



Get ready to study in the Pacific

Manaaki New Zealand Scholarships
Pre-departure Workbook



MANAAKI
NEW ZEALAND
SCHOLARSHIPS



NEW ZEALAND

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Introduction



Congratulations on being awarded a Manaaki New Zealand Scholarship!

You should feel very proud of your achievement, and we hope you are excited to begin your Manaaki scholarship journey in Fiji.

As a Manaaki scholar, you represent the very best of your country. You received this scholarship in recognition of your talent and potential, the commitment you have made to your own education, and to realising the goals and aspirations of your families, communities and countries.

Manaaki New Zealand Scholarships empower problem solvers, change makers and highly capable individuals to pursue their potential to become leaders in their communities and countries. As a recipient of this scholarship, you will gain a world-class education, an authentic Fijian experience and the tools to help your country achieve the future it deserves. You will also build life-long connections – with others and with Aotearoa New Zealand and Fiji.

This Manaaki New Zealand Scholarship will be transformational for you. The entire experience, from developing your mind and your career to enjoying Fijian lifestyles and cultures, has the potential to shape your life in the most enriching ways.

The New Zealand Government, through the Ministry of Foreign Affairs and Trade (MFAT) has been demonstrating manaakitanga through this prestigious scholarship programme since 1951, over 70 years of developing careers, communities and countries. You are now a part of this awesome legacy.

We welcome you to the Manaaki New Zealand Scholarship Programme and look forward to welcoming you to Fiji.

How to use this workbook



This pre-departure workbook is designed to give you the information you need before moving to Fiji. Living away from home is an exciting time for many international students but can be a challenge. To make sure you feel confident, prepared, and excited about your arrival in Fiji we've compiled some useful things to know.

This booklet doesn't go into detail about your education institute specifically, this is because you will receive an orientation from them when you arrive.

There is a lot of information here, so take your time reading it. Take breaks, do the activities, talk to your friends and family about any questions or ideas and try visit the websites mentioned in here.

If you have questions or anything is unclear, write them down as you go. If you are able to attend a Pre-Departure Briefing in your home country, you can ask the Ministry of Foreign Affairs and Trade (MFAT) representative. If you don't have a briefing session in your country, ask the Coordinator Student Engagement (CSE) in the Regional Scholarships Team (ReST) at FNU, or the Liaison Officer at USP at your education institution.

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About your scholarship





Around 1,500 Manaaki New Zealand Scholarships are funded by MFAT and administered by Education New Zealand Manapou ki te Ao (ENZ) each year.



Scholars come from most countries in the **Pacific**, as well as from selected countries in **Asia, Africa, Latin America, and the Caribbean**.



The New Zealand Government is proud to offer these scholarships as part of our mission to **contribute to a more secure, equitable and prosperous world**.

Conditions of your scholarship

It's important you know and understand the conditions of your scholarship.

Please make sure you keep a copy of your Scholarship Letter of Offer, which includes the scholarship conditions.

You agree to:

- regularly attend class, submit all compulsory assignments, and sit all exams;
- adhere to the Code of Scholarship Student Conduct;
- care for any family members with you in Fiji and ensure adequate financial support for them;
- inform your CSE/LO immediately of any academic or personal factors that may affect your ability to continue with your studies or scholarship;
- return to your home country at the end of your scholarship.

Code of Scholarship Student Conduct

As a representative of your home country, the scholarship, and your education institution, we expect and require a high standard of behaviour from you at all times during your scholarship. While you are on scholarship, you must adhere to the Code of Scholarship Student Conduct at all times www.nzscholarships.govt.nz/conductrequirements-of-new-zealand-scholars/.

Required behaviour includes treating people with respect, behaving with honesty and integrity at all times, obeying the laws of your study country, and not engaging in violent behaviour.

To do



- ☐ Find the conditions in your Letter of Offer and read them.
- ☐ Read the Code of Conduct attached to your Letter of Offer.
- ☐ If you have any questions about the conditions of your scholarship, write these down to ask at the Pre-Departure Briefing or email your CSE/LO.

Coordinator Student Engagement / Liaison Officer

Your main contacts and source of support in Fiji are:

- At FNU, the Coordinator Student Engagement (CSE) at your education institution's Regional Scholarships Team (ReST)
- At USP, the Liaison Officer (LO).

They are there to help you, whatever the circumstances. It's important you keep them informed.

What your CSE/LO will do

- Arrange travel to and from your home country and help you make accommodation arrangements.
- Give you advice about entitlements, study, insurance and the community you will be living in. They will also help if you have any problems.
- Make recommendations to your scholarship provider about any changes to your scholarship, for example if you ask to defer your course.
- Monitor your academic progress and keep your scholarship provider advised.

What you are responsible for

- Keeping up to date with arrival tasks such as getting everything in order for your accommodation.
- Telling your CSE/LO if you are having problems (personal or academic).
- Letting them know if something happens that may affect your studies.
- Telling them if your circumstances change (for example, you get married or become pregnant).
- Giving them your up-to-date address and contact details both in Fiji and in your home country and telling them if you move.

If you are struggling with budgeting or debt, have health problems, or have issues with your family which are causing you concern, your CSE/LO can help you. The sooner you ask for help, the better you can get help tailored to your situation.



To do

Research your education institution

- ☐ What city is it located in or near?
- ☐ How many students study there?
- ☐ What faculty is your study programme in? (e.g., Faculty of Science).
- ☐ Who is the dean of that faculty?
- ☐ Look up a campus map. Where on campus is your faculty located? Where is the International Student Office?



QUIZ

Scholarship conditions



Circle the correct answer.

- 1) **At the end of your scholarship, you must return to your country for at least:**
 - a. Five years.
 - b. Two years.
 - c. The same duration of time as you were in Fiji.
- 2) **Which of the following statements is not part of the Code of Conduct?**
 - a. Scholars must act with honesty and integrity at all times, including when submitting assignments.
 - b. Scholars must not engage in behaviour that damages the reputation of their home country, their family or themselves.
 - c. Scholars must not drink any alcohol.
- 3) **In order to make 'Satisfactory progress' in your studies, you must:**
 - a. Sit all exams and complete all compulsory assessments.
 - b. Regularly attend classes.
 - c. Undertake any preparatory programme required by the education institution.
 - d. All of the above.
- 4) **Once you have completed your scholarship, you must leave Fiji and return to your home country:**
 - a. Within 14 days.
 - b. Within 3 months.
 - c. Within 2 years.
- 5) **Your scholarship value includes:**
 - a. Full tuition fees.
 - b. Health insurance.
 - c. Travel costs for family to accompany you to Fiji.
 - d. a) and b).

Answers: 1) b. / 2) c. / 3) d. / 4) a. / 5) d.

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Travelling to Fiji



To do before you leave your home country



- ☐ Confirm travel arrangements with your education institution.
- ☐ Arrange your accommodation with the help of your education institution.
- ☐ If you are going to live in a private shared accommodation, plan it well.
- ☐ Make sure you have any documents you need meet your conditions of offer. Your education institution will provide you with the acceptance letter required for a Student permit (see below). Talk to your CSE/LO if you need help with the application.

Study Permits

You will require a [Study Permit \(immigration.gov.fj\)](https://immigration.gov.fj).

You can apply online, and as a regional scholar you are able to enter Fiji and apply for your study permit in Suva, however you are encouraged to submit your application before arriving to minimise time in the country without a permit.

The [Fiji Government's Immigration website](https://immigration.gov.fj) includes more information.

Your CSE or LO will provide some support, but you are ultimately responsible for getting your permit promptly.

Whenever in doubt, contact your CSE/LO in the first instance for advice.

What to bring to Fiji

Make sure to carry at least FJD\$400 for when you arrive, you may need more.

Documents you will need:

- plane ticket;
- passport with copy of Student Permit or application number;
- Scholarship Letter of Offer;
- Institution Placement Offer;
- any certified documents required to meet conditions of your Letter of Offer;

- certified copies of your birth certificate and, if you are married, your marriage certificate;
- receipts for costs you need to claim back in Fiji from your education institution (e.g., immigration medical check costs, IELTS test costs, student permit application fee).

Tip



Make copies of your documents and keep them together. You may also want to scan copies and email them to yourself - that way you can always print out extra copies if needed.

Fiji Customs checks

To avoid pests and diseases, Fiji has strict rules about what you can bring into the country.

You will be asked to:

- fill in a Passenger Arrival Card or other Traveller Declaration;
- tell the inspectors about any risk items ('declare' them);
- throw the items away or, if you want to keep them, have them inspected for any contamination.

Your bags may be inspected even if you don't declare anything.

If you are carrying prescription medicines or controlled drugs, you should have a prescription from your physician advising that the medicine is being used under a doctor's direction and is necessary for your physical well-being

Note: Please ensure that you have done your own research and are familiar with Fiji's biosecurity requirements. There is more information about these on the [Biosecurity Authority Fiji's website](#).



Note: You can fill out a [Traveller Declaration](#) online before leaving your home country. There is a paper declaration form available for travellers who cannot complete it online.



When you arrive

If you couldn't get Fijian dollars in your country, make sure you exchange money at the airport once you arrive in Fiji.

If you are travelling without dependents, your education institution will arrange for someone to meet you at the airport and take you to your accommodation. Please follow the arrival processes as advised by your education institution. Not all education institutions manage arrivals in the same way, so it is important that you know what to expect.

Within your first few days in Fiji, the CSE/LO will provide an arrival meet-and-greet briefing. This will provide you with practical information and assistance to support you with settling in smoothly to your studies and life in Fiji. This will include help with opening a bank account.



Other travel information

It's important to know that not all travel costs are covered by your scholarship.

Costs that are not covered:

- passport costs, including renewal of passports;
- incidental travel costs, such as snacks, phone calls and taxis;
- unaccompanied and excess baggage costs;
- all travel costs for your partner and/or children if they are travelling with you.

This list applies to all travel funded by your scholarship, including travel during the scholarship. You will need to make sure you have money available to you for this purpose.

On award travel entitlements

Your scholarship provides for four kinds of travel.

1. Initial travel
2. Reunion travel
3. Other travel
(compassionate, home located research, etc)
4. Final travel

Postgraduate students undertaking thesis research may also be entitled to home-located research travel funding.

Talk to your CSE/LO about reunion travel and compassionate travel, as there may be restrictions.

Initial travel

- Travel at the start of the scholarship from the closest departure point to your home (whether that is an airport, bus terminal, train station or seaport) to the town or city where you will be studying.
- Flights will be economy class ticketing on the most direct route possible.
- Overnight accommodation and an allowance for incidentals for unavoidable stopovers is provided, if these costs are not covered by the airline.

Reunion travel

- Travel at any time during the year so long as it does not interfere with your study and is approved by your institution.

Reunion travel is provided to enable you to return to your home country for visits during your scholarship. This will help you to maintain connections with your family, employer or potential employer and your community, even if you are away from home for an extended time. The same conditions apply as for initial travel.

Note: Reunion travel is only once per annum and is based on the duration of the scholarship. Only scholars who have duration of scholarship of more than 1.5 years (548 days) are entitled to reunion travel.



Other travel

- Compassionate travel can be used only in the event of the death of a family member.
- You may also be entitled to travel for compulsory practical sections of your course (for example, teaching placements), or overseas field work for postgraduate students.

How to make travel arrangements

Your CSE/LO will organize all initial travel, reunion travel, final travel and some other forms of eligible travel. You are responsible for your own arrangements if you are travelling within Fiji or returning home more than once per annum. You are expected to provide your CSE/LO with plenty of time to make travel arrangements, please refer to your institutions travel request policy for specific details. Good practice is you give at least one months' notice for all travel.

Note: It is important to know that all travel entitlements provided by the scholarship are for the scholar only and do not include family members. If you are planning to bring your family with you, you will be responsible for all costs associated with their travel at any time during your scholarship. Make sure you have travel insurance for your family which will cover costs in the event of an injury or death which requires them to travel unexpectedly. The New Zealand Government expects all scholar travel arrangements to be made via your CSE/LO. Failing to do so may mean costs are incurred by you.



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Living in Fiji

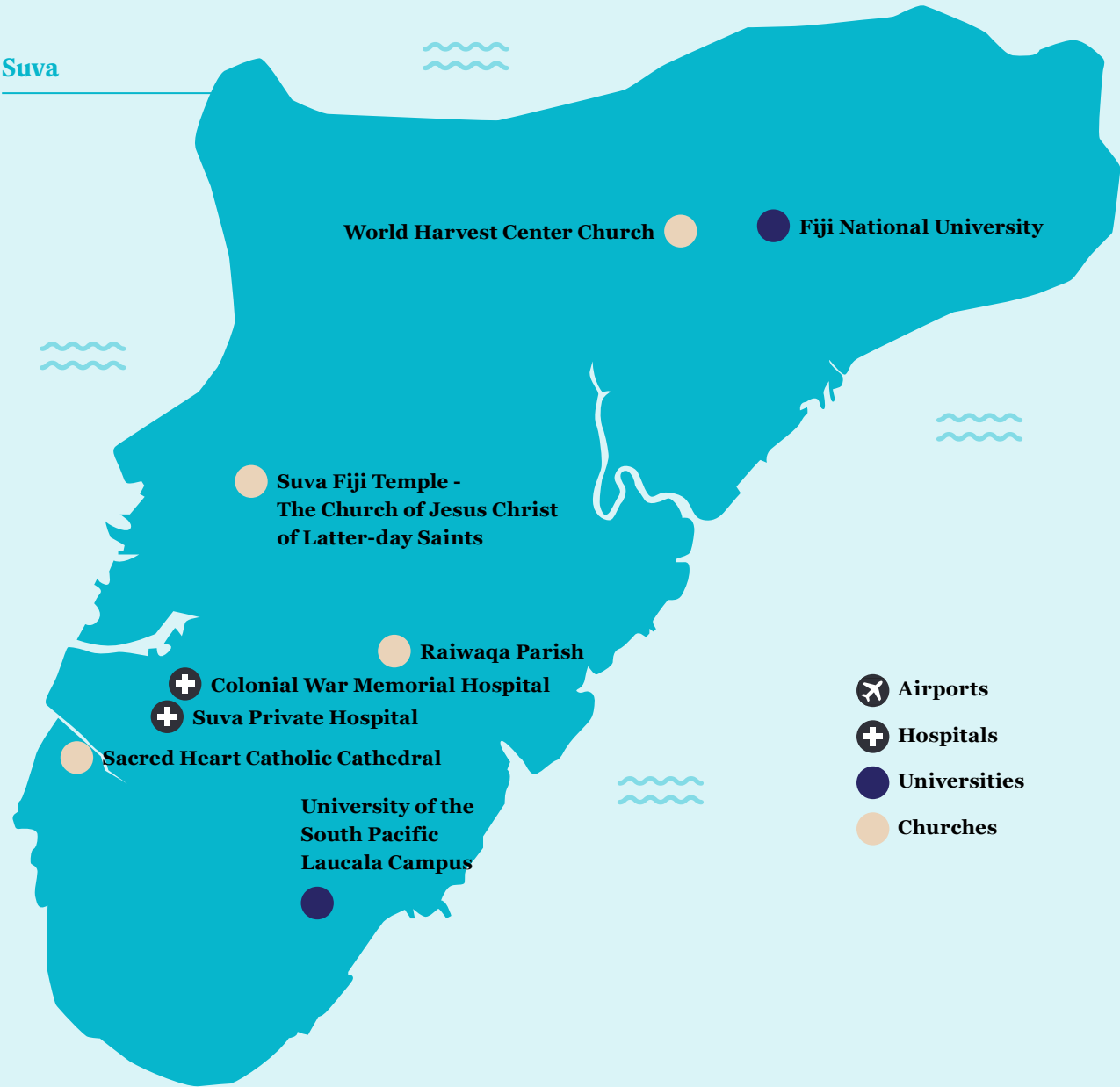


Map of Fiji

Viti Levu
(main island)



Suva



Getting established in Fiji

Establishment allowance

You will receive an Establishment allowance soon after you arrive in Fiji.

FJD\$2,250 at the start of your first year and FJD\$750 at the start of each full year after that.

The purpose of an establishment allowance is to meet the costs of setting yourself up in Fiji.

Bank accounts

You need to set up a bank account as soon as you have your study permit from immigration as stipends will not be paid if you do not have a local bank account. Once you receive a letter from your university confirming you are on scholarship, you will need to book an appointment at a bank to open an account. NB: At FNU, payments are made through foreign exchange until such time as the students open a bank account.

Please note that prior to setting up the bank account you will need to create a Tax Identification Number with the Fiji revenue and Customs Service after you have received your visa. You can apply online using this link [FRCS – Fiji Revenue and Customs Service](#). The main requirements for applying for a TIN is passport biodata page, permit/visa, scholarship documents and a colleagues TIN number.

BSP is the recommended bank, but you are entitled to set up accounts with whoever you see fit.



Note: Single first year students will usually be accommodated on campus



Things to think about:



- The establishment allowance will help you establish yourself in Fiji but may not completely cover all the basic costs of setting yourself up in the first few weeks.
- It is very common in Fiji for landlords to charge one week's rent as a 'letting fee' for new tenants, plus four weeks as a bond (money held in security to cover any damages), on top of your first rent payment which is made up front. That means you may need the equivalent of up to seven weeks' rent money paid up front when you first move into rented accommodation.
- Depending on your individual situation, your establishment allowance should cover accommodation and course costs, and possibly some of the other expenses in the first few weeks like food, climate-appropriate clothes, public transport fares, cellphone set up and phone calls.
- Your first living allowance should be received within two weeks – check in with your CSE/LO for more information.
- Although it seems like a lot of money, your establishment allowance is needed to meet your basic costs when you first arrive in Fiji. It should not be used for major purchases like laptops or cellphones or sent home to support family members. You must pay for essential costs like rent, bond, deposit and textbooks before buying anything else.

Healthcare and Insurance

You are covered for medical insurance while in Fiji.

Your CSE/LO will send you the insurance documents for your completion before you leave your home country. Ensure you declare any pre-existing conditions

Make sure you submit your documentation promptly otherwise you will not be covered. Insurance cannot be back dated.

You should make sure you read and understand the insurance plan and what is provided. Your insurance will not cover everything. Many costs like going to the dentist or reproductive healthcare are not included. Check your policy.

If you do feel unwell at any stage during your scholarship, we recommend that in the first instance you should use the free medical facilities made available by your institution.

Your CSE/LO can provide you with information about health centres or clinics available for registered students to attend.

Public hospitals are not free and if you do require hospitalization you will be charged a fee.

Claiming insurance

- You will register for insurance when you enrol for your courses.
- You pay for health care costs such as doctor's visits and prescriptions and the insurance company pays you back.
- Make sure you keep your receipts to give to the insurance company.
- If you are unsure, speak to your CSE/LO.

Getting insurance for family members

For your partner and/or children to be covered under your health insurance policy, you will need to pay for a more expensive partner or family option. You would choose this option with the help of your CSE/LO.

Managing your money

Accommodation options

How you manage your money will depend on your accommodation arrangements.

First-year accommodation for new undergraduate, unaccompanied scholars is arranged with support from the education institution in the study country.

Accommodation is not arranged for those scholars who arrive in the study country accompanied by dependents or for scholars undertaking postgraduate studies.

The main types of accommodation are student hostels or halls of residence, living with a Fijian family in a homestay or private board, or renting a house or apartment ('flatting') on your own or with others ('flatmates').



Things to think about:



- Accommodation – [The University of the South Pacific](#)
- Accommodation – [Fiji National University](#)
- If you plan to live in rented accommodation (rather than on campus), we recommend that you seek advice from the ReST office about the options available.
- What are the average rental costs in your city? Find out more about average rent prices on [Cost of Living in Suva \(updated prices May 2025\)](#).

If you'll be renting, think about:

- If your family is coming with you, how many bedrooms will you need?
- How much would you need to spend on furniture?
- How far away are you from campus?
- How much will it cost you to travel there?

If you'll be living in campus accommodation, think about:

- Have you got confirmation of where you will be living?
- What is included in this accommodation – are furniture, utilities (electricity, internet, etc) or meals part of the cost of rent, or do you need to pay for these separately?
- How far away is your accommodation from campus?

Organising your day-to-day life and activities

Living allowance ('stipend')

Your living allowance will be paid into your bank account fortnightly in arrears, which means at the end of every two weeks.

Because your living allowance is paid in arrears, you will not receive your first living allowance payment until two weeks after you arrive in Fiji. You need to take this into account in your budgeting for the first few weeks.

The standard stipend for pacific based scholars is currently FJD\$659 and is paid for 52 weeks a year for the duration of their study.

Working while you study

The Fijian Government does not allow Manaaki Scholars to work whilst on a study permit.

We strongly recommend that you keep this in mind when considering your budgets.

Completing your scholarship in the agreed time must be your top priority.

Budgeting basics

You will have to budget carefully to cover your basic expenses on your living allowance. Any extra spending will need to come from personal funds.

The amount you spend on living costs depends on your needs and habits. The scholarship stipend is calculated to support basic necessities for a single scholar whilst studying. We recommend you do your own research based on your spending habits to ensure you have sufficient funds over the course of a year.

Make sure you put money aside for when unexpected costs arise. You won't have enough money to support a family on your living allowance or send any money home. Scholarship entitlements are limited.

Money terms

The following payment methods are available in Fiji:

- Cash
- Bank cards
- Apps such as M-PAiSA (Vodafone app, only supported on Vodafone numbers) and MyCash (Digicel app, only supported on Digicel numbers). Apps can be downloaded from Google Play Store.
 - M-PAiSA is a mobile money service in Fiji, offered by Vodafone, that allows users to send and receive money, pay bills, and make purchases using their mobile phones. Visit this link for more information: www.vodafone.com.fj/personal/m-paisa/m-paisa-imt
 - MyCash is a service offered by Digicel that allows customers to receive, store and spend money by just using their Digicel mobile phone. Visit this link for more information: www.digicelpacific.com/mobile/fj/promotions/learn-more-about-mycash

Bills

If you live in a flat, you will need to be organised and budget carefully. Your regular housing expenses will include:

- rent
- electricity/gas
- phone
- internet
- appliances

Some houses use gas for cooking and water heating and electricity for everything else. Most accommodation comes with basic appliances, however you may need to purchase basic items.

Food

If you live in a flat or in a hall of residence without meals included, you will need to pay for food out of your living allowance.

The larger and often less expensive supermarkets are normally found outside the main city in the suburbs. Please ask your CSE/LO what the cheapest options for you are in your city.

If you shop at central supermarkets and prepare all your food at home, food will cost approximately FJD\$60–\$70 per week for one person.

If you prepare some food at home and buy one meal per day from a cafe or takeaway, you will spend approximately FJD \$150 per week.

Item	Cost (\$FJD)
Milk (whole, cows, 1 litre)	\$2.80
12 eggs	\$7.40
White bread	\$1.20
Rice (white, 1kg)	\$2.50
Chicken fillets	\$15.50 per kg
Public Transport	\$1–\$3 (one way)
Take-away meal	\$10–\$20
Restaurant meal	\$20–\$40

Note: You can save money if you shop at the lower priced supermarkets, use the weekend vegetable markets, and watch for specials on meat.



Socialising

Socialising in Fiji often revolves around cultural traditions, communal activities, and experiencing the friendly local culture.

Key aspects include engaging in cultural events, participating in community projects, and learning about local customs like kava drinking and traditional storytelling.

Enjoy the outdoors – you can enjoy outdoor activities such as snorkeling, diving or hiking.

Visit Fiji Travel to find out about things to do in Suva: www.fiji.travel/things-to-do/hikes-walks/the-best-walks-and-hikes-in-fiji



Dependent family: Deciding to bring your partner and/or children to Fiji

A big decision

You need to think very carefully about bringing your family to Fiji during your scholarship.

The scholarship will not fund your partner and/or children to travel to Fiji. An accompanied stipend rate is available to support eligible scholars to help meet some of the costs of dependants who join them in Fiji. To be eligible for the accompanied stipend rate, you must have provided the institution with full written details of your immediate family members, and passport entry evidence that an immediate family member has joined you in Fiji.

The accompanied stipend rate is estimated to meet modest living costs for up to two adults and two children (19 years or younger) while in Fiji. It will not be sufficient to cover travel and related costs, nor living costs for large families.

If you decide to bring your partner and/or children to Fiji, you need to plan very carefully and advise your CSE/LO as early as possible and definitely

before they arrive. Also, we recommend you should come to Fiji first to arrange accommodation, get settled, and prepare yourself for your course. You will be responsible for paying for all costs including: family travel, immigration (for example passports, entry permits, and airport departure tax), travel insurance, any living expenses not covered by the accompanied stipend, medical/healthcare, school fees and childcare. We recommend you wait at least six months before they join you to give you enough time to settle into life in Fiji and find suitable accommodation and schooling.

You must keep your CSE/LO up to date with your dependents location, if they depart Fiji and you do not inform your CSE/LO, you may be liable to repay any accompanied stipend claimed during that period.

Visas and immigration

You must make sure that your spouse or partner and any dependent children who accompany you to Fiji hold current passports.

You also need to ensure that their passports are valid for at least six (6) months longer than the expected completion date of your scholarship. You, and your spouse or partner, are responsible for applying for a passport, if required, and for paying all of the necessary costs.

Your partner may be eligible to apply for a work visa or visitor visa and any school children will be eligible for student visas.

You and your family can only apply for the necessary permits after you have provided your institution with complete family details. The institution must acknowledge receipt of these details before you and your family can apply for permits.

You can find information about immigration and visa requirements on the Fiji Immigration website: [Fiji Visas – Fiji Immigration Department](#).



Working in Fiji

As scholars are expected to study full time, and your Fijian study permit prohibits working, you are not entitled to work while on scholarship, unless the work is an unpaid work attachment or other approved and compulsory practical training component.

Your spouse or partner may be able to obtain a work permit for the duration of your scholarship. However, even if your spouse or partner is able to obtain a work permit in the study country, it may be difficult for them to find work. The work that is available may not be in the occupation that they worked in at home, or it may not provide a sufficient income.

Schooling

If your children are aged between 6 and 16 years, they must be enrolled in a primary or secondary school.

All children who are enrolled must attend classes. If any of your children aged between 16 and 19 years are not enrolled in school, they must comply with the relevant conditions of their visa/permit.

Health care and insurance

Claiming insurance

- You will register for insurance when you enrol for your courses.
- You pay for health care costs such as doctor's visits and prescriptions and the insurance company pays you back.
- Make sure you keep your receipts to give to the insurance company.
- If you are unsure, speak to your CSE/LO.

Getting insurance for family members

For your partner and/or children to be covered under your health insurance policy, you will need to pay for a more expensive partner or family option. You would choose this option with the help of your CSE/LO.

Children under the age of 13 are eligible for free visits to a general practitioner (GP), but you will need to check with your GP that they provide this service. Similarly, pregnant women are eligible to receive antenatal care free of charge.

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Adapting to a new culture



Fiji society and culture

Some things will be familiar, many things will seem strange. Part of the fun of studying overseas is experiencing the weird and wonderful ways of another culture.

Fiji is a vibrant country consisting of over three hundred islands in the South Pacific Ocean. Its culture is a vibrant blend of traditional Fijian customs, Polynesian influences, and the diverse contributions of its multicultural population, including Indo-Fijians and other Pacific Islanders. Community and family are central, reflected in the warm greetings of "Bula!" and the relaxed "Fiji Time" pace. Traditional practices like the "lovo" feast, where food is cooked in an underground oven, and cultural "meke" (song and dance) are still observed. *(AI overview)*

Fijian culture has evolved throughout the nation's history, being shaped by influences from Melanesia, Polynesia, Europe, India and beyond. With family and community at the forefront, the Fijian people are exceedingly warm and friendly, and love to express their love of life with the infectious, enthusiastic and ubiquitous 'Bula!'. *(My Fiji.com)*

Religion

Religion is an important part of Fijian culture and heritage, and the multi-cultural nature of the population means a wide range of religions are followed. Check with your university regarding local churches and protocols. *(From <https://across.co.nz/Churches.Fiji.html>)*

Weather information

Located south of the equator, Fiji boasts a warm, comfortable sub-tropical climate. The average daily temperature consistently sits between about 26° and 31°C, evenings in the cooler months can get slightly chillier, but even in the peak summer months it doesn't get unbearably hot.

Things to do

What to do :

- Albert Park, in the heart of Suva, is a great area for recreational activities or a run.
- Fiji National Museum is well worth a visit if you're interested in history! It's also surrounded by gardens.
- There are several gyms and swimming pool centres in Suva, and a lovely waterfront area to go for a jog or a walk.
- Opposite USP, the Damodar City and Sports City complex hosts movie cinemas, supermarkets, clothes shops, a chemist, and even a dental surgery.
- Reach out to any local business contacts while you are here. Take the opportunity to meet and network with colleagues and associates.
- Your university will also have a gym, doctors and counselling services, social activities, sports clubs and facilities, food and coffee outlets, and library services.
- Fiji is a multi-cultural society. You will find several churches and temples for a range of religions and denominations in Suva

Culture shock

Leaving home isn't easy! What is culture shock? Culture shock is the difficulty people go through as they get used to living in another country. Everyone will experience it differently.

Remember that your feelings are normal and be patient with yourself. Everyone struggles at times living in a foreign country.

Culture shock is like a roller coaster. The feelings may come and go, and different students will experience them at different times.

Make sure to talk to your CSE/LO if you're struggling with culture shock and stay connected with your family and friends back home.

Useful links to information about Fiji history, culture and life

Fiji Government

Fiji Immigration Information – <https://immigration.gov.fj/student-permit-application/>

Transport

Bus services are available on a regular basis. You will need to purchase a bus card from a Vodafone outlet. Taxi services are also available at a reasonable price.

Living in Fiji

[Tourism Fiji | The Official Travel Site of the Fiji Islands](#)

[Things to Know](#) (travel reqs, volunteering, weather & climate, health and safety)

[Climate in Fiji | Tourism Fiji](#)

[Health and Hospitals](#)

[Emergency Contacts](#)

6

Studying in Fiji



Getting the most out of your course

Independent learning

If you are an undergraduate, this might be the first time you've taken responsibility for your own studies. It's essential that you:

- attend classes (lectures and tutorials);
- keep up with your reading;
- do your assignments;
- meet course requirements.

Your CSE/LO is there to help you, and your education institute will have a range of support services to make sure you get the most out of your studies – but it is important you ask for help if you need it.

Buddy/mentor programmes are a great way to get more out of your course. You can connect with other students who will provide advice and support as you settle into Fiji. Talk to your CSE/LO or check your education institute's website for more information and see if this service is available to you.

Managing your time

You will be given details of your assignments early in the semester, so plan ahead. It's a good idea to use a wall planner and diary to organise your time.

To keep up with your studies you need to read throughout the academic term and use your notes later.

Tuition fees

Your tuition fees will be fully paid by your scholarship. You may also be entitled to extra tutorial support funded by your scholarship, if required. Ask your CSE/LO for details.

If you are a PhD or Masters research student with a research component of your course of 90 points or greater, you are entitled to a Postgraduate Research Allowance of up to FJD\$400. Ask your CSE/LO for details.

The Postgraduate Research Allowance is paid to cover costs related to fieldwork research. The student provides the CSE/LO with a budget outlining how the money will be spent, and the CSE/LO will then approve it. The money is usually paid in one lump sum at least a year into the student's course of study. This means that you will usually need to set aside some money in advance to cover any costs until your allowance is processed.

QUIZ

Learning expectations



Answer yes or no.

	In my country	What I expect in Fiji	Fiji reality
1) Lectures contain everything I need to learn.			
2) The lecturer's job is to present facts for students to memorise.			
3) If a lecturer wants me to solve a problem, it means he/she doesn't know the answer.			
4) In tutorial sessions, students have an opportunity to ask questions and discuss what they are learning.			
5) Tutors expect me to participate in discussions and to ask questions in tutorials.			
6) Lecturers/tutors expect me to apply what I have been learning to real situations or case studies and work out solutions to problems.			
7) Lecturers/tutors might ask students to work in pairs or groups in class, and when doing assignments.			
8) Lecturers always tell me how to do assignments.			
9) I can copy sentences or paragraphs from books or the internet.			

	In my country	What I expect in Fiji	Fiji reality
10) Lecturers expect me to summarise information from a range of sources.			
11) If I use information from books or the internet, I should always state where I got it from.			
12) There is only one correct answer to assignment questions.			
13) Exams test that I have memorised the information given by the lecturer; not whether I understand the topics.			
14) I have mostly exams and not many internal assessments.			
15) I may have lots of free time to study on my own.			
16) I can talk to lecturers/ tutors about what they have been teaching, as well as about assignment or test requirements.			

Answers Fiji reality:			
1) Yes	5) Yes	9) No	13) No
2) No	6) Yes	10) Yes	14) No
3) No	7) Yes	11) Yes	15) Yes
4) Yes	8) No	12) Not always	16) Yes

If you have any questions after completing this booklet, be sure to write them down and talk to the MFAT representative at your pre-departure briefing, or your CSE/LO.

**We look forward to welcoming
you as a Manaaki New Zealand
Scholar in Fiji.**



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