

Pacific Island Countries

TRAVEL GUIDE

YOUR ULTIMATE TRAVEL GUIDE HOT SPOT

 **PIC** International Organisation
Pacific Islands Centre
Address: Shikonkan 1F 3-22-14
Kanda-Ogawamachi, Chiyodaku, Tokyo, 101-0052, Japan
<https://pic.or.jp/en/> E-mail: info@pic.or.jp

Let's travel to the healing paradise: Pacific Island Countries

Get power from Mother Nature and heal your mind and body

Contents

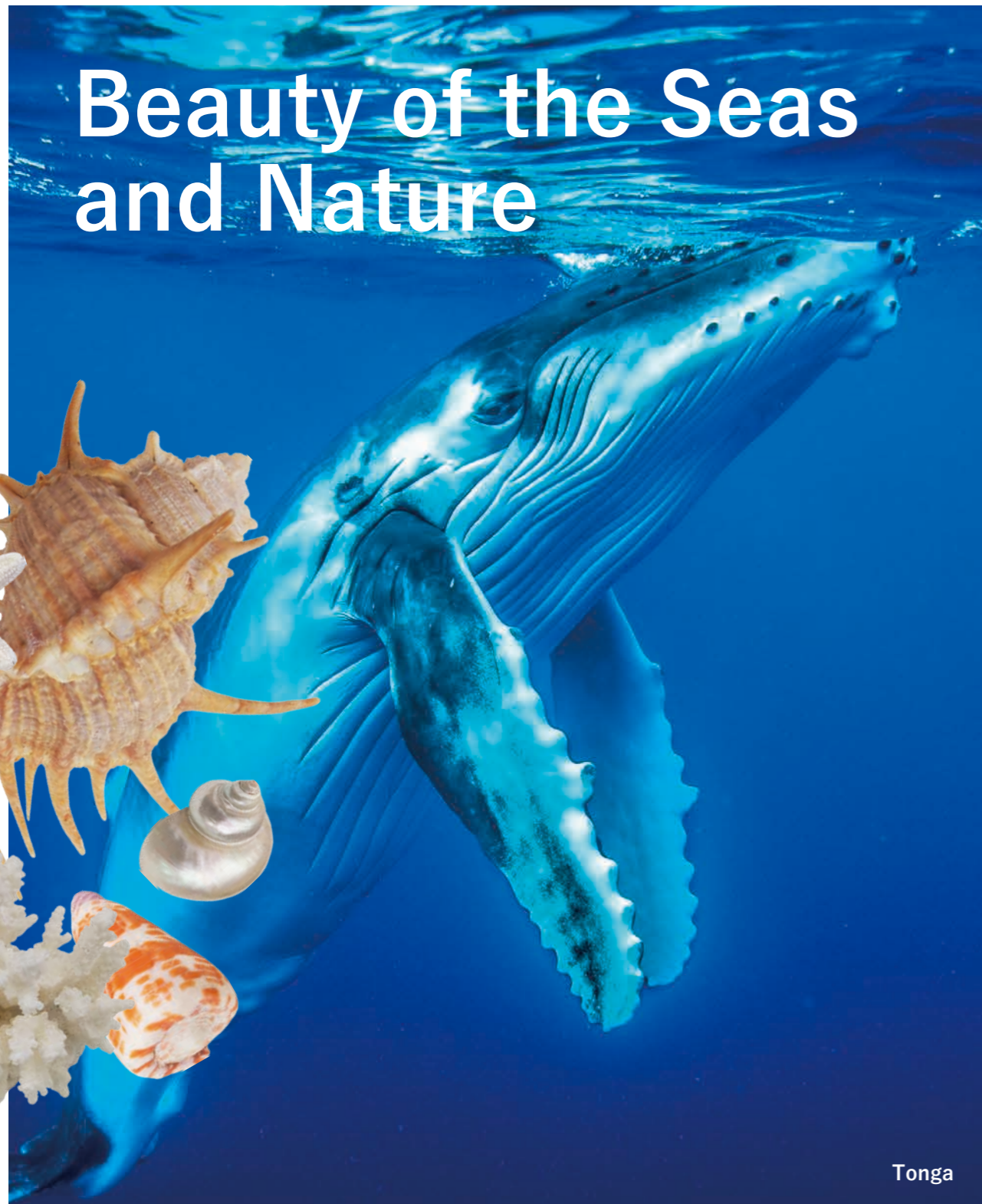
About the Pacific Island Countries

About the Pacific Island Countries	p.3-4
Pacific Island Countries MAP	p.5-6
Discover the various attractions of Pacific Island Countries	p.7-8
Find the perfect trip for yourself!	p.9-10

Introduction by country

Cook Islands	p.11-12
Federated States of Micronesia	p.13-14
Fiji	p.15-16
French Polynesia (The Islands of Tahiti)	p.17-18
Kiribati	p.19-20
Marshall Islands	p.21-22
Nauru	p.23-24
New Caledonia	p.25-26
Niue	p.27-28
Palau	p.29-30
Papua New Guinea	p.31-32
Samoa	p.33-34
Solomon Islands	p.35-36
Tonga	p.37-38
Tuvalu	p.39-40
Vanuatu	p.41-42

About the Pacific Island Countries



The Pacific Islands are famous for their amazing oceans and beautiful nature. The islands in the south, with their clear blue skies and seas, are highly attractive. In every country, you can enjoy the ocean, which is full of life! You can go diving or snorkelling and feel the charm of the Pacific Islands. Instead of simply talking about the same ocean activities, this brochure focuses on the unique cultures and activities in each country. So, find a country that's just right for you!



Each Pacific Island Country has a varied relationship with Japan. Some Micronesian countries, close to and once ruled by Japan, still have strong connections with Japan. Today, we see these connections through Japanese communities and culture. Melanesia and Polynesia—closer to Australia and New Zealand than Japan—have historically been influenced by the West. However, it has strong ties with Japan through fishing and marine product importation. Japan already has popular tourist spots, such as New Caledonia and the Islands of Tahiti, and some lesser-known places await tourists. Let's check out the next page to see what regions and countries are out there!



Papua New Guinea



Solomon Islands



Vanuatu



Fiji



Palau



Federated States of Micronesia



Nauru



Marshall Islands



New Caledonia



Kiribati

Pacific Island Countries MAP



Column French Polynesia (The Islands of Tahiti)
New Caledonia

French overseas territories in the Pacific Ocean

From a historical perspective, French overseas territories such as French Polynesia (The Islands of Tahiti) and New Caledonia became French possessions. These regions, already renowned as tourist destinations, offer not only local indigenous traditions and cultures but also cuisine and cultural influences from mainland France to enjoy.



Tuvalu



Samoa



Tonga



Niue



Cook Islands

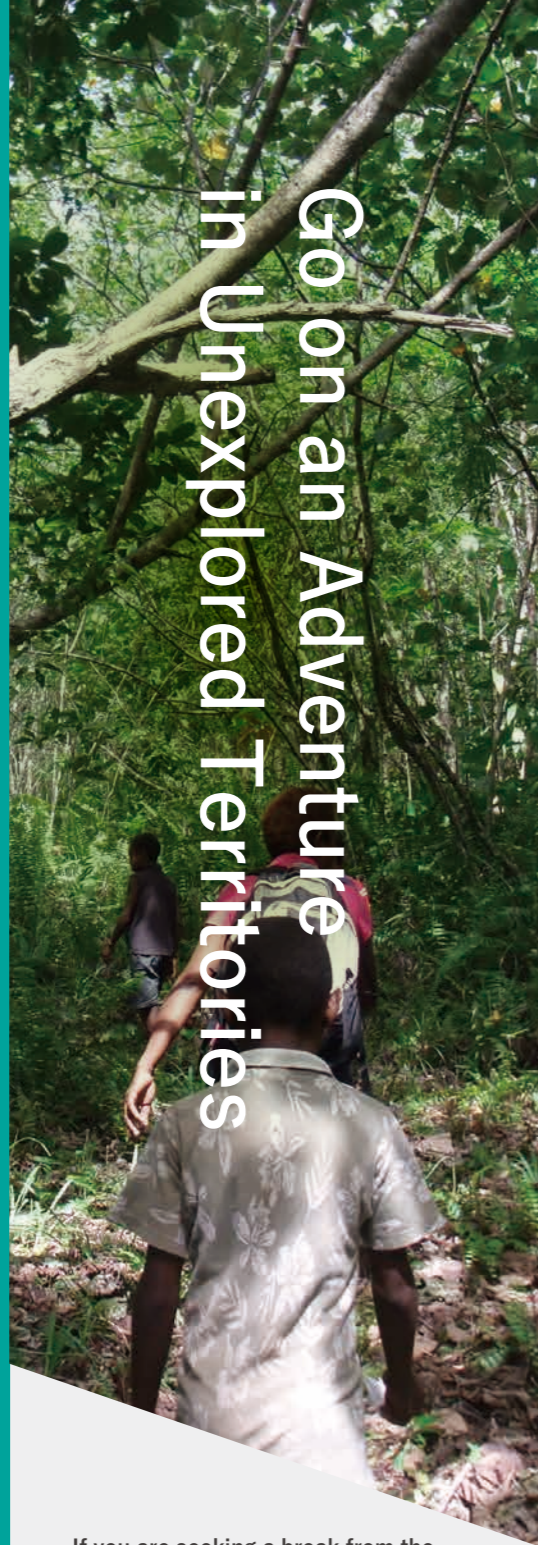


French Polynesia (The Islands of Tahiti)

-Black Islands- Melanesia	Melanesia is situated south of the Equator. While the origin of its name has various theories, it is famously called the 'Black Islands' due to its volcanic islands and lush tropical rainforests. Rich in minerals, forests, and other natural resources, diverse languages and cultures add to the region's unique appeal.	Papua New Guinea	Fiji
		Solomon Islands	New Caledonia
		Vanuatu	
-Small Islands- Micronesia	True to its name, Micronesia comprises a group of small islands stretching north of the Equator, adorned with stunning coral reefs and volcanic formations. Palau, the Federated States of Micronesia, and the Marshall Islands share a history as former Japanese-mandated territories, where traces of Japanese culture and language continue existing.	Palau	Marshall Islands
		Federated States of Micronesia	Kiribati
		Nauru	
-Many Islands- Polynesia	The people of this vast region, stretching east of the date line, are believed to have their roots in East Asia. The vibrant traditional culture passed down through generations here is steeped in music and dance. These cherished arts, adored both locally and globally, embody Polynesia's unique beauty and passion.	Tuvalu	Samoa
		Tonga	Niue
		Cook Islands	French Polynesia (The Islands of Tahiti)

The photos used here have been provided by various parties including the Pacific Tourism Organisation (SPTO) and other stakeholders.

Discover the various attractions of Pacific Island Countries



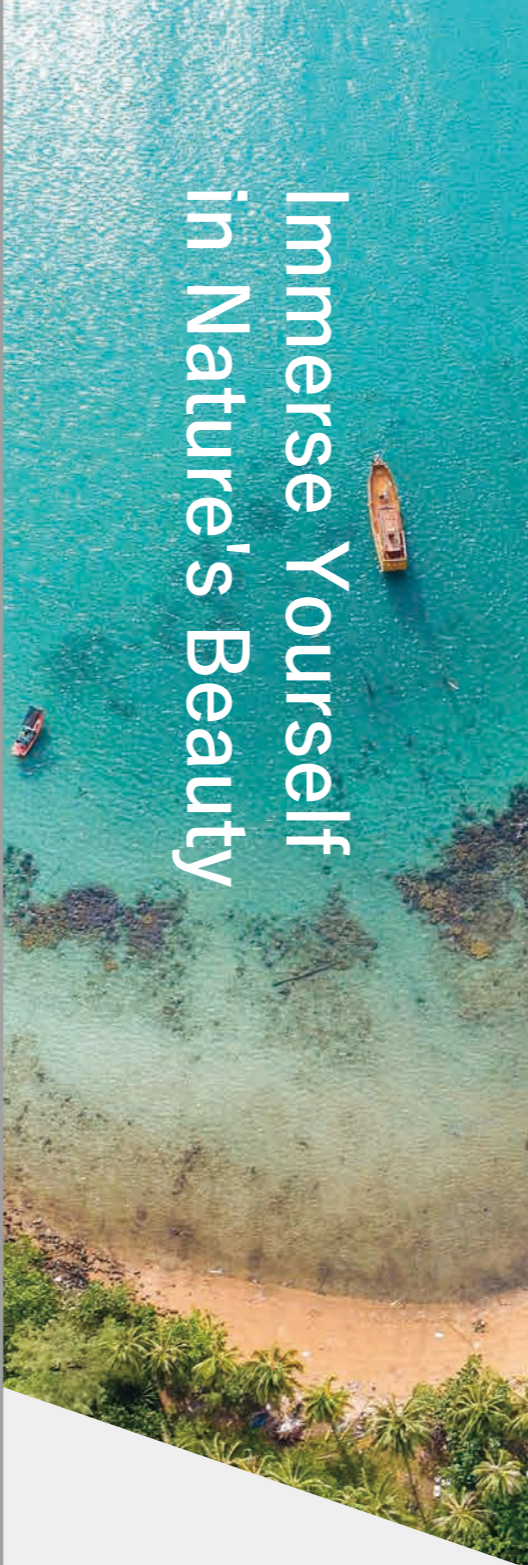
Go on an Adventure in Unexplored Territories

If you are seeking a break from the usual tourist spots, we invite you to explore the uncharted regions of the Pacific Island Countries for a thrilling new adventure! A dazzling, unknown experience awaits you. You would be amazed and delighted by such never-before experiences. Whether it is camping on a deserted island with only the sound of crashing waves or navigating through lush forests and scenic trails off the beaten path, immersing yourself in nature promises endless discoveries. If you are tired of typical tourist traps, why not unlock the door to a fresh travel experience in the Pacific Islands? The excitement of the unknown awaits you!



Enjoy Sports

Discover a wealth of sporting adventures in the Pacific Island Countries, where nature's bounty awaits! Have fun with varied exciting activities unique to this paradise surrounded by the blue ocean, sky, and nature! First, enjoy marine sports such as diving. Dive into the turquoise waters and explore vibrant coral reefs teeming with marine life, from majestic manta rays to graceful whales. But the fun doesn't stop there! On land, immerse yourself in the diverse landscapes with activities like fishing, hiking, and even diving into waterfall basins in select areas. So, why not refresh your body and soul with sports in this open, natural playground?



Immerse Yourself in Nature's Beauty

Spend a peaceful time in the embrace of nature on the islands of the Pacific Ocean. Witness the vibrant dance of colourful fish in crystal-clear waters, marvel at unique blooms adorning the land, and explore the diverse flora and fauna of each island's ecosystem. From the dynamic energy of volcanic landscapes to the enchanting allure of hidden limestone caves, each corner holds a story awaiting discovery. Embark on a journey of rich and rewarding experiences in the Pacific Ocean, where nature's wonders await!



Relax at a Resort

A lavish resort experience awaits you on the Pacific Islands, a paradise on Earth! Doesn't the word 'South Island' excite you? With options ranging from luxurious overwater bungalows to beachfront havens with azure skies and pristine waters, and even unique resorts boasting rustic charm, there's something for everyone. The cuisine, featuring plenty of fresh seafood from nearby waters, will make your resort experience even more memorable as you watch the sunset over the Pacific Ocean. Discover your perfect retreat and embark on a blissful journey to the finest resorts the Pacific Islands offer!



Feel History and Culture

Each Pacific Island boasts a unique history and culture. Immerse yourself in local traditions by meeting the friendly locals; enjoying their traditional songs and dances; and creating unforgettable memories possible only in the Pacific. You might also want to partake in a kava ceremony: kava is a beloved traditional beverage widely enjoyed across the region, from Melanesia to Polynesia. Don't overlook the historical connections between the Pacific Island Countries and Japan. Especially in Micronesia, where ties with Japan date back to the Meiji period through Japanese immigration and the Mandate period, visitors can still encounter remnants of Japanese culture. Let the Pacific Ocean's history and culture enrich your travel!

Do you want to be active or have a relaxing time?

Find the perfect trip for yourself!



Go on an Adventure in Unexplored Territories

p.13-14	Federated States of Micronesia : Jeep Island
p.21-22	Marshall Islands : Bikini Atoll
p.19-20	Kiribati : the sun rises first in the world
p.23-24	Nauru : Phosphate mines
p.31-32	Papua New Guinea : Sepik River
p.39-40	Tuvalu : Funafuti Marine Conservation Area
p.41-42	Vanuatu : Volcano

Enjoy Sports

p.17-18	French Polynesia (The Islands of Tahiti): Diving with wild dolphins
p.23-24	Nauru : Game fishing
p.33-34	Samoa : Diving to waterfall basin
p.37-38	Tonga : Whale swimming

Immerse Yourself in Nature's Beauty

p.11-12	Cook Islands : Black pearls
p.19-20	Kiribati : Wilderness on Kiritimati Island
p.25-26	New Caledonia : Ouvéa Island where the film was set
p.27-28	Niue : Ocean where offers visibility down to 70 m, first 'Dark Sky Nation' in the world
p.29-30	Palau : Rock Islands, a World Heritage Site
p.35-36	Solomon Islands : More than 100 species of flowers, birds and butterflies
p.39-40	Tuvalu : Endangered green turtles
p.41-42	Vanuatu : Dugong exploration tour, volcano

Feel History and Culture

p.13-14	Federated States of Micronesia : Nan Madol ruins, a UNESCO World Heritage site, and Rai stones
p.15-16	Fiji : Traditional Kava Ceremony & history of Indian culture
p.21-22	Marshall Islands : Traditional handicraft 'Amimono'
p.27-28	Niue : Village Show days
p.29-30	Palau : Peleliu Island
p.31-32	Papua New Guinea : Battle of Rabaul, Sing-sing show
p.33-34	Samoa : Fale, traditional Samoan dwelling
p.35-36	Solomon Islands : Skull Island, Stone island
p.37-38	Tonga : Only Kingdom in the Pacific Islands

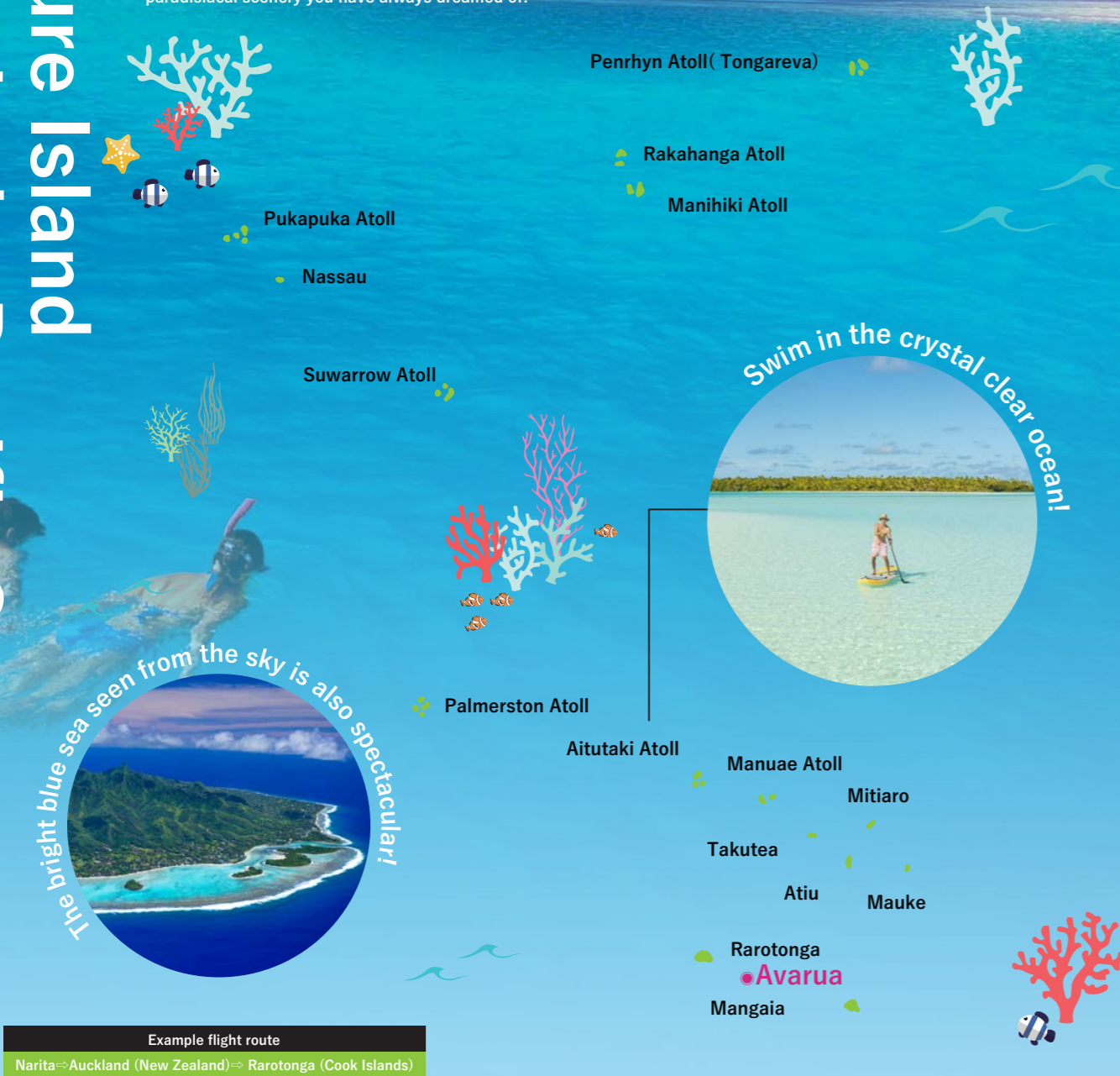
Relax at a Resort

p.11-12	Cook Islands : Resort in Rarotonga
p.15-16	Fiji : Resort in Denarau
p.17-18	French Polynesia (The Islands of Tahiti): Bora Bora
p.25-26	New Caledonia : Mettle Island, town in Nouméa

COOK ISLANDS

Resting in the Pacific Ocean
Treasure Island

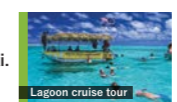
The Cook Islands, maintaining a free-association relationship with New Zealand, is located almost on the other side of the Equator from Hawaii. Fifteen islands make up the country's total area of 237 km², approximately the same size as Japan's Tokunoshima yet it attracts over 100,000 visitors annually. The 15 islands are divided into two parts: northern, which is closer to the Equator, and southern. For first-time visitors, the southern side is recommended! Notable islands therein include Rarotonga, where the capital (Avarua) is located; Aitutaki, famous for its beautiful lagoon; and Atiu, where organic coffee is produced. Spend your days relaxing on the beach in a resort atmosphere or enjoy sports such as fishing, canoeing, and windsurfing... the Cook Islands offers the paradisiacal scenery you have always dreamed of!



Example flight route
Narita → Auckland (New Zealand) → Rarotonga (Cook Islands)

Beginners' course Plan to enjoy the Cook Islands in a short period

- 1st day**
- PM ● Arrive at Rarotonga! A local driver will drive you to your hotel, where you will relax until the next day.
- 2nd day**
- AM ● Rent a scooter to explore the capital city of Avarua. Visit the police station with your Japanese driver's license and application fee, and they will issue your license. Visit Punanga Nui Market, open every Saturday, for local food, beach dresses, and more! Find your favourite black pearl accessories, a specialty of the Cook Islands.
 - PM ● Visit Muri Beach—the most beautiful beach on the island. Enjoy windsurfing, SUP, snorkelling, and all other marine sports. Glass-bottom boarding is recommended! Watch coral reefs and schools of colourful fish from the water! In the evening, enjoy a powerful dance show 'Island Night' while eating local Cook Islands cuisine.
- 3rd day**
- AM ● Join in Sunday Mass! The locals will give you a warm welcome. Most residents, while respecting Polynesian culture, are Christians and attend church with great enthusiasm on Sundays.
 - PM ● Take a 4-wheel carriage for a tour of Rarotonga's natural wonders! Enjoy the adventure with a guide as you visit beautiful waterfalls and other sites. Enjoy dinner while watching the sunset over the beautiful ocean.
- 4th day**
- AM ● Let's go to Aitutaki to see one of the world's best lagoons by domestic flight! Take a lagoon cruise tour to fully enjoy Aitutaki. Enjoy snorkelling and nature walks.
 - PM ● Enjoy a BBQ lunch with the tour members while looking at the beautiful ocean. Visit One Foot Island, an uninhabited island in Aitutaki's southernmost region. Send letters to commemorate your trip at the world's only post office on an uninhabited island! Return to Rarotonga by domestic flight.
- 5th day**
- AM ● Depart for Japan.



Dance

Watch a traditional Cook Islands dance

Dances reflecting the Cook Islands' culture are a must-see when visiting the islands! The women, dressed in coconut costumes, grass skirts, and headbands decorated with colourful flowers and seashells, dance to the rhythm of drums. You will lose track of time as you watch them dance to the rhythm of the drums. The music and dance are practised diligently from childhood. Every May, a contest is held to determine the best dancer of the year.

Juice

Noni Juice

Noni juice, also called "super fruit", is popular in the Pacific region and has, recently, become a hot topic in Japan. Noni (Morinda citrifolia) can be found in other Pacific Island Countries, and its Japanese name is Yaeyama aoki. It contains amino acids, medium-chain fatty acids, vitamins, minerals, and other nutrients that are often lacking in modern people. It has a unique flavour and is slightly bitter, but this is a great opportunity to try it for yourself!

Gift

Black pearls

On Manihiki Island, in the Cook Islands, black pearls are cultured in its rich lagoon. Black pearls come in various colours. The most popular colour is peacock, resembling peacock feathers, but there are also gold, bronze, blue, purple, and many other colours based on black. Why not find your favourite pearl to commemorate your trip to the Cook Islands?

Advanced course Adventure plan in the great nature

- 1st day~2nd day**
- Same as the Beginners' course.
- 3rd day**
- AM ● Take a domestic flight to Aitutaki. The sea's clarity is excellent even from the sky! Try fly-fishing for bonefish! You can also fish for sailfish, tuna, and dolphinfish.
 - PM ● Ask the chef to prepare a local dish using the fish you caught! At night, stay in a Polynesian-style bungalow and enjoy the exotic atmosphere.
- 4th day**
- All day ● Swim with whales on a whale swim tour for an unforgettable experience! Every year from July to October is the best time to see humpback whales in the ocean! Return to Rarotonga by domestic flight. Taste exquisite cuisine made with local ingredients while watching the sunset.
- 5th day**
- AM ● Take a domestic flight to Atiu, also known as 'Bird Island'. A guide will take you to Anatakitaki Cave, where you will see the rare Kopeka birds.
 - PM ● Descending a narrow cliff, you will arrive at a freshwater pond at the bottom of the cave. Swimming in the clear water with candlelight will be a magical experience! Enjoy a glass of tumunu, a local drink made from fruits harvested on the island, and mingle with the locals. Enjoy the local dish 'Umu Kai'.
- 6th day**
- AM ● Visit a coffee plantation.
 - PM ● Visit Cooks Landing, the memorial site where Captain Cook landed. Capture a commemorative photo on the beautiful beach. Return to Rarotonga by domestic flight. Enjoy Cook Islands' local dish, 'ika mata', raw fish and vegetable dish with coconut cream!
- 7th day**
- AM ● The guide will lead you on a trekking tour across the island! Embark on your last adventure in the Cook Islands! You can also stop by Te Rua Manga (meaning 'Needle'), a strange rock that towers above Rarotonga. Walking in the forest or along the mountain stream, view rare plants and birds.
 - PM ● Spend time relaxing on the beach while soaking up memories of your trip. Dinner with a spectacular view of the sunset and the ocean. Dance the night away at a club packed with locals!
- 8th day**
- AM ● Depart for Japan.



Q In 1798, British whaling ship captain John Fane became the first Westerner to reach Nauru, and he is said to have called it 'Pleasant Island'. So, who was another Englishman who reached the Cook Islands and named the country?

The answer is on **p.24!**

Column 1 Suvarrow Atoll, an Island of Treasure

Suvarrow Atoll—located 825 km northwest of Rarotonga—is inhabited by a caretaker dispatched by the government, seabirds, and crabs! With no regular boat services, the only way to get here is by chartering a private yacht or cruise ship. This island has served as a model for Stevenson's book, 'Treasure Island'. In the mid-19th century, while salvaging a sunken ship, they found a box of gold and silver coins on a small island in the atoll. It's exciting to think that there's a treasure lying somewhere...

Column 2 Cook Islands' coins you'll want to buy as souvenirs

Commemorative currency is said to be minted as a means of earning foreign currency. The Cook Islands' commemorative coins are famous among collectors—especially popular are the Masterpieces of Art series. Artworks by Monet and Van Gogh have been coloured into coins. Some of the designs include Japanese Shinkansen. You may find a design that tickles your fancy!

Let's enjoy online content

Visit the Cook Islands Tourism website for more information! You can find information on local tours and activities.

FEDERATED STATES OF MICRONESIA

One Destination, Four Different Unique Experiences

The Federated States of Micronesia (FSM) is a hidden gem spread across the western Pacific Ocean, comprising more than 600 islands that covers over 1 million km². The FSM is made up of 4 island states (West to East): Yap, Chuuk, Pohnpei and Kosrae. Although its land area is just 702 km², renowned for its cultural richness, the FSM offers unique experiences such as wreck-filled dives, ancient ruins and pristine biodiversity. One notable site is the Nan Madol Ruins, a UNESCO World Heritage Site. You can find the FSM between Palau on its western borders, Marshall Islands on its eastern borders and US Territory of Guam on its northwest borders. The FSM welcomes you to our shores for exciting experiences of our rich and vibrant cultures, our unspoiled and pristine biodiversity, and our uniqueness "a destination with four unique experiences".

Yap State
 Rumung, Maap, Gagil-Tamil, Yap, Colonia, Yap International Airport, Traditional meeting place in Yap State

Pohnpei State
 Sokehs Rock, Pohnpei International Airport, Sokehs mountain, Palikir, Mt. Kupuriso, Mt. Nahnalud, Kapirohi Waterfall, Nan Madol Ruins, Nahlap, Kapirohi Waterfall in Pohnpei State

Chuuk State
 Mt. Tonachau, Chuuk International Airport, state government, Japanese War Memorial, Ruins of Japanese gun emplacements, Ueno, Old Japanese Lighthouse, Port of Chuuk, Market, Chuuk Visitors Bureau, Mt. Tonoken, Mt. Chuukuwen, Jeep Island in Chuuk State

Kosrae State
 Kosrae International Airport, Mt. Matante, Lelu Ruins, Yela Ka Forest, Mt. Finkel, Tofol, Mt. Oma, Cascade Waterfall, Former Japanese Army Cave, Sipyen Waterfall, Saurang Waterfall, Tower of Peace, Tochka of the former Japanese Army, Former Japanese Military Communication Station, Utwe Biosphere Reserve, Yela Ka Forest in Kosrae State

Example flight routes
 Narita → Guam (USA) → Chuuk (FSM) → Pohnpei (FSM) → Kosrae (FSM)
 Narita → Guam (USA) → Yap (FSM)

A map of Japan shows its geographic location, but the scale is different from reality.

Beginners' course Unique experience with wreck diving and the mysterious World Heritage Site!

- An experience that can only be had here.
- 1st day**
 AM ● Arrival at Chuuk Airport via Guam.
 PM ● Enjoy snorkelling in the calm ocean! You may encounter dolphins!
- 2nd day**
 AM ● Let's enjoy wreck diving for experienced divers! You can enjoy fantastic diving to explore the many battleships and fighter planes that are sunk to the bottom of the sea!
 PM ● Visit Jeep Island, an uninhabited island selected as the most beautiful scenery in a Japanese TV program. Enjoy diving or snorkelling in the beautiful ocean. Stay overnight on Jeep Island and spend time relaxing under the beautiful starry sky.
- 3rd day**
 All day ● Spend relaxing time on the Jeep island and return to Weno Island in Chuuk State in the afternoon.
- 4th day**
 AM ● Move from Chuuk State to Pohnpei State.
 PM ● After lunch, visit the Plaza de España and the German Bell Tower in Kolonia.
- 5th day**
 All day ● Visit the World Heritage Site of Nan Madol Ruins. The ruins of a maritime city, meaning 'between heaven and earth', comprising nearly 100 man-made islands over a period of 1000 years starting around the 6th century. Visit Kapirohi Waterfall, a natural pool waterfall basin.
- 6th day**
 AM ● Snorkelling at Manta Road.
 PM ● Cruise through the mangrove forest by kayak.
- 7th day**
 AM ● On the last day, go hiking to Sokehs Mountain. You can see the remains of the Japanese Army during World War II. Visit Kapingamarangi Village and choose memorable souvenirs, such as crafts made from mangrove roots.
 PM ● Experience the culture! Try 'Sakau'—a calming drink—at a Sakau bar. (Please avoid it if you have a sensitive stomach.) Move from Pohnpei to Guam and return to Japan the next day.
- Optional Plan**
 If you want to experience more of FSM, visit Kosrae State! Kosrae is located in the easternmost state of the FSM, the furthest place from Japan. Kosrae is blessed with nature, and visitors can enjoy the mysterious Yela Ka Forest on the land and beautiful coral reefs through diving.

Yap State
Land of the Stone Money
 The highlight of Yap, the most traditional cultural site in the FSM, is its ancient giant stone money. Locally called 'rai' or 'fei', stone money is still used today as a traditional expression of indebtedness or apology. Some stone money has a history of more than 1000 years. Yap's traditional culture involves not only stone money but also village tours enabling visitors to experience the village's traditions and culture, including traditional dances performed by local people in colourful folk costumes, and tours where visitors experience a traditional canoe ride.

Chuuk State
Land of History
 This state has numerous atolls, creating one of the largest lagoons in the world. Chuuk is a dive haven for wreck diving, boasting deep blue waters. Battleships, fighter planes, tankers, and cargo ships that have sunk to the bottom of the sea are home to colourful fish, making for a fantastic diving experience. Additionally, Jeep Island, an uninhabited island resort with a circumference of approximately 100 m, offers a unique experience of being surrounded by beautiful nature.

Pohnpei State
Land of Mystery
 Pohnpei is home to Palikir, the FSM's capital. Along with the World Heritage Site of the Nan Madol Ruins and Kapirohi Waterfall, the natural environment is blessed with a tropical rainforest, among the world's wettest regions, where visitors can enjoy more than 600 species of tropical plants and flowers.

Kosrae State
Land of Nature
 The island is also known as the 'Coral Kingdom' because of the more than 200 species of coral reefs that surround the island. The island boasts outstanding transparency, making diving and snorkelling a must-see experience. The island is covered with mangrove forests, tropical rainforests, and other natural wonders, allowing visitors to spend a peaceful time amid nature, away from the hustle and bustle.

Q Nan Madol Ruins on Pohnpei in the FSM is considered the model for a certain Japanese fairy tale. What is this fairy tale?

The answer is on **p.30!**

Advanced course Fully enjoy a tradition of FSM in Yap State

- 1st day**
 AM ● Depart Guam at midnight and arrive in Yap.
 PM ● First, join in a guided village tour to experience the traditional culture of Yap. You can see Yap's traditions, such as giant stone money and the traditional meeting place, which are unique to Yap.
- 2nd day**
 AM ● Participate in diving or snorkelling with the possibility of observing manta rays and sharks. Enjoy Yap's natural beauty.
 PM ● Experience local culture on a traditional canoeing tour.
- 3rd day**
 All day ● If you arrange your itinerary successfully, you may even be able to participate in a festival that will allow you to fully experience Yap's traditional culture! Enjoy traditional food, dancing, and more at the annual Yap Day on March 1st every year!
- 4th day**
 AM ● Depart Yap at midnight for Guam and return to Japan.

Enjoying traditional culture

Online contents
RainbownesiaTV
 Visit the YouTube channel, which showcases the FSM's attractions!

The four states comprising the FSM

Column 1 Yela Ka Forest in Kosrae State
 Today, the Yela Ka Forest is a protected conservation area. It has the world's largest stand of Ka trees as well as many other rare and endemic species. As an open, natural laboratory, it is a pristine setting for environmental research and also among Kosrae's most remarkable tourist destinations. The Yela Ka forest is not accessible by land, so visitors must travel by boat at high tide through the mangrove forest, first to a way station and then walk through a wetland. A legend goes that dwarfs in the Yela Ka forest used to help an old man who lived there to build canoes. Feel the mystical forest's spirits!

Column 2 Jeep Island in Chuuk State
 This island was selected by a Japanese TV program for its stunning beauty, particularly notable for the rainbow frequently over the island. It is accessible by boat from Weno Island in Chuuk, taking approximately 30-40 minutes. Despite its small size, adorned with palm trees, you can walk around the island in just 3-5 minutes. After diving or snorkelling in the breathtaking ocean, you can have a unique relaxing time under the spectacular starry sky without electricity!

FIJI

Healing place surrounded by the sea and nature

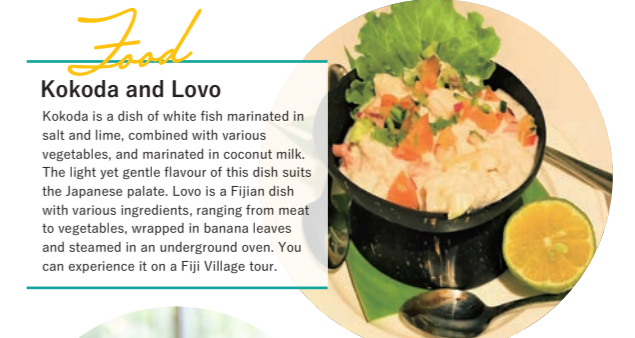
Viti Levu, the main island of Fiji, is located approximately 3100 km northeast of Australia and 2100 km north of New Zealand. The nearest Pacific Island Country, Tonga, is 770 km east, and Vanuatu is 1100 km west. It comprises more than 330 beautiful islands, with a total land area approximately the size of Shikoku in Japan. With crystal-clear waters, coral reefs in the sea, white sandy beaches, and lush vegetation, Fiji satisfies every traveller, from resort-goers to active backpackers. Fiji, besides being rich in natural beauty, is also a multi-ethnic nation with a blend of Melanesian, Polynesian, and Indian cultures. This unique cultural atmosphere gives the country a distinct Fijian charm.



Example flight route
Narita → Nadi (Fiji)

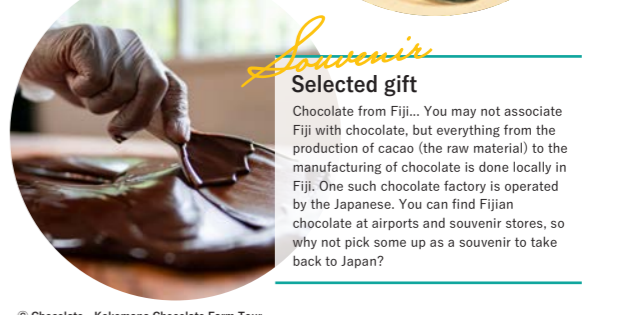
Beginners' course Enjoy Fiji fully in a short period!

- 1st day**
- AM Arrive at Nadi airport by direct flight. Walk around the town in Denarau island after leaving your luggage at the hotel and then go for lunch.
 - PM Have a relaxing time in Denarau island. Enjoy the dinner show with traditional dance at the hotel.
- 2nd day**
- AM Leave Nadi town to Fiji village. Enjoy Kava ceremony and traditional dance (Meke) at the village. Have traditional Fiji cuisine lunch.
 - PM Return to Nadi town and city sightseeing. Visit Sri Siva Subramaniya Swami Temple, a famous Hindi temple, with colourful sculptures and murals. Shop in Nadi market and handicraft market to find souvenirs. Depart for a sunset cruise from the Port Denarau. Have fun with dinner, sunset, and a starry sky on board.
- 3rd day**
- AM Visit the chocolate factory near the airport. You can enjoy a chocolate-making experience (reservations required).
 - PM Have a relaxing time at the café and purchase souvenirs at the Nadi airport. Return to Japan.



Advanced course Enjoy visiting remote islands in Fiji!

- 1st day**
- AM Arrive at Nadi Airport by direct flight. Have a relaxing time at 'Sabato Hot Springs and Mud Pool' near the airport, and then go to lunch.
 - PM Enjoy spa and shopping in Denarau island, among the best resort areas in Fiji. Have dinner and rest for the next day's remote islands visit.
- 2nd day~ 5th day**
- All day Mamanuca and Yasawa Islands: easy to access from the Port Denarau. Enjoy relaxing time and activities while staying at the island resorts.
 - Mamanuca Islands - Day trip from Denarau to the remote island resorts
 - Snorkelling surrounded by beautiful coral reefs and tropical fish.
 - Enjoy tropical cocktails at a floating bar on sea.
 - Relax at a resort with a spectacular ocean view.
 - Yasawa Islands - A secluded corner of Fiji with pristine wilderness
 - Dive in crystal clear waters and see manta rays!
 - Explore the limestone caves called 'Sawa-i-lau Caves'.
 - If you have time, you can also take a cruise tour.
- 6th day**
- AM Return to the Denarau island and rest at a cafe. Arrive at Nadi Airport and purchase souvenirs.
 - PM Depart for Japan.



Q What does 'Yasawa' mean in Fijian for the Yasawa Islands—considered one of Fiji's most pristine and unexplored islands?

The answer is on p.26!

Let's enjoy online content
Visit the Tourism Fiji website for more information! You can check the joyful activities in Fiji.

Check out photos in Fiji!
You can also see various photos on Tourism Fiji's Instagram handle.

Column 1 Fijian Greetings
Try learning the simple local language and communicate with the locals!

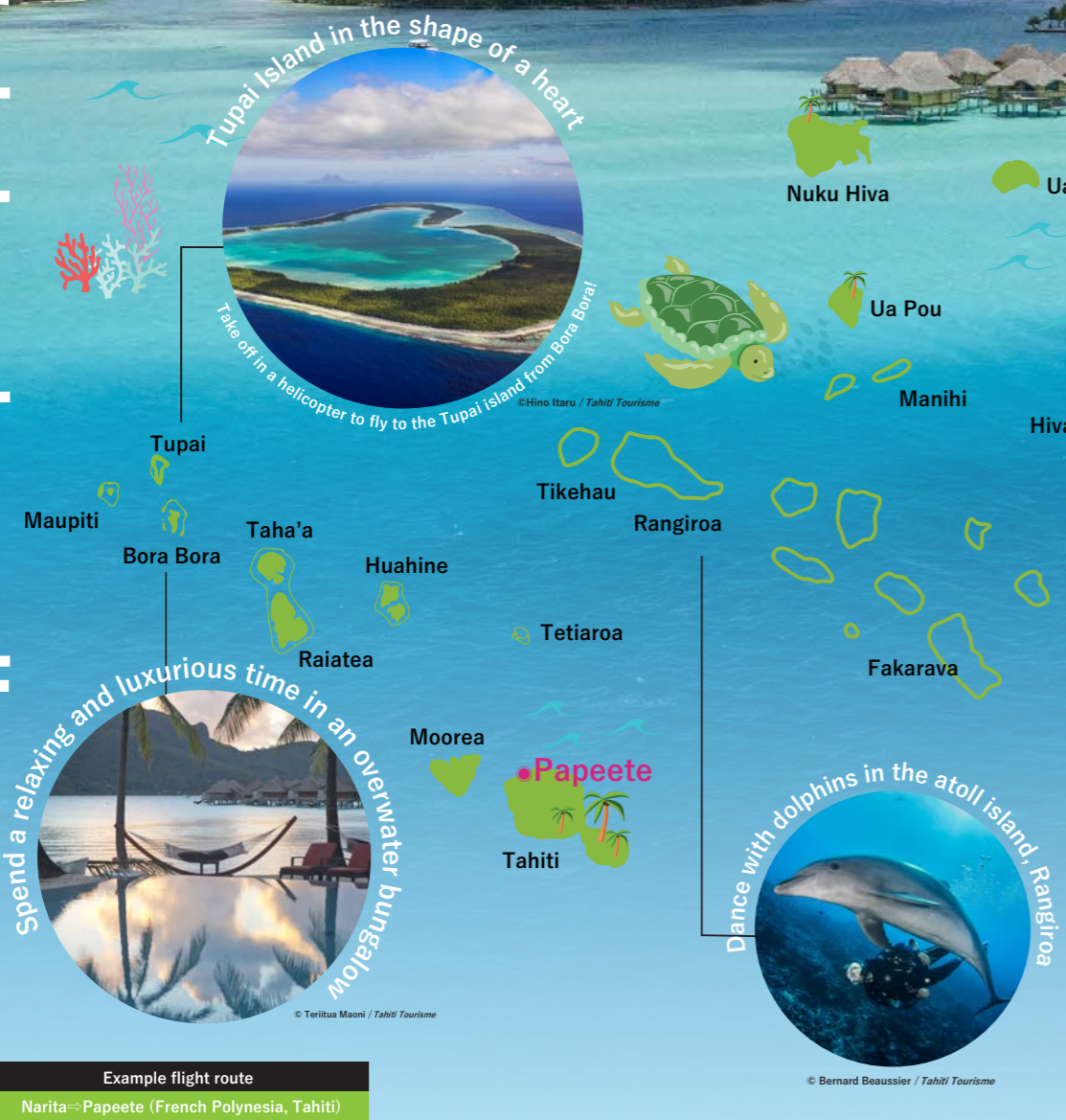
Hello ▶ Bula Goodbye ▶ Moce
Thank you ▶ Vinaka

Column 2 Fiji's Relationship with India
Approximately 40% of Fiji's population comprises Fijians of Indian descent. This demographic began when the British, who ruled Fiji as a colony, settled Indians as sugarcane plantation labourers in 1879. After Fiji gained independence from Britain in 1970, Indian labourers continued residing in Fiji and were involved in agricultural and commercial activities, contributing significantly to Fiji's economic development.

French Polynesia (The Islands of Tahiti)

Gauguin's beloved paradise

French Polynesia comprises 118 islands and atolls, among which Tahiti shines brightly. These islands are sought-after havens for tourists, boasting crystalline lagoons and luxury overwater bungalows. Venture beyond to discover ancient ruins, lush nature, and villages steeped in tradition. Lose yourself in this tropical idyll, a place so enchanting even the great artist Paul Gauguin was captivated. There are resorts and local tour agencies with Japanese-speaking staff, and you can explore them with ease and tranquillity.



Enjoyment plan Beginners' course Visit 3 popular islands in 1 week!

- 1st day**
- AM ● Depart Narita at night and arrive at Faa'a International Airport in Tahiti at noon on the same day due to the time difference. Head for Bora Bora Island by domestic flight.
- Bora Bora Island**
- PM ● After arriving at the resort hotel, enjoy snorkelling in the resort's lagoon and relax while watching the sunset. Romantic dinner on the resort's terrace under the stars.
- 2nd day**
- AM ● Charter a boat and enjoy snorkelling and motu picnic.
- PM ● Participate in a cultural experience tour. Enjoy a sunset cruise on a Catamaran yacht.
- 3rd day**
- AM ● Unique to Tahiti! Breakfast at Canoe Breakfast. Parasailing and kite surfing over the lagoon to enjoy the spectacular view from the sky.
- PM ● Explore nature and historic sites by hiking or 4WD. Taste local food at a local restaurant.
- 4th day**
- AM ● Relax at the Blue Lagoon and enjoy a Tahitian spa treatment.
- Tahiti Island**
- PM ● Transfer to Tahiti Island. Have dinner at a roulotte (food stall) in the beach area.
- 5th day**
- Moorea Island**
- AM ● Day trip to Mo'orea Island by boat.
- PM ● Rental car or guided tour around the island: enjoy the clear blue lagoon, green jungle and beautiful mountains. Stop at fruit juice stands and villages or explore on foot with a guide.
- 6th day**
- AM ● Listen to hymns in church on Sunday. Shop at Le Marché (market) and colourful boutiques along the seafront.
- PM ● Explore the old town of Papeete. Watch a Tahitian dance show at a restaurant.
- 7th day**
- AM ● Depart from Tahiti. Arrival at Narita in the afternoon of the next day.



Motu Picnic

The Motu Picnic of your dreams! Motu means 'small island'. Why not visit a small island and enjoy Tahiti with its crystal clear waters all to yourself? Snorkel in a coral garden surrounded by tropical fish. You can also enjoy stingrays and small sharks.

© Stéphane Mallion / Tahiti Tourisme

Trekking

The Islands of Tahiti are attractive in the ocean and mountains. Explore the jungle using 4WD and discover rare flora and fauna on trekking tours, visit local villages, etc. Why don't you enjoy Tahiti Islands' rich nature?

© Dimitri Nguyen Verdenet / Tahiti Tourisme

Shopping

Tahitian Accessories Shopping in Papeete

Papeete, the gateway to Tahiti, is bustling with stores. If you are seeking souvenirs, Marche and Valma shopping centres are perfect. Find special Tahitian handicrafts and beautiful black pearls. You can also enjoy browsing through supermarkets and cafes, where you can experience local life.

© Massimiliano Cinà / Tahiti Tourisme

Advanced course Experience the unknown Tahiti! Deep Tahiti Plan

- Visit the Islands of Tahiti while staying a little longer. This plan is an adventure in the Tahiti that Gauguin loved while experiencing the life of the local people and local culture.
- 1st day**
- AM ● Arrive at Faa'a International Airport in Tahiti.
- 2nd day~1st week**
- Easy Access from Tahiti: The Society & Tuamotu Islands**
- Rangiroa Island** You can swim with wild dolphins (by domestic flight from Tahiti)
- Huahine Island** Lush forests and traditional, quaint villages (by domestic flight from Tahiti)
- Raiatea Island** Sacred ruins, "Taputapuātea" World Heritage Site (by domestic flight from Huahine or Tahiti)
- Taha'a Island** Vanilla plantations and peaceful secluded resort islands (by boat from Raiatea Island)
- Return to Tahiti Island.
- 2nd week**
- A Secret Paradise: The Marquesas Islands**
- Nuku Hiva Island** Ancient ruins and a fjord-shaped bay, an island with an ancient landscape (by domestic flight from Tahiti)
- Hiva Oa Island** The island where the painter Paul Gauguin rests (by domestic flight from Nuku Hiva or by domestic flight from Tahiti)
- 13th day**
- AM ● Return to Tahiti Island. Get a souvenir of your trip at Le Marché in Papeete.
- 14th day~15th day**
- AM ● Depart Tahiti.
PM ● Arrive at Narita.



Q The famous Tahitian dances in Tahiti include 'Otea', a dance performed with drums, and 'Aparima and Hivinau', dances with percussion and stringed instruments. Which other Polynesian country offers shows, FiaFia Nights that incorporate fire dances, and traditional dances, such as Shiva?

A The answer is on p.34!

Column 1 Tahiti more easily. Weekend and extended stay plans available!

Friday	Saturday/Sunday	Monday/Tuesday
Departure (evening)	Arrival in Tahiti (noon)	Departure for Japan (Return)
	-Enjoy Tahiti	

By departing from Narita Airport on Friday night, you can enjoy Tahiti for 5 days with a weekend. From noon on Friday to Sunday, you can fully enjoy the resort, marine activities, trekking, and shopping for Tahitian accessories! You will return home on Monday (arriving in Japan on Tuesday). Why don't you visit this tropical paradise to refresh yourself between busy days?

Column 2 The Islands of Tahiti and the Environment

The Islands of Tahiti, a popular tourist destination, have taken various measures for environmental protection. Fishing methods other than line fishing have been banned since 1996, and the world's largest marine protected area has been established since 2002. It covers 5 million km² and protects a wide variety of marine life, including whales, sea turtles, stingrays, and about 20 species of sharks. The Islands of Tahiti aim to remain a paradise for us travellers and creatures and nature.

© Frédérique Legrand / Tahiti Tourisme

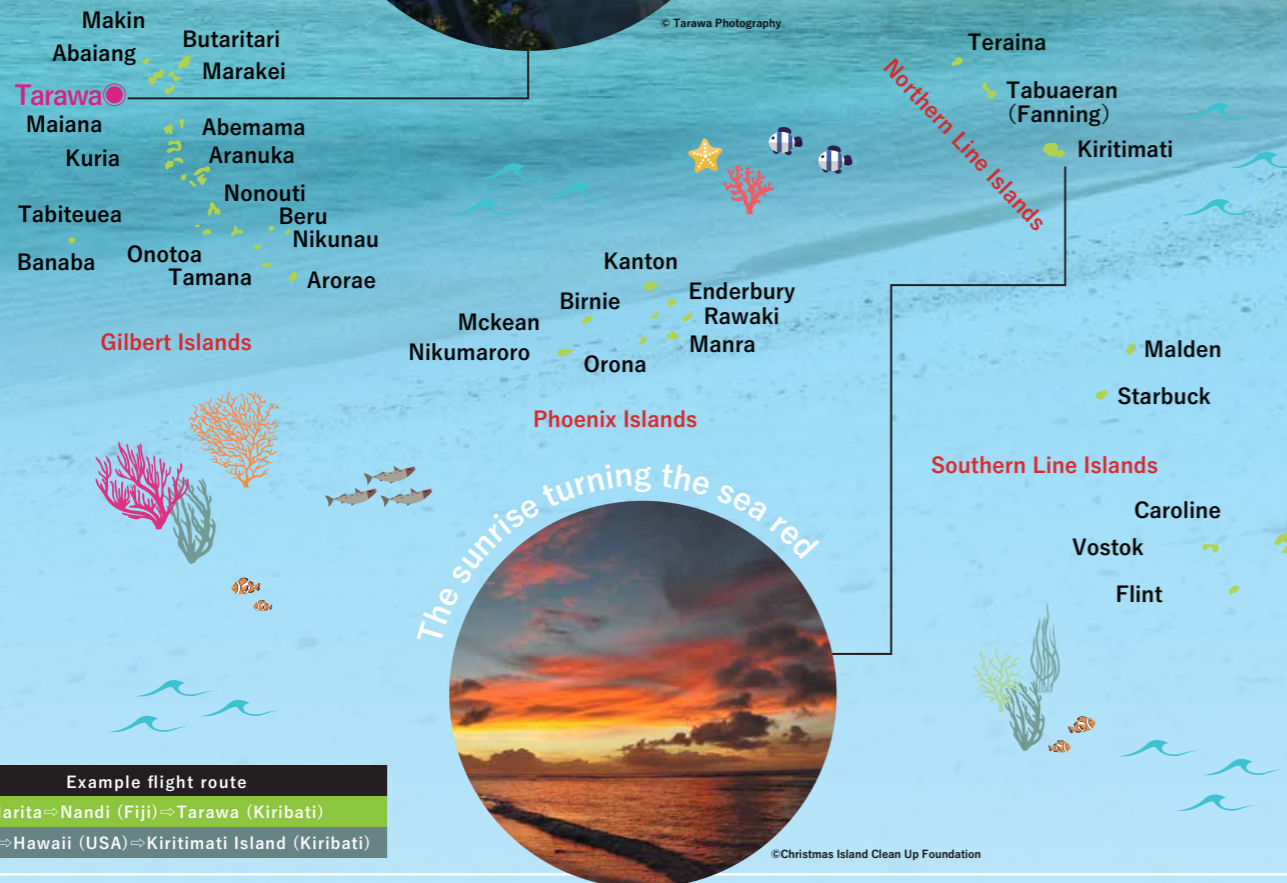
Let's enjoy online content

Visit the Tahiti Tourisme website to learn more about the Islands of Tahiti!

KIRIBATI

The country where the sun rises first in the world

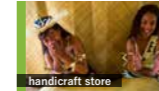
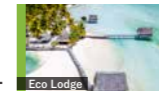
Kiribati, an island nation with exquisite coral reefs, lies at the crossroads of the date line and Equator. It comprises three island groups: the Gilbert, Phoenix, and Northern/Southern Line Islands. Of these, Millennium Island, situated at the easternmost tip of the Line Islands, is renowned as the world's foremost witness to the dawn's first light. Enveloped by azure seas and shores of white sand, these paradisiacal isles beckon you to enter 'Kiribati Time', a tranquil realm far removed from the frenetic pace of modern life. Here, in nature's embrace, alongside locals and adventurers from around the globe, you can savour moments that will forever linger as cherished memories.



Beginners' course

Enjoy the country where the sun rises first in the world, in Tarawa, the capital city

- 1st day**
- AM ● Arrive at Nadi Airport in Fiji.
 - PM ● Plenty of time for transfers! Take your time to explore the airport.
- 2nd day**
- AM ● Arrive in Tarawa, the capital of Kiribati. Take a bus with the locals or ask your hotel to pick you up.
 - PM ● After leaving your luggage at the hotel, take a walk around the area. Let's switch to a leisurely Kiribati time right away!
- 3rd day**
- AM ● Let's explore the long and narrow island of Tarawa! Head to Bairiki, the island's centre, and take a stroll through the town. Take the Nippon Causeway, a long stretch of road over the sea, built with Japanese aid. How about a smoothie under sunny skies at the beach cafes just across the Nippon Causeway?
 - PM ● Go to the Betio area. Visit the ruins of the WWII Battle of Tarawa, the site of the Pacific War. Enjoy local food in Kiribati.
- 4th day**
- AM ● Head to the Buota and Abatao villages in North Tarawa. When the tide is low, you can walk across the sea. The shallow sea's white sands are endless and fantastic. If the tide is high, you can take a short ferry ride across from Buota to Abatao with the locals. Lunch at Tabon Te Keekee Eco Lodge in Abatao. Enjoy Kiribati cuisine with a pleasant breeze while looking at the beautiful beach.
 - PM ● Go to see the clam farm not far from Tabon Te Keekee Eco Lodge! Partake in some beautiful swimming during high tide and sunbathe on the beach. Take a photo standing at the highest point above sea level in Tarawa.
- 5th day**
- AM ● Experience and learn about the different cultural aspects at the Kiribati Cultural Museum in the Bikenibeu area, South Tarawa. Visit the parliament building and churches. If it is Sunday, you can listen to hymns at the church. Kiribati hymns are very powerful!
 - PM ● Stop by a handicraft store. Get handmade beautiful handicrafts as souvenirs!
- 6th day**
- AM ● Depart for Japan. Transit in Fiji.
- 7th day**
- PM ● Arrive in Japan.

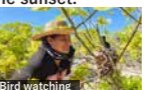
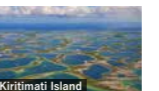


Luxury Plan

Advanced course

Once in a Lifetime! Blend in with the unspoiled wilderness on Kiritimati Island

- 1st day**
- PM ● Departure from Japan, transfer in Honolulu.
- 2nd day**
- PM ● Arrive at Kiritimati Island. Check into the Captain Cook Hotel. Experience blending into the starry night sky, which is amazingly clear when seen with the naked eye.
- 3rd day**
- AM ● Your room is right in front of the ocean! Watch the sunrise in all its glory.
 - PM ● Enjoy the endless sparkling ocean with snorkelling and fishing.
- 4th day**
- AM ● Take a boat out of London town to go diving!
 - PM ● During a break from diving, land on a deserted island and have lunch on the beach.
- 5th day**
- AM ● Sunrise breakfast on the beach while watching the world's earliest sunrise.
 - PM ● Depart on a sightseeing tour of the island. Kiritimati Island is famous for its seabird habitat. Let's go see the spawning area where seabirds gather.
- 6th day**
- AM ● Dive at the famous Bay of Wrecks in Kiribati! Drive to the site and make entry from the beach.
 - PM ● Relax on the beach with a beer in hand while watching the sunset.
- 7th day**
- AM ● Participate in bird watching. Discover lovely tropical birds in the lush nature.
 - PM ● Cheers to our last night in Kiribati with locals and fellow travellers from around the world.
- 8th day**
- AM ● Depart from Kiritimati Island. Transfer to Honolulu. (*Arrive the day before because of the date line's crossing.)
- 9th day**
- PM ● Arrive in Japan.

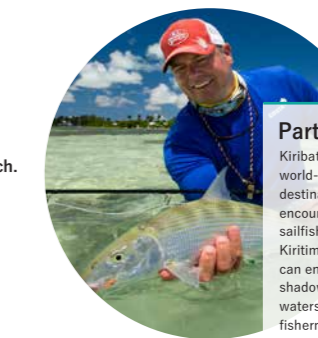
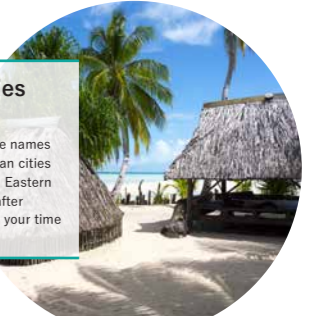


Recommended Food
 Enjoy Kiribati food on a peaceful terrace while listening to the sound of the waves. Te Mai Salad is made from potatoes. Thinly sliced Kiribati potato chips are also recommended. Seafood is also excellent, as one would expect from an island nation. Ola Ola Salad, marinated tuna with lemon, chilli, cucumber, tomatoes, and coconut cream, is also very fresh.

Kiritimati Island

You can find various cities on Kiritimati Island!

There are several cities which has unique names in Kiritimati Island. Names of big European cities such as London and even that country in Eastern Europe! There are even villages named after tropical yellow fruits. Why don't you take your time and discover the island?



Nature

Participate in a game fishing tour!
 Kiribati, particularly Kiritimati Island, is a world-class saltwater fly fishing and game fishing destination. There are numerous opportunities to encounter large fish, such as bonefish, giant trevally, sailfish, and marlin. In the vast lagoon of the Kiritimati Atoll, the world's largest coral atoll, you can enjoy as much time as you want to chase the shadows of fish that appear in the crystal-clear waters. Why not visit this paradise that every fisherman dreams of?

Q What does 'Christmas' mean in the Pidgin language of Papua New Guinea? Regarding the 'Kiritimati Island' in Kiribati, 'Kiritimati' is pronounced the same as 'Christmas' in Japanese.

The answer is on p.32!

Column 1 From Tarawa to Abaiang Island, a moment in harmony with nature.

It takes about 2 hours by boat from the port of Betio in South Tarawa, or about 10 minutes by domestic flight (Air Kiribati). How about a trip to Abaiang Atoll? Famous for its beautiful lagoon and islets, the island is home to traditional villages; it's iconic towered Koinawa Cathedral Church and more... Experience the culture, and meet the local community...giving you a taste of Kiribati as it used to be. Lose yourself in the beauty of the earth and lose track of time.



Column 2 Where am I? What day is it today?

Kiritimati Island is via Honolulu. As we pass through the date line, you can experience a very strange sensation. Especially on the return trip, you will arrive in Hawaii the day before the day you leave Kiribati. From Hawaii to Japan, you will arrive in Japan on the same day as the day of your departure from Kiribati. It is a good idea to set the clocks for the three countries on your smartphone.



Let's enjoy online content

Check the website of Tourism Authority of Kiribati for more information! You can find information on the activities and hotels.



MARSHALL ISLANDS

Sail the beautiful coral reef islands and hear the ancient whispers

Situated between Australia and Hawaii, the Marshall Islands form a stunning lagoon adorned with coral reefs intertwined with small islands. The capital city of Majuro Atoll encompasses several small islands. Its picturesque oval shape stretches for 100 km, with a maximum width of 2 km, creating a long narrow island that offers panoramic views of the Pacific Ocean.

The Marshall Islands provide a serene backdrop for traditional canoe rides or beachside barbecues on the Small Islands. Additionally, opportunities for diving and snorkelling amid the captivating coral reefs abound.

Venture beyond Majuro to discover new horizons in the remote atolls. One such atoll, Bikini Atoll, is known for its history of nuclear testing and was designated as a World Heritage Site in 2010.

Come and relax in the beauty of nature in this paradise.



Example of flight routes

Narita → Guam (USD) → Chuuk (Federated States of Micronesia: FSM) → Pohnpei (FSM) → Kwajalein (Marshall Islands) → Majuro (Marshall Islands)

Enjoyment Plan

Beginners' course Enjoy the long Majuro Atoll!

- 1st day**
- AM ● Depart Japan the day before and stay overnight in Guam.
 - PM ● Arrived at Majuro in the evening via Chuuk and Pohnpei, FSM! Enjoy a dinner of fresh seafood from the surrounding ocean. The taste of fish dishes such as sashimi, is familiar to the Japanese.
- 2nd day**
- All day ● Visit Laura area on the outskirts of Majuro! Laura Beach park, where the calm, shallow ocean stretches endlessly. Enjoy local food and have a relaxing time.
- 3rd day**
- AM ● Stroll around the town of Majuro! Visit the Alele Museum to understand Marshallese culture and history deeply.
 - PM ● Board a traditional Marshallese canoe, considered the most beautiful canoe in the Pacific. Feel the natural breeze in a canoe that has been used as a means of transportation since ancient times.
- 4th day**
- AM ● Before departure, shop at the handicraft shops in the airport. The beautiful handicrafts, called 'Amimono' of Japanese origin, are made of woven palm and pandanus leaves. Depart Majuro for Guam. After staying one night in Guam, return to Japan.



Traditional Canoe Ride

In the Marshall Islands, comprised of coral reef islands, canoes have long served as the primary mode of transportation in daily life. Despite the prevalence of modern vehicles like boats and aeroplanes, canoes continue to play a significant role, particularly in fishing and interisland travel on remote islands. Traditional canoe navigators relied on cues from the waves, bird flight patterns, and celestial bodies, such as stars, for navigation. The 'stick charts', crafted from palm leaves and sticks, were used for such navigation, and it persists to this day. Why not experience the beauty of the sea in a canoe propelled solely by natural wind?

Seafood

Surrounded by the sea, the Marshall Islands offers many local foods made from fish. Influenced by its history of being ruled by Japan, locals often savour fish with a dip of soy sauce and wasabi (Japanese horseradish), reminiscent of sashimi. A splash of citrus juice adds a delightful tropical twist to this dish! Tuna, a fish familiar to many Japanese, is commonly enjoyed as sashimi and sautéed or grilled in various styles. Additionally, let's try other tasty local foods, such as breadfruit and coconut!



Deluxe plan

Advanced course Extend your trip to remote islands! Enjoy the clear ocean and activities!

- 1st day**
- AM ● Depart Japan the day before and stay overnight in Guam.
 - PM ● Leave Guam in the morning and arrive in Majuro at night via Chuuk, Pohnpei, etc.
- 2nd day**
- All day ● Go to Small Islands in Majuro Atoll! Stay overnight and spend an elegant time under the beautiful starry sky. Majuro Atoll consists of 53 coral islands, many of which are only a 10-20 minute boat ride from the centre of town. Enjoy snorkelling and kayaking to see colourful fish swimming among the beautiful coral reef!
- Eneko Island** 20 minutes by boat from downtown. Enjoy barbecue, canoeing, etc.
 - Bikendrick Island** Enjoy a course dish at the cottage of a private resort run by a German couple.
 - Enemanit Island** 15-minute boat ride from downtown. Enjoy snorkelling and sea kayaking (Day use only)
- 3rd day**
- AM ● After relaxing on the beach in Small Islands, head back to Majuro.
 - PM ● Let's stroll around the town in Majuro after having lunch.
- 4th day**
- All day ● Take a day trip to Arno Atoll, the nearest remote island from Majuro! Enjoy diving and snorkelling in the crystal-clear waters! The boat between Majuro and Arno Atoll needs to be checked in Majuro. If you are planning to stay overnight in Arno Atoll, it is important to have a flexible schedule.
- 5th day**
- AM ● Visit Laura area on the outskirts of Majuro! Relax in Laura Beach park, where is popular to locals as a picnic place, drinking coconut juice.
 - PM ● Visit the Copra Processing Plant which is a major industry in the Marshall Islands. Observe the process of making coconut oil and coconut soap from copra brought in from the outlying islands. You can also buy such coconut products as souvenirs.
- 6th day**
- All day ● Fishing in the rich fishing grounds! If you go to sea with experienced local fishermen, you may have a chance to catch a big marlin. You can have your catch cooked for sashimi on the boat or bring it to your hotel or a restaurant in town for cooking.
- 7th day**
- AM ● Depart from Majuro to Guam. Return to Japan the next day. If you want to have more fun, why not consider visiting Federated States of Micronesia (FSM), a stopover point?



Amimono

True to its name, the Marshallese handicraft known as 'Amimono' finds its roots in the Japanese language. Amimono is made by weaving carefully dried and tanned coconut and pandanus leaves. Amimono is extremely delicate and beautiful, and its quality is highly regarded in the Pacific Islands. Well-designed accessories, bags, and wall hangings are popular as souvenirs.

Q The Marshall Islands are renowned for being one of the nations comprising coral reefs. What is the largest coral reef island in the world?

The answer is on **p.28!**

Column 1 Bikini Atoll

Bikini Atoll is renowned as the site for the world's first nuclear test, conducted by the U.S. military in 1946. In 2010, the Bikini Atoll Nuclear Test Site became the first World Heritage site in the Marshall Islands. To visit, it is necessary to charter an expensive boat or plane with a dedicated company. You can also learn about the nuclear testing at Bikini Atoll, an important part of the Marshall Islands' history, at the Alele Museum in Majuro.

Column 2 Wotje Atoll

Wotje Atoll, located 300 km north-northwest of Majuro, was the site of a Japanese military base during World War II. The island still retains artillery, bunkers, and other remnants of the war, which means that it has historical ties to Japan. In addition to beautiful beaches, wrecks on the ocean floor can be observed by snorkelling in the surrounding lagoons.



Let's enjoy online content

Access this QR code for more information, such as a map of Majuro, information on experience programmes, shopping, and restaurants.



NAURU

Hidden gem Island with rock phosphate

Nauru is an island nation with a circumference of only 19 km, situated approximately midway between Tokyo and Auckland (New Zealand). Its land area is comparable to that of Tokyo's Shinagawa Ward. Historically, Nauru was renowned for its phosphate ore, a vital resource for fertilisers and industrial materials. The island's central region was once dominated by expansive phosphate plateaus, but today, much of these areas are former mining sites.

Although Nauru does not seem closely tied to Japan, it was occupied by Japanese forces during the Pacific War. Tragically, 1200 Nauruans were forcibly relocated to Truk Island (now Chuuk, Federated States of Micronesia) to serve as labourers under Japanese military control. Today, remnants of this era, including cannons and bunkers, still dot the landscape and serve as poignant reminders of this tumultuous era.

Nauru's coastal waters plunge to depths of 2000 m, creating an environment that teaches marine life. Yellowfin tuna and marlin are some of the large fish species that thrive in this area, making Nauru a paradise for game-fishing. With its pristine waters and abundant fishing opportunities, Nauru allows visitors to experience the enchanting allure of the Pacific Ocean like never before!

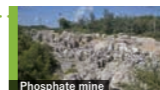
While only a few Japanese visitors venture to Nauru each year, the experience of visiting this unique island is truly one-of-a-kind. If you're considering island hopping in the Pacific, why not add Nauru to your itinerary?



Beginners' course

Enjoyment plan / Spend a relaxing time on the cosy island of Nauru!

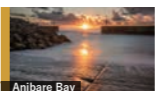
- 1st day**
- AM ● Arrive in Nauru from Brisbane, Australia. Let's take a rest at a hotel first. Enjoy lunch with Nauru's cuisine featuring coconut milk and seafood. Don't forget a coconut drink.
 - PM ● Head to Anibare Bay, the most beautiful beach in Nauru. Enjoy swimming and relaxing on the white beach.
- 2nd day**
- AM ● Tour around the island with a local guide! Explore the main sites in Nauru!
 - Experience the natural beauty of Anibare Bay and Buada Lagoon!
 - Visit the World War II Memorial Monument and artillery sites of the time.
 - Visit the Parliament Building to learn more about Nauru today.
 - PM ● After lunch, go shopping at the Civic Centre. Find unique souvenirs made from phosphate ore and coconuts in Nauru.
- 3rd day**
- AM ● Go on a tour of Nauru's early phosphate mines! Learn about the history of the major industries of Nauru. After lunch at a restaurant near the airport, visit the airport souvenir shop.
 - PM ● Evening flight to Brisbane.



Advanced course

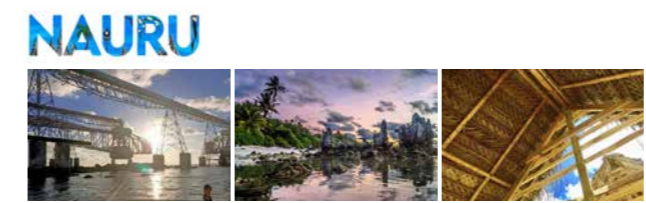
Deluxe plan / Enjoy the whole of Nauru! Experience adventure with game fishing!

- 1st day**
- AM ● Arrive in Nauru early in the morning from Nadi, Fiji. Let's take a rest at a hotel first.
 - PM ● Head to Anibare Bay, the most beautiful beach in Nauru.
- 2nd day**
- All day ● Tour around the island with a local guide! Let's go around the main sites!
- 3rd~4th days**
- All day ● Enjoy game fishing with an experienced professional crew! Maybe you can catch a big fish? You can enjoy fishing all year round in Nauru, where you can catch big fish such as marlin and yellowfin tuna.
- 5th day**
- All day ● Go on a tour to visit the former phosphate mining site in Nauru! Feel the history of Nauru.
- 6th day**
- All day ● Hike on a cave tour feeling nature! You can also visit former Japanese bunkers and more, overseeing the sea.
- 7th day**
- AM ● Before leaving Nauru, enjoy the luxury of 'doing nothing' while admiring the beautiful scenery at Anibare Bay.
 - PM ● After lunch at a restaurant near the airport, find souvenirs lastly at the airport. Depart from Nauru for Nadi on the evening flight.



Let's enjoy online content

Visit the Nauru Tourism Corporation website for more information! You can find information on local activities, hotels, and how to obtain a VISA.



Step 1

How to go to Nauru? Book your flight!

To reach Nauru, you'll need to use the national airline, Nauru Airlines. While there used to be regular flights to Kagoshima and Naha Airports in Japan, there are currently no direct flights between Nauru and Japan. Nauru Airlines currently operates flights to Brisbane (Australia); Nadi (Fiji); Koror (Palau); Tarawa (Kiribati); Pohnpei (Federated States of Micronesia); Majuro (Marshall Islands); and more. You can visit other islands using such island-hopping flights! Check the Nauru Airlines website for the latest flight schedules.

Step 2

Where to stay in Nauru? Book a hotel!

With a land area of about 20 km², roughly the size of Tokyo's Shinagawa Ward, Nauru is one of the smallest countries in the world, and there aren't many hotels yet. The Nauru Tourism Corporation's website introduces four hotels, including a state-run hotel, with photos and facilities' information. Take a look and find the hotel that suits your interests!



Step 3

Don't forget to get a VISA before you go to Nauru!

If you're travelling to Nauru from Japan, you will need to obtain a visa in advance, except for diplomatic and official passports. Tourists travelling with general passports must complete the necessary procedures beforehand. For more information, check the Nauru Tourism Corporation website for the latest updates. <https://naurutourism.com.nr/>



Q Nauru, with a land area of approximately 20 km², is the smallest of Pacific Island Countries mentioned in this brochure, but which is the second smallest in the Pacific?

The answer is on **p.40!**

Column 1 The Rise and Fall of Nauru's Phosphate Industry, Once the World's Richest Country

Nauru's primary industry is the phosphate industry, which extracts valuable ores used in fertiliser production. Over millions of years, the accumulation of seabird droppings on coral reefs has transformed them into phosphate ore. Discovery of this phosphate ore in Nauru occurred in the late 1890s, and mining operations commenced earnestly in the 1900s. Following its independence after World War II, the country experienced significant revenue from phosphate mining, and by the 1980s, its per capita Gross National Product (GNP) surpassed that of Japan and the United States. Consequently, public services such as medical care and schools were provided free of charge, and much of the population was relieved from the need to work. However, the depletion of phosphate ores has severely affected the country's finances, prompting a search for new industries.

Column 2 A Deep History with Japan actually

Although Nauru does not seem to have a strong relationship with Japan, it has a historical connection. In December 1941, immediately following the outbreak of the Pacific War, the Japanese Army commenced bombing Nauru, which eventually occupied the island in August 1942. As a result, the artillery and bunkers of the Japanese Army from that time remained in various places in Nauru. During the war, 1200 Nauruans were forcibly transferred to Truk Island (now Chuuk, the Federated States of Micronesia) as a labour force by the Japanese army. This historical background should be considered when visiting Nauru.

NEW CALEDONIA

The Island Closest to Heaven

New Caledonia sits gracefully in the South Pacific Ocean, surrounded by a vast coral reef that encompasses the world's largest lagoon, a UNESCO World Heritage Site that thrives with diverse marine life. The country is divided into five regions: Nouméa, the capital city; the West Coast; the East Coast; the Great South; and the Islands like Ouvéa island and l'Île des Pins. Being an overseas French territory, French is the official language. In Nouméa, you can indulge in an elegant cityscape, delightful cuisine, and wine. Immerse yourself in the breathtaking landscapes of expansive land, mountains, the World Heritage Sea, and the charming French ambience of this graceful country.



Example of flight routes
Narita → Nouméa (New Caledonia)

Beginners' course

Enjoyment plan

A relaxing and luxurious stay on the island closest to heaven

1st day
PM ● Depart Narita at noon for New Caledonia by direct flight! Arrive at night. Check in the hotel. Relax and recover from your flight at a luxurious hotel.

2nd day
AM ● Take a quick stroll through the French cityscape! There are many delicious bakeries in Nouméa! Let's visit bakery stores and find your favourite one. Visit the port, a church with beautiful stained glass windows, and a relaxing fountain square.
PM ● Meet the wonderful sea creatures at the Aquarium des Lagons Nouvelle Calédonie. Get a taste of Oceania's culture at the Tjibau Cultural Centre. Have dinner on the terrace of a restaurant in the yacht harbour.



3rd day
AM ● Depart for Mettle Island, a resort island with a beautiful lagoon! Only 20 minutes by boat from Nouméa.
PM ● Enjoy marine activities.

Recommended for those who enjoy the sea slowly Canoeing, snorkelling in shallow water, paddle surfing, etc.

Recommended for active people Marine jet, banana boat, scuba diving, etc. Watch the sunset from the only water cottage in New Caledonia.

4th day
AM ● Breakfast with a view of the sparkling sea and lagoon. Go looking for sea turtles, which are rumoured to have a high probability of encountering, by snorkelling or banana boat!
PM ● Return to Nouméa. How about a sunset cocktail at Baie des Citrons?

5th day
AM ● Go shopping in Nouméa, Anse Vata Bay area!
PM ● Buy souvenirs or browse the local supermarkets. Reflect on your trip with a New Caledonian wine and head to the airport at night.

6th day
AM ● Arrive at Narita Airport the next morning.

Advanced course

Deluxe plan

This is 'true heaven'! Plan to experience the red, blue and green of New Caledonia

1st day
PM ● Arrive in Nouméa, the capital city, at night. Check into a hotel. Resting up for the adventure that awaits us tomorrow.

2nd ~3rd day
All day ● To the 'Red' of New Caledonia. Great South Region... Visit the Parc provincial de la Rivière Bleue, the largest park in New Caledonia, and enjoy hiking and biking at the Madeleine Waterfalls.

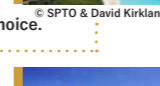
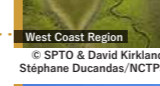
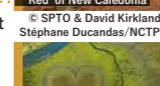
or
To the 'Green' of New Caledonia. West Coast Region... Take a gyrocopter or light aircraft to see the heart of New Caledonia, the Heart of Voh, from the sky. Horseback riding in the Deva Estate, Bourail, a vast plain of 7800 hectares.

4th~6th day
AM ● To the 'Blue' of New Caledonia. The Islands Region... Enjoy snorkelling and relaxing on the islands of your choice.

● Ouvéa Island: the setting of 'The Island Closest to Heaven' with its beautiful sandbanks.
● l'Île des Pins: The jewel box of the South Pacific, lined with Nanyo cedars:

7th day
AM ● Return to Nouméa and go shopping while strolling around the port town.
PM ● Reflect on the memories of the trip with a New Caledonian local beer, and head to the airport at night.

8th day
AM ● Arrive at Narita Airport the next morning.



Cafe

Bakery and cafe tour in Nouméa

There are many bakeries and cafes in Nouméa. If you take a walk in this unique city with a mix of French and South Island atmospheres, sit on a bench by the harbour and enjoy an elegant time with a delicious croissant and café au lait.

Beer

Taste New Caledonia's local beer!

Do you want to drink local alcoholic beverages when you travel? How about New Caledonian local beer? There are several craft breweries in the suburbs of Nouméa, and there is even a brewery restaurant with its own brewery in Baie des Citrons, Nouméa. Quenching your thirst with a cold beer after a day of soaking up the tropical sun will be the perfect end to a perfect day.

Activity

Snorkelling and Diving

New Caledonia offers a variety of snorkelling and diving spots for beginners and experienced divers. The clear and calm waters allow you to encounter tropical fish that congregate in tropical corals, even without diving equipment. As a diver, you can explore the shipwrecks, Poindimié and its forests of Gorgonian corals, the underwater caves near Poom.

Q The French overseas departments/territories in the Pacific Island Countries are New Caledonia and French Polynesia. Which country was once under French and British joint rule?

The answer is on **p.42!**



Let's enjoy online content

Visit New Caledonia Tourism Official website for more information! You can find a lot of information, including must-see attractions, practical information such as Visas and entry requirements.



Check out photos in New Caledonia!

Find beautiful pictures and exiting videos etc. in New Caledonia's official Instagram account!



Column 1 Connection between Japan and New Caledonia

Since the Meiji period (1868-1912), many Japanese immigrated to New Caledonia to work at nickel mines. The Japanese immigrants lived in Thio on the east coast of Grande Terre Island, where the nickel industry, the main industry in New Caledonia, began. The Mining Museum displays photos from that period. There is a Japanese Cemetery near the town of Thio where people from as far away as Japan are laid to rest. Even today, approximately 10000 of New Caledonia's 270000 inhabitants are of Japanese descent. There are deep ties between Japan and New Caledonia.

Column 2 Since we're in New Caledonia, let's talk in French!

Hello ▶ **Bonjour** Good-bye ▶ **Au revoir**
Thank you ▶ **Merci** Please ▶ **S'il vous plaît**

NIUE

Healing country with the world's clearest ocean and starry sky

Niue is situated at the heart of the triangle connecting Tonga, Samoa, and the Cook Islands in Polynesia. Although small, with a population of about 1900 people, it boasts an abundance of attractions! The clear waters, where you can see dolphins, sharks, sea snakes, and a variety of other marine life, are so clear that you can see whales while snorkelling, a fantastic experience in the clear waters of Niue!

Beyond the ocean, the island is adorned with caves, vibrant flowers, and fluttering butterflies. Local guides lead various tours for visitors to explore these wonders. For those seeking independent exploration, bicycles or rental cars are readily available, with numerous signs posted throughout the island providing detailed explanations. After sunset, you can enjoy the breathtaking starry sky of Niue, the world's first nation to be designated a 'Dark Sky Nation'. Why not journey to Niue, a place rich in nature, and be healed in your heart?



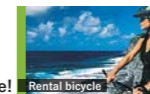
Example of flight routes

Narita ⇒ Auckland (New Zealand) ⇒ Alofi (Niue)

Beginners' course

Niue's Charm Full Enjoyment Plan / Experience the Attractions of Niue's Stunning Seascape and Starry sky!

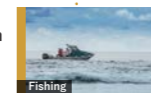
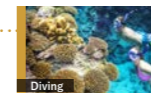
- 1st day**
- PM ● Arrive in Niue in the early afternoon, one day before the day you left Auckland, New Zealand, thanks to crossing the date line!
- Self-Explore Talava Arches: a large natural bridge formed by caves washed by waves. In evening, experience beautiful dark sky in the world's first 'Dark Sky Nation'.
- 2nd day**
- AM ● Go on an orientation tour of Niue led by a knowledgeable local guide! Experience Niue's panoramic cliff top views, fantastic caves, coves, and vibrant coral pools.
- PM ● Dive into the crystal-clear waters for an unforgettable snorkelling or diving adventure, offering visibility down to 70 m! If you are lucky, you may even see a whale while snorkelling!
- 3rd day**
- AM ● Take a tour to explore a coconut plantation and encounter the fascinating habitat of the coconut crab (Uga)! Learn about traditional and modern coconut farming methods at a local plantation. Visit a coconut crab habitat in the interior of the island. Finish the tour with a refreshing coconut beverage!
- PM ● Once acquainted with Niue, it is fun to get around the island on your own by renting a bicycle. For dinner, why not try the coconut crab you encountered during the tour?
- 4th day**
- AM ● The last day in Niue is free to spend on the pristine beaches or unwind at a local café until departure time.
- PM ● After lunch, head to the airport, where you'll cross the date line again and arrive in Auckland the following evening.



Advanced course

Deluxe plan of Niue / Embrace the Ultimate Niue Experience with one-week stay!

- 1st day**
- PM ● Arrive in Niue in the early afternoon, one day before the day you left Auckland, New Zealand, same as the beginner course! Settle into your accommodation property. Dine in at one of the many local restaurants.
- 2nd day**
- AM ● Go on an orientation tour of Niue led by a knowledgeable local guide!
- PM ● Dive into the crystal-clear waters for an unforgettable snorkelling or diving adventure, offering visibility down to 70 m.
- 3rd day**
- AM ● Take a guided tour to explore a coconut plantation and discover the habitat of the coconut crab (Uga)!
- PM ● Enjoy a leisurely stroll along the beach adorned with coral reefs revealed at low tide.
- 4th day**
- All day ● Once you get used to Niue, you can rent a bicycle and get around the island on your own. Signs with detailed explanations are posted at various points of interest on the island. Enjoy seafood at a popular restaurant in the evening.
- 5th day**
- AM ● Check out one of the ladies weaving groups and mix and mingle with the locals.
- PM ● Self-Explore – Check out Talava Arches, a natural wonder sculpted by crashing waves.
- 6th day**
- All day ● Experience the thrill of fishing in Niue's abundant waters! Marlin, basking marlin, giant trevally, and bonito can often be caught just meters from shore. If you want to enjoy diving or snorkelling more, you can spend your time doing marine sports.
- 7th day**
- All day ● Take a captivating nature tour of Niue! In Niue, you can walk through a virgin forest with a knowledgeable guide and tour the local specialty, vanilla. Find your favourite one and join it!
- 8th day**
- AM ● On your last day in Niue, spend the day at a beautiful beach or relax in a café until departure.
- PM ● After lunch, head to the airport. Depart Niue in the evening, cross the date line again, and arrive in Auckland in the evening of the next day.



'Village Show days' in 14 villages

There are 14 villages in Niue, each hosting its own Village Show Day annually. These events typically occur between April and December, and usually on Saturdays. The date changes annually; therefore, you must check the schedule in advance to attend. During show days, there are dance and singing performances, and you can enjoy traditional Polynesian foods such as Umu and Uga (coconut crab). There are also handicrafts made by the women of the villages, games, and competitions. Immerse yourself in Niuean culture by attending one of these vibrant events!

Food

Uga (coconut crab)

Uga (coconut crab) holds a significant place in Niuean culinary tradition and is enjoyed only on special occasions. As highlighted in the model itinerary, Niue offers tours to explore the natural habitat of the coconut crab. With some luck, you may encounter the majestic coconut crabs, some weighing up to 4 kg. Not all restaurants in Niue serve them, as there are conservation efforts to maintain the population of coconut crabs. If you get the chance, try the dish!



Handicrafts

Niuean women are renowned for their weaving prowess, crafting exquisite items like bags and hats. You can find these crafts not only at the Village Show Day, but also at the morning market on Wednesdays or at the local handicraft store in the Commercial Centre. Why not find your favourite crafts as souvenirs to remember your visit to Niue?

Gift

Q In 2015, Japan formally recognised Niue as a sovereign state and established diplomatic relations. Which Polynesian nation, situated adjacent to Niue, did Japan acknowledge as a state just before Niue, in 2011?

The answer is on **p.12!**

Column 1 Japanese Contribution to the Niuean Community

Niue and Japan established diplomatic relations in 2015. At that time, there was a Japanese who played a pivotal role by facilitating Japanese Foreign Ministry officials to Niue. He was Mr. Taichi Wada, a Japanese entrepreneur with experience in various countries, including the U.S. Intrigued by Niue's small population and captivated by its charm during a visit, Mr. Wada relocated to Niue. Since then, he has been actively involved in the community, notably by introducing a cell phone system and opening a Japanese restaurant in Niue. He has the experience of contributing to Niue as the Prime Minister's Advisor.

Column 2 Secrets behind the Crystal-Clear Waters of the Niue Sea

The sea near Niue boasts unparalleled transparency worldwide, offering visibility of down to 70 m. What's the secret behind this phenomenon? Niue, the largest coral reef island globally, owes its pristine waters to its geological formations. Rainwater permeates the island's limestone substrate, acting as a natural filter before entering the ocean. This unique process results in the crystal-clear waters characteristic of Niue. As a result, snorkellers in Niue are occasionally treated to sightings of underwater whales clearly.



Let's enjoy online content

Visit the Niue Tourism Office website for more information!



Photo provided: Niue Tourism

(p.22 The answer of Marshall Islands' page is 'Niue'.)

PALAU

Fascinating Pacific country with deep ties to Japan

A paradise nestled in the heart of the Pacific Ocean just south of Japan. Situated between the Philippines and Guam, this enchanting archipelago graces the western edge of Micronesia, boasting pristine beauty and timeless charm. Palau shares the same time zone as Japan, fostering seamless travel experiences.

Spanning an area similar to Japan's Yakushima Island, Palau is a haven of natural wonders, enveloped by vibrant coral reefs and unparalleled seascape. Among its renowned attractions are the iconic 'Rock Islands' - a collection of 445 mushroom-shaped islets that form a UNESCO World Heritage site since 2012. It is a dream paradise for divers!

Palau is deeply tied to Japan, with over 8000 Japanese words woven into its language, a legacy of the post-World War I Mandate period. Peleliu Island, located in the southern part of Palau, is known as a fierce battleground of the Pacific War, and many battle sites still remind us of its history. Beyond language, the cultural landscape of Palau bears the imprint of Japanese influence, offering visitors a unique blend of nature, history, and heritage to explore.



Palau's attractiveness plan

Beginners' course Let's go to Rock Islands!

1st day

AM ● Arrive at Palau International Airport at midnight, leaving Japan the previous evening. First, check into hotel and get some sleep for the day. Join in a half-day cultural experience! Visit a traditional chief's meeting place (Abai) and see a war canoe. Enjoy a traditional Palauan meal at lunch.



Cultural experience

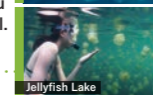
PM ● At the recycling centre, you can try making glass crafts by your hand using scrap glass. Make a one-of-a-kind souvenir (The product can be received after the next day or later). Visit the Palau International Coral Reef Centre, established with the cooperation of Japan. Learn about Palau's environment and see coral and fish around Palau. Have an early rest for the next day after having a dinner.

2nd day

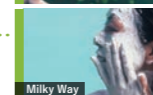
All day ● Departure to Rock Islands, a World Heritage Site! Enjoy a full day at Rock Islands, which consists of mushroom-shaped islands! Diving and snorkelling, where you can encounter a wide variety of marine life, are also essential. **Jellyfish Lake** A fantastic place to swim with jellyfish that have almost lost their toxicity. **Milky Way** White mud deposited on the sea bottom in a corner of the Rock Islands has a great whitening effect. **Long Beach A** relaxing stroll on the pure white beach of Omekeang Island.



Rock Island



Jellyfish Lake



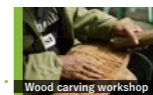
Milky Way

3rd day

AM ● A short trip from Koror to the natural beauty of Ngardmau Waterfall. Enjoy Ngardmau Waterfall, the largest waterfall in Palau, overflowing with the nature surrounding the waterfall. Enjoy tropical fruits at the nearby botanical garden.

or

If you are not physically fit to visit the waterfall, you can take a Cessna tour of Rock Islands from the sky.



Wood carving workshop

PM ● Have lunch at a restaurant near the sea and visit to see storyboards at a wood carving workshop. Enjoy last minute shopping for souvenirs!

4th day

AM ● Early morning flight to Japan via Guam.

Deluxe plan

Advanced course Enjoy the entirety of Palau from its northernmost point to its southern highlights!

1st day

Depart from Japan the previous evening and arrive at Palau International Airport at midnight.

All day ● Join in a full-day cultural experience! Visit a traditional chief's meeting place (Abai) and see a war canoe. Observe traditional taro farming and skirt making, after having a Palauan lunch.



Traditional cuisine

2nd day

All day ● Depart for Rock Islands, a World Heritage Site. (see the details in the Beginners' course)

3rd day

All day ● Visit the northernmost island: Kayangel Island.

- Snorkeling in the clear coral reef-covered waters
- Enjoy a day on a pure white beach away from busy daily life



Kayangel Island

4th day

All day ● Visit Peleliu Island, the battleground of the Pacific War.

- Peleliu Island, located in the south of Palau, was the site of fierce battles between the Japanese and American forces during the Pacific War.
- Experience the history of the island through the caves where Japanese soldiers hid during the war, at the War Museum, and the Zero fighter plane that remains in the jungle.
- Listen to the explanations by a historically knowledgeable guide to better understand the relationship between Palau and Japan.



War sites

5th day

AM ● A short trip from Koror to the natural beauty of Ngardmau Waterfall.

PM ● After returning to Koror for lunch, enjoy shopping for souvenirs in the city until departure.

6th day

AM ● Depart for Japan via Guam on an early morning flight.



Let's enjoy online content

Visit the Palau Visitors Bureau website for more information! You can check the details of local tours and experience programs.



Palau ties with Japan deeply

Historical Background

Palau's history intertwines closely with Japan, marked by a period as a mandate territory from the aftermath of World War I to World War II. During this time, Japanese was the language of education, leaving a lasting linguistic legacy that echoes in Palau today. Japan contributed to building infrastructure such as schools and hospitals at that time. This is one of the reasons why Palau is renowned as one of the most pro-Japanese nations in the Pacific Islands.

Cultural contribution

Before the advent of writing, Palauan ancestors immortalised their history and legends through intricate pictographs adorning the pillars of communal meeting places. This cultural practice remains as 'storyboard' today. Mr. Hisakatsu Hijikata, a Japanese art teacher stationed in Koror for three years since 1929, introduced wood carving techniques to the Palauans. This has contributed to the preservation of their culture to the present day.

Beautiful souvenirs born from scrap glass

Palau's creative spirit finds expression in its innovative glasswork studio, in which discarded glass finds new life as exquisite crafts. Transforming waste into treasures, artisans can craft stunning ornaments inspired by marine life, including fish and jellyfish. This eco-conscious initiative is realised through technical collaboration with Japan. Why not pick up a beautiful piece of glasswork as a souvenir of Palau? An experience program is also available if you apply in advance!

Impressed by the traditional Palauan meeting place, Abai, Japanese art teacher Mr. Hijikata, taught the Palauans to preserve their traditional culture through wood carving. Who was the other French artist who came to the Pacific Island region?

The answer is on p.18!

Column 1 Palauan Greetings

Try learning the simple local language and communicate with the locals!

Hello ▶ Alii Good bye ▶ Mechikung

Thank you ▶ Mesulang

There are also some Japanese words that are used in Palau due to the influence of the period of occupation, such as okyaku (guest), daijobu (okay), katsudo (movie), shashin (photograph), denki (electricity), and kankoudan (tourist).

Column 2 Leading country in Environmental Conservation

Palau is one of the most advanced Pacific Island Countries in terms of environmental conservation. One of their activities is to request visitors to agree to the 'Palau Pledge' at the time of entry into Palau. This is a pledge not to pollute the Palauan environment and is stamped on passports as an entry stamp that visitors must sign. Moreover, since 2020, Palau has taken decisive actions to safeguard its delicate marine ecosystems by banning the import, sale, and use of sunscreens containing harmful ingredients that are detrimental to coral reefs. Visitors to Palau must bring sunscreens that do not contain prohibited ingredients, or purchase sunscreens legally sold in Palau.

PAPUA NEW GUINEA

The country where you can find something new and 'something different' wherever you go

Papua New Guinea (PNG) is made up of 600 islands of various sizes and is approximately 1.25 times the size of Japan. With a population of over 10 million, it is one of the largest countries in the Pacific Islands, and with over 800 different languages and ethnic groups with their own customs, new encounters await wherever you go. In the capital, Port Moresby, you can learn about culture and relax in the resorts, while in Kokopo and Rabaul, you can visit war sites and reflect on the history of World War II. If available, attend an event that exposes you to PNG's diverse culture, try one of the world's best trekking trails, or venture into the Sepik River for primitive art. There are new encounters everywhere, and why do not embark on an adventure to PNG?

Traditional buildings in the Sepik River basin

Active volcano on New Britain

Relaxing at a hotel in Port Moresby

Example of flight routes
Narita = Brisbane (Australia) ⇒ Port Moresby (Papua New Guinea)

Map locations: Lorengau, Manus, Vanimo, Wewak, Sepik River, Mount Wilhelm, Madang, Mount Hagen, Tari, Mendi, Kundiawa, Goroka, Lae, Fly River, Daru, Port Moresby, Kokoda trail, Popondetta, Alotau, New Ireland, Kavieng, Rabaul, Kokopo, New Britain, Kimbe, Bougainville, Buka.

Beginners' course Cultural, historical, and nature tours near the capital city

- 1st day**
- PM ● Arrive at Jackson International Airport in the capital city of Port Moresby. Visit National Museum & Gallery and get to know PNG. Watch the sunset in a seaside café and enjoy a relaxed atmosphere that you can't experience in Japan. Enjoy your delicious food at the hotel poolside or in the restaurant, where you can also try PNG's local delicacy, 'Mumu'.
- 2nd day**
- AM ● Depart Port Moresby for the Loloata island. Experience PNG's best diving! If diving is not your thing, you can also enjoy snorkelling. Take a break at the resort and enjoy a local food for lunch.
- PM ● Experience the best in healing with a great spa. 'Do nothing' time. Spend time listening to the sea breeze. Enjoy delicious cuisine with a South Pacific taste. The sound of rippling waves accompanies your meal. Satisfy with your own starry sky in an ocean view room.
- 3rd day**
- AM ● Enjoy the early breakfast and sunrise from the Pacific Ocean. Back in Port Moresby, visit the fish & agriculture market. Koki market: you will be surprised with the scale of tuna and lobster. Boroko market: you will enjoy drinking the coconuts juice.
- PM ● Explore the souvenirs in the airport for the last time, such as PNG coffee. Take a break at the café in the airport. Spend one last 'do nothing' time. Departure for Brisbane.

Show

PNG's biggest show, the Goroka Show, held every September

The Goroka Show is PNG's longest running and the most important cultural event in the Highland region, dating back to 1957. Over 100 ethnic groups from all over PNG take part in the Goroka Show, performing the traditional PNG 'Sing-sing', a combination of dance and song that is lustrous in colour and tone! Thousands of tourists visit Goroka, which is a PNG September tradition. Tourists come from all over the world, and it is easy for the Japanese to travel there. Goroka is easily accessible by domestic flights and is recommended for those who want to experience PNG's culture!

Activity

Cross the Kokoda Trail, a path taken by Japanese troops!

For those who want to 'do' more than just 'see', try the Kokoda Trail. The Kokoda Trail is famous for its battle between Japanese and Australian troops during World War II. It is 96 km from Kokoda village to Owens Corner through the rugged Owen's Stanley Ranges, and is an 8-10 day long trekking trail. The trek provides a deeper understanding of PNG, not only for its beautiful scenery but also for the history of the war that certainly took place there. Remember to contact the Kokoda Trail Department in advance if you wish to trek the Kokoda Trail.

Sepik river

Tour the Sepik River, a sacred place for primitive art and a place of pristine beauty!

The Sepik River is a sacred site of primitive art, similar to that in West Africa. There is a pristine beauty in Sepik River. A few hours from Wewak, the gateway to East Sepik Province. The Sepik River is one of the largest rivers in the world and awaits you. Each village has its own characteristics, such as making primitive art and earthenware, and each village offers something different for visitors to enjoy. Lake Chanburi (meaning 'beautiful lake') connects these villages. Pristine beauty makes you feel a time of eternity.

Advanced course History Tour Plan / Tour of the Kokopo-Rabaul battlefields

- 1st day**
- PM ● Arrive at Jackson International Airport. Domestic flight to Tokua (Rabaul) Airport at Kokopo. Depart on a journey to the World War II battlefields. Think the history of Kokopo at your hotel near the seafont.
- 2nd day**
- AM ● Before heading to Rabaul, visit the market to buy your favourite tropical fruit. Return to the hotel and ask if they will cut the fruit for you; if yes, ask them to put it in the fridge. Go to Rabaul and visit the war sites such as underground hospitals, tunnels and air-raid shelters.
- PM ● If you have a time, visit the active volcano at the end of Simpson Harbor. Return to the hotel and eat chilled tropical fruit at the hotel. Detox with tropical fruits!
- 3rd day**
- AM ● Visit Kokopo War Museum. You can see battle vehicle and airplanes.
- PM ● Return to Port Moresby by domestic flight. Have a great dinner by the hotel poolside, relaxing with yourself.
- 4th day**
- AM ● Visit the Bomana War Cemetery. Visit war sites related to Australia as well as Japan.
- PM ● Explore souvenirs at the airport. Kokopo and Rabaul's famous 'sing-sing' dolls can also be purchased. Depart for Brisbane.

Papua New Guinea is known for a certain group of 'flower', including a rare endemic species called Sepik Blue. Now, what are these 'flower'?

The answer is on p.36!

Column 1 Greetings in the local language
Learn a simple local language to communicate with the locals!

Good morning / hello / good evening ▶ **Monin/apinun**

Thank you ▶ **Tenk yu**

See you later ▶ **Lukim yu gen**

Column 2 Languages of PNG

It is said that more than 850 local languages exist in PNG. Of these, English, Motu and Pidgin are the official languages of PNG. Pidgin, the most commonly used language, is a mixture of English, German, Dutch, and the local languages. Many words are derived from English (Thank you = Tenk yu); therefore, if you listen carefully, you may be able to understand what they are talking about!

Let's enjoy online content
Visit the Papua New Guinea Tourism Promotion Authority website for more information!

An adventure through unexplored places that can only be found in PNG

SAMOA

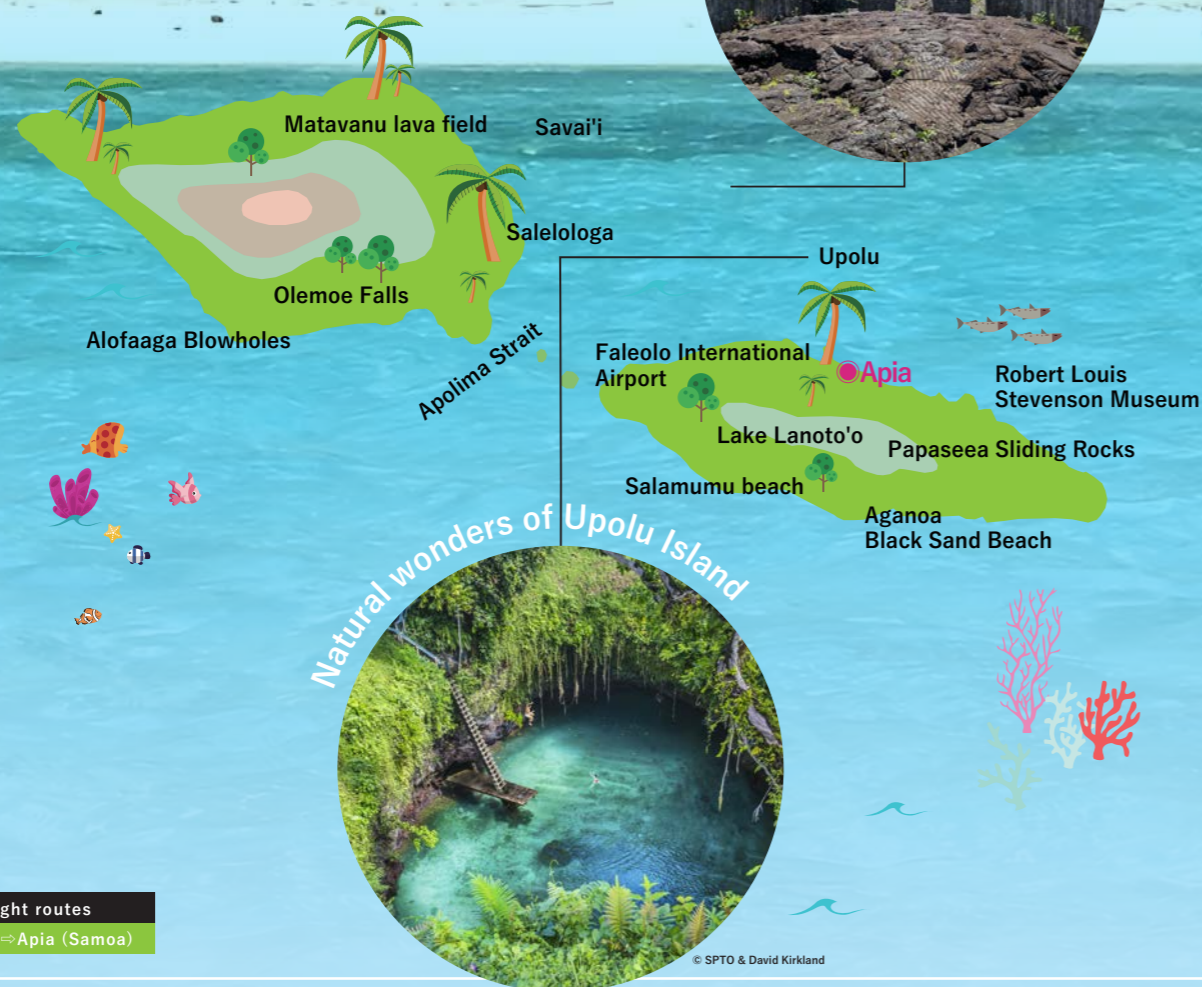
'Beautiful Samoa' takes you on a journey to the beating heart of the South Pacific Ocean

Talofa lava and welcome to Beautiful Samoa.

Nestled in the heart of Polynesia across the turquoise waters of the South Pacific is the Beautiful Samoa.

Known for its pristine beaches, lush gardens, majestic mountains, and stunning seascapes, the islands of Samoa have retained and protected gifts bestowed upon them by Mother Nature which tourists from all over the world can now enjoy.

Its real treasures lie in its happy and welcoming people, governed by a 3000-year-old tradition called Fa'a Samoa – The Samoan Way. You can enjoy the creative expression of this tradition by attending a fiafia night where traditional Samoan food is served and the culture is celebrated through traditional songs, dances, and storytelling. You will enjoy your visit to Beautiful Samoa.



Beginners' course

Where you can be Samoan in body and soul

1st day

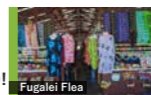
AM ● Arrive at Nadi Airport in Fiji, enjoy the airport with a 3-hour transfer before heading to Samoa. (Overnight stays in Fiji are recommended)

PM ● Arrive at Faleolo International Airport. Overnight at a resort hotel near the seaside (water bungalows) or in a traditional Samoan Fale. Experience the essence of Polynesian culture at your accommodation with traditional Samoan dance (Siva), singing, fire knife shows and traditional 'Umu'. Once you feel Samoan in body and soul, enjoy the evening under the sound of the waves and twinkling stars with a glass of Vaillima or Taula, Samoa's local beer.



2nd day

AM ● Wake up a little early and head to Papase'ea Sliding Rocks, approximately 15-minute drive from Apia, to dive into a freshwater pool! Experience traditional culture such as Tatau (traditional tattoos) first hand at the Samoa Cultural Village in Apia located behind the Samoa Tourism Information Fale. Go souvenir shopping at Fugalei Flea & Fresh Produce Market. You'll find many memorable items, such as lavalavas or sarongs (traditional costumes) and bags made from tapa cloth (bark cloth)!



PM ● From Apia, visit the To Sua Ocean Trench, a natural pool formed by volcanic activity. The colours change according to the time of day and fascinate the world. Afterwards, relax and feel the time at a beach fale on Lalomanu Beach, one of the ten best beaches in the world. Back to Apia, and reflect on a day of culture and nature. Take a rest with the sound of the waves as a lullaby in preparation for an early morning departure the next day.

3rd day

AM ● Return to Japan via Fiji from Faleolo International Airport on the same day!

Deluxe plan

Advanced course

The tour where you can detoxify your body and mind with continuous exposure to negative ions

1st day

PM ● Enter from Nadi Airport as in the Beginners' course. Think about the journey you are about to enjoy Samoa at a Fiafia night – where traditional Samoan food is served, and the culture is celebrated through traditional song, dance, and storytelling.

2nd day

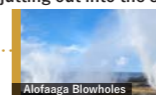
All day ● Samoa has many scenic waterfalls formed by volcanic activity. Spend the day touring the waterfalls on Upolu Island. Visit the 55m high Fuiipisia Waterfall in the jungle, the Togitogiga Waterfall, which was the exclusive preserve of Samoan warriors, and the 100m high Papapapaitai Falls. All are famous Samoan waterfalls. After soaking up the negative ions, stay overnight in a fale for a good night's sleep with the twinkling of stars and the sound of the waves.

3rd day

AM ● Wake up a little later in the morning and satisfy your intellectual curiosity at the Robert Louis Stevenson Museum, well known as 'Treasure Island' and 'Dr Jekyll and Mr Hyde'. After visiting the museum, have an early lunch at Fugalei Fresh Produce Market with national dishes Kekepua'a and Koko Alaia (Cocoa Rice). A leisurely one-hour cruise by boat to Savai'i Island.



PM ● Once on Savai'i Island, go and see the Saleaula lava fields jutting out into the sea. You can't help but feel the power of the earth. Prepare for tomorrow's activities at a resort hotel or in beach fale on Savai'i Island.



4th day

AM ● Feel the power of the earth at Savai'i's famous place, the Alofaaga Blowholes in the village of Taga. After, do visit Afu Aau Waterfall, one of the best waterfalls on Savai'i island. A place of peace and tranquillity where you can further recharge your body with negative ions.

PM ● Active trekking in the afternoon! The view of the rainforest from the aerial walkway, 40m above the ground, is breathtaking. Reflect on your adventures on Savai'i Island as you watch the sunset in a beach fale overlooking the Pacific Ocean.

5th day

AM ● Return by boat from Savai'i Island to Upolu Island and walk around to find the souvenir. You may find items you 'want to buy' because you've been to so many different places. How about a fusion meal with Samoan essence for lunch? Enjoy Samoan gourmet food!

PM ● Return early to your hotel/beach fale for an early flight the next day.

6th day

AM ● Return to Japan via Fiji from Faleolo International Airport.



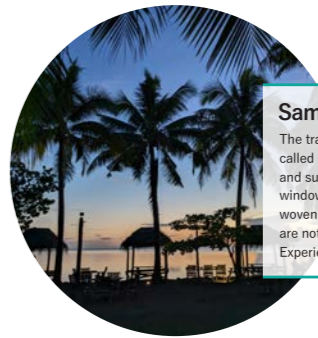
Clothing

Samoa clothing: Lavalava/Sarong
 Samoa has a traditional costume called the 'lavalava' or a 'sarong'. There are many different colours and patterns to choose from; therefore, time can fly by simply selecting one. Men wear it knee-length, short and tied in the middle, while women wear it ankle-length, long and tied on either side. This can be a formal dress in Samoa, and you actively wear it while travelling there!

Food

Samoa food: Oka, Keke pua'a and Kokosamoa

Samoa has a rich food culture. Some of these include!
Oka Raw fish and chopped vegetables marinated in lemon juice and coconut milk.
Keke pua'a Steamed/fried buns filled with meat.
 Soul food for Samoans.
Kokosamoa 100% pure cocoa drink made from chocolate ingredients of cacao mass.



House

Samoa house: Fale

The traditional Samoan dwelling is an open house called a Fale. Apart from a roof to shelter it from rain and supporting pillars, the dwelling has no walls, windows, or doors to maximise ventilation. The woven coconut leaf drapes that serve as outer walls are not taken down unless there is heavy rainfall. Experience in a Samoan Fale and feel the openness!

Q Samoa is also known for rugby. Now, which of Fiji, Samoa, and one other country are in the top 20 among the Pacific Island Countries as of January 2024?

The answer is on **p.38!**

Column 1 The language of Samoa

The people of Samoa are as bright as sunshine and hospitable; they welcome visitors with open arms. Don't be shy to greet people in Samoan like the cheerful Samoans do!

Hello ▶ **Talofa** Thank you ▶ **Faafetai**

Speaking a few Samoan words will make your trip to Samoa many times more enjoyable.

Column 2 Do you rent a car to get around Samoa? Or a taxi?

Renting a car is the best way to get around Samoa if you are two people, and taking a taxi if you are one. You can feel free to explore Samoa with your family, friends, or loved ones using a rental car. If you are travelling alone or are not a good driver, a taxi is recommended.

Let's enjoy online content
 Visit the Samoa Tourism Authority website for more information!

SOLOMON ISLANDS

Nature since ancient times - come and find your own treasures

The Solomon Islands comprise approximately 1000 islands and are the second-largest Pacific Islands after Papua New Guinea. With more than 80 unique languages besides the official languages of Pidgin and English, island hopping can quickly introduce people to new and fascinating cultures.

The main attractions of the Solomon Islands are rich culture and biodiversity. You can experience traditional culture, climb mountains with the sound of birdsongs, interact with dolphins and sea turtles in the sea, be attracted by the sweet fragrances of orchids and other flowers, and enjoy culture and nature directly.

The name 'Solomon' comes from a legend that an explorer who found gold in the sands of Guadalcanal- he thought that he found the island of King Solomon, who flourished in ancient times. The sumptuous treasures of King Solomon may not be found in the Solomon Islands today. However, the cultural and natural richness of the Solomon Islands built over time is even greater treasure.



Example of flight routes

Narita → Brisbane (Australia) → Honiara (Solomon Islands)

Beginners' course

Tour to find the treasures close at hand in Honiara

1st day

PM ● Arrive in Honiara the following afternoon after enjoying Brisbane, Australia. There is a Japanese-run hotel in the centre of Honiara, which is safe and secure for first-time visitors to the Solomon Islands. After dropping off your suitcase, prepare for the treasure hunt in Honiara. Walk down Mendana Avenue, the main street, to experience the Solomon Islands atmosphere. Enjoy seafood. Abundant seafood is one of the treasures. Enjoy lobster, which has a fascinating ruby red colour.



© SPTO & Jonathan Irish

2nd day

AM ● Explore the traditional culture of the Solomon Islands at the National Museum and Art Gallery. The handicrafts sold by local women are unique. Shop at Honiara Central Market. The market is a jewel box of colourful vegetables, fruits and fish from the tropical islands. Nuznuz, a unique traditional Solomon Islands craft, is on sale in the art gallery and central market. Find your own Nuznuz, and it will be an unforgettable treasure.



© Yoshiaki Narita

PM ● Lunch at a local restaurant along Mendana Avenue. With so much choice, don't hesitate to eat your first choice. Visit the Vilu War Museum. See the wreckage of guns and fighter planes left in the jungle. Enjoy a meal with amber-coloured local beer at a restaurant overlooking the sea and watch the sun set.

3rd day

AM ● Have a breakfast a little early, and check-out your hotel. Leave your suitcase at the hotel and walk down Mendana Avenue again to feel Honiara atmosphere. The scenery, which looks different from the first day, is one of treasures. An early lunch before heading to the airport. How about a second choice, which you had hesitated about on the second day, but didn't choose?

PM ● Go to the airport and look back to your unique treasure found in the Solomon Islands. Depart for Brisbane.

Deluxe plan

Advanced course

Find the Solomon's treasure around countryside

1st day

PM ● Check into your hotel via Brisbane. Prepare water, food at supermarkets for the next day's treasure hunt in the rural areas. It's exciting just to get the things you need to visit the countryside. Early to bed to recover energy, thinking about the countryside tour that starts tomorrow.

2nd day

AM ● Tour of battle sites on Guadalcanal Island. You will ponder the historical legacy.
PM ● Visit battle sites such as Red Beach, Alligator Creek, and Bonegi Beach. Feel what was happening there and the peace -treasure being here in the Solomon Islands.

3rd day

AM/PM ● Head to New Georgia Island (Munda). First, explore the town of Munda and check into your resort hotel. Then, visit Munda's famous Skull Island. On Skull Island, you can see a variety of skulls and touch the unique customs and culture there. Traditional customs are preserved there. For the people living there, the custom of protecting skull is one of their treasures.



© SPTO & David Kirkland

4th day

Noon ● Return from New Georgia Island to Honiara and continue to Tulagi by boat.
PM ● Visit the Tokyo Bay, where the remains of the Japanese 'Kikugetsu' can be seen. Afterwards, you will spend the rest of the day in Tulagi, where time passes slowly and you will lose yourself in the pleasant flow of time, collecting roadside orchids and other familiar treasures that suddenly catch our attention. Return to Honiara by the end of the day and reflect on the treasures collected on this trip.

5th day

AM ● Take a leisurely morning and enjoy your last stay in the Solomon Islands at a leisurely pace. How about the 'shell money' for your souvenir?
PM ● Go to the airport and map your own treasures found in the Solomon Islands. The map is also a treasure. Depart for Brisbane with your treasures.



Let's enjoy online content

Visit the Tourism Solomons website for more information!



Flower

More than 200 species of 'flowers'

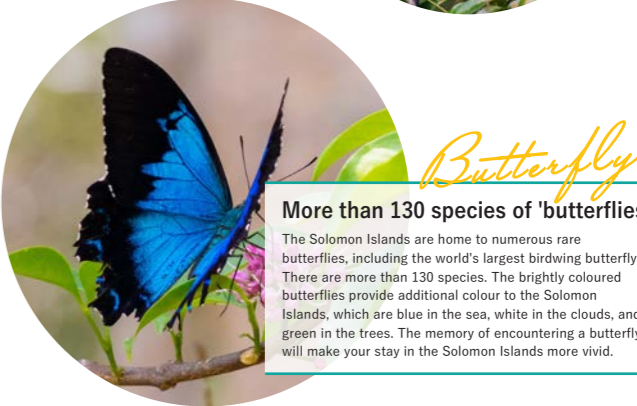
The flowers of the Solomon Islands are the queen of orchid flowers. More than 200 endemic orchid species have been identified. The flower language of the orchids varies according to the colour of the petals. Why would you not take home a photograph of an orchid in the colour of your favourite language of flowers as one of your treasures?



Bird

More than 170 species of 'birds'

The colourful parrots and cockatoos as well as the Japanese bush warblers and owls were familiar to visitors to the islands. The Solomon Islands are home to over 170 bird species. Do not miss the mound builders which use geothermal heat from volcanoes to build their nests, and the endemic Solomon's sea eagle. Each encounter with these birds is a treasure.



Butterfly

More than 130 species of 'butterflies'

The Solomon Islands are home to numerous rare butterflies, including the world's largest birdwing butterfly. There are more than 130 species. The brightly coloured butterflies provide additional colour to the Solomon Islands, which are blue in the sea, white in the clouds, and green in the trees. The memory of encountering a butterfly will make your stay in the Solomon Islands more vivid.

Q The Solomon Islands include Santa Cruz Islands, which are likely to occur in December. Which country has the island pronounced as Christmas Island in Japanese?

The answer is on **p.20!**

Column 1 Islands stories

The Solomon Islands comprise approximately 1000 islands. Some islands exhibit unique stories to tell. For example, Kennedy Island is where the late former US President Kennedy swam during the war. The remote island of Malau on the eastern tip of the Guadalcanal was visited by British Prince William and his wife in 2012. Each island has its own story, and your stay can be the story of that island.

Column 2 Traditional water cottages!

On northern Malaita Island in Lau, people live on islands built by hand with stones in the lagoon. These islands are still built manually, and traditional techniques have been passed down from generation to generation. There is accommodation at the Langa Langa Lagoon where you can watch island building demonstrations. Living on the water on a 'stone island' is certainly a rare experience that you won't get from staying in a water cottage elsewhere in the country.

More than 100 species to be found in the Solomon Islands

TONGA

The Kingdom of Tonga

The Kingdom of Tonga is surrounded by beautiful blue waters in the South Pacific. The beauty of its nature and history is so interesting that it feels as though time has ceased. Tonga is the sole nation within the Pacific Islands that has maintained its independence from colonisation and continues to uphold a monarchy in the present era. Tonga consists of approximately 170 islands, grouped into four archipelagos: Tongatapu, Ha'apai, Vava'u, and Niuas. Nuku'alofa, the capital of the Tongatapu Island, is home to a quiet royal palace and historical buildings that remind us of ancient Tonga. Tonga stands out as one of the world's select locales where an impressive experience of swimming with whales is awaited. Immerse yourself in the enchanting waters of Tonga and share extraordinary encounters with these major marine beings. Indulge in the mesmerising charm of Tonga, a kingdom adorned with profound history and natural beauty.

The most popular destination for whale swimming!



Example of flight routes
Narita → Nandi (Fiji) or Auckland (Air New Zealand) → Nuku'alofa (Tonga)

Enjoyment plan / Travel back in time to the Kingdom of Tonga!

- Beginners' course**
- 1st day**
PM ● Arrive at Fua'amotu International Airport on Tongatapu Island via Fiji or via New Zealand. Check in to your resort hotel. Watch the sunset and toast your arrival to the Kingdom.
- 2nd day**
AM ● Start exploring the kingdom! First, let's visit the royal palace. The spacious lawn, white walls and red roofs are lovely. Looking at the royal tombs, feel the passage of time. 
PM ● After lunch at a cafe in Nuku'alofa city, head to the beach! Swim with Tongan children at American Wharf, at the end of the wharf that extends from Tupoulahi Road to the ocean.
- 3rd day**
AM ● Go to the eastern area of Tongatapu Island. Visit the ancient Polynesian ruins of Ha'amonga a Maui. 
Drive along the seaside of the island! The tropical sea breeze feels good.
PM ● After a buffet of traditional Tongan cuisine at the 'Oholei Beach Resort' located on the beach down a cave-like path (*Buffet dinner is available on Wednesday and Friday only), enjoy a fire dance show at the buffet area. You can also visit Hina Cave, a limestone cave!
- 4th day**
AM ● Go to the south to west area of Tongatapu Island. Visit Hufangalupe, which means 'Dove's Gate' in Tongan. At the blowholes of Mapu'a Vaea, feel the earth's spray as a column of water rushes up. 
PM ● Enjoy a take-away lunch on your way to Ha'atafu Beach! Snorkeling at Ha'atafu Beach at the westernmost tip of Tongatapu Island. Ha'atafu Beach is also popular as a surfing point! 
- 5th day**
All day ● Enjoy a day trip to Pangaimotu Island Resort by boat from Nuku'alofa. The best time to visit is Saturday or Sunday. Enjoy Tongan cuisine at the resort's restaurant and buy mave pearl accessories. Or, try 'Katea Retreat' located near to the Fua'amotu beach if it is on a Sunday. You can enjoy Tongan lunch buffet. Dinner buffet is also available on Wednesday and Friday.
- 6th day**
PM ● Return to Japan.

Deluxe plan / Advanced course Whale Swimming and Exciting Activities!

- 1st day**
PM ● Arrive at Fua'amotu International Airport on Tongatapu Island via Fiji or via New Zealand. Check into a hotel. Nourish your energy for tomorrow's adventure at a restaurant in the capital city of Nuku'alofa.
- 2nd day**
All day ● Take a domestic flight from Tongatapu to Vava'u Island. Transfer from Lupepau'u Airport, gateway of Vava'u Island to the city of Neiafu. After dropping off your luggage at the hotel, take a quick stroll in Neiafu city and along the ocean! 
- 3rd ~5th day**
All day ● Take a marine activity tour! Whale watching and swimming is a must when you come to Tonga. It is a rare opportunity to see majestic whales right in front of your eyes. Scuba diving is also attractive. 
- 6th day**
All day ● Flying back to Tongatapu island. Enjoy shopping for souvenirs in Nuku'alofa.
- 7th day**
PM ● It's time to head back to Japan.



Let's enjoy online content
Visit the Tonga Tourism Authority website for more information! You can find the information on the activities and hotels.



Check out photos in Tonga!
Find beautiful pictures and exiting videos etc. in Tonga's official Facebook and Instagram account!




Swim with Whales in Tonga!
Humpback whales visit the Tonga to mate and give birth. Tonga is one of the few countries in the world where people can enjoy whale swimming. Marine activity attracts tourists worldwide. Whales grace the Tongatapu Island from mid-July to early October. On Vava'u Island, the best time to encounter whales is from July to September. Do you want to dive into the sea and explore the magical underwater world with whales? Numerous tour operators offer unforgettable encounters with these majestic mammals. Make a reservation and join to swim with whales in Tonga!



Scuba diving
Enjoy Scuba Diving in Tonga!
Immerse yourself in the vibrant world beneath waves swimming among tropical fish in coral reef tunnels and exploring the gaping caves. You can experience the enchantment of encountering a world where mermaids seem to be within reach. Embark on a range of exciting tours to explore amazing underwater marine life and to discover ancient shipwrecks.



Adventure
The ULTIMATE ADVENTURE!?
Tonga has a number of uninhabited Islands. For example, Kao Island, the highest Island in Tonga, offers the ultimate survival and adventure experiences. If you are confident about your own physical strength, why should you not try it? Click here to read the travelogue of an actual visitor to Kao Island (only in Japanese):
A Country Where You Can Experience an Unparalleled Adventure, Tonga (Pacific Islands Centre Website)

Q In the Pacific Island Countries, some of other countries once had kingdom cultures. What country has the remains of a dynasty that lasted about 600 years from 1000 A.D. and is recognised as a World Heritage Site?
A The answer is on p.14!

Column 1 Tonga's Prehistory - The Beginning of the Kingdom

It is believed that the first people to settle in Tonga were the people of the 'Lapita Culture'. The Lapita culture arrived in Tonga around 850 B.C. through the Philippines, Vanuatu, and Fiji. This is believed to have continued for approximately 1000 years. Around 950 A.D., the first Tu'i Tonga, son of the Sky God Tangaloa, unified Tonga and became the first king.

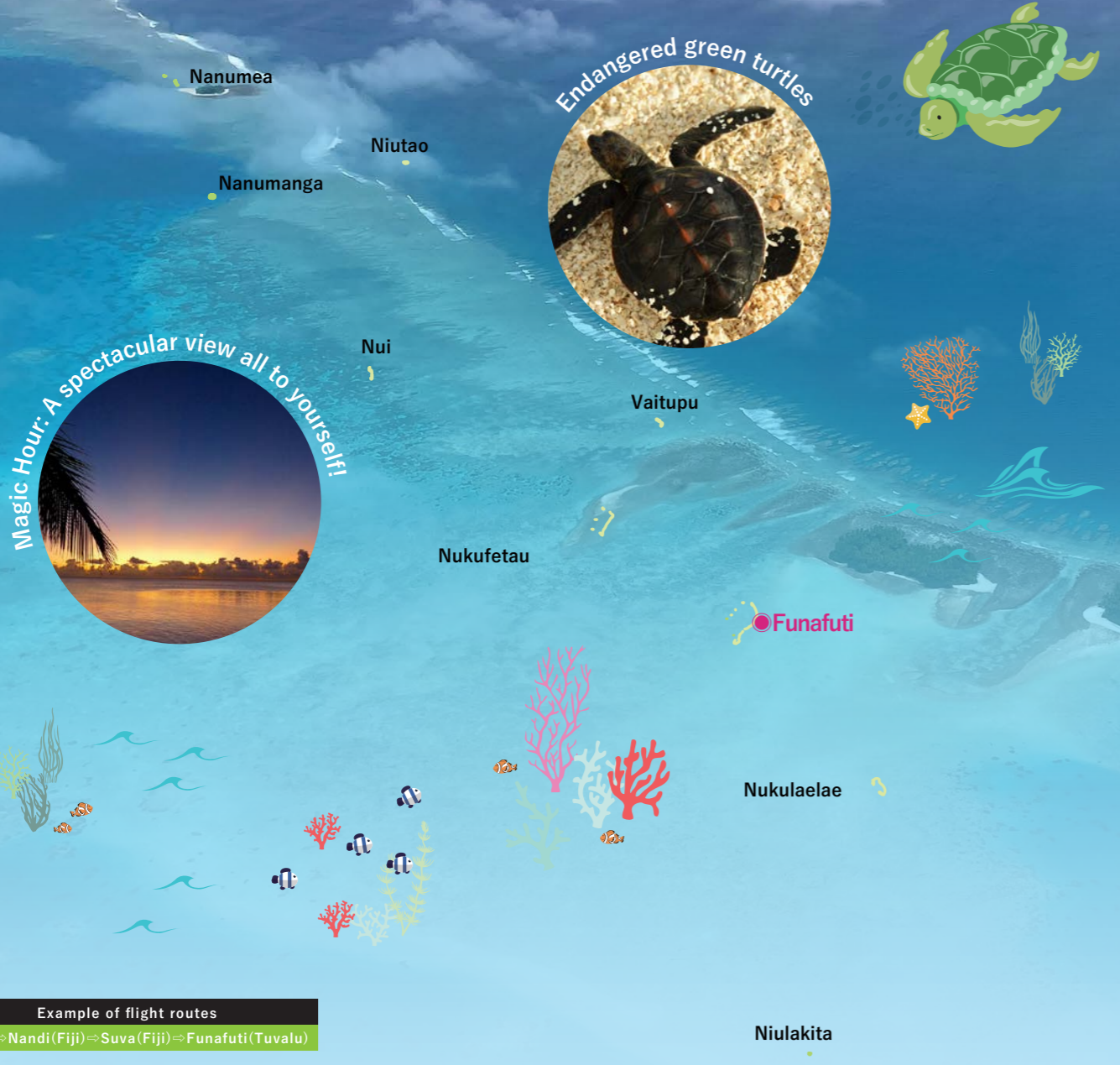
Column 2 Exchange between the Japanese Imperial Family and Tongan Royal Family & Rugby Exchange

Tonga has had relations with the Japanese Imperial Family, with the coronation of His Majesty King Tāufa'āhau Tupou IV being attended by the then Royal Highness and Royal Highnesses of Japan. Additionally, many rugby players from Tonga have come to Japan. For example, Tongan rugby players have represented Japan in the Rugby World Cup since the first tournament in 1987.

TUVALU

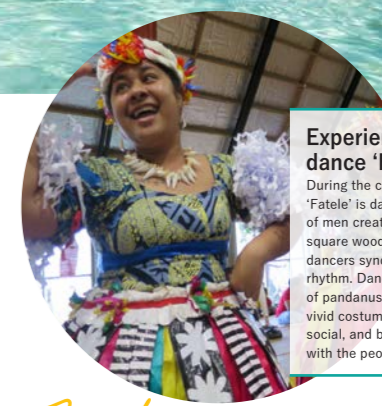
Discover the Hidden Gem of the South Pacific - Tuvalu!

Tuvalu, a captivating atoll nation, lies just south of the equator. Covering a mere 26 km², the coral reef islands boast vast territorial waters spanning 1.3 million km². Uncover Tuvalu's hidden beauty, an untouched gem awaiting your discovery. Dive into vibrant underwater realms, encountering kaleidoscopic coral reefs and exotic marine life akin to living artwork. Delve deeper into Tuvalu's soul through its rich culture and warm hospitality. Engaged with locals, immersed in traditional dances, melodious songs, and exquisite crafts. Each interaction is promising for an unattractive memory. As night descends, bask in Tuvalu's tranquil embrace under star-studded skies, serenaded by the rhythmic lull of the sea. Embrace Tuvalu's magic - a destination like no other. Embark on a journey to Tuvalu and craft timeless memories.



Plan for Enjoying Tuvalu / Plan to enjoy Funafuti!

- 1st day**
- AM ● Arrive at Funafuti Airport.
 - PM ● Enjoy Tuvalu cuisine for lunch. Try 'Meaota fakalolo', raw tuna seasoned with coconut milk! After dropping off your luggage at the hotel, take a walk around the town of Vaiaku. Let's talk to friendly Tuvaluans with a cheerful 'Talofa!' greeting and talk to them! Taste traditional cuisine with a beautiful view of the ocean and beautiful sunset in the background.
- 2nd day**
- AM ● Let's go by boat to the island of Funafala Islet! Snorkelling surrounded by beautiful coral reefs and tropical fish. Immerse yourself in the world of the sea and forget about everyday life...
 - PM ● Enjoy Tuvalu cuisine at lunch. Try the sea turtle dish called 'fonu'! After lunch, sunbathe on the white beach! Take a nap, read a book, or just relax and enjoy the tropical atmosphere. With a sense of regret, we return by boat to Vaiaku. Dinner at a restaurant while reflecting on the beautiful scenery in Funafala.
- 3rd day**
- AM ● Visit the Women's handicraft centre. Find your favourite handicrafts as souvenirs! Find mats made from dried pandanus leaves and necklaces made from wonderfully coloured seashells.
 - PM ● Go to the post office for rare stamps from Tuvalu! Find your favourite stamps among the many stamps on the wall. Watch the traditional Tuvaluan dance 'fatele'...sing and dance together!
- 4th day**
- AM ● Return to Japan via Fiji.



Experience Tuvalu's traditional dance 'Fatele'

During the celebration, a traditional dance called 'Fatele' is danced. Using their bare hands, a group of men create a rhythmic beat by tapping on a square wooden box, leading to more than a dozen dancers synchronising their movements with the rhythm. Dancers wear skirts made from the leaves of pandanus plants and flower crowns in traditional vivid costumes. The songs vary in their cultural, social, and biblical teachings. Come sing and dance with the people of Tuvalu!

Food Recommend Food

Traditional Tuvaluan dishes include coconut, potatoes, breadfruit, seafood, and bananas.

Meaota fakalolo
Ancient staple foods included coconuts, placca potatoes, taros, and breadfruits. In recent years, bread has become a common consumer. Meaota fakalolo is a dish made of raw tuna dressed in coconut milk. They are served with bread or rice. Coconut milk or coconut sap (kaleve) is often used to flavour dishes.

Fonu
Sea Turtle Cuisine. The meat is cooked slowly over a long period of time using a heat-retention cooking method called 'umu', which uses the residual heat from the soil and stones heated over an open fire and is full of flavour!



Plan to Enjoy the Differences Between the Islands / Island Hopping in Tuvalu! Plan to enjoy the difference of islands

- 1st day**
- AM ● Arrive at Funafuti Airport. Leave your luggage at the hotel and go to lunch!
 - PM ● Enjoy Tuvalu cuisine which is arranged raw fish seasoned with coconut milk! Rent a bicycle and explore the town of Vaiaku. Let's run through the continuous straight road while bathing in the pleasant sea breeze! Buy a postcard to send when you go to the post office the next day.
- 2nd day**
- AM ● A leisurely breakfast at the hotel where you are staying. Fresh and energetic morning with tropical fruits. Go to the post office for rare stamps of Tuvalu!
 - PM ● Take a lunch break in the shade of a tree. Visit the Women's handicraft centre. Find your favourite handicrafts as souvenirs!
- Funafala islet 3rd day**
- AM ● Let's go by boat to the Funafala islet! Snorkelling surrounded by beautiful coral reefs and tropical fish.
 - PM ● Enjoy Tuvalu cuisine at lunch. Try the sea turtle dish called 'fonu'! After lunch, sunbathe on the white beach! Enjoy the luxury time doing nothing.
- Funafuti Marine Conservation Area 4th day**
- All day ● Take a boat arranged by the hotel to the Funafuti Marine Conservation Area! The Funafuti Conservation Area includes the western part of the Funafuti Atoll, 6 islands and lagoons such as Tepuka Savilivili Islet and Fefala Islet, coral reefs, channels, and the ocean. There is no better place for snorkelling! Peek into the world of tiger sharks, rays, turtles, and a wide variety of other fish! If you are in luck, you can see endangered green turtles and crabs.
- Nukufetau Atoll 5th day**
- All day ● To Nukufetau Atoll, an island 100 km northwest of Funafuti! (by domestic flight) Let's cruise along the quiet lagoon. The beautiful sea will enchant you. Take a walk and enjoy the breathtaking scenery or spend the day soaking up the sun.
- Nukulaelae Atoll 6th day**
- AM ● Go to Nukulaelae Atoll by domestic flight or boat. (Both schedules are rare and few.) Relaxing snorkelling in picturesque coral atolls. Relax on the beach and enjoy the tropical atmosphere.
 - PM ● Go to World War II sites. Visit the remains of bunkers and buildings from the Japanese occupation period to get a sense of the history of the area.
- 7th day**
- AM ● Return to Japan via Fiji.



Gift

Tuvalu's unique stamp designs have attracted the attention of philatelists around the world. The government is making efforts to sell them and they have even become sources of foreign currency. The stamps come in various styles featuring nature, wildlife, local culture, traditions, and historical events. The post office also issues several stamps annually, such as commemorative stamps for the birth and death of famous historical figures. There are many stamps on the display in the facility, so please take your time and find your favourite stamp.

Q What does 'Tuvalu' which is also the country's name mean in Tuvaluan language?

A The answer is on p.22!

Column 1 Flag history of Tuvalu

The flag used since independence had the Union Jack in the upper left corner of the flag to indicate membership in the British Commonwealth, and the nine stars that make up Tuvalu. In 1995, a new flag was adopted without the Union Jack, but in 1997, the Tuvalu flag was restored to its original design.

Column 2 Tuna from Tuvalu to Japan?

Traditionally, interaction with Japan was limited, but after gaining independence in 1978, Japan immediately recognised the country as a state and established diplomatic relations. Friendly relationships have since been established. Japan has also concluded a Japan-Tuvalu Fisheries Agreement with Tuvalu and pays an entry fee for fishing vessels to operate in the Tuvalu Economic Zone. The tuna and bonito you eat in Japan may actually come from Tuvalu...!

Let's enjoy online content

Visit the Tuvalu website which is managed by the Ministry of Transport, Energy and Tourism of Tuvalu, for more information! You can find the information on the tours and activities.

VANUATU

A country where you can experience wonders of nature and the depths of culture with all your senses

Vanuatu is a chain of 13 large islands and more than 70 small islands, stretching approximately 1200 km from north to south. Marine sports such as snorkelling and diving are enjoyed, of course, but not only that! On Efate Island, where Port Vila is located, you can relax at a resort and refresh your body and soul. On Tanna Island, you can feel the energetic power from the active volcano Yasur, while on the northern island of Santo, you can enjoy peaceful moments at the mysterious Blue Hole or try exciting activities. You can experience the richness of Melanesian culture through traditional dance, music, and local cuisine. Vanuatu's culture captivates you with its colourful features.

Enjoy the overwhelming nature and rich culture of Melanesia to your heart's content!



Mount Yasur on Tanna

Luxury resort hotel on Efate

Example of flight routes
Narita ⇒ Nadi (Fiji) ⇒ Port Vila (Vanuatu)

Beginners' course

Enjoyment plan / Cultural, historical and nature tours near the capital city

- 1st day**
- AM Arrive at Nadi Airport, Fiji, and spend some hours of transfer time relaxing at the airport.
 - PM Arrive at Port Vila. Experience Vanuatu culture at a kava bar. Ask the hotel to arrange kava tasting (e.g., Waterfall Precinct). The taste of kava varies from region to region. Spend time at a resort hotel and have dinner at a famous local restaurant. (Italian, French, etc.) A cultural show at the hotels is a great way to start your trip.
- 2nd day**
- AM Go on a tour around Efate Island! Enjoy local food at Vanuatu's markets. Be amazed by the tropical fruits you won't find in Japan. Learn about Vanuatu's culture at the Cultural Centre and get a taste of what's to come on your Efate Island excursion later in the day. Don't miss the Vanuatu cultural sand paintings. Enjoy one of the best views of Port Vila at French's Hill near Independence Park.
 - PM Enjoy the rural areas of Vanuatu. Lose yourself in Vanuatu's unique songs, dances and music. Have a coffee with a view of the sea in the centre of Efate Island. Visit a restaurant of your choice before sunset. Evening Tuck into a delicious meal while watching the sunset. Enjoy the best sunset with your choice of meat, fish, Chinese, Italian or Japanese food. Enjoy a cup of Vanuatu coffee or Vanuatu beer in the hotel bar or restaurant.
- 3rd day**
- AM Shopping in the markets and souvenir shops in and around downtown Vanuatu before returning home. Traditional Vanuatu handicrafts, especially those sold at the Handicraft Market, make great souvenirs. The best items are the Tamtam, made from carved wood and stone.
 - PM Lunch at a restaurant near the sea in downtown Vanuatu with a great view. Explore the souvenirs at the airport. Chocolate, vanilla, pepper and coffee are recommended. Depart for Fiji.



Advanced course

Deluxe plan / Tour to experience the magnificence of the sea and land

- 1st day**
- PM Arrive at Port Vila. Stay at a resort hotel on Port Vila to prepare for the next day's activities.
- 2nd day**
- All day Flight from Port Vila to Tanna Island. Take a tour to see the active volcano 'Yasur Volcano', 361m above sea level. At Yasur Volcano, climb to the edge of the crater and soak up the power of the earth. You can also post your mail at the world's only volcano mailbox. When the sun goes down, the volcano shows a new face. Let's get some rest at the resort hotel!
- 3rd day**
- All day Flight from Tanna to Port Vila. Visit Hideaway Island southwest of Port Vila, and post your mail at the underwater mailbox. Imagine the surprise on the faces of your family and friends when they receive your letter from the volcano and underwater, and have dinner and relax at the resort.
- 4th day**
- All day It's time to go to Santo! Take a tour around the Blue Hole and Champagne Beach. Enjoy Tarzan jumps and SUP at Jackie's Blue Hole, Rili River Blue Hole and Mateable Blue Hole. When you are tired from the activities, relax on Champagne Beach. Enjoy the luxury of the ocean breeze at one of the restaurants in Port Vila. Enjoy Vanuatu's starry skies at a resort hotel and reflect on your Vanuatu trip.
- 5th day**
- AM Return to Port Vila from Santo Island.
 - PM Depart for Fiji.



Fascinating experiences to do in Port Vila, Santo and Tanna!

Port Vila

Meet the dugongs!

Port Vila day tour

Dugong is considered a mermaid model. It is rare to see dugongs in the wild, either in Japan or elsewhere. Their cute faces and slow swims show the majesty of the sea. The dream of those who want to see such dugongs comes true in Vanuatu! Dugongs appear on the Maskelyne Islands, which are less than an hour away from Vanuatu's capital, Port Vila. Join a dugong exploration tour and be embraced by the Pacific Province with dugongs.

Santo

The world's most approachable shipwreck, a luxury liner and 'the dreamscape of the soldiers'

The luxury liner President Coolidge is sunk in Luganville Bay (Santo Island). The best part of the event is going to see the beautiful reliefs inside. 2 km from Coolidge's point, you can visit Million Dollar Point. Sunken bulldozers, jeep, and trucks were used in the war at the Million Dollar Point. See the shipwrecks and feel the dream of a luxury liner, and see the bulldozers and jeep used in the war and feel 'the dreamscape of the soldiers'.

Tanna

Trek Tanna from the volcano of Mount Yasur

This spectacular volcano marathon, the first of which was held on the island of Tanna in 2021, starts at sea and finishes at the summit of Mount Yasur. The dates for the next Volcano Marathons have not yet been established. What about trekking around the Mount Yasur? You enjoy the walking crater rim first, and then walk through Tanna's moon-like ash plain to John Frum Village. The trek takes 4 hours. Why do you not take your own route around Tanna to fully appreciate Tanna's Yasur Volcano?

Q Kava, famous in Vanuatu, is consumed in both Fiji and Samoa. Is kava in Vanuatu thicker or thinner than that in Fiji?

The answer is on p.16!

Column 1 Tasty of Vanuatu

LapLap is a traditional food of Vanuatu. This dish is similar to Papua New Guinea's mumu, but has evolved differently on Vanuatu's Malekula Island. It is prepared by steaming yams and other ingredients, making them sticky, and then dipping them into coconut milk. Although there are many similar dishes in the Melanesian region, each place has evolved its own unique cuisine, making it interesting to compare and contrast.

Column 2 Domestic flight frequently delays and cancellations! Effective use of charter flights!

Domestic flights in Vanuatu are often delayed or cancelled. Even the local Vanuatu people feel that this is a big challenge for travellers. Charter flights are used in such cases. For example, a round trip to Malekula Island, which takes approximately one hour, costs about 500000 yen for an eight-seater (as of April 2024). Charter flights cannot be experienced by Japan. Take this opportunity to try it out with friends.

Let's enjoy online content

Visit the Vanuatu Tourism Office website for more information!