

HELPFUL ISLAND INFORMATION

We understand that travelling to a foreign land can be a little daunting but the main thing to remember when visiting Fiji is that you are on holiday! The following information will help you prepare for the trip of a lifetime.

Insurance – Important!

We can't recommend getting travel insurance enough. You never know when the unexpected will happen and this will protect you financially against any unforeseen circumstances that could affect your stay or journey to/from the resort.

Paradise Cove claims no responsibility for any disturbance to your scheduled plans due to outside influences such as weather, transfer delays/cancellations or personal illness.

What do I need to travel to Fiji?

1) Passport: Do make sure this is valid for 6 months after your planned return. This ensures there will be no problems leaving or returning to your resident country. Remember, babies and children need passports too!

2) International Flights: A return ticket is needed to enter Fiji, although you can change your travel dates.

3) Funds: It's a good idea to have some Fijian dollars on hand as you may want to buy some souvenirs from the local craft market however it is not necessary at the resort. You can apply all extra charges back to your room account and these can be settled at the end of your stay by card. Please note, all major credit cards are accepted and each transaction will incur a 2.5% surcharge bank fee. Cash can be withdrawn at Nadi airport.

Packing Checklist

- Passport - do not forget!
- Flip flops, sandals or a pair of sneakers
- Sunscreen (minimum SPF 15)
- Insect repellent with DEET
- Sunglasses with polarised lenses
- Camera, batteries and charging cords
- Hat
- Swimwear
- Electrical plug adapter
- Books/magazine
- Shorts and light pants
- Skirts and sun dresses
- T-shirts and tops
- Light sweatshirt for the evenings
- Toiletries - remember anything over 100ml needs to be in your check in luggage and not in your carry on luggage!

A Little History

It is said that the Italian Mafia owned the island (also known as 'Mafia Island') and attempted to build a hotel and launch Fiji's first casino however the Boss was 'taken out' leaving the land to be taken on by property developers who chose to leave it uninhabited for 20 years.

Through negotiation with the landowners, local villages and the government, the owners of Blue Lagoon Beach Resort and Octopus Resort were granted permission to acquire the 99-year land lease. The result of this co-dependency and partnership is Paradise Cove!

The People of the Yasawas

Fijian culture is many thousands of years old with the Yasawan Islands having been occupied as far back as 3,000 years ago. The current inhabitants of the islands arrived approximately 250-300 years ago with most of the local people being 5th generation in their families. Originally villages were established in the hills for added protection due to warfare between the local villages however this subsided substantially with the introduction of Christianity. The people then moved out towards the sea in search of more food and fish and their villages have remained there ever since.

The island has a clan structure called a Matagali and the two main clans are the Yavusa Ratu and Suwelevu. Each village has a 'Turaga Ni Koro' (Town Mayor) and a 'Tui' (Island or Village Chief) as well as villager elders.

What to Expect

Dining

Paradise Cove is all about food! Our meal plans include breakfast, lunch and dinner and our chefs are very flexible and can cater to any special dietary requests. The plans are prepaid before you get there and you'll find the menus have no prices, which makes the decision between all the options an easy one!

We believe in utilising all the land has to offer and do so by sourcing all local ingredients and the best Fiji has to give.

A continental breakfast is on offer comprising of fresh fruit, juices, cereals, fresh bakery items such as croissants, muffins and Danishes as well as an a la carte menu of hot food with many delicious choices.

Lunch is an a la carte menu with daily specials and you won't get bored when it comes to dinner with our 5 course a la carte menu which changes regularly.



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With our open plan restaurant, we have shared dining or private tables just for you. Every night you will enjoy the local band playing tunes along with the opportunity to meet some new friends.

Things to do at Paradise Cove

Relaxation is key at the resort! Take a sunrise or sunset stroll along our stretch of tranquil white sand, take a daily yoga class, go for a guided snorkel, immerse in the culture by attending a cooking or weaving class, relax in a hammock, lounge by the pool and swim at the beach!

Extra Activities

These can be booked at the resort when you get there and will be added to your room account. The sea surrounding the island has a pleasant temperature so ocean activities such as swimming, snorkelling and diving can be enjoyed year round. We also offer stand up paddle boards and kayaks to our guests free of charge.

Snorkelling/Paddle Boarding/Kayaking

This can be enjoyed just off the beach all day long. Just speak to the Dive Team to obtain your gear when you are there.

The Manta Rays

Giant manta rays are fascinating and captivating animals so a trip to see them is not one to be missed! The season typically begins every year in May and continues right through to October. Mantas are known to make seasonal migrations in order to take advantage of particularly abundant areas of food. The channel is just ten minutes away from the resort by boat and is the perfect place to see these majestic beings.

Diving

The resort has its very own PADI dive operation, not only can you experience some of the best virgin diving in the Yasawa Islands, including Wreck Diving, but you can start and complete a PADI dive course (3 - 4 days) all before you head home! We have over 30 world-class dive sites within a few minutes of the resort.

Guided Hiking

A few times a week, the energetic amongst us head away on guided hikes. We have several hikes to choose from, one of the most adventurous is a hike to the top of one of Waya islands highest peaks. All hikes have interesting and varied terrain with plenty of photo opportunities along the way.

Fishing

Hand-line and deep sea charter fishing is available at the resort. Speak to the team about the best spots and get your catch cooked up for lunch the next day with yummy salad and sides!

Special Occasions

Fancy a massage, moonlight lobster dinner, champagne in your room or a picnic lunch on a private beach? Got your own ideas? Because Paradise Cove is such a boutique resort, we can make whatever you are thinking happen for that special someone.

Day Spa, Yoga and the Gym

Need to rejuvenate body and mind? Our aim is to melt away your everyday worries and enhance your holiday experience. We are proud to offer a variety of massages and beauty treatments at Nauka Spa. Treat yourself to some well-deserved pampering! You are on holiday after all.

For the Yogis, we have classes every day except Sundays. Stretch out your muscles and see how flexible you are overlooking the beautiful blue sea and white sandy beach.

For those who love to work out and would like to maintain their fitness, our gym facilities will allow you to continue your regime, keep fit and stay healthy!

Crooked Coconut Kids' Club and Babysitting

Kids' Club is available year round for children 3 years or older. There are lots of supervised fun activities, such as cooking lessons, face painting, crab and treasure hunts, snorkelling adventures, story telling, coconut husking, nature walks, Fijian language games, painting, sand castle building, hair braiding and in the evening fun games and movies in the kids club hut.

The Kids' Club operates from 10am until 12.30pm, 2pm until 5pm. There is an early supervised kids' dinner and then off to the Kids' Club Hut until 9pm.

Babysitting can be arranged with one of the local village ladies for an extra charge.

Good to Know

Is there sufficient medical care?

A comprehensive first aid kit is located in our office and the mainland hospital is only an average of 15 minutes by helicopter. Our resort has staff trained in first aid and can offer short term emergency care. Serious cases require Medivac rescue which is available during daylight hours. Outside of this we maintain immediate care.

Emergency Evacuations

In the unlikely event of an emergency, you will hear a whistle and the meeting point is the restaurant. Staff will direct you to safety. Please do not panic.

Is the water safe to drink?

Please avoid drinking from the taps. We have filtered water available at the bar as well as bottled water.

Mosquitoes and other bugs

With island life comes mosquitoes and other creepy crawlies. Whilst the resort does all it can with coils and fly screens, the best advice we can give is to wear insect repellent, especially early morning and dusk. Fiji is free of Malaria and most other tropical diseases.

Voltage and Electrical Adaptors

The voltage is 220 volts, 50 Hz and we have the same plug socket as Australia and New Zealand. We do have some adaptors available however we do recommend you bring your own to charge any devices.



Safes

In all rooms safes are provided and you will find instructions on how to use them located inside the safe.

Will my cell phone work in Fiji and is there WIFI?

Most people come to Fiji to get away from technology! However, should you require your phone please contact your mobile provider to make sure you have global roaming and what the charges are. Alternatively, there are SIM cards available at Nadi airport and we also have complimentary WIFI for all our guests. There are data plans you can purchase should you like to do some heavy online surfing!

Alcohol at the Resort

The village elders have declared their village 'dry' and we ask you not to offer any team members any alcoholic beverages

Can I bring Duty Free?

All items you bring into Fiji are for personal use only. Duty free such as alcohol is able to be consumed in the privacy of your own room as the hotel and restaurant are fully licensed.

Smoking

There is a strict non-smoking policy in the rooms and not allowed during meal times however there are ashtrays found in the bar area and you can smoke on your balcony.

Culture and the Environment

Paradise Cove is a truly special place due to local culture and beautiful environment. To ensure that this continues to be here for generations to come, we ask that you take care and treat the environment and local people respectfully.

What is the weather like in Fiji?

Fiji has amazing warm and tropical weather all year round! The temperature varies very little with warmest weather (35°C) usually between months of December and April and the 'winter' (25°C) is between May and November. Remember you will be on a tropical island and the weather can change quickly.

The sun can be really strong in Fiji so sunscreen is a must as well as sunglasses and a hat. There is a shop at the resort where you can purchase toiletries and essentials.

The Reef

We have one of the most beautiful snorkelling sites in the world. Take extra care not to stand on any of the conserved delicate reef systems. Every second causes irreparable damage and coral is sharp so it also hurts!

Dress code

Remember you are going there to relax! Short, skirts, t-shirts, tops and flip-flops are ideal for everyday wear. It is a casual environment so you just want to be comfortable! Please do always cover up your top half during meals but shoes are always optional!

A wraparound 'sulu' is worn by men and women and is ideal tropical clothing.

Soso Village Protocol

Visiting the local village by boat is a great experience and a nice way to indulge in Fijian culture. Their sustainable way of life is very different to western society and women still typically tend to the home while the man is the defender and decision maker. It is very important to dress modestly and cover your shoulders, back and wear trousers, a skirt or 'sulu' that covers the knees. Please also remove hats and sunglasses when meeting the locals as this is interpreted as disrespectful and is important to make eye contact.

What is Kava?

Kava is a ceremonial drink made from pounding the root of a pepper tree into a fine powder and then mixing it with water. The effect of the drink is similar to a natural anaesthetic and the longer the root grows, the stronger the flavour and effect. When visiting the local village it is customary to take some kava as a gift offering also known as 'Sevusevu'. The resort takes this on your behalf upon entering the village.

Tipping and Tax

It is not customary to tip in Fiji nor is it required. Taxes (25%) are generally inclusive unless stated otherwise.

If you wish, you can donate clothing and other items to the local village, which will be gratefully received. Please no lollies though!

Customs and Manners - Some Tips

- Speak softly - raised voices or yelling out people's names is interpreted as anger.
- You may notice staff calling to each other through a kissing/squeaking noise made with their lips. This is not rude but simply their way of communicating at times.
- Refrain from touching a Fijian's head - this is considered bad manners.
- 'Fiji time' refers to the relaxed way of life, low stress and few rules. Don't worry about time, go with it and be pleasantly surprised!

The Fijian Language

English is the official language however it is good to know some Fijian words.

'Bula' is the famous Fijian greeting and its meaning goes beyond 'hello' spiritually and means 'life'.

English	Fijian	Pronunciation
Greetings	Bula	Bull-ar
Thank you	Vinaka	Vee-nar-kar
Please	Kere kere	Kerry kerry
Yes	lo	Eee-oh
No	Ei lala	Eee-la-la
Excuse Me	Jilou	Chee-low
How are you?	Sa Kuya?	Sa-kuya
I am well	Sa Donu	Sun-donu
Goodbye	Moce	Mo-they



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