



Nadi, Fiji

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Battling Fiji's Heat with Positivity

Roadmap



- Video Diary
- Background
- Internship
- Homestay Experience
- Adventures
- Fun Facts

Video Diary - 21 Days in Fiji

<https://youtu.be/kReHJeoN5Ro>

Background

- Fiji is a country located in the South Pacific
- Total of 330 islands, of which only 110 islands are inhabited
- Two Major Ethnic Groups
 - 49.9% Native Fijian, 46.2% Indian
- Primary killer is Chronic Diseases - 88%



Nutrition and Chronic Disease



Free Health Screenings In Rural Villages (Native Fijian)





Personal Food Diary - Patient Self-Improvement

Food Diary

"It's never too early or too late to work towards the HEALTHIEST YOU"

Your Last Results:

BMI:	Blood Pressure:	Blood Sugar:
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Healthy Ranges:

BMI: 18.5 to 24.9	Blood Pressure: Less than or equal to 120/80	Blood Sugar: 4 to 7
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Your Personal Targets:

What Foods?

Healthy Foods: fruits and vegetables

Energy Foods: oil, biscuits, cassava, rice, flour, noodles, bread, roti, naan, coconut, potatoes

Protein Foods: milk, yoghurt, cheese, meat, fish, dhal, peanut butter

Free Health Screenings In Tunalia (Indo-Fijian Village)



Tunalia Indo-Fijian Village



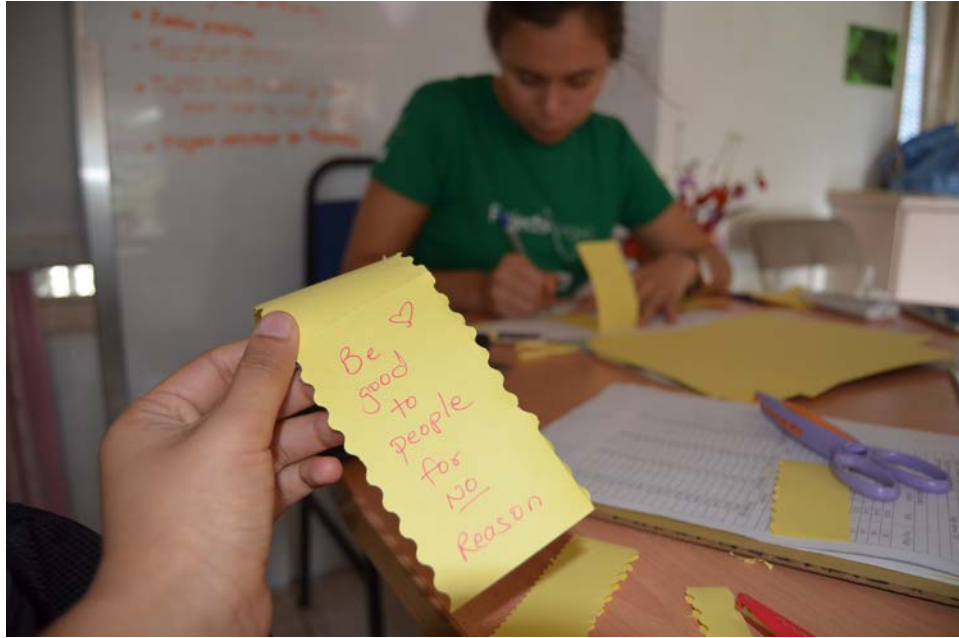
Health Education at Vuniyasi District School in Dratabu





A Social Project - Nadi Town Market

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Nadi Town Market



Fijian Language Class



Homestay Experience



More....





Personal Travels in Fiji

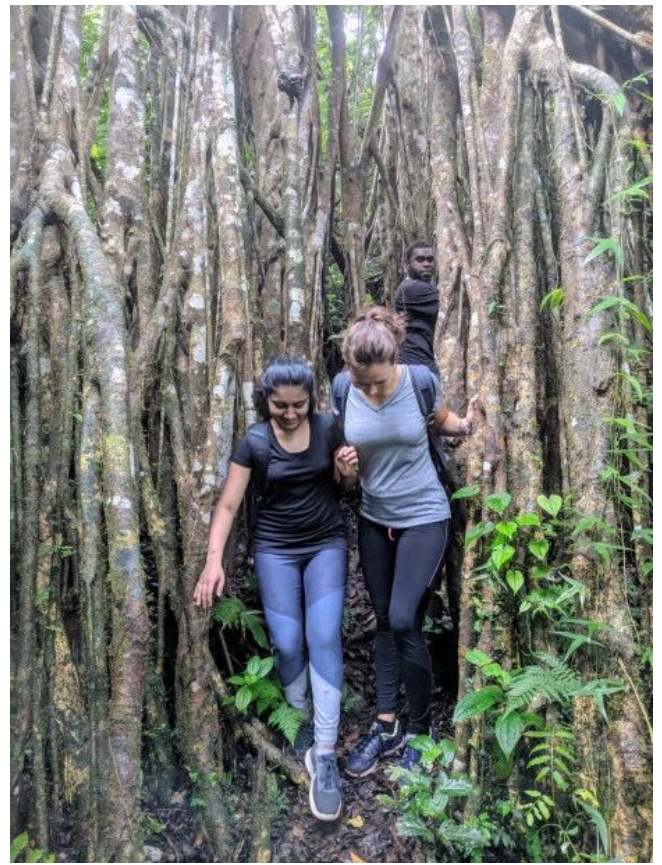


Barefoot Kuata Island (Yasawa Islands)





Qaraniyani Cave - Chief Cave (Cannibalistic Times)



Mt. Koroyanitu in Abaca Village



Mt. Koroyanitu





The Garden of the Sleeping Giant





The Garden of the Sleeping Giant

Fun Facts!



- Actively practiced cannibalism until 150 years ago
- Fijian police officers and security guards do not carry any armed weapons, including guns and tasers. They only have a whistle and maybe a wooden stick. It is also illegal for citizens to hold weapons.
- Over 40 Fijian dialects, but English is the official national language
- When visiting a rural village for the first time, you must gift the chief with Kava
- You must wear sarongs or sulus in the villages
- Many students can go to college for free
- The government has set up a large home for homeless people, providing them with food, water, and shelter.
- The country is known for their coconut oil, sandalwood soap, sugarcane farms, and black pearls
- There is no racism or caste system between the Indo-Fijians and Native Fijians

Check Out My Blog for More Pictures and Stories!



viralisfijiexperience.wordpress.com