Airport transfers

Additional Information

Bus departures

Please note that buses on all passes generally run three times a week

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore, you may not need all of the listed items on your travels nor is it exhaustive.

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Cash for airport departure tax (approx. $30 FJD)
- Proof of inoculations (please speak to your Doctor about necessary immunisations)
- Guidebook on country – recommended Lonely Planet or Rough Guide

General

- Camera / Film / Batteries
- Notebook and pen / diary
- Torch / Extra Batteries

- Sunglasses
- Water bottle – at least 1 Litre
- Day pack/rucksack for everyday use
- Mosquito Net (optional)
- Personal enjoyment - books, cards, music, etc
- Personal hygiene products- toothbrush, soap, shampoo etc

Clothing

- Hat
- Comfortable walking shoes
- Rubber soled grip shoes suitable for waterfall trekking
- A pair of thick socks for walking
- Sandals
- Waterproof Jacket
- Fleece/pullover (for cool evenings)
- Long trousers
- Warmer clothing for winter
- Swimwear
- Towel

Medical Kit

- Personal medication
- First Aid Kit (e.g. Antihistamines, Anti- diarrhoea tablets, headache tablets)
- Sunscreen
- Mosquito and insect repellent

Minimum Age

Minimum age 18.

Flights

Your flight to Fiji should arrive at Nadi Airport on your programme start date, and your return flight should be arranged for your programme end date.

To book your flights, please contact your travel advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

Please note: If you are flying to Fiji via the USA you will need to obtain Travel Authorisation by registering online through the Electronic System for Travel Authorisation (ESTA) no later than 72 hours before departure. This is compulsory and will cost USD$14 to register. To register, please visit: www.esta.cbp.dhs.gov

It is important that once you have booked your flights you add these details to your Online account, or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. **How much is accommodation in Fiji?**
   For a dormitory room in the resorts you can expect to pay around £20-£25 per night. Your guide will help organise this with the rest of the group on the bus.

2. **What visa do I need?**
   All British passport holders will receive a 3 month tourist visa on arrival.

3. **What are the group sizes like?**
   The buses can take up to 30 passengers but group sizes may vary as you make your way round the island. You will definately meet a lot of like minded travellers!

4. **How much should I budget for food?**
   We recommend budgeting for around £15-£20 per day for food.

5. **Is Fiji safe?**
   Absolutely! It is possibly one of the friendliest places that you will ever visit! You will always have your guide staying at the same resort with you should you need any help or advice with anything whilst you are away.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

In FIJI the currency is the Fijian Dollar (FJD; symbol FJ$), which is divided into 100 Cents. The coins come in

denominations of 1, 2, 5, 10, 20 and 50 Cents and 1 Fijian Dollar. Notes come in denominations of 2, 5, 10, 20, 50 and 100 Fijian Dollars.

The best currencies to carry are Australian, New Zealand or US dollars, which can be exchanged at all banks. Most restaurants, shops and hotels will accept credit cards, especially Visa, Amex and MasterCard, though there will be a small fee. ATMs can be found in larger urban areas and accept most international credit cards but if you're heading further a field then bring traveller's cheques.

Draft beer in local bar $2

Small bottle of coca cola $1
Dinner for two public market stall $F6 – 10

(Prices quoted in Fijian Dollars)

Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of up to 4 months, citizens of most European countries, the USA, Australia and New Zealand are not required to hold a visa and can be issues with a Tourist Visa on arrival. For longer stays or for the most up to date information on passports, visa requirements and the Reciprocity Fee, please contact your nearest embassy.

Cultural Considerations

Clothing

Casual wear is fine but you should try to dress modestly, particularly in the villages. Do not leave the hotel swimming pool or the beach in bathing suits. A 'sulu' (a wrap-around unisex skirt, similar to a sarong) is useful to carry around to cover bathing suits, shorts or halter neck tops.

You should not enter a Fijian village wearing a hat or sunglasses, or with your shoulders uncovered, as these are seen as signs of disrespect.

It is considered ill-mannered to touch a Fijian's head.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts
- Do not pick up hitch hikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

There was a military coup in 2006 and the country's political situation is rocky. Though travel to Fiji is safe, you should monitor local situations and avoid all military or political rallies, which could occur in Suva or Nadi.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: www.fco.gov.uk
USA: www.travel.state.gov
Australia: www.smartraveller.gov.au

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

Bula! This is the common Fijian greeting used when meeting friends or welcoming guests. It goes beyond the simple hello, though, to incorporate spirit and literally means "life".

Fiji has three official languages that are recognised by their constitution:

- English
- Bau Fijian

- Hindustani

English is the main medium of communication. It is the language the government uses and is the main language of education, commerce and the courts. Fijians do, however, have a constitutional right to communicate with the government in any one of the three official languages.

In Fiji, there are many dialects, but the official standard is the speech of Bau.

The Fijian alphabet is made up of all of the English letters, except ‘x’. The letters ‘h’ and ‘z’ are rarely used and are usually found only in borrowed words.

Here are some Fijian words and phrases. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Zero - *saiva*
One - *dua*
Two - *rua*
Three - *tolu*
Four - va
Five - *lima*
Six - *ono*
Seven - *vitu*
Eight - *walu*
Nine - *ciwa*
Ten - *tini*
Goodbye - *ni sa moce*
Yes - *io*
No - *sega*
Hello - *bula*
Good morning - *andra vinaka*
How are you? - *o lai vei?*
Please - *kere kere*

Food & Drink

You will find food in Fiji to be quite different to the food at home. Many meals consist of what is most readily available, including fresh fish, root vegetables and rice. However, in larger areas and at resorts, you will be able to purchase Western foods from the tourist menus.

The important thing is to remain open minded and adapt to the fresh fruit and vegetables that will form a large part of your diet in Fiji.

It is really important that you let Real Gap know before you depart if you are a vegetarian or have any other dietary requirements.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Fiji, please see the link below:
www.worldtravelguide.net/fiji/public-holidays

Weather

Fiji's climate is mainly tropical with hot, humid and sometimes showery weather. Summer falls between November and April and is only slightly warmer than the winter months (32°C by day) which fall between May and October, reaching just 27°C; a light sweater will be warm enough!

Weather does vary from island to island, Suva, Savusavu and Taveuni experience a much higher proportion of rainfall than Nadi, which can dry out over the summer. Though a little rainy and balmy the summer months are the time when Fiji is at its best with rainforests, rivers and waterfalls at their fullest and most stunning!

Time

The time in Fiji is 12 hours ahead of GMT.

Electricity

In Fiji the electric system is 240 Volts and frequency 60 Hertz. If your device does not accept this voltage you will need an adapter. Outlets in Fiji generally accept 1 type of plug:

V-shaped flat prongs or

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of reommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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