



FIJI NATIONAL UNIVERSITY

FNU UNIKUA



GUIDING FUTURE LEADERS

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FNU GRADUATES ARE 'DAY-ONE, WORK READY'
- VC HEALEY

HISTORICAL MOMENT – FNU CONDUCTS GRADUATION IN THE REPUBLIC OF MARSHALL ISLANDS

FNU graduates are 'day-one, work ready' - VC Healey



Students of College of Medicine, Nursing and Health Sciences.

All programmes offered by the Fiji National University (FNU) are designed to prepare 'day-one, work ready' graduates.

Furthermore, majority of FNU students are able to secure paid employment within four months of completing their studies.

FNU Vice Chancellor Professor Nigel Healey said graduate employability is important as it indicates how the institution is performing in terms of meeting the employment demand.

"FNU is a vocational, dual-sector university and we have put great emphasis on the importance of achieving high rates of graduate employability," said Prof Healey.

"Our surveys of students graduating each April, roughly four months after they completed their studies, show that 80-90% consistently report being in paid employment and this is in line with many developed countries. So this is a good sign for students who are intending to join the Fiji National University."

"All our programmes are co-designed with 'Industrial Advisory Committees' to ensure they meet employers' needs and all our students undertake an attachment to prepare them for the labour market. This is very important from both perspectives, as Fiji's national university we offer quality programmes that have high employability and from the point of our stakeholders, students and sponsors, that they receive a fair return on their investment."

"So our programmes are designed to prepare 'day one, work-ready' graduates and our careers service helps find graduates jobs. In some disciplines, graduates are assigned by the respective ministry as soon as they complete their studies – for example, in medicine, nursing and teaching."

FNU has a proud history, dating back to the foundation of Suva Medical School in 1885 – of offering both technical and vocational training as well as higher education programmes that lead to a successful career.

Students who want to work as a mechanic or an electrician, a doctor or a nurse, a teacher or a lawyer, FNU has a programme that can help students achieve their dream job.

"All universities these days offer students libraries, computer labs, campus-wide wifi and sporting facilities. But because FNU is a vocational university, we also offer students the workshops, laboratories, clinics, simulators and training restaurants that they need to ensure they graduate with practical, hands-on skills, as well as a strong theoretical grounding," said VC Healey.

"We have a \$50m capital programme in 2018 and we are busy building new state-of-the-art facilities in veterinary science, a new commerce building, a new creative arts building and a gymnasium."

"We completely overhauled, updated and restructured our entire undergraduate suite of programmes in 2017, so new students are joining programmes that have been refreshed and designed to maximise their employment prospects. The major capital building programme will greatly improve the facilities on campus that are available to our students," added the VC.

Since FNU's programmes have a strong vocational focus, it is important for prospective students to think carefully about the career they want to have and need to choose the right



FNU Vice Chancellor, Professor Nigel Healey.

programme and major. For example, if a student wants to become an accountant, they need to select the right courses to meet the requirements for a Certified Professional Accountant accreditation. While changing programmes and majors is possible, it often prolongs the period of studies for students.

Keeping in touch with the University is the best way to learn about the wide range of programmes on offer. Open Days are a good way for students to browse, while deciding a broad area of study for example engineering, agriculture, medicine or business. Students can then focus and decide which particular course they are interested in, for example, engineering programmes are offered in the fields of civil, mechanical or electrical.

At the Fiji National University, students are not only assisted in achieving their career goals, but it is also where school-leavers come to have fun, make new friends and mature as people. Students are encouraged to take advantage of all the extracurricular events and activities and immerse themselves in university life. Students will never have such a fantastic opportunity again to learn new things, meet new people and have new experiences.

Correct guidance key

– Team FNU visits 50 schools in Central division



At the Fiji National University (FNU), we work closely with secondary schools to help raise students' ambitions and discuss exciting future opportunities.

In June, the University undertook a two-week outreach program to secondary schools across the country to create greater awareness regarding important information which students need to successfully enrol into study programmes of choice.

Some of the key points of discussions centered on programmes offered by FNU, minimum entry requirements for these courses, how to correctly fill the enrolment forms, facilities

offered at each of the main University campuses, student accommodation, library and student services.

In the Central division the FNU teams visited more than 50 secondary schools.

FNU's Director Marketing and Communications, Jenies Mudiliar said the University is aware that it is not always possible to take students away from their school for a campus visit.

"Therefore we have designed a series sessions comprising of one to one academic counseling, short interactive presentations and a video that takes the students on a virtual tour of all our campuses round the country without taking them out of their classrooms. We also leave behind University Prospectus' and contact details for any follow questions that students might have," she said.

She said FNU presentations were designed to be aspirational, providing students with important, valuable information about higher education, enabling them to make informed choices about their career paths.

During the visits, the academic and support staff presented information on subject and minimum mark required for programmes as well as the application and admissions process.

The team spent time answering queries from students on different programmes and courses that the University offers.

Teisa Kacisolomone from Gospel Secondary School said she was interested in doing a programme which had a more practical component.

"I want to spend more time learning out in the field rather than classroom," she said.

Kacisolomone said the questions she had on the programme she was interested in were answered by a College of Business, Hospitality and Tourism Studies lecturer who was part of the team.

Ashneeta Kumar of Rishikul Sanatan College said she was excited to hear about the different programmes FNU had on offer.

"I am undecided about what I want to study so I was looking forward to hearing what programmes FNU had," she said.

Kumar said she was going to apply to the College of Medicine, Nursing and Health Sciences to pursue Bachelor of Nursing.

John Tamani of Jai Narayan College said he was interested in Architecture but was not sure if the subjects he was taking would qualify him to enrol in the programme.

"I asked the lecturer from the College of Engineering, Science and Technology and he told me that I need to pass English, Mathematics, Physics or Introduction to Technology," he said.

Tamani said he was now going to focus on the subjects required to meet the minimum entry requirement so he can successful enrol in the Architecture programme which is being offered by the College of Engineering, Science and Technology (CEST).

Careers teachers of various schools expressed their gratitude to the visiting FNU teams for bringing the information to their doorstep.

Students were also advised of the Fiji National University's Open Day which is scheduled on 19 and 20 July at its campuses in Nasinu, Natabua and Lautoka as well as in Labasa Civic Centre.

Most of the secondary schools have already confirmed their participation at this important event.



FNU team reaches

out to schools in Vanua Levu



Students of Ratu Luke Junior Secondary School attentively listen to the presentations being done by FNU team.

Secondary school students in Vanua Levu are now well-informed about the wide range of programmes offered by the Fiji National University and the minimum entry requirements for a successful enrolment.

The information was passed on to the students during an inter-active awareness initiative undertaken by FNU as part of an outreach program to secondary schools across the country.

Head of Labasa Campus Pardeep Lal said a strong team of more than 15 staff from the academic and support services visited all the main centres in the northern division.

Lal said the initiative was well received by both the students and parents as it provided an opportunity to hear from the FNU team on important details regarding programmes, fees and enrolment.

“School visits is very important as it provides us an opportunity to meet face-to-face with our key stakeholders who are the students and respond to queries they may have regarding any of the programmes we offer, fees, facilities, accommodation, transportation etc,” said Lal.

“All our teams have experienced staff. They are able to provide students proper counselling and guidance. In some areas we also engaged with the community and overall the response has been positive.”

Some of the schools visited by the team include Nadogo College, Naikavaki High, Ratu Luke Secondary School, Bua College, Nabala High School, Lekutu High School, Vatuvonu High School, Napuka High School, Vatuvonu High School, Navatu High School, Saint Bedes College, Savusavu Secondary School and Uluivalili High School in Cakaudrove province.

“Our aim is to cover 31 High Schools within Vanua Levu. There are a few secondary schools in the Maritime areas such as Rabi and Taveuni, which we hope to cover in the coming months,” said Lal.

“It’s not an easy exercise and lots of prior planning is involved. FNU has a good relationship with the people of the north who have been very supportive towards this important initiative.”

Lal said while generally there was an interest from students to further their studies at FNU, there was a strong interest in programmes offered by the College of Medicine, Nursing and Health Sciences (CMNHS), College of Humanities and Education (CHE) and College of Agriculture, Fisheries and Forestry (CAFF). Trade programmes offered through the College of Engineering, Science and Technology also intrigued a lot of students.

Lal said talks are underway to hold free-of-charge revision classes for students in English and Maths.

“We hope to establish a language hub in Labasa Campus through the office of the Pro Vice Chancellor Learning and Teaching and this will certainly boost the morale of students here in the north. We know that there is a Maths Kiosk being run in Suva and Lautoka by the College of Engineering, Science and Technology (CEST) and we hope set it up and operational here as well,” added Lal.



Maria Divane Waqa
Nabala Secondary School
Year: 13

“I would like to study Bachelor of Nursing. I would like to help the sick and at the same time make my parents proud of my career choice. I love interacting with people and listening to them and many times this just helps lighten their burden. This is important in the medical profession. The explanations provided by the FNU team was simple and easy to understand and the discussions held after the presentation was also very informative.”



Rani Gayathri Nand
Seaqaqa Central College
Year: 12

“The Agriculture programmes offered by FNU fascinated me. It was good to know that students get to go to the farm for practical training to understand better about what they are being taught in the lectures and I look forward to joining FNU to further my studies after secondary school. I want to become a Biosecurity Officer and FNU’s College of Agriculture, Fisheries and Forestry (CAFF) seems to be an interesting place to study.”



Peceli Cama
Seaqaqa Central College
Year: 13

“I was eagerly waiting for the FNU team to visit our school as I wanted to ask a lot of questions regarding the Bachelor of Education (Secondary). I want to join the teaching profession because I want to impart knowledge and contribute towards the grooming our future generation. All my questions regarding enrolment into this programme were answered eloquently by the University team. All I have to do now is ensure I get good marks in my exams and send my enrollment application to FNU.”



Year 13 students of Drasa Secondary School receiving academic advise from FNU staff.

Career teachers play a crucial role - Loga

Every student needs to receive accurate information regarding subject combinations and minimum entry requirements when enrolling for studies at universities in a bid to pursue their career goals.

The role of Career Teachers in secondary schools is vital in ensuring that students receive proper guidance to ensure they get the best start in life and choose a career path that is both rewarding and full-filling for the students.

Drasa Secondary School Assistant Principal, Jone Loga believes career counseling is important as students need to start planning their future as they mature in high school.

“We as career teacher’s play a vital role in ensuring that our students choose appropriate university and field of study, so that students know where they are headed and are motivated to work hard to realize their chosen career,” said Loga.

“It is essential for students to start identifying early their life goals and begin to plot accordingly. After high school they should be on a steady path towards achieving the same.”

With over twenty years teaching experience, Loga has witnessed first-hand how many students

make career choices based on those that are chosen by their peers. He said this behavior need to change and there is a need for students to make independent decisions based on their passion and strength.

“I am so thankful to the Fiji National University team for coming to our school to create awareness and the session has been very informative and I’m confident the students gained a lot and certainly plan their career goals accordingly,” said Loga.

“The video presentation which showed the different campuses and facilities was an eye opener for students. They were really excited to see the lecture rooms and I’m sure all of them are looking forward to joining the Colleges of their choice.”

Year 13 student, Elvish Vikash Naiker said he gained a lot from the FNU teams visit and he looked forward joining FNU next year.

“I’m interested in joining FNU’s College of Medicine, Nursing and Health Sciences. It has always been my dream to pursue a career in the medical field. I know I have to study hard to get in. I’m really excited and I look forward to joining the University next year,” said Naiker.

OPEN DAY | 19-20 July | 2018

Nasinu Campus | Natabua Campus | Labasa Civic Centre | 9.00am - 5.00pm

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Historical moment

- FNU conducts graduation in the Republic of Marshall Islands (RMI)



Fiji National University's first-ever graduation ceremony for the Republic of Marshall Islands (RMI) students was held at International Convention Centre, in Delap, Majuro Atoll on Saturday June 9, 2018.

The University graduated 12 students who had completed Postgraduate Diploma in Nursing as a Nurse Practitioner (NP) through the College of Medicine, Nursing and Health Sciences (CMNHS). The students graduated in the presence of hundreds of excited families and friends.

FNU Chancellor and Chair of Council, Ikbal Jannif, Vice Chancellor Professor Nigel Healey, Dean College of Medicine, Nursing and Health Sciences, Dr William May and several other senior staff from the University were present at RMI to conduct the inaugural graduation ceremony.

The graduates are from different islands and atolls of the Republic of the Marshall Islands and are currently serving at the major hospital in Majuro.

CMNHS Dean, Dr William May said it was indeed a proud moment as it was the first time for the University to provide this mode of delivery in the Micronesian region.

"RMI should be honoured as it is the first country to have hosted the Nurse Practitioner program for full-time students outside of Fiji," said Dr May.

Dr May said that the College accommodated the request from RMI and is committed to providing continuous support for training of the health sector in the region.

The RMI Nurse Practitioner Training Program was established following the signing of a Memorandum of Understanding (MoU) between RMI Ministry of Health & Human Services, Pacific Island Health Officers' Association (PIHOA) and Fiji National University in 2016.

Nurse practitioners are licensed, autonomous clinicians focused on managing people's health conditions and preventing diseases. The training has made the graduating students highly skilled with advanced education, clinical training and demonstrated competency to serve the local community in RMI.

RMI's Minister for Health and Human Services, Honourable Kalani R. Kaneko said his ministry requested assistance from Pacific Island Health Officers' Association (PIHOA) and FNU to develop a primary care nurse practitioner program for the RMI.

He said the programme was requested to

jointly address the shortage of health providers in primary health care practices.

"These 12 Nurse Practitioners are poised to become capable primary care providers. They are considered a backbone of the primary care workforce in many countries including the US, Canada, Australia, Fiji, RMI and others," he said.

"NPs are envisioned to work in partnership with physicians. Nurse practitioners are 'designed' to practice within explicit sets of clinical guidelines."

"We learned from the students that the training program was hard and that they almost gave up but they clearly explained that with the encouragement and inspirations from their FNU Instructors, they were able to successfully complete what they thought was impossible," he said.

Honourable Kaneko said these students have endured sleepless nights just so they can study and take care of their families at the same time.

"And it's not over yet, they now have to practice and the public will be their most toughest critic but if they are well equipped and prepared with full confidence as we've been told, then without a doubt they will be successful," he said.

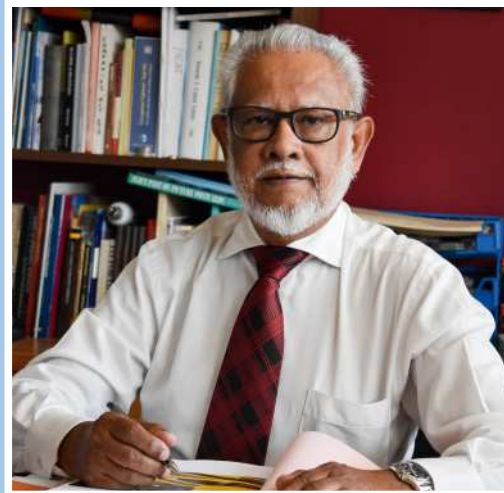
The Honourable Minister said the new graduates will be stationed in various clinics and wards at Ebeye and Majuro Hospitals.

"The number of years these Nurse Practitioners have served as graduate nurses at both hospitals range from 7-27 years of service to the Ministry.

There is no doubt that with their added skills and knowledge as Nurse Practitioners that they will continue to serve to the best of their ability," he said.

The entire programme was completed in RMI with academic staff from Fiji National University travelling on a regular basis in the 18-month duration of the programme.

The graduation was attended by Speaker of the House, Honourable Kenneth Kedi, Chief Justice, Honourable Carl Ingram, Minister in Assistance to the President, Honourable David Paul, Honourable members of Nitijela, Cabinet and House of Iroij, Honourable Chief Secretary and all Secretaries, Chairman Public Service Commission, Honourable Donald F. Capelle President of the College of the Marshall Islands, Dr. Theresa Koroivulaono Director of the University of the South Pacific, Majuro Campus, Dr. Irene Taafaki and instructors, doctors and health staff.



Ikbal Jannif
Council Chair & Chancellor
Fiji National University

"History has been created; and RMI should take pride as it is the first country to have hosted the Nurse Practitioner program for full-time students outside its normal home in Fiji. I am reliably informed that other island nations in the Pacific are also contemplating the same in their respective shores. Because of our commitment through the College of Medicine, Nursing and Health Sciences, I assure you that FNU will continue to assist and support the development of human resources in

health in the region. As you go about your work, your behaviour and interaction with your patients will leave a life-long impression on them, and also on your personality and character. Always be humble and caring. Uphold the ethics and principles of your profession without compromise. We expect you to be excellent ambassadors of FNU. I encourage you to continue with your learning and return to the University for the next phase of your tertiary education."

Professor Nigel Healey
Vice Chancellor
Fiji National University

"As graduates of the Fiji National University's Advanced Nurse Practitioner programme, you will be expected to practice at the highest ethical and professional standards within RMI's prescribed scope of practice and identified competency standards. Although you are graduating today with an advanced qualification, as health care professionals you will never stop learning. By virtue of their practice standards and independent practice settings, Nurse Practitioners are expected to set for themselves



professional development pathways that allow for continuing education and professional development opportunities. NPs are expected to also set up networking pathways for development and clinical support of themselves and their peers. It is the responsibility of the national regulatory authority for nurses and Nurse Practitioners to ensure that ongoing clinical networking and professional development programmes are facilitated and made available for nurses on a regular basis. I hope that, in the years ahead, we may welcome you back to the University to take further qualifications, to enable you to keep up with changes in health care."

Hard work pays-off for Rang

For forty-eight year old Richard Rang, going back to school required a lot of motivation and determination.

Rang who graduated as a Nurse Practitioner from Fiji National University's College of Medicine, Nursing and Health Sciences said he had to work really hard during the 18 months to succeed.

"I graduated from College of Marshall Islands some 30 years ago. It was a challenge at first however after several months of trying I started to get used to managing my time as a full time nurse and a student," said Rang.

The soft-spoken Rang said he chose to study nursing as it has been his passion to take care of the sick.

"I love to take care of people, to help people with their special needs," he said.

He said life as a student was very tough but having the training in Majuro and not in Fiji helped a lot.

"It would have been harder if I had to go to Fiji to study and my family was not around," he said.

Rang has been a nurse in Majuro, capital of Republic of Marshall Islands since 1991.

He decided to enrol for the Nurse Practitioner programme to enhance his clinical knowledge and to help doctors look after the sick.

Rang said he was grateful to the Pacific Islands Health Officers Association (PIHOA), Fiji National University and RMI Ministry of Health and Human Services for supporting him during the entire duration of the programme.

"I am looking forward to taking care of the sick after I finish my internship at Majuro Hospital. I want to work with doctors to reduce the waiting time of sick people in the hospital," he said.

In his free time, Rang loves to read, play baseball and go fishing.



Oling de Brum advocates for good health

The sole reason for choosing to undertake the Postgraduate Diploma in Nursing was to help her people understand the health issues affecting them.

Oling de Brum, the director of Primary Health Care on the island of Ebeve took leave from work to be part of the Nurse Practitioner programme.

"I made up my mind to further my studies to help my people and once I was enrolled, I was told by Kavekini Neidiri (FNU lecturer) that there was no return ticket. I am thankful to him for his encouragement throughout the course," she said.

She thanked her family and employer for their unwavering support during the course of her studies.

"It certainly was a tough journey and I'm grateful for the support I had from my family and also the RMI Ministry of Health and Human Services. I'm glad I was chosen to undertake this programme," she said.

Oling de Brum has been doing managerial work for the past 30 years and getting back to clinical work required a lot of reading and research work.

"I had been away from all these clinical work for a long time. It was a big challenge for me to refresh what I had learnt in nursing. So I struggled with all my clinical studies but then I said with God everything is possible," she said.

"I used to tell myself that I was doing it for my people. I believe that they will understand their health more if their language was spoken during consultation. I think my people need me to be there for them," she added.

Oling de Brum who is originally from Majuro atoll said the health facility on the island of Ebeve has only one local doctor while the rest are expatriates.

"I cannot wait to go back on the island to look after the patients," she said.

Oling de Brum said it was a proud moment her family to witness her graduation ceremony.

"I am happy that I made it and that I will get to work with the people," she said.

Riklonlajar a role model for younger generation

Joed Riklonlajar took up further studies because she wants to be a role model for young children.

Originally from the island of Djarrit in the Republic of Marshall Islands, Riklonlajar started her high school studies in Majuro and completed it in Hawaii.

She came back to Majuro and started studying for Diploma in Nursing at the College of Marshall Islands but could not finish after becoming pregnant.

"I took a two-year break at that time before going back to the College for my nursing studies," she said.

She then went and completed a Bachelor of Science program in USA.

"I was not selected for the Nurse Practitioner program initially and had to push myself into the program," she said.

Riklonlajar said she wanted to have a positive impact on people lives as well as improve her clinical skills.

"My dream is to make a change for the people of Republic of Marshall Islands. We need to adopt a healthy lifestyle. I know it will take time but I'm hoping to take this as a challenge."

She said working full time and studying with a family brought in a lot of challenges.

"I had to fulfill my role as a mother and study at the same time. I had no time for myself for the 18 months," she said.

Riklonlajar said she likes challenges and that was one of the reasons she was able to successfully complete her studies.

"I am very excited and my family is very excited and very proud for me too."

Riklonlajar is now looking forward to helping people in the outer islands.



Living the Physio Life

Their passion for sports and assisting people with sporting injuries rehabilitate provided a perfect platform for the husband and wife team Apao and Letitia Erasito to start a successful physiotherapy clinic in Suva.

Growing up, the duo admit starting up a business was far from their minds, but it was something that they keenly explored after graduating from the Fiji National University's College of Medicine, Nursing and Health Sciences with Bachelors in Physiotherapy in 2012.

Apao, born and raised in Suva attended Marist Brothers Primary and High School. After successfully completing Year 13, he applied to the Bachelor of Medicine and Bachelor of Surgery (MBBS) programme at the Fiji School of Medicine (FSM).

Unfortunately he was not successful but this failed to dampen his enthusiasm. Apao tried again the following year and he also put in additional applications for Bachelor of Dental Surgery and Diploma in Physiotherapy.

"I thought that I should expand my options and hoped that I will get accepted into one of the three programmes I had applied for," said Apao with a grin.

Apao received a confirmation from FSM to study Diploma in Physiotherapy.

"I was over the moon that day when I received my acceptance. It was indeed a great moment for my family and I and from then on I just worked my way up the ladder," Apao said.

Letitia on the other hand is from Lautoka and attended Drasa Avenue Primary School and Lautoka Central College.

She was actively involved in sports during school days and one day while playing Hockey at school she injured herself. This incident made her realize what she wanted to become when she grew older.

"While playing hockey in school I injured myself. It was painful as I had strained my foot. So a friend of mine suggested that I visit the physiotherapist at the Lautoka Hospital. I was a bit reluctant but went anyway," said Letitia.

"At the time I had no idea what exactly physiotherapists did. After my visit I was intrigued by the work done by the physiotherapist and decided then that I also wanted to become one. So after completing my studies I applied and was accepted for placement at the Fiji School of Medicine."

Tertiary Life

Apao admits he didn't know much about what to expect when he started with the Diploma of Physiotherapy programme. He said by mid of the first semester he was able to settle in well into the programme and was always looking at ways to put into practice his learning so he became the go guy for the sports team at FSM.

"It was a lot of fun. I was really enthusiastic and would always hang around the sports teams at the school to help my team mates," said Apao.

"I really gained a lot of experience that way. I was always part of the physiotherapy team and assisted our team when they participated during the inter-tertiary games."

Apao and Letitia met while at FSM and given their common interests developed a friendship. "FSM days were the best," said Letitia.

"The facilities at FSM were great and we had good quality education. We had very good lecturers and we had fun learning. The classes were small and so each student was able to receive more attention from the lecturers," they shared.

Apao graduated with a Diploma in Physiotherapy in 2008 while Letitia graduated in 2009.

In 2010, when FNU was formed, the College of Medicine, Nursing and Health Sciences (CMNHS) started offering Bachelors in Physiotherapy. Both Apao and Letitia enrolled into this programme and graduated with Bachelors in Physiotherapy in 2012.

Work Life

After completing his Diploma, Apao was employed by the Fiji Rugby Union as the team Physiotherapist. He was attached with the national rugby team and during the months when there were no test matches Apao, volunteered at the Colonial War Memorial Hospital (CWMH).

After two years at FRU, Apao joined the Suva Physio Centre.

"My main aim was to learn more and get more experienced, that is the reason I switched jobs. It was a good experience as I really learnt a lot working there," he said.

Letitia, joined CWMH as a volunteer in 2010 after graduation. After volunteering for two years, she too joined the Suva Physio Centre and worked alongside Apao.

Their friendship further blossomed and they tied the knot in 2014. After working for a further two years, the couple decided to open their own practice.

"It was not an easy decision as you have to look at the pros and cons," said Apao.

"We had strong support from our family and friends and we decided to give it a go. So far things have been quite good and we hope things will stay this way. It's a lot of hard work and you have to put in a lot of hours. But we are happy as we support each other," said Letitia.



The couple now operate the Pasefika Physiotherapy Pte Ltd located at 11 Bureta Street, Samabula. The clinic is usually fully booked and on average has about 16 patients daily. The clinic is open from 8am to 8pm on weekdays and 8am to 2pm in the weekends.

Family Life, Interests and Advice

Apao and Letitia value their family time which is one of the main reasons of opening their own clinic.

"It allows us to be flexible. We work a lot, however, if a family commitment comes up, we close. For example, both the receptionists are my nieces. One of them was getting married and the wedding was over a week day, so we re-scheduled all our appointments and closed operations on that day," said Apao.

While both Apao and Letitia have a hectic work life, they do take time out for each other or pursue their interests.

Apao takes interest in sports medicine. He also likes to watch sports, listen to music and he loves food. He is a pet lover and has four dogs.

Letitia loves the outdoors, travel, listening to music and reading.

Their advice to students is to enjoy their experience in school, have lots of fun and also plan their careers earlier.

Apao said that when life in tertiary institutions gets tough due to academic workload and when students start missing their families, they should always have good friends to support them during those moments. He said it's always good to relax and spoil oneself with a treat such as movie or dinner to help in maintaining the focus.

"We will only be young once in our lives, so it's important to have fun but at the same time you have to be focused on what you want to be in life. It's important to set your career goals earlier and pursue that dream as you grow," said Apao.

Letitia's advice to people aspiring to be physios is to take it up and never look back. She believes that it's a career that will open up a lot of opportunities in life.

"It's hard work so you need to be sure you want to be a physio. Once you have made up your mind you need to follow your passion and never give up. At times it may get difficult but if you love helping others you will make it in the end," said Letitia.

The Fiji National University's Nikua is a monthly newsletter which aims to promote the University's activities to the wider community.

This newsletter is designed by the University Marketing and Communications team.

For views or comments please email mprc@fnu.ac.fj or contact 3394000.

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