

## Bula sia and welcome home!

This welcome guide has been created to provide information about living on Vorovoro, what to expect when you arrive on the island and help you make the most of your time here.

First of all, we'd like you to think of the island as your home. Part of what makes Vorovoro a special experience is that we are all people coming from different cultures and countries, making up one big community. We want everyone to feel welcome and part of the tribe.

Most people are drawn to Tribewanted because it offers something different. It can sometimes feel a bit overwhelming because it is all so new but don't worry! The island teams are all here to help so if you have any questions or need some cultural advice just ask.

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## Friendly faces



There are three teams working cohesively on the island to enhance your experience:

### **Tribewanted Team**

Making sure everything ticks along and runs smoothly.

*(Photograph, from left to right:)*

**Jim Kerridge, Project Director**

**Amy Briden, Tribe Manager**

**Ben Katz, Sustainability Director**

**James Atkinson, Wavu**

### **Team Fiji**

Led by the charismatic Tevita (Community Manager), this gang of characters will brighten up your stay and fill your days with laughter.

### **Team Kana**

Keeping the tribe well fed and happy, this collection of personalities makes the kitchen a fun place to be.

### **Tribewanted Chief**

Each month there is an elected Chief who will be responsible for leading the tribe and working closely with the on-island teams. If you are interested in this role check the website or ask Jim for details.

## Our Tribewanted Village

You will also be given a tour by the chief once you have settled in so you will find out all about the history of the project, where things are kept and the best place for mobile phone reception.

### The Grand Bure

The centerpiece of the village and a great place for socializing and ceremonies, especially if it's raining. You can even sleep up in the rafters in here if you want to but remember, this is the community centre of the island and people hang-out here. Please help keep it clean so everyone has a nice space to use. Vinaka!

### The Kitchen

The engine room of Vorovoro. It's a great place to chat with Team Kana and if you want to lend a hand they are always happy to have you join them.

### Compost Toilets

Vorovoro's first environmental skyscraper! These work on a batch compost system and the two chambers are alternated every three months. We use the compost to add nutrients into the soil and to help our trees grow. After you have gone to the toilet, please add one to two coconut bowls of sawdust into the chamber to help with moisture absorption and then close the lid.

### Showers

Our unique showers are situated past the toilets and up on the hill next to the water storage tanks. They were built in 2008. All you need to do is fill up a bucket and clip it on to the pulley system for a fresh water rinse. We ask tribe members to be water kind and only use as much as you need as it's very precious to us and it is short in the dry season.

During the rainy season you may be lucky enough to experience the natural waterfall shower. The waterfall can be found along the beach past the sunflower hut and nestled in the rock face.

***Please protect our environment and only use biodegradable products in both showers as the water flows either straight into our plants or the sea.***

### The Lali Drum

This is the large carved out piece of wood underneath a reed roof on the sea facing side of the Grand Bure. This drum is used to signal when Tui Mali is arriving on Vorovoro and/or coming to the Tribewanted village. If you hear it, make sure you have your sulu with you.

### The Ecotricity Hut

We have a wind turbine and solar panel which generate enough energy to recharge lap tops, mobiles, ipods etc. There are four sockets available in the hut. Please do not to leave your chargers plugged in when not charging as still uses electricity.

### The Gardens

If you wander down any of the paths leading from the kitchen, dining table or the compost toilet, you will find yourself in the gardens or '**Fruitopia**'. The gardens are continually evolving as we learn more about gardening in a tropical climate. Leavi, our number one Gardener spends a lot of time in the gardens, watering, talking and singing songs to his plants. He says they are like his family and he is just looking after his children! He will happily show you around and take you on his Garden tour. The Sustainability Manager also has a lot of garden knowledge so feel free to ask him any questions too.

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## Tanoa Park

Vorovoro has its very own football pitch located at the far end of the gardens. If you fancy a game, ask around and find a football. Tanoa Park is also a very good place for mobile/cell phone reception.

## Bins and Compost

We have separate bins for glass, plastic bottles, landfill and also a box for used batteries. Please separate your waste appropriately and help us reduce our landfill. If you have any waste A4 paper, we are able to use this as scrap so please give to a member of the team but anything smaller, please rip up into small pieces and put in the compost.

The Compost area is just behind the kitchen but there is also a small bin in the kitchen where you can put any fruit peeling, vegetable scraps or even ripped up paper. There is also a small bin for the pig food so any left food can go in here.

## The Tool Shed

This is situated in between the compost toilets and kitchen and Marau is our Tool Shed and Village Manager We have hammers, saws, sandpaper, paint and lots of nails so if you are feeling creative, please just ask first. We do have paint which is used for signs but these dry up easily due to the weather conditions and community use. Please try and help save the paint by making sure all lids are on properly when not in use so we can keep them as long as possible.

## Treehouse

A great place for a siesta but maybe not to sleep at night unless you like being wet.

## The Pacific Ocean

Paradise underwater! The coral just off the island is spectacular and boasts stunning colours, good visibility and a diversity of creatures. The best areas are just off the beach at the waterfall or if you are standing by the hammocks in the village, head out left at a 45 degree angle. There is also a drop off to the right of the Tribewanted village with a carpet of hard corals. Look out for our large, blue starfish and Christmas worms!

The best time to go is high tide when it is coming in. If you do decide to go at low tide, please be aware that the sea is low and it is easy to cut yourself on the coral. Whilst snorkeling, please try and not touch anything.

Please remember to go in pairs and just let someone know that you are going. There are strong currents, especially off the western (left) point of the island.

## Accommodation

There is a variety of sleeping options and most have their own sponge mattresses. Bed linen can be purchased in town. If you need a hand organising your sleeping space or mozzie net, the Chief will be happy to help.

### Vale

*6-bed dorm*

Sometimes this is a single sex dorm, other times it's mixed.

### New Vale

*12-bed dorm*

Situated next to the Volleyball Court and Mango Tree. The beds are made from driftwood for that desert island feel.

### Family Bure

*4-6 persons*

Tribewanted welcomes families and this is often where they stay. It comes with a double bed, single bed and bunk bed with room for a camping bed too.

### Fun house

*2-4 persons*

Some times this is an art space but can be turned into accommodation during the peak season.

### Military Hammock

*1 person*

Probably the best sleeping spot on the island. Some tribe members say it's like sleeping in a banana the way you zip and unzip your self.

### Grand Bure

*8+ persons*

The biggest bure on the island, although if ceremonies are taking place it may mean a late night for you.

### Tents

Sometimes tents are left behind by generous tribe members. If you've brought your own there are plenty of spots to choose from.

***Food in your accommodation will attract rats and creepy crawlies so please buy a tupperware container in town to store them in as they will be found and eaten otherwise! Please also do not leave dirty mugs or wrappers around as you are guaranteed that the ants will find it.***

## A typical day on Vorovoro

### Monday to Friday

- 07.30 Breakfast
- 09.00 Tribe meeting - find out about Karmic Duties and what projects are happening on the island today
- 10.30 Morning tea
- 10.45 Cultural Class
- 12.30 Lunch
- 03.30 Afternoon tea
- 03.45 Cultural Class
- 06.30 Dinner

### Village sounds

There are 3 sounds to listen out for:

#### **The conch shell**

This deep, reverberating sound tells us there's a tribal activity about to start e.g. Boats are leaving, culture class, work shops or island forums.

#### **The kitchen bell**

This sound will start to make your mouth water, it rings every time there's food. As you can see, there are plenty of meals and we haven't even mentioned all the cake! Purified drinking water is available from the kitchen around the clock to keep us all hydrated. Please help yourself.

#### **The lali (drum)**

Alerts the tribe that Tui Mali is on the island and you will need to have your sulu ready to wear.

### Weekends

Most of Team Fiji leave on Friday afternoon and the remaining Team Kana leave on Saturday.

Saturdays is a good opportunity to tidy your personal space and help out with clearing up the village, ready for the next week. Any ideas for Saturday night's entertainment are always welcome and the tribe have organized quiz nights and games ranging from *Coconut Olympics* to *Blind Date*.

On Sundays the tribe cooks for itself, so if you fancy helping out with the cooking or have any menu plans, please step forward. In the past there's been culinary delights like eggy-bread, mini pizzas and banofi pie. As it's a community, everyone get's involved from cutting a cucumber, lighting the fire to washing the pots!

### Fiji Time

On an island we are dictated to by the tides and moon and the effects of these may result in delays. The best thing to do is embrace it, take off your watches and enjoy. Although we try and keep to plan on Vorovoro, sometimes Fiji time kicks-in so listen out for the island noises to tell you what's happening when.

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## What to do?

During the week you will be able to get involved in on-going projects, helping in the gardens, preparing food in our kitchen as well as taking part in the cultural classes such as learning the meke (Fijian dance) or the Fijian language.

Every weekday morning at 9am, we all meet in the Grande Bure to outline what projects are going on and how you can get involved. We'll also go through any activities or other plans for the day at this time.

The village notice board (in between the kitchen and Grand Bure) contains daily/weekly information of events and is worth checking regularly. This is where you can sign up for activities too and the list will go up a day before.

### Karmic Duties

You can contribute a little bit of your time each day and volunteer for a karmic duty. These range from sweeping your sleeping space, helping collect firewood, tidying up the tool shed to feeding our pigs and chickens. We will go through these at the morning meeting so if you fancy getting stuck in, please let us know. We really appreciate your help, vinaka vaka levu!

### Projects

Your opportunity to work closely with the amazing 'Team Fiji'. There maybe some construction projects in the mix like building a traditional bure, chopping down bamboo, making a cupboard, weaving mats, foraging for coconuts, gardening or creating meke costumes.

Perhaps you have your own ideas; maybe an art project, an environmental sign or eco experiment. Speak to the Tribewanted Team or the Chief and we will help you. Please remember to ask The Sustainability Manager first regarding what materials are available to use.

### Helping in the Kitchen

If you would like to help in the kitchen with preparing the meals or just to watch and chat to Team Kana, you are always welcome and any contribution is always grateful. Also, if you would like to pass on any culinary knowledge or exciting meals with the ingredients available, then please let us know. We have a Vorovoro recipe book, so we really appreciate you writing any tasty treats that you would like to share with us.

We weigh all the food that we buy from Labasa as well as everything that comes from our gardens. This is so we can keep a record of what we purchase from Fiji, the imported products we buy as well as what we grow on the island.

We are trying to reduce buying products from overseas as this isn't very sustainable and purchase more local grown produce.

If you are interested in helping us with the food logging and weighing, please come to the kitchen when the boat arrives back from town on Wednesdays or Saturdays or after a garden forage.

### Cultural classes

To give you a glimpse into the fascinating Fijian culture. Classes include learning the traditional Fijian dance called the meke, language lessons and songs that we sing around the grog mat. You might even have the chance to perform the meke when Tui Mali visits which is always great fun.

Save (Captain Culture) will be leading most of the lessons and he will also be more than happy to chat to you about the Fijian customs and way of life. Save is also very talented at spear fishing and knows some ideal fishing spots along the shoreline. If you interested and want to learn how to master this skill, he will be able to organise a spear fishing lesson when the tide is right. Be warned, patience is key!

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## Creative Coconut Workshop

If you feel inspired and fancy making something out of a coconut shell, we can arrange a Creative Coconut Workshop with Pupu. He has heaps of experience and will be able to show you the process from start to finish and help you with your own designs. Tribe members in the past have made necklaces, bracelets and bilos.

## Island Forum

An open discussion. Your opportunity to ask questions or put forward ideas on how to improve the project. This is then typed-up and uploaded to the Tribewanted website for the on-line tribe to read and leave comments. Your feedback and opinions are always extremely useful.

## Sustainability Forum

The Sustainability Manager will take your mind on an eco tour and challenge your ideas on green living. If there is anything you particularly want to find out or chat about, mention it to Ben and we can have an in depth discussion.

We have either an island or sustainability forum each week and we will let you know when this will take place in the 9am meeting.

## Special events

Occasionally we are invited to a special event where we visit a local village to perform the meke or take part in a ceremony. These are always exciting days that really emphasis the uniqueness of the project. We are always walking into the cultural unknown but we will advise you as much as possible with the assistance of Team Fiji. We will inform you if one of these real life experiences will be coming up! These events aren't compulsory but if you do decide to take part, we do ask for a small fee to cover boat fuel costs.



## Activities

Aside from your own ideas and projects and the ongoing work to maintain and develop the Tribewanted village, we also offer a range of exciting activities each week. We will mention each activity in the 9am meetings but if you are interested, the sign up list will be put up on our village blackboard so please make sure you write down your name.

### A weekly overview (subject to change)

Monday	Town trip
Tuesday	Four-Peaks Challenge / Marketplace / Sevusevu with Tui Mali
Wednesday	Town trip / Garden tour
Thursday	Reef trip / All Saints School
Friday	Marketplace / Mali District School
Saturday	Town trip
Sunday	Tribe cooks for itself

### Four Peak Challenge - Free

An opportunity to explore the island, soak up the beauty of Vorovoro and witness the stunning views from one of its four peaks. This really is a challenge. Be prepared to climb up rock faces, scramble over stones and get dirty! The trek usually takes 2-3 hours but it is not a race and we are conscious of various ages and abilities so all are welcome to have a go. Trainers with good grip or walking boots must be worn.

***This is weather dependant and may not run during the rainy season.***

### Reef Trip - \$20

Your chance to snorkel in the third largest reef in the world. The Cakalevu reef is visible from the island and you will be able to see the waves breaking on the outer reef just before the horizon. It will take approximately 15 minutes before we reach the reef so T-shirts are recommended for the boat and we will stay out for up to two hours so sun cream and drinking water is essential. If there's time, we will snorkel in a couple of different spots to give you the chance to see as much as possible. We are blessed with an abundance of untouched coral, colourful arrays of tropical fish, moray eels, stingrays, turtles and reef sharks.

Snorkeling equipment is available but you are welcome to bring your own. Space for this trip is limited but there are some incredible snorkeling areas just off the island and the Chief will point out the best places on your tour.

### Mali District School Visit - \$10

For many tribe members this is the highlight of their week. We get the boat over to the Mali District School on Friday afternoons to spend time with the children and witness a rural Fijian village. You will have a chance to give something back. In the past tribe members have played instruments, juggled, made balloon animals, practiced letter writing or taken a class. The children will often sing and performing their own meke... it's not long before it turns into games like rugby, soccer and netball.

The Green Club is led by our Sustainability Manager and provides children of Mali a chance to learn about the environment and what we can do to protect it.

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## All Saints Secondary School Teaching Experience - \$10

If you are academically confident and are comfortable teaching for up to three hours then this is an awesome experience. It is a lot more structured so be prepared to take a whole class! You can either spend time in the classrooms or on the sports pitch, teaching pupils ranging from age 14-18. The core subjects are preferable but previously tribe members have taught eccentric classes like sign language and cheer leading.

## Town Trip - \$15

If you need to check your emails or fancy shopping then there are three trips to town each week (Mondays, Wednesdays and Saturdays). Available spaces are chalked up on the notice board the day before departure.

## Vorovoro Forage and Garden Tour – Free

Explore the island and find out what we grow and learn about the medicinal properties of the plants. We will let you know when a forage is taking place.

## Tribewanted Marketplace

This is your chance to buy some Tribewanted merchandise including, T-shirts (\$45), eco bags (\$15), sulus (\$15), postcards (\$2), soaps (\$8) and posters. Sometimes Pupu will be selling some of his own-made coconut jewelry (approx \$10) and Va has a fine selection of necklaces, ear-rings and bracelets (\$10 upwards).

## Laundry - \$10

If you are on Vorovoro for a while, keeping your clothes all washed and clean can be a struggle, especially sheets and towels. Save takes tribe laundry home on the weekends, his sister does it in her machine and it comes back all fresh and fabulous. If you would like to have a bundle of washing done, let an island team member know and we'll help you get it organized. The cost is \$10 per bag (eco style bag) and washing leaves Friday and returns on Monday mornings.

## The grog sessions

One of the best things about Vorovoro is the community culture aspect and our shared evenings on the grog mat around the tanoa bowl with the Fijians singing songs and hanging out together. Yaqona/kava (grog) is a big part of life here and grog sessions happen most evenings. The Chief has their own bilo (coconut bowl) but everyone drinks from the same bilos which come in varying sizes. If you would like it full up, ask for a 'high-tide', if you want a small one... ask for a 'low-tide'. The Chief will explain more about the grog mat etiquette on your village tour.

### Sevusevu and Special Ceremonies

The sevusevu ceremony normally takes place on Tuesday afternoon and this is when Tui Mali visits the island so it's a big cultural day! This is when the new arrivals will present a bundle of grog to Tui Mali to say thank you for being welcomed onto the island. It is very similar to a normal grog session but a little more formal. Our excellent teacher Save (Captain Culture) will run through what happens at the sevusevu ceremony just before hand so you won't be thrown in the deep end!

### What to wear?

For sevusevu and special ceremonies you are required to wear a sulu and T-shirt. If you want to dress a little smarter the men may wear a bula shirt and pocket sulu and the women will often wear a colourful sulu jaba. We do have a few spare which you are welcome to use - just ask the Chief. Hair should be worn down with no hats, glasses or flowers in the hair as this is a status symbol and should only be worn by the big chief.

Sulu jaba's can also be tailor-made in town (see Amy the Tribe Manager for details).



## Cultural awareness and responsible traveling

### Dress to Respect

We work closely with Team Fiji and Team Kana and need to be mindful of how we interact with them including the way we dress. Fijian dress code is conservative especially for females. In many resorts women wear bikinis but it will cause offense if done so in our village.

### On a typical day

Boys can walk around bare-chested in a pair of boardies (remember the sun cream!). Sadly it's not that easy for girls who are asked to wear modest clothing. This means avoiding strapless tops or halter necks, no low backs or slits that reveal your bra/bikini/cleavage and skirts/dresses/shorts should come down to just above the knees or below. Tights or leggings with short skirts are considered disrespectful too.

We appreciate that tribe are often traveling light and do not always have the right clothing, but please try your best to dress appropriately. If you are unsure, please ask the Chief or one of the team and we will be able to guide you.

### Sundays

We have the island to ourselves on Sundays and this means no dress codes. It has become jokingly known as *Naked Sunday*. Enjoy!

### Sulu's and when we wear them...

A sulu is a piece of Fijian fabric which covers your knees. They are also known as sarongs in other parts of the world. You will wear them a lot during your stay here.

When it's time to put on a sulu, we also need to wear T-shirts or shirts. Women are asked to dress respectfully by wearing a top which covers your shoulders and stomach and isn't revealing. Occasions when this will happen are outlined below.

### When Tui Mali is around

Tui Mali is the much admired and respected Chief of Mali and Vorovoro Island. If you hear the village lali (the big drum on the sea facing side of the Grand Bure), it means Tui Mali is arriving onto the island. It is then beaten again when he comes down to the Tribewanted village. Sometimes he comes to our village first so be aware that he might be around on the first lali. Therefore we all have to grab our sulus and T-shirts as we must have them on before he sees us.

Don't worry if you didn't hear the Lali because you were exploring the island or having a shower at the waterfall. If you are returning into the village and you see everyone else in sulus, please grab yours too. It usually means that Tui Mali has arrived or we have an important guest or two so we want to be dressed appropriately to greet them.

### On the Grog Mat

Please always make sure you are wearing your sulu and a top that covers your shoulders before you sit down.

### In Villages

We always wear sulus and T-shirts in Fijian villages as a sign of respect. We also dress like this when we go up to the Fijian village on the island which is just along the path between our Dining table and the Team Fiji bure. You will see a sign which says 'Have you got sulu?' Please make sure your sulu is on just parallel to Eremoni bure as this is where the Fijian village starts. Although you might see Fijian men and women walking down the path in shorts and T-shirts, we want to show consideration to the Fijians traditional codes of dress.

### School Visits

The school is on Mali Island and situated in the middle village called Ligaulevu so we also need to wear sulus when going to school. One of the team will let you know when to put it on when we are approaching on the boat. As we will be going through the village, we also show respect by not wearing sunglasses or hats and we carry our bags in our hands.

# TRIBE WANTED VOROVORO

## Sunbathing and Swimming

Sunbathing is fine in the week but please make sure you go to Bikini Beach or Secret Beach. These are found to the left of the village if you are looking out to the sea. Please make sure as soon as you are level with the outskirts of the village (where the volley ball court is) to cover up again. The best spot for sunbathing and swimming is just opposite the waterfall but please just let someone know you are heading that way.

Fijian women dress modestly and always swim fully clothed. If you want to have a swim in front of our village, girls are asked to wear board shorts and a vest top or T-shirt over your bikini. Guys can swim in board shorts.

## Cultural Responsibility

Everyone working and living here enjoys chatting and getting to know one another, as well as learning new things about other people and cultures. However, it is important to remember that most of us live in a media culture where we are exposed to all sorts of things that most people living in rural Fiji will never have heard of. It's great to share, but try to be mindful that things we consider acceptable might be completely foreign to most rural Fijians.

Church plays a huge role in present day Fijian culture, so please avoid swearing, cursing and blasphemy.

Extreme, outward displays of affection are seen as disrespectful, especially in rural villages and we ask tribe members to remember this during their stay.

Alcohol does not play a role in traditional Fijian culture. Most of our evening socialising has everyone gathering around the tanoa for some grog. It is an offence to the Fijians to drink alcohol on the grog mat. We do occasionally have parties but these are usually kept to the weekends when we have the island to ourselves.

Drugs are illegal in Fiji and hugely frowned upon by Tui Mali. We do not allow any drugs including marijuana on Vorovoro so please do not bring any or use any on the island. If you are found with illegal drugs in your possession on Vorovoro, you will be required to leave. Please do not put the on-island team in the position where they will have to enact this rule.

## Relationships

Sexual relationships with Fijians on Vorovoro are not permitted. Tui Mali and our Community Manager, Tevita want Vorovoro to be an example of everything that is great about Fiji including the way they conduct themselves. Please do not jeopardize any of Team Fiji's jobs by getting involved romantically with them as they will be asked to leave the project and in that event, the involved tribe member will be asked to leave the island too.

## Environmental Responsibility

Please don't bring plastic bags to the island, Tribewanted is an eco friendly project and we are trying our best to limit plastic. In Labasa, you will be given a plastic bag even if you don't want one. Please help us and the environment by refusing. Please remember to take an eco bag or rucksack with you so we can prevent plastic.

When buying washing products or snacks in town, please consider the packaging and whether it can be reused on the island. It is important to question where everything we consume ends up.

Please make sure you put all your rubbish in the large bins provided. Anything you think we can reuse or you do not want anymore, please leave on the sharing shelf. We can always find a use.

All the water on the island falls from the sky, is collected into tanks and filtered for our use. In the rainy season (November through March) we generally have plenty of water but when dry season arrives, we need to be very careful and mindful of the water you are using. For this reason, we encourage water conservation year round.

Only use eco friendly products when washing in the sea, waterfall or showers.

Thank you. Every little step in the right direction helps.

## Safety on Vorovoro

### Fire

In the event of a fire, please make your way safely to the beach and walk along to the breakfast table/eating area. Listen out for a siren noise which is high-pitched and 'unusual' to the normal sounds of the island. The siren is located above the lali (drum).

### First Aid

Please notify a member of the team immediately if there is accident. In the event of an emergency, please do not move the casualty and please stay calm. If there are a couple of tribe members, please make sure one person stays with the casualty and continues to talk and reassure them whilst the other goes to get help. All of the Tribewanted Team are qualified first aiders.

Emergency contact details are in the kitchen.

### Climate

The sun is very hot! Please take the necessary precautions to avoid sunburn/sun stroke. Use sun cream regularly, stay out the sun during midday and make sure you drink plenty of water. The filtered drinking tap is situated in the kitchen.

### Smokers

Please respect the island and dispose of all cigarette butts responsibly. Please do not smoke in your accommodation and pay particular attention when in the Grand Bure. Please also do not smoke during meal times and please be aware of smoking around children. Smoking is not permitted on the boat at anytime.

### Navigating the Island

Feel free to explore but make sure you let a member of the team know when you are going and approximately how long for. Please also wear appropriate foot wear when hiking. We strongly advise that tribe members do not attempt the Four Peaks on their own as the path is sometimes difficult to decipher and the route is hidden in some places.

### Snorkeling

We advise you to swim in pairs and not to go too deep. Sometimes there are strong currents and unpredictable, particularly around the boulders at the end of the island. We are blessed with warm, tropical water but please be aware that there are poisonous fish, sea snakes, sharks and jellyfish. Coral takes thousands of years to grow and is invaluable to our eco system. To protect yourself and our environment, do not touch anything.

### Coconuts

Please be aware of falling coconuts and coconut leaves. These do suddenly drop and are extremely heavy so we advise you not to stand under a coconut tree, especially in strong winds.