



**Country:** Fiji  
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### **My Fiji My Land My Freedom!**

Fiji is one of the most beautiful islands in the world and is known for its beautiful beaches and majestic scenery. Fiji is located in the southwest Pacific, South of the Equator. It is an archipelago that consists of 322 islands, 106 of them are inhabited and the rest are natural reserves. Fiji is hot and humid.

The i-Taukei, legally known as Fijians are the major indigenous people of the Fiji islands, and live in an area informally called Melanesia.

Without a doubt, Fiji is home to some of the most idyllic and beautiful beaches in the world. Fiji's white sand beaches and pristine, crystal clear ocean waters offer an ideal vacation destination for divers.

Suva is the heart of Fiji, home to half of the country's population and the largest city in the South Pacific. Suva is a national park that boasts a crystal clear river set in serene and peaceful surroundings.

In Fiji, during weekends it is most likely that families sit around the Tanoa and have yaqona. Yaqona is a Fijian drink, a tradition so woven into the fabric of culture that like without it is unimaginable.

Our unique dish part of Fijian Cuisine is "**Kokoda**". The acid in the lime/lemons cooks the fish but the coconut gives it a creamy flavour. Another unique dish is lovo. "**Lovo**" essentially means "**Feast cooked in the earth**". "**Duruka**" is a unique Fijian vegetable. It's fleshy and kind of stringy but tasty. Duruka is often cooked in coconut milk or put in curry.

Fiji has three official languages under the 1997 constitution which is English, Fijian and Hindi. Fijian is spoken either as a first or second language by indigenous Fijians who make up around 54% of the population and Fijians of Indian descent make up further 37%.

The current flag of Fiji was adopted on 10<sup>th</sup> October 1970. The coat of arms was granted on July 4, 1908, and is composed of two Fijians warriors supporting a quarters. "**Tagimoucia**" is Fiji's national flower; and it is endangered. It grows along the mountains slopes of Taveuni.

Today, there are various Christian denomination in Fiji, the majority being Methodist. There are also a number of Eastern religious present Hinduism and Sikhism among others. Fiji has many public holidays as it acknowledges the special days held by the various belief system, such as Easter and Christmas for Christians, Diwali for Hindus and Eid for Muslims.

Sports culture is unique as different racial mixes and cultures come together in a common interest. The Rugby Union team has competed at five Rugby World Cup Competitions. The Fijians Rugby sevens team is one of the most successful rugby sevens in the world. Rugby league is also a popular sport in Fiji.