

Vina'a Va'a Levu

and welcome to

Cadra Ni Vula

[Moon Rise]

Mark's home on Taveuni, Fiji

Updated Sunday, 9 August 2026

Your Address (for immigration authorities) on arrival into Fiji:
'Cadra Ni Vula'
Main North Road, Matei, Taveuni



The Tagamoucia flower - only found on Taveuni.

TAVEUNI - THE GARDEN ISLAND OF FIJI

The island of TAVEUNI is the third largest island in the Fiji archipelago. The International Dateline [180th Meridian] crosses the island just a few kilometres down the road from Cadra Ni Vula. However, for convenience, the Dateline has been moved so that all the Fiji Islands are under one time zone. The island is approximately 45 km long and 16km wide. Taveuni's population of 17,000 [mostly indigenous Fijians] reside in villages with the largest being Somosomo. The nearest village to our home is Naselesele, about 500m to the east. You will be made most welcome if you visit. Don't miss the primary school! Follow the rules about taking a gift for the Turaga ni Koro. (See later in this document)



Taveuni is known as 'the Garden Island of Fiji' because of its magnificent, lush jungle vegetation. There are more truly exotic and culturally interesting excursions you can make on Taveuni than on any other island. Here you will find the true Fiji, un-spoiled, un-commercial, un-complicated, un-crowded, and un-forgettable.

Information about Cadra Ni Vula

BACKGROUND:



The sign above the garage

Cadra Ni Vula (*'thandranivula'*) means Moon over the Water in Fijian. The house was built by a local builder in the 1990's following an American plan with local timbers. It was purchased by the current owner in 2013 and totally refurbished and brought back to its original condition. The front or ocean deck was added, and the caretaker's cottage was made more liveable. A small shelter bure on the waterfront was completed in 2017. The garage was constructed in 2022, and the plunge pool was built in 2023. The deck near the water is very suited to a quiet drink or a massage. The smaller house (bure) near the front gate is occupied by the property caretaker, Byron Fisher. Byron lives his own life and is not responsible for day-to-day care of the property.

WATER:

The fresh water from the taps is safe to drink and is provided by the Fijian government. This reticulated system is small and may run at low pressure if the island is in a drought (more than three days without rain!) After heavy rain and if you plan to drink the water from the unfiltered tap, we recommend boiling drinking water or buying bottled water. The water filter in the kitchen will remove most bacteria and sediment. The house now has pressurised water from a 5000L tank which should help with the low water pressure. (October 2025)

SOLAR POWER:

Solar power was introduced to the house in 2014 and provides nearly all the power requirements. The batteries were replaced in June 2017 and are of high quality. The solar panels were replaced in 2024. It is however only a moderately sized system, and it is important to not use more than a few appliances at the same time.

MAINS POWER:

Government power from the grid has been introduced to Cadra Ni Vula in October 2024. We will continue to rely on solar power. In the event of poor light, the mains power will take over to maintain electricity.

Ensure the fans in the non-bedroom area of the house are off at night. Please turn off any lights not in use. The 'e-meter' near the front door indicates the % content of the solar batteries. Keep the fridge closed as much as possible and your 'devices' charged! There is an emergency light in the little room near the front door and a rechargeable torch in the bottom drawer ocean side of the bedside table in bedroom one. **Do not, under any circumstances, use the oven unless you are confident you are connected to mains power.**

The interior of our home is footwear free. Please use the outdoor shower to remove sand before entering the house after a visit to the beach. Take care to keep the screen doors closed, particularly at dawn and dusk, to keep those pesky mozzies out. Hot water and the stove top are gas powered. Should the HWS gas run out, please ask Byron, or change the 50kg bottle over yourself. Not difficult. In that event, the gas pilot light will need to be relit. Instructions are on the side of the HWS.

There is a spare gas bottle next to the one in use, on the western side of the house. The home has probably the best equipped kitchen in Taveuni, and we expect that you will leave appliances and the kitchen equipment as you find them.

KITCHEN:

In October 2024 a new kitchen was fitted to replace the original, 30-year-old kitchen. The cooktop is bottled gas, and the oven is electric.

There is a small BBQ on the side veranda for your use. It is self-lighting, and please give it a clean after use.

If it runs out of gas you can swap 'n go gas at Satish store 100m down the road.

BEDROOM ONE:

The main bedroom has a lockable wardrobe, and the key can be made available if you need it. There is a wall safe and if you really need access we can provide the combination.

BEDROOM TWO:

The two single beds have new mattresses and can be moved to make a double bed. Keep the door to the deck locked at night or at least use the cabin hook to keep the door secure.

LAUNDRY:

Our housekeepers Neta and Darlene +679 971 4365 will look after any laundry that you may have. The housekeeper(s) usually visits at 8am on a Wednesday for 4 hours. This time is quite flexible to suit you. There is an iron and a small ironing board in the second bedroom.

SMOKE ALARMS:

Smoke alarms are fitted in each bedroom. Smoking is strictly forbidden within the house, on the decks and in the garage.

OCEAN SWIMMING:

We recommend you wear reef shoes when in the water. Coral cuts are unpleasant and are easily infected. Swimming is best between medium tide and high tide. Take a mask, fins and snorkel with you to see the beautiful tropical fish.

DRESS:

Both men and women should dress modestly when out of the house grounds, with below-the-knee clothing for the ladies and shoulders covered, particularly if you are in or near a Fijian village. Hats and sunglasses are seen as disrespectful in the village environment. Don't forget to take off your shoes before entering any village building.

CHURCH:

A visit to the Catholic cathedral on a Sunday is a wonderful experience. The singing is quite amazing, and you will be made very welcome. It takes about 30 minutes to drive South to Wairiki, and the church is on your left as you pass the Meridian store.

KAYAKS:



There are two Hobie kayaks for your exclusive use. We insist that you wear life jackets. There are two life jackets in the swim box on the side deck for your use. One is large the other is extra-large. The weather can change in an instant. The management and owner of the house offer no responsibility for your use of these watercraft. The use of kayaks is entirely at your own risk. The kayaks are secured on a ramp near the water's edge. The key is in the pantry. Please remember to return the kayaks to the ramp after you have finished using them for the day and return the paddles to the house. The paddles are on the little roof adjacent to the plunge pool.

The weather can change very quickly on Taveuni, and you are asked to make sure all seats, umbrellas and the like are returned to the house each evening. The bure near the beach is ideal to sit and watch the sun go down. The deck near the beach is an ideal spot to sit and watch the day away.

If walking at night down the tar sealed road be sure to take a torch – a Fijian night can be very dark. We are right next door to Coconut Grove restaurant and that is a wonderful thing. However, it is simply good manners to keep the noise at Cadra Ni Vula down in the evening.

Taveuni is a fragile and under-developed part of Fiji – part of its charm. Guests need to be mindful that this is not the French Riviera, the Gold Coast, or a Caribbean resort and at times it may be necessary to do without some of the things that you are used to at home. Nevertheless, the experience of spending time here will stay with you forever and we know you will enjoy your holiday with us. Regrettably, nothing is recycled on the island.

MOTOR VEHICLE:



The Toyota Hilux 4xd **manual DIESEL** (IM484) is for your use. It is insured for 3rd party only. You will be responsible for repairs to the vehicle if you have an accident. Diesel fuel is available at nearby stores. The key is kept on the first hook in the pantry. Use the remote on the keyring to open the *front* street side garage electric door. Please check that the tyres are correctly inflated. Every driver needs to carry a licence and seat belts in the front must be used but not required in the rear seats. Handheld mobile phone use is

prohibited for the driver.

Expect to be pulled over by either the LTA or the police – they are very vigilant. Your Australian/NZ/US driver's licence is adequate. Did we mention it is a **MANUAL DIESEL**?

ENTERTAINMENT:

The 50" 4k TV does not provide local free to air TV due to the distance from the main island Viti Levu. Use only the smaller black remote control. Streaming services such as Netflix, Amazon Prime, Stan and Stan Sports, Australian live streaming TV, (via a VPN, automatically activated if you use the Amazon Firestick (small black remote) and Plex, with over a thousand movies curated by us are all available. Use the small black remote to control the TV. You can turn on the TV, change the volume and choose a streaming service using this device. If there has been a power outage you may need to use the larger remote, select input, then choose Firestick.

We provide a Sonos speaker so that you can play music from your portable device. The internet service is via Starlink and is high speed and unlimited.

CARE PLEASE:

The new kitchen is very well equipped. The steps to the water can be slippery when wet. Falling coconuts are deadly. The laws relating to liability are almost non-existent in Fiji. So please: take care – we want you to return.

PRIVACY:

Our next-door neighbour, Coconut Grove, run a very quiet and beautiful boutique resort. We ask that you respect their privacy when walking along the beach, and when inside and around the house that you keep the level of noise down as they do for us. Say hello to Maggie, the owner.

SECURITY:

We suggest that you lock the shutters and doors if you are going out at night. When sleeping, please lock all the external doors. We leave the bedroom doors open with the screens locked. Please make sure you know how to open the doors in the night when it is very dark. Remember to take a key to the house with you if going out. The front door key is on the same keyring as the car. No one else in Fiji has a key. Taveuni is a very safe environment. Should you need to seek help from the police, the nearest police post is at the terminal at Matei 'international' airport. 9905824

If you plan to buy a SIM in Fiji (not necessary) then only consider Vodafone Fiji. Digicel, the opposition, is useless in our area of Taveuni. You could buy a SIM at the Vodafone booth in Naqara for a few dollars. Vodafone eSim's are available for purchase online. You will need your passport as ID. After buying a regular SIM ask the salesperson to sell you 30 days of data (about \$FJ35 which gives you 250gb of data). If you have a problem when out of range of the house Wi-Fi, you will then be able to call or message someone. Wi-Fi reception using Vodafone is quite good on most of the island. We do not suggest you pay for roaming in Australia unless you must. This is because your Australian provider may switch to Digicel when on Taveuni and that, as previously mentioned, is useless at our end of the island.

POOL:

The 3x3x1.5m plunge pool is not fenced. Maintenance involves adding one chlorine tablet a week on Saturday to the skimmer, running the filter for 4 hours a day at about 11am (unless very cloudy) and vacuuming when required. [The pool filter switch is near the TV exit door to the front deck.](#)

HEALTH:

Taveuni hospital is 30 minutes away and provides very basic medical care. The nearest major hospital is in Labasa on the island of Vanua Levu. There is no pharmacy on the island, and you must bring any medications with you. We do keep a limited supply of first-aid dressings managed by the caretaker.

EMERGENCY WATER:

Should the town water supply fail, we have a 5000L emergency tank, which will cut in if required without 'intervention'. The water is regulated by an electric pump to maintain a steady pressure.

THINGS TO DO IN TAVEUNI

EATING OUT:

In recent years, eating out on the island has improved dramatically. Here are a few suggestions in no particular order:

- Coconut Grove Resort. Right next door. Breakfast lunch & dinner 7 days a week. They will deliver to your home if you prefer. Say hello to Serah.
- Chefs Table. 300 metres to the right as you leave the property, directly opposite and down the little road opposite the airport road. Seriously good food cooked by a 5 star chef. Closed Sundays. Say hello to Gerd.
- The Dive Café: Wonderful setting. OK food and coffee. About 3 minutes in the car beyond Chefs Table
- Tramonto: It's a bar with food. Very cold beer and absolutely the best place for sunset drinks. About 4 minutes by car. You may meet many like-minded visitors.
- Nakia Resort: A dive resort with a lovely deck, serving simple, fresh food and vegetables grown on the property. About 15 minutes by car. Say hello to Terri
- Aroha Resort: Full menu, good range of drinks. Say hello to Rod (an Australian)
- There are many more. These are our favourites!

ACTIVITIES:

Taveuni has much to offer, and the following are some of the activities available. We have attempted to organise the following information so that activities flow from one end of the island to the other. Depending on the activity there are numerous excursions which can easily be combined with others on the same day.

Byron, your caretaker, can organise transport and entry to most of these activities. Remember to wear appropriate clothing and take sun block and insect repellent.

LAVENA VILLAGE, COASTAL WALK AND WAINIBAU WATERFALLS:

Here is a wonderfully scenic and cultural experience. And, without a doubt one of the world's most scenic & beautiful swimming holes. You will need a total of about 5-6 hours to complete the whole trip including driving time. First there is the beautiful 45-minute drive to Lavena village. From the village it is a leisurely walk along the beach to the river. There is a path along the river you can follow for a short while. At the end of the path, leave your clothes and swim upstream 100 metres. The water is usually shallow, and you could even wade upriver most of the way. The river makes a sharp bend and lo and behold, you are now in a spectacular box canyon where two marvellous waterfalls provide the water. Enjoy your swim and shower under the falls. Either on your way to the river or en-route back to the river, you should explore the superb tidal pools far out on the beach, best at low tide. Bring a lunch and your swimmers. Good sandals [with heel straps] or simple reef-walking shoes are adequate. Flip-flops are not adequate. Like most Taveuni rivers, the water is considered pure to drink. A guide from the village is suggested. The walk takes about 1½ hours each way. Allow another hour for lunch and a swim at the falls. There is a charge to enter the Bouma National Heritage Park. Phone 820-3639.

TAVORO [BOUMA] FALLS:

Bouma Falls is one of the most beautiful spots on Taveuni. Located in Tavoro National Park, it is a perfect half or full day trip. It takes about 30 minutes for the drive [north]. The taxi will take you to a point just past the village of Bouma from which the Falls are about a ten-minute walk from the main road. The area around the first waterfall has been 'landscaped' recently and additional picnic tables, benches, and a changing room has been incorporated.

The waterfall is approximately 25 metres in height and falls into a pool where you can go swimming and dive off the rocks.

There is a small "beach" area for picnicking and relaxing. A trail has been built up to a second and third waterfall, which is a worthwhile trip for the energetic. The second waterfall is about 30 minutes from the lower falls, then walk along a well-manicured trail, which has steps and handrails. There are benches for rest stops. Cross a stream about 5 metres in width, but it is quite shallow and not too difficult to manoeuvre. The second waterfall is about 30 metres high and even more dramatic than Bouma. Another 30 minutes on is a third waterfall - this path is not as good. It is basically a dirt trail that gets muddy during rainy times. This third waterfall is only about 8 metres high, but the beauty is in the remoteness of the area and the perfect stillness - a wonderful place to become totally attuned to the natural surroundings and to meditate. Suggested: Walking shoes. There is a per person charge of about \$50 to enter the Tavoro National Heritage Park. Pay just before you walk the short track.

Don't forget your cossie/swimming costume/trunks/bathers/swimsuit. Wear non-slip waterproof shoes. Phone: +679 8204709 for more information.

NASELESELE and QELENI VILLAGES:

Naselesele, our local Fijian village, is a 20-minute walk down the road from the house. A taxi/car is needed to get to Qeleni, which is certainly our favourite local village to visit. Ladies should wear a skirt covering to the knee or a Sulu and a shirt which covers the shoulders. Men can wear long shorts. No wearing of hats in the village please! Upon arriving, you need to contact one of the villagers. Request a tour of the village and don't hesitate to take pictures. Good to take some lollies for the kids (buy them at Satish's store, the first store you come to as you walk down the road).

MATANGI RESORT – A DAY TRIP

One of my favourite excursions. A 40-minute boat ride to a small beautifully appointed island. White beaches, excellent lunch, and a delightful pool. Ask Byron to organise this trip. Give him plenty of notice.

HALF DAY SNORKELLING EXCURSION

Our very own Byron Fisher runs an excursion to honeymoon island for snorkelling in his boat, moored outside the house. Mornings or afternoons. Snorkelling at Honeymoon Island is excellent with lots of new coral and millions of little colourful fish. Ask Byron for more information. Very inexpensive. More details here: <https://bit.ly/4crK2sl>

LAKE TAGIMAUCIA: (*tangamoothia*).

Perhaps the most famous geographical landmark on the island is Lake Tagimaucia which is in an old crater 800 metres high in the mountains.

The lake is filled with floating masses of vegetation. It is also home to Fiji's most famous and beautiful flower, the "tagimaucia", which produces red blooms with white centres. Contrary to popular belief, which suggests that the tagimaucia flower grows nowhere else but on the shores of the lake, the epiphytic plant does flourish elsewhere.

All attempts to transplant the flower at a lower altitude has failed. It usually blooms from the end of September to end of December. The lake is located just below Des Voeux Peak which is the second highest on Taveuni at 1200 metres, with Uluigalau being 1500 metres high. These are among the highest mountains in Fiji. The hike to the lake is a little difficult. The track is often muddy and therefore slippery. The round-trip trek takes about 8 hours, which includes rest stops and time for lunch. The track starts at Naqara. It is also possible to take a four-wheel drive vehicle [weather and road conditions permitting], which takes a slightly different route and arrives at a point from which you look down on the lake [but can't get to the lake].

WAITAVALA WATER SLIDE:

About a 25-minute drive south from the house. This natural 100-metre-long water slide is a picturesque spot - secluded, verdant, and fun to explore. The water slide is great fun, a little tricky but worth the ride. Kids love it. Wear some old shorts. There is a sign on the left of the road heading south, about five minutes out of the 'town' of Naqara.

WAIRIKI MISSION:

About a 30-minute drive (which crosses the International Dateline) takes you to the lovely old Catholic mission at Wairiki. The drive crosses the official dateline marker. Be certain to stop and take a photo. The mission sits on the hill and overlooks the site where Taveuni warriors turned back thousands of Tongans in a battle, which was fought in canoes just off the beach. This battle was of historical significance in the history of Fiji, in that Tonga had gained control of all of the rest of Fiji through a series of battles.

The Taveuni warriors saved Fiji from the Tongans. The warriors then celebrated by cooking the Tongans in a lovo and eating them with breadfruit! The French Missionary priest who advised the Taveuni warriors on fighting strategy was "rewarded" when the grateful people of Taveuni built the large mission.

Guests are welcome to attend Mass on Sunday mornings at 7:00am, 9:00am and 11am. The singing is wonderful. Please remove your shoes before entering. Money is scarce on Taveuni, so you are encouraged to contribute to the offering. Saturdays, the children often gather at Big Cimba Cimba waterfall and swimming hole, just a minutes' walk from the mission. The children will also show you the path for a beautiful walk through Tavuke village. Sunday morning mass here should not be missed. When you hear the Fijian voices, you will know why.

Since the service is in Fijian, do not think of this as religion but more like a concert. A very special event. Stop at the dateline on return.

TUTU TRAINING CENTRE

If you have time, visit the Tutu facility next door to the church. Ask the locals how to go about this – it will change your life! The Tutu Rural Training Centre (Tutu) was established by the Society of Mary on Taveuni in 1969. The mission statement of the Centre is to provide a place/presence in which the people of Cakaudrove are empowered to become more autonomous and take charge of their lives in a rapidly changing world.

The Centre offers programs to prepare community members for rural self-employment. The courses now offered are the Young Farmers, Married Couples and Young Women's Course.

NA BOGI ONO FARMS:

Join Bobby for a most interesting day...bird watching, learn about medicinal plants, coconut and tropical fruit farm visits, dalo & yaqona farm visits, trekking in tropical rain forests, fish feeding, snorkelling and more. Two-hour bird watching is about FJD\$30. Both half-day & full-day highly diverse trips are offered at about FJD\$50 and FJD\$100 respectively.

Children under 12 are half price. To arrange, contact Bobby at 828-3677 or 923-8612. Prices may be incorrect.

KAVA BAR:

Taveuni now has a kava bar only 150 metres from our home. Turn left as you exit the house. This is a fun place to visit even if you think you may not wish to drink muddy water! Hot food is available, and you get to meet the locals. Highly recommended for a Fijian experience!

PARADISE TAVEUNI RESORT:

This resort is about 50 minutes from Cadra Ni Vula and is the author's favourite resort on the island. However, the drive is a little bumpy 😊

This is the perfect place to enjoy a seaside lunch, with superb snorkelling. By far the nicest resort in Taveuni (in the author's opinion.) Meals are a very modest price. The beer is cold and there is a good selection of wine. Take your swimmers for a dip in their gorgeous pool and a snorkel if you wish to admire the magnificent coral.

VUNA VILLAGE, BLOW HOLE AND NAVAKAWAU (END OF THE ROAD):

At the southern end of the island is located the village of Vuna, which played an important role in the settlement of the first Europeans on Taveuni. The original plantations and homes of these white people were within the jurisdiction of Vuna and thus the land was either purchased or bartered from the Tui Vuna (the chief of that area). Some of this land is still owned by the descendants of the original settlers. Beyond Vuna is a village (Navakawau) which has the distinction of literally being at the "end of the road" - this is where the road ends at the southern end of the island. It is a beautiful drive along rugged coastline. Best to combine this with horseback riding, followed by lunch and snorkelling at Paradise Taveuni Resort. 888 0125

DEEP SEA FISHING:

Makaira Resort (888 0680) provide a variety of charter options. Give them a call to discuss. Fly fishing, light tackle, casting, and big game. You have never tasted better sashimi than the yellow fin tuna caught just off the coast.

GENERAL FUN ON THE WATER:

Fishing for fun, snorkelling, sunset cruises, your own private boat for a day, etc. Byron can arrange these outings for you.

BUS TOUR:

Get on our local bus and see the island for a real Fijian 'slice of life'. Inquire of the 'locals' for the times. Make certain they know which direction you wish to go. You will need a Vodafone transit card. Ask Byron.

INTERNET SERVICES:



Use this QR code to connect to our Starlink Wi-Fi service. (updated: Sunday, 9 August 2026)

The TV has links to Netflix, Prime Video, Plex and Stan as does the Amazon Firestick). Use them as much as you like. A VPN is automatically activated if using the firestick (small remote)

While you are in the house and nearby you will have Wi-Fi access for your devices to call people using Messenger/WhatsApp/Facetime/Viber. If you don't think you need regular telephone contact with the world while out of the house, then don't bother purchasing a local SIM!

SNORKELLING & SCUBA DIVING

WAITABU MARINE PARK SNORKELLING TOUR:

You'll experience a terrifically enjoyable day of beautiful white sand beaches, great snorkelling, paddling from traditional BiliBili [bamboo] rafts, followed by tea/snacks, music and dancing. Accompanied by trained Fijian guides. This complete 5-hour experience costs about FJ\$70 per person [ages 8-12 years - ½ price]. Dates are dependent on tides. Best in calm weather. Snorkelling equipment included. Reservations required 24 hours in advance. Ring 820-1999.

KOROLEVU ISLAND SNORKELLING:

The small island off Garden Island Resort has good snorkelling and a beach with sand perfect for building sandcastles. Many guests take a picnic lunch, snorkel, and spend the rest of the time relaxing on the beach. Garden Island Resort runs several boats a day to the island.

RAINBOW REEF SNORKELLING:

One of the best snorkelling areas are the "underwater gardens" of Rainbow Reef. Getting there requires a boat. There are often multitudes of fish and the odd shark lurking about as well as the beautiful hard and soft corals. Much of the snorkelling is along the reef edge which begins in as shallow as a metre and which often drops away to 100 metres. Contact Jewel Bubble Divers, 888-2080 to see if they might have room for you in their boat.

CADRA NI VULA SNORKELLING:

Best time is right before high tide. This is great nearby snorkelling. If you feel up to it and the weather is good, you can paddle out on the kayaks. It looks a long way out, however you can stand-up anywhere most of the way out. Anemones with clown fish, hard corals, and small schools of reef fish, etc. Swimming at higher tides is very good and you can swim for long distances.

DIVING:

If you did not reserve diving arrangements prior to your arrival, then please do so as soon as you arrive. Spaces are limited. You will be picked up from the house. We highly recommend confirm all diving arrangements prior to arriving on Taveuni. Contact Julie Kelly +679 867 7513 for more information on diving and other water activity.

SHOPPING FOR FOOD:

Easy walking distance are Satish's store, 150 metres to the left as you leave the home or further on to SunCity store. All walkable. An even larger selection of food and beer/wine is available at Max Value store, a 20-minute drive down the coast. There are several supermarkets in Naqara, or another at the Meridian store further down the island. Fresh fruit and vegetables in Naqara (*nangara*) at the street markets.

ALCOHOL:

Fiji Bitter or Fiji Gold are great local beers. Spirits are outrageously expensive (you did buy the maximum duty free of 3L per person at Nadi I hope). The local spirits, sold as REGAL, are just ok.

SHOPPING FOR HANDICRAFTS:

Taxi drivers know of some decent handicraft shops down the island. There is a great handicraft stall in the village of Somosomo, about 20 minutes south. There is a sign on the left-hand side of the road as you approach the village.

TAXIS and GUIDE RECOMMENDATIONS:

A taxi to Naqara, the main shopping area, is about \$35. A taxi to Tramonto's restaurant for a sunset drink is about \$10 return. Never fear to ask the driver to wait or come back to pick you up. There is no such thing as 'waiting time' on Taveuni. Byron can arrange any event and provide a genuine guide. Employ the 'Bandboys' for an evening of music at home! It's cheap and heaps of fun.

The slightly irregular bus service is excellent value – you will need a 'Vodafone travel card', obtainable in Naqara, if you wish to regularly use this service.

POWER:

Cadra Ni Vula uses 240 volts, 50hz, the same power and plug that is provided in Australia and New Zealand.

SUNRISE:

Open your shutters at dawn or better yet go out on the front deck and enjoy our fantastic sunrises. Sunsets are best enjoyed at Tramonto restaurant.

MASSAGE:

While on Taveuni you owe it to yourself to try a traditional Fijian massage given by Tuvui or Serah. Please give them as much advance notice as possible and please don't forget to pay them directly. This is a truly wonderful way to begin or end a day. Contact Tuvui 873 1421 or Sarah 982 9941

GIFTS FOR OTHERS:

Yaqona (kava) for the village chiefs. Kava can be purchased at the local shops. In addition, t-shirts and flip-flops are always appreciated. Bags of lollies are very popular when visiting a village and can be bought at the local store.

RECOMMENDED THINGS TO BRING TO FIJI:

Use our binoculars for viewing the fantastic southern skies at night, and for dolphin/whale and bird watching. Flip-flop 'type' sandals, as on Taveuni one does not wear any footwear in the house and in most restaurants.

Some days you might be getting your footwear on and off numerous times a day. Rubber surf sandals are very good for exploring the reef during low tide periods. Sandals with heel straps are great for hiking to the falls, etc. A light plastic rain jacket for you know what. You will need to bring minimal clothing. Pack light. The 'lite' Fiji airways fare is much cheaper than a full fare. Bring decent sunblock with you. And any first-aid items you might need. No pharmacy on Taveuni!

SWIMMING:

The waters of Fiji inside the reef are generally safe to swim in. The beach at the bottom of the steps at Cadra Ni Vula is very suited to young children as the beach shelves very gently. Swimming is best at medium to high tide.

Our pool on the deck is delightful and ideal for a skinny dip. The light for the pool and the pump is inside the house near the deck door close to the pool. An awning, if down, can be quickly erected if required. Ask Byron or Sepo (the gardener on Wednesday)

TIPPING:

Tipping is not recommended in Fiji. Give a few extra dollars for exceptional service if you must. Tipping is not the policy of the current government.

CONTACT INFORMATION AT CADRA NI VULA:

If family or friends wish to call you in Fiji, the international code for Fiji is +679. If you wish to ring family or friends in Australia, dial 0061 followed by the number required.

It is best to use a messaging service (FB messenger, Viber, Facetime, WhatsApp). If you have bought a SIM, dial *555# then choose internet plans. Choose a plan that equals the number of days you are staying. Your phone will show the plan choices. Should you wish to call an Australian number you will pay 15c a minute. Great value. Vodafone Australia is not related to Vodafone Fiji. Vodafone eSim's are not available online yet.

Viber is used almost exclusively in Fiji to call other people or businesses. Local calls, mobile to mobile or landlines are very overpriced.

NEARBY PLACES TO EAT:

TRAMONTO BY THE SEA:

A unique setting over the Somosomo Straits. Seafood, chicken, pizza, etc. Open daily for lunch & dinner. Coldest beer on the island. Small selection of wine and spirits. Excellent value with great sunsets.

Highly recommended.

Prices FJD\$20-50. Reservations at night suggested. Phone 962 2919. - walking distance for some...

COCONUT GROVE:

Right next door! A beautiful beach front setting; good cuisine; serving breakfast, lunch, and dinner 7 days. Dinner reservations and food choices before 11am required. Phone 888-0328. Mention you are staying 'next door' for special attention. Coconut Grove will deliver if required, right to your front door! Wander in in the morning, choose your meal and have it delivered after 7pm. Quite a treat.

AROHA RESORT AND RESTAURANT:

A little further away but great food, some say the best on Taveuni. Quality meals in a terrific environment and reasonably priced. They have the only espresso machine on the island. Owned by two younger Aussies!

Ring 8881882 to make a booking or just turn up. Highly recommended. Saturday night is steak night.

THE DIVE RESTAURANT AND COFFEE SHOP:

Quite close to Cadra Ni Vula and well worth a visit. Reasonable cappuccino, milkshakes, and snacks. Sometimes a full-on lovo and meke on a Wednesday night for about \$55 a head. Very worthwhile if you are new to Fijian culture. Right on the water before you get to Tramonto restaurant.

PARADISE TAVEUNI RESORT:

Perhaps the finest day trip on Taveuni. It is quite a drive but worth the effort. Inexpensive meals, cold drinks and excellent snorkelling and swimming. They have a lovely pool for you to enjoy. Terri and her great team will welcome you, say hello from us for the local's price.

FIJI TIME

One of the first things you'll notice when you get off the plane on Taveuni is a change of pace in the way people work, live and play. People here live by 'Fiji Time' and the best way to enjoy this unique outlook on life is to adapt to it for the duration of your stay.

What is Fiji Time? It is an attitude and a South Pacific phenomenon, which might best be expressed as 'time is not important'. Therefore the 11 o'clock bus occasionally leaves around 12:30pm; and it is also the reason why Fijians will interrupt almost anything they're doing to stop and chat with you. People and events taking place right now are given priority over schedules and appointments.

In the Fijian culture, rushing is rude and once you've settled into Fiji Time, the world will seem a different place. People smile more, they laugh often, and they always have time to watch the sunset, gossip, play with children, sing, or listen to music. On the island of Taveuni, time is something to be enjoyed, not measured.

VISITING FIJIAN VILLAGES

A visit to a Fijian village can be a fascinating and enjoyable experience giving a unique insight into the true Fijian way of life. Before you think about going into a village, you should familiarise yourself with certain protocols. Fijian villages share the intimacy of a large family and welcome guests who respect their customs. Much of Fijian living, especially in the village, is done outdoors, and this makes the entire village a private home.

Don't just stroll into a village. Instead, wait nearby for someone to approach and greet you, then ask them if you may see their village. You will be taken to the Turaga Ni Koro [village chief], to whom you should present some yaqona [kava] as a sevusevu (gift) of respect. Kava can be purchased in its un-pounded form from almost any market or local store. A few dollars' worth is sufficient. Provided the village is not busy with some important activity, such as a wedding or funeral, the Chief will appoint a guide to show you around.

All visitors should show respect to the villagers' customs by following some simple rules:

Both men and women should dress modestly, with below-the-knee clothing and shoulders covered. Hats and sunglasses are seen as disrespectful in the village environment. Don't forget to take off your shoes before entering any building.

Some rules:

- Don't touch Fijians on the head.
- Don't point at people either with your hands or with your feet.
- When sitting, sit cross-legged [if possible]. If sitting with your legs out, be certain not to point your feet towards other people.
- Always stay with your assigned host. If other villagers ask you to accompany, politely point out that you are with your host, but would be honoured to visit them some other time.
- Remember it is customary for Fijians to invite visitors to eat with them and share whatever they have. Don't raise your voice – this is interpreted as anger.
- Be cautious with praise. If you admire an object too much, the owner will feel obliged to give it to you, whether he or she can afford to.
- Visits can be made any weekday or Saturday. Sundays are special days for the village, for worship and spending time with the family.
- If visiting on a Sunday, be certain to arrive in time for the church service. Dress in clean clothes. You will discover the singing in church truly beautiful. After the service everyone gathers around the village for a while in a 'social'.
- Fijians are renowned for their hospitality, and no visit to this colourful country is complete without experiencing a little of village life. You will find that the more respect you show for local customs, the warmer your village welcome will be.
- Don't hesitate to take photos, as Fijians consider it an honour to have their pictures taken.

FIJI MONEY EXCHANGE:

Use the ATM just outside the custom's area at Nadi Airport (Westpac). Or use the ATM at the domestic terminal (ANZ and BSP) before your flight to Taveuni. There is an ATM in Naqara at the Bank of South Pacific, on your left as you drive into town.

There are very few places on Taveuni that accept credit cards and those that do normally add a surcharge of 5% to your bill. 'Cash is King' Leave your credit card at home is my advice.

If you pay bills on Taveuni with foreign currency, you will receive a VERY unfavourable exchange rate. The bottom line - get more money than you think you will need. You can always exchange back into your local currency prior to departing Fiji. There are two ATM machine on Taveuni which have been known to be unavailable. Debit cards accepted are Westpac, ANZ Debit, Visa, MasterCard, Cirrus, and Maestro plus local Fijian banks.

DUTY FREE PURCHASES:

On arrival in Nadi, in the baggage claim and Customs area there is a duty-free store. In October 2025 the maximum allowance is 3L per person over the age of 18. You must make your duty-free purchases PRIOR to departing the Customs Hall. This is by far the best place to purchase spirits, wine, etc. as they offer the widest selection and absolutely the lowest prices in Fiji. If travelling Fiji Airways, shop at Prouds for an additional discount by showing your boarding pass.

Beer/wine/spirits can also be purchased on Taveuni at the Max Value store about 20-minutes down the island and at the small supermarket about 100 metres from Cadra Ni Vula, yet at prices considerably about double than at the duty-free store upon arrival.

Tip: The local gin is reasonable, and the whisky (black label Regal) is remarkably good! The rum is passable. There are three local beers. Fiji Gold has fewer carbs (Australians think XXXX), Fiji Bitter is as the name implies. It is very hard to find imported beers on Taveuni. They are all relatively expensive and that is why we suggest stocking up on the way into Fiji at Nadi duty-free.

SOME USEFUL PHONE NUMBERS:

EMERGENCY FIJI: 911

- | | |
|--------------------------------|---|
| • Byron Fisher | 863 6673 |
| • Coconut Grove Resort | 888 0328 |
| • Police post Matei: | 888 0222 (next to the airport terminal) |
| • SunCity store, food & liquor | 888 0462 |
| • Taxi: Samir | 902 8375 |
| • Taveuni Hospital | 888 0444 |
| • Tramonto Restaurant | 962 2919 |
- Telephone exit code to call overseas is 00 for calling any country.
 - For example, to call Australia: 0061 411 1111
 - Calls to an Australian number from your local-sim-equipped mobile phone cost 15c per minute (Vodafone only)

FIRE: Taveuni has three fire appliances that are based 35 minutes away. The house is well equipped with smoke detectors in each bedroom, a fire extinguisher in the kitchen and a fire blanket. There is also a large extinguisher next to the generator room, another in the garage. The caretaker's cottage has a fire extinguisher and a fire blanket. Absolutely no smoking is permitted in the house. EVER.

LET'S SPEAK FIJIAN!

Nothing breaks down cultural barriers and kindles friendships like learning some of the local "lingo". Wrap your lips around the following tricks to correct Fijian pronunciation:

The letter "b" is pronounced "mb"

"q" is "ngg" (like finger) – So the Fijian name Beqa is pronounced Mbengga "c" is "th" ('then')

"a" is a long sound (like "master") – so the Fijian place name Laucala is spoken Lauthala "i" is long (like 'reef')

"e" is short (like 'step')

"u" is short (like 'dune') – so the big island of Fiji, Viti Levu is pronounced Veetee Lehu "d" is nd – so the place name Nadi is pronounced Nandi

Say "bula" Whenever meeting or greeting in Fiji or when someone sneezes (like "bless you!")

"Yadra" (Yandra) Good morning!

"Moce" (moceh) Goodbye/Goodnight "Vinaka" (vinakah) – thank you "Kana vinaka" – Delicious food!

"Tulou" (toolow) – Excuse me; used when crossing in front of, or behind a seated person and when reaching above a person's head.

"Vakamalua" (vakah mah loo-wah) – Slowly "Dua tale" – (Doer Tahleh) – One more!

With thanks to the Australian High Commission

If you would like a copy of this document, please email the author at: taveuni.holidays@gmail.com