

# FIJI AT A GLANCE

Government buildings in Suva



Home to over  
**900,000**  
PEOPLE

Almost three-quarters of the population live on the island of Viti Levu. Fiji has a young population, with 69% of people below the age of 40.



## CAPITAL

**Suva**

Suva is the capital of Fiji and is located on the island of Viti Levu.

The major airport is located in Nadi.

## MAJOR INDUSTRIES



**Agriculture**  
Sugar processing and copra



**Clothing**



**Tourism**

## GEOGRAPHY

Fiji consists of more than **330 islands**, of which about 100 are inhabited. The 2 major islands are **Viti Levu** and **Vanua Levu**. The island group covers a land area of **18,274 km<sup>2</sup>**.

Around 45% of the population live in rural areas and 55% in urban areas.



For detailed country map please visit:  
[maps.google.com](https://maps.google.com)



## CEREMONIES

The Lovo is a traditional method of cooking large quantities of food that is designed to bring communities together. It involves digging a hole in the ground and filling it with firewood and stones to form an underground oven. The Meke is a dance that tells stories of love, history and the spirits. Women dancers wear traditional clothes and garlands of flowers and the men wear full warrior costumes with spears.

**Kava is the national drink of Fiji.**

In traditional kava ceremonies, the chief of the village drinks first, followed by other village members in order of status.

Fijians of Indian descent celebrate Diwali, the Hindi Festival of Lights, every year in October.

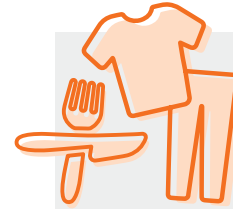


## LANGUAGES

There are 3 official languages in Fiji:  
**iTaukei, Hindi, English**

## PASTIMES

Rugby union, netball, going to church, group singing and traditional dancing (meke).



## DRESS & CUSTOMS

Most Fijians are modest and dress accordingly in public places. It is considered inappropriate for women to wear revealing clothes in the presence of men.

People tend not to eat alone in Fijian culture and so when someone is about to have a meal, they usually announce it to let others know. It is important to wait for someone to bless a meal before starting to eat.

## RELIGION

**Christian, Hindu and Muslim**



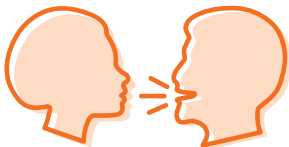
The population is 64% Christian, 28% Hindu and 6% Muslim, with the rest making up other religions including Sikhs. Religion tends to split along ethnic lines with most Indigenous Fijians being Christian and most Fijians of Indian descent being either Hindu or Muslim.

## WORKPLACE CULTURE



Take the time to participate in social conversation before starting a meeting as Fijians will appreciate it if you show interest in them as people. Generally, Fijians try to include everyone in conversations and will listen sensitively to all opinions. When everyone has expressed their thoughts, the senior person present will usually make the final decision.

Swearing and blasphemy are not common and can be interpreted as offensive or aggressive behaviour.



## PHRASES & GREETINGS

PHRASE — English	Fiji	PHRASE — English	Fiji
Hello	Bula	No worries	Sega na leqa
How are you?	Vacava tiko?	Goodbye	Moce
Please	Kerekere	I'm sorry	(Nī) vosota sara (general)
Thank you	Vinaka	Do you speak English?	O(nī) vosa vakavālagi?

For more common phrases and translations, refer to: <https://omniglot.com/language/phrases/fijian.php>



Beach Villas, Fiji