



Study Tours in the Fiji Islands

Psychology (Mental Health)

Itinerary Template



Psychology (Mental Health)

Itinerary Template

DAY	Morning		12:00PM	Afternoon	19:00PM	Evening	
Day 1 (Sun)	N/A	N/A	N/A	Airport Pick Up & Transfer to Suva Accommodation	Dinner (Included)	Check In	Free
Day 2	Breakfast (Included)	Transfer from Accommodation to USP Laucala Bay Campus USP Session 1 + 2	Lunch (Included)	Pacific Dance & Arts Class - USP Oceania Centre of Arts & Culture 'Amazing Race' activity with USP students Transfer to Accommodation	Dinner (Not Included)	Free	Free
Day 3	Breakfast (Included)	Transfer from Accommodation to USP Laucala Bay Campus USP Session 3 + 4 (Panel Session)	Lunch (Included)	Field Visit - Pacific Centre for Environment & Sustainable Development Transfer to Colo i Suva Rainforest Park Field Visit - National Heritage Site (Jungle Trek / Rock Pools) Transfer to Accommodation	Dinner (Not Included)	Free	Free
Day 4	Breakfast (Included)	Boat Transfer for Field Visit Field Visit - Leleuvia Island (Workshop – Leleuvia Environmental Programmes Coral Farming & Turtle Tagging & Shark Sanctuary & Tree Planting)	Lunch (Included)	Case Study - Coral Farms & Reef (Snorkelling) Free Time / Activities (Paddle Boarding, Kayaking etc.) Boat Transfer to Accommodation	Dinner (Not Included)	Free	Free
Day 5	Breakfast (Included)	Transfer from Accommodation to USP Laucala Bay Campus "Psychology in the Pacific Academic Session & Q&A" "Social Work in Fiji Academic Session & Q&A"	Lunch (Included)	"Field Visit - Ministry of Health & Medical Services Wellness Unit" Summary / Discussion Session Transfer to Accommodation	Dinner (Not Included)	Free	Free
Day 6	Breakfast (Included)	Transfer from Accommodation to USP "Local Organisation Session 1 & Action Challenge Intro Youth Champs for Mental Health" "Local Organisation Session 2 Psychiatric Survivors Association"	Lunch (Included)	Field Visit - Homes of Hope Summary / Discussion Session Transfer to Accommodation	Dinner (Not Included)	Free	Free

Day 7	Breakfast (Included)	Transfer to Fijian Community (Immersion) Village Arrival		Lunch - Community (Included)	Pacific Skills - Weaving / Language / Meke (Dance) Village Time - Community Sports / Games	Dinner (Included)	'Family Night'	Free
Day 8	Breakfast (Included)	Sabbath Morning (Attend Village Church Service)		Lunch (Not Included)	Sabbath Afternoon (Free)	Dinner (Included)	'Family Night'	Free
Day 9	Breakfast (Included)	Community Workshop 1 (with Local Youth Members) <i>Youth Champs for Mental Health</i>		Lunch - (Included)	Intervention Action Project - Group Reflection Session Transfer to Colo i Suva Rainforest Park Field Visit - National Heritage Site (Jungle Trek / Rock Pools)	Dinner (Included)	Social Activity - Kava	Free
Day 10	Breakfast (Included)	Leaving Ceremony - Village Transfer from Village to Suva Accommodation		Lunch - (Included)	Laucala Bay Sports Facilities - Mixed Sports & Swimming Transfer to Accommodation	Dinner (Not Included)	Free	Free
Day 11	Breakfast (Included)	Transfer from Accommodation to USP Laucala Bay Campus USP, UNDP, AFG Session 5 + 6		Lunch - (Included)	Visit - Australian High Commission Transfer to Accommodation	Dinner (Not Included)	Free	Free
Day 12	Breakfast (Included)	Transfer from Accommodation to USP Laucala Bay Campus USP Research Students (Various Fields)		Lunch (Included)	Activity - Sail on the Uto ni Yalo (Traditional Polynesian Sailing Canoe) Summary / Discussion Session Transfer to Accommodation	Dinner (Not Included)	Free	Free
Day 13	Breakfast (Included)	Transfer from Accommodation to USP Laucala Bay Campus Presentation Preparation - Action Challenge		Lunch (Included)	Student Presentations - Action Challenge Conclusions & Reporting Session (USP) Celebration & Farewell Tea Transfer to Accommodation	Dinner (Not Included)	Free	Free
Day 14	Breakfast (Included)	Transfer to Nadi Accommodation		Lunch (Not Included)	Free	Closing Dinner (Included)	Free	Free
Day 15	Breakfast (Included)	Group Meeting	Checkout & Bus Transfer to Nadi / Departure					