

# Shark Conservation

## High School Special Schedule Fiji

Welcome to our High School Special Conservation Project in Fiji! Are you ready for a once-in-a-lifetime experience working in and exploring this beautiful country?

Sharks, as apex predators, play a crucial role in maintaining the balance of marine ecosystems. However, their numbers are declining rapidly, putting them at greater risk.

The impact of declining shark populations extends far beyond the ocean. Without sharks, coral reefs would suffer, and countless species would lose their habitats. This, in turn, would disrupt the livelihoods of local fishermen and affect the primary food source of Fijians.

Through our conservation efforts, you have the opportunity to prevent further decline in the shark population, safeguarding both the well-being of humans and the diversity of marine life.

During this trip, you will not only engage in meaningful conservation work but also immerse yourself in the vibrant Fijian culture. Additionally, you will have the chance to explore some of the country's most popular tourist sites, enhancing their overall experience in Fiji.





**Highlights**

- ▶ Increase shark awareness through community outreach
- ▶ Help with mangrove reforestation and plant seedlings
- ▶ Conduct survey dives to do important research
- ▶ Complete your PADI Open Water Diving qualification
- ▶ Become immersed in Fijian culture and traditions

Accommodation

Guesthouse

Transport

Bus, taxi and by foot

Meals

Breakfast will be served at the volunteer apartments each day. Depending on the days' activities, lunch will either be at the dive shop, or at the accommodation. Dinner will be at the accommodation.

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 1

Sunday  
Arrival in Fiji

On arrival day, a Projects Abroad staff member will be waiting to collect you from Nadi International Airport (NAN). As you walk through the airport, you will find a Projects Abroad staff member waiting for you. The staff member is easy to spot because they're by the airport exit holding a sign.

A bus collects the group and takes you to your accommodation in Pacific Harbour. This is a three-hour drive, but time seems to fly by as you take in the scenery.

After you reach your accommodation, you will have time to get settled in and rest after the long journey.



Day 2

Monday

After breakfast, you will have your induction. This will allow you to get used to your surroundings, learn about the staff you'll be working with and hear more about the conservation project. You will take a tour of the local area and also take part in a cultural awareness training. This training is designed to give you an insight into Fijian culture, customs, and traditions.

Finally you will review your dive course material before enjoying dinner at the accommodations.

Day 3

Tuesday

Morning:

After a nutritious breakfast, get ready to travel to the Dive shop for your introductory diving lesson which will focus entirely on getting you comfortable in the water. Those who have no diving experience will do a PADI Open Water course. If you already have that qualification, you'll level up to Advanced Open Water.

Afternoon:

Grab a quick lunch at the Dive shop with your fellow volunteers before resuming your diving lessons in the open pool with the consistent support of your dive instructor.

Evening:

Relax with dinner at the accommodation.

Day 4

Wednesday

Morning:

After a delicious breakfast, resume your diving course. Enjoy the support of your fellow volunteers as you pay close attention to the diving instructions.

Afternoon:

Grab a quick lunch at the Dive shop with your fellow volunteers before resuming your diving lessons in the open pool with the consistent support of your dive instructor.

Evening:

Unwind with some fun games and a movie before enjoying your dinner at the accommodation.

Day 5

Thursday

Morning:

Travel to the dive shop for your final day of dive lessons. You are almost ready for the next stage of the project when you will put what you have learned into practice.

Afternoon:

Enjoy lunch at the Dive shop with your fellow volunteers before completing the final aspects of your diving lessons under the guidance of your dive instructor. Now you are ready to explore underwater worlds.

Evening:

Enjoy a celebratory dinner and social with the team. You are now a certified diver!

Day 6

Friday

Morning:

Enjoy a well-prepared breakfast then get ready to tour 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 accommodation to enjoy traditional Fijian foods.

## 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 swimming and frolicking at the beach and enjoy a sumptuous lunch at the Uprising Beach resort, while soaking up the sun rays.

Return to the accommodation to learn about the importance of mangroves and how you can support the conservation mission through the Mangrove workshop.

## Day 9

Monday

### Morning:

Enjoy a quick breakfast, before heading straight to your coral workshop. Here you will absorb all the information about the coral reef, learn about hard and soft corals and understand the different species in Fiji.

### Afternoon:

Enjoy lunch before heading out to your first survey dive in different areas of the Beqa Lagoon. Here you will put your workshop knowledge to use as you identify the different species and possibly help with cleaning /maintaining the coral nursery.

### Evening:

Return to the accommodation for a delicious dinner before getting some rest.

## Day 10

Tuesday

### Morning:

After a delicious breakfast, dive into your mangrove workshop as you discuss the different species and their location. Engage in a vibrant discussion on the art of uprooting, planting, transplanting and monitoring mangroves and the wonderful effect of mangrove reforestation on the environment.

### Afternoon:

Enjoy lunch before heading out to secure mangrove seedlings. Enjoy the outdoors as you collect as many as possible and prepare to get muddy as you plant them in the nursery.

### Evening:

Dinner will be served at the accommodation.

## Day 11

Wednesday

### Morning:

After a delicious breakfast it is time to head out on your final soft coral dive. Embrace your diving skills as you identify and assess different species of coral and check on the health of the coral nursery.

### Afternoon:

After an enjoyable lunch at the accommodation, and a briefing on the benefits of a beach clean up, grab your gloves and garbage bags and get ready to do your part in protecting the marine life and our natural environment.

### Evening:

Enjoy a dinner and social with the team.



## Day 12

Thursday

### Morning:

Enjoy a nutritious breakfast amidst the excitement, as you prepare for your shark dive. Sharks keep food webs in balance, and encourage biodiversity feeding on those species that are most numerous, so that others can thrive. Gasp in excitement as you identify different species and their features and appreciate their role in the ecosystem.

### Afternoon:

Enjoy lunch at the accommodation and reflect on a week of learning, exploring, diving and helping as you pack for your return trip. It has been an exciting two weeks!

### Evening:

Enjoy a farewell dinner with the team as you share and reminisce about your experiences.



## 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 and 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



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## Personal Achievements



- ▶ Completed a total of 15 service hours.
- ▶ Completed an entire dive course level.
- ▶ Contributed to healthy and sustainable mangrove forests around Pacific Harbour region.
- ▶ Increased my practical knowledge about sharks and their role in the marine ecosystems.



### 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.