

UNIVERSITY

# 



## EMBRACING GROWTH, FINDING PURPOSE





By NICOLETTE CHAMBERS

Graduate

istory will be made next month when Fiji National LUniversity (FNU) confers a PhD (Doctor of Philosophy) degree to its first-ever iTaukei student.

The soon-to-be 'Dr Kasanita Korolevu in the Village of Barotu, Saivou in Ra, said her milestone achievement was one to celebrate.

This marks a significant achievement not only for the university but also for the broader academic and indigenous communities in the country.

Nayasi shares maternal links to the Yavusa o Lai'oa in the Village of Naivu'u in Tokaimalo, Ra. Continues on Page 5

#### FNU'S First PhD Student

Around this time last year, FNU made history by conferring its first-ever PhD degree to a local student, Dr Jasmine Hussein. Now, history is set to be made once again.

Nayasi said, to be the first iTaukei Nayasi' who hails from the Yavusa PhD graduate and the first from FNU's School of Education was an honour.

> "This achievement is nothing short of a celebration of the goodness of God and the fulfilment of His promises of provision, protection and faithfulness for me – so in all things, I give honour where it is due," she said.

#### WHAT'S INSIDE

• FNU FOUNDATION - A Groundbreaking Initiative to Empower Future Generations.

- From Naitasiri to Nasautoka: Sakaraia's Quest for Certification.
- Couple Builds Brighter Future through FNU's Free Education Programme.

#### Page 4

• Vice-Chancellor's Message for Graduating Students.

- FNU to Honour First iTaukei PhD Graduate.
- The Oceania Planetary Health

Forum Aims to Foster Healthier Planet.

#### Page 6

- 500 Women Breaking Barriers.
- Kelera Breaking Barriers in Traditionally Male-Dominated Field.

- The FNU Project with TFL Hailed a Success
- FNU's New Agreement Expands Opprtunities for International Students.

 FNU Student from Vanuatu Excels in Both Sports and Studies.



**Date: 25** April 2025 Conference Venue: Sheraton Fiji Golf & Beach Resort, Denarau Island

## Fiji OHS Conference

Theme: The impacts of digitalisation and artificial intelligence (AI) on workers' safety and health.



## **FNU FOUNDATION - A Groundbreaking** Initiative to Empower Future Generations



#### By CHRISTAL KAPOOR

The Fiji National University (FNU) is set to launch its highly anticipated FNU Foundation, a transformative initiative aimed at expanding educational opportunities, funding groundbreaking research, and strengthening community partnerships. Designed Foundation will serve as a significant platform for scholarships, grants, and development projects that empower students and faculty alike.

The official launch of the Foundation will take place on 2 April 2025 in Namaka, Nadi, with Na Turaga Bale Na Tui Macuata and also the patron our students." of the Foundation, Ratu Wiliame Katonivere as the chief guest, highlighting the national significance of this initiative. This launch will mark a pivotal moment in the university's journey towards expanding access to quality education and strengthening its support for students.

FNU Vice-Chancellor, Professor Unaisi Nabobo-Baba, emphasised the importance of of change," Professor Nabobo-Baba said. "I investing in education.

"Education is the greatest equaliser, and through the FNU Foundation, we are creating opportunities for students to achieve their dreams, regardless of financial challenges. Every contribution, big or small-makes a meaningful difference in shaping a brighter future," said the Vice-Chancellor.

The Foundation focuses on several key areas, including:

• Scholarships and Student Support - Ensuring Fiji. students from disadvantaged backgrounds have

access to education without financial burdens.

- Research and Innovation Funding groundbreaking research that addresses pressing issues in the Pacific region and beyond.
- Community Engagement Strengthening partnerships and outreach programs to foster sustainable development.

Professor Nabobo-Baba reiterated the to drive long-term growth and innovation, the significance of community involvement, adding, "FNU is not just an institution; it is a catalyst for change. When we invest in education, we invest in the future of Fiji and the Pacific. The Foundation is a bridge that connects generous individuals and organisations to the dreams of

> The Foundation welcomes contributions from individuals, businesses, and alumni who wish to make a lasting impact. Supporters can contribute through direct donations, sponsorships, or volunteering their time and expertise.

"When we come together, we create ripples invite you to be part of this journey with us. Your generosity will transform lives, create opportunities, and build a better future for all."

For more information or to donate, contact the FNU Foundation:

- **Phone:** +679 339 4000
- Email: FNUFoundation@fnu.ac.fj
- Website: www.fnu.ac.fj/foundation/
- Address: 51/2 Miles Kings Road, Nasinu, Suva,



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For more information on how you can contribute, please visit www.fnu.ac.fj/foundation/ or contact the Foundation team at FNUFoundation@fnu.ac.fj or scan the QR Code





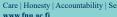














### From Naitasiri to Nasautoka: Sakaraia's Quest for Certification

#### **By SELITA BOLANAVANUA**

akaraia Baleibuca, 30, from Naloto, Verata, with maternal ties to Nasautoka, Wainibuka, has always been driven by a desire to better himself and his community.

For nearly a decade, Sakaraia has worked as an admin officer, but despite his years of experience, he had never received formal certification for the work he was so

After working at two schools, he is currently an admin officer at Nailagobokola Primary School in Nadovu, Wainimala, Naitasiri.

When Sakaraia learned about the two-week Community-Based Non-Formal Education programme offered by the Fiji National University's (FNU) National Training and Productivity Centre (NTPC), he knew it was an opportunity he couldn't pass up. He received the news through a phone call from Nasautoka, and without

hesitation, he applied for leave from his school to attend the Front Office Fundamentals course. On the first Monday of the course, he embarked on a long journey, leaving Naitasiri in the early hours of the morning to ensure he arrived in Nasautoka on time to attend the class.

"I didn't want to miss this opportunity, because for years I've been doing admin work without a certificate," Sakaraia said. "This course has given me the confidence and knowledge I needed, and with this certificate, I know it will take me to a better place."

Sakaraia credits his headteacher for supporting his decision to attend the programme. He is now looking forward to returning to his school with newfound pride and a certificate in hand.

"I feel so proud and blessed," Sakaraia said. "This is more than just a certificate; it's a step toward securing a brighter future."

Congratulations, Sakaraia!

### **Couple Builds Brighter Future** through FNU's Free Education Programme

#### By SELITA BOLANAVANUA

avenia Vicokosi and her husband, Solomoni Kadavu Uluinavucu, were not ones to shy away from opportunities that could help them improve their lives. When they heard about the two-week Community-Based Non-Formal Education Programme organised by the Fiji National University's (FNU) National Training and Productive Centre (NTPC), they knew immediately that it was something they couldn't afford to miss.

The programme was held in Nasautoka, in Ra, just a stone's throw from their doorstep. With its free offerings and promises of practical skills to help local communities, it was an opportunity they felt lucky to have so close to home. Lavenia and Solomoni have two young children and were always on the lookout for ways to earn more and provide a better future for them.

"I wouldn't want to miss this free education opportunity for anything," Lavenia said. "The fact Thank You NTPC/FNU that it's here, at our doorstep, and it's free, it's make the most of it."

#### **Turning Passion to Business**

Over the course of the two weeks, the couple was exposed to a wealth of knowledge, each in their own respective fields. Lavenia immersed herself in the art of screen printing, gaining hands-on experience in artwork and design. She had always loved art and had an innate creativity, but the course gave her the practical skills and knowledge she needed to turn her passion into a viable business.

"I've learned so much," Lavenia added. "Before, I didn't know where to start. Now I have

the confidence to open my own screen-printing business. I want to design shirts, bags, and other items, and sell them to help support my family."

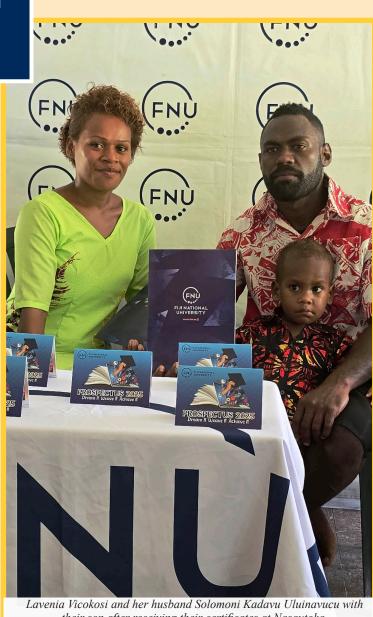
Solomoni, too, found the course transformative. As someone who had always been interested in agriculture, he knew that managing soil properly was key to sustainable farming. His course in Sustainable Land Use Management offered him insights into how to make the best use of the land while preserving its health for future generations.

Solomoni was eager to implement what he had learned on their land, knowing it would not only boost their own harvests but could also be a potential source of income."The programme has been eye-opener for me," Solomoni said. "I've learned how to better manage our soil, which will not only help us grow food for our family but also make our land more productive. I hope to use these skills to start a small farming business that can support us."

The couple thanked NTPC and FNU for the a chance I don't think many get. We wanted to opportunity to learn. They were especially thankful for the local community-based approach that made the programme accessible to people like them who may not have had the means to travel far for training.

"We are so thankful to FNU and NTPC for bringing this programme to our community," Lavenia said. "It's given us the tools to move forward and create a better future for our children. This is a great way for people like us to learn and

The FNU's commitment to accessible education is fostering a culture of continuous learning. Through these programmes, couples are building brighter futures, one skill at a time.



their son after receiving their certificates at Nasautoka. Photo: Selita Bolanavanua













## Graduation CEREMONY



Tuesday 15 - Thursday 17

Vodafone Arena, Suva



2024 December Graduation.

Photo: Penioni Kolinisau.

# Vice-Chancellor's Message for Graduating Students

#### **Dear Graduating Students,**

As we approach the culmination of your academic journey at the Fiji National University (FNU), it is with immense pride and joy that I extend my heartfelt congratulations to each one of you on reaching this significant milestone. Graduation is not merely a ceremony; it is a celebration of your hard work, perseverance, and dedication over the years. You have navigated challenges, embraced opportunities, and emerged with knowledge and skills that will serve you well in your future endeavours.

This journey has not only equipped you with personal growth and development. Each of Vice-Chancellor you have contributed to the diverse tensor. of our university community, enriching the lives of your peers and lecturers alike. As you prepare to step into the next phase of your lives, remember that you carry with you not just your educational achievements, but also the values and experiences gained during your time at FNU.

As you embark on new adventures, I encourage you to remain curious and open-minded. The world is filled with possibilities, and I have every confidence that you will pursue your passions with the same enthusiasm you have demonstrated during your studies. Whether you continue your education, enter the workforce, or explore new paths, I urge you to make a positive impact in whatever you

choose to do.

We look forward to celebrating your accomplishments on graduation day, which will be held on the 15 - 17 of April 2025 at the Vodafone Arena in Suva—a fitting tribute to your hard work and determination. Your university family is immensely proud of you, and we are excited to witness the bright futures that await each and everyone of you.

Congratulations once again and see you on graduation day!













#### By NICOLETTE CHAMBERS

#### From Page 1

Nayasi is a Lecturer in Education at FNU's College of Humanities, Education, and Law (CHEL), under the Department of Primary and Early Childhood Education (ECE), where she has been teaching since 2017.

Her expertise lies in Language Study (iTaukei), and she also teaches Educational Research, Curriculum Studies, and Ethics.

Humble beginnings is where it all started for the former Xavier College student.

"Growing up, we didn't always have what we wanted but we sure had everything we needed. My father made sure we remained grounded and that we knew our roots and visited family often. He didn't always have much money, but he made sure we were taken care of and that our Vanua and Church obligations were looked after," Nayasi said.

#### The Journey

Prior to commencing her PhD journey in 2021, Nayasi sat her husband down to discuss her biggest next step in life.

It wasn't an easy one for her.

"I, of course had a very candid conversation with my husband as he was going to be footing most of our expenses in the next three years. He knew it was something I wanted to do, and I was provided with a great opportunity to pursue it. He gave his full support and I am quite grateful to him for that," she said.

ing for Scholarship opportunities and was fortunate to be awarded a full time HDR (Higher Degree by Research) Scholarship from FNU the following year.

"The most fun I had in my three years of study was during my data collection and



conduct my data collection – it remains my proudest moment(s) as I had the opportunity to study my own people, their ways of knowing and teaching, document them and present them in academia."

She remains eternally grateful to the analysis phase where I spent seven months in Vanua o Naivu'u and Naraviravi, specifi-

"While doing my Masters, I started look- my koro ni vasu and the nearby school to cally the Yavusa Lai'oa and Koroma'ua for the opportunity.

> "Although it wasn't always easy to be an insider-outsider researcher, it didn't deter my will to complete my thesis and give back to my people. I got through my mid-candidature, completion seminar and Viva successfully," she said.

Nayasi shared the two elements that motivated her to complete her PhD Degree was - the many stereotypical thinking about iTaukei learners and an education area to specialise in to better serve her people.

Nayasi added FNU's CHEL allowed access for her to contextual knowledge and expertise (in the form of iTaukei scholars - Professors and Associate Professors) that she wouldn't have found elsewhere. FNU was the best option for her.

#### **Thesis Background**

Her thesis was based on 'Vanua pedagogies-the indigenous knowledge systems and teaching practices of the iTaukei people—can be integrated into the Fijian primary school curriculum to enhance the academic performance of iTaukei students.'

Nayasi's advise to women is 'as women and young girls, your voices and experiences are valuable, and education strengthens your ability to contribute meaningfully to your family, community, and society.'

Her Principal Supervisor, Dr Victor Alasa and Dr Taraivini Raiula said Kasanita's PhD journey exemplified exceptional commitment, hard work, willingness to learn and an outstanding scholarly disposition.

"Her groundbreaking research offers transformative contributions to pedagogical strategies for her community and indigenous peoples globally.

"Her work challenges conventional educational approaches, urging a rethinking of procedures to better serve all learners. We are super proud of her! Congratulations, Kasa!," they highlighted.

She also looks forward to graduating next month as the real work of giving back to her people will begin.

The CHEL graduation ceremony will take place on Tuesday, 15 April from 9.00am at the Vodafone Arena in Suva.

## **The Oceania Planetary Health** Forum Aims to Foster A Healthier Planet



Associate Dean Research for the College of Medicine, Nursing and Health Sciences in the Department of Epidemiology & Environmental Health Dr Donald Wilson presenting a token of appreciation to the Minister for Lands and Mineral Resources, Honourable Filimoni Vosarogo during the Oceania Planetary Health Forum. Photo: Penioni Kolinisau

#### **By WATI TALEBULA**

vened a meeting with experts, for three-days of insightful discussions and collaborative action to promote a healthier planet and population.

The forum is being jointly hosted by the Fiji National University's (FNU) Fiji Institute of Pacific Health Research (FIPHR), the University of Sydney, Monash University, and Wildlife Conservation

Minister for Lands and Mineral

he Oceania Planetary Health Vosarogo, has called on partici- Vosarogo said. Forum (OPHF) had con- pants to unite in building a healthier, more resilient Pacific.

The theme of the OPHF is: "Embracing Vanua as a Planetary Health Principle."

"Together, let us not only create policies but also pathways toward a flourishing future for our people, our land, and our planet.

"For us in Fiji and across the Pacific, the concept of Vanua—which embodies the sacred relationship between people, place, and identity—is not just a concept or philoso-

Resources, Honourable Filimoni phy, but a way of life," Honourable

guardians of vast ocean territories, stewards of unique ecosystems, and leaders in advocating for climate action. Our voice is crucial in shaping the various elements that constitute the global planetary health discourse.

"Our efforts must be rooted in both scientific rigor and cultural wisdom. For far too long, indigenous knowledge has been undervalued in mainstream policy frameworks.

"However, our ancestors navi- planetary health approach. gated the vast Pacific, cultivated "Pacific Island nations are the sustainable food systems, and nur-promotes Climate Change Adaptatured biodiversity long before the modern conservation era.

"It is time we recognise that traditional ecological knowledge is not only relevant, but also essential to contemporary planetary health solutions.'

Former President of the Republic of Kiribati, Anote Tong, emphasised the commitments of the Pacific and Oceania to planetary health, and how regional strategies could benefit from a more coordinated

FNU's Strategic Plan 2021-2026 tion, Resilience and Sustainability.

FNU recognises the adverse impacts of climate change experienced locally and globally.

In support of Fiji's contribution to the Paris Agreement, FNU, as a dual-sector university with a stronghold in TVET and Higher Education, is committed to playing a key role in contributing to the global target.











## **500 Women Breaking Barriers**



under the guidance of an instructor at the Fiji National University's (FNU) Derrick Campus in Samabula on Friday, 15 March. Photo: Vetaia Dakua.



High School Students participating at the TVET First programme at the Fiji National University's (FNU) Derrick Campus in Samabula. Photo: Vetaia Dakua.

#### By ROMEKA KUMARI

ore than 500 young women from four all-girls school came together to participate in the Fiji National University's (FNU) Technical and Vocational Education and Training (TVET) First Programme. This is a groundbreaking initiative designed to equip students with hands-on technical and vocational education across 26 specialised workshops at FNU's Derrick campus.

men, with industries like automotive, electrical and construction works, considered off-limits for women. However, through TVET First Programme, young women in Fiji are challenging gender norms.

Through the College of Engineering and Technical, Vocational, Education and Training (CETVET), the TVET First Programme, was launched at the FNU's Derrick campus on Friday, 7 March.

Every Friday, students from the five schools, Saint Joseph Secondary School, Traditionally, technical and vocational Ballantine Memorial Secondary School, education programmes were dominated by DAV Girls College, Adi Cakobau School,

and Marist Brothers High School explore opportunities in engineering and other vocational areas.

"We want to challenge the traditional view that TVET is secondary option," said Salabogi Mavoa, Dean for CETVET. Mavoa further stated that this vibrant mix reflects a significant shift in perceptions, as female students aspire to careers that were once considered out of reach. "The impact of this initiative is evident, as over 600 students including the boy's school, have shown an enthusiastic interest in vocational education, and the numbers are steadily rising."

"I spoke to some of the girls, and they relayed their excitement about what they are learning. They are filled with hope and ambition. "We saw female schools stepping up to participate, and this is fantastic," Mavoa

The programme will continue until 25 April, ensuring that each participant gains skills that will help them enter the workforce.

FNU's TVET First Programme, is not just about technical skills – it's about inspiring confidence, fostering resilience, and opening doors for young women in Fiji.

### **Kelera's Engineering Dream Takes Off** with TVET First

#### By ROMEKA KUMARI

elera Bureicia is making strides participating in the Fiji National .University's (FNU) College Engineering, Technical, Vocational, and Training's (CETVET) Technical and Vocational Education and Training (TVET) First Programme.

She is a Year 11 student at Adi Cakobau School, one of the many young females taking part in the 25 weeks TVET First programme at Derrick campus in Samabula.

"It's my first ever time to participate in such a programme and its an eye opener for me," Bureicia said with a sparkle in her eye.

understand my ambition of becoming a mechanical engineer."

Studying subjects such as Technical Drawing, Geography, Computer, Mathematics, and English, Bureicia is determined to pursue her dream of becoming a mechanical engineer.

wait to learn more about the fascinating world

of engineering," she said.

As the youngest of five siblings, Bureicia is eager to break barriers and set a new precedent

"I want to be the first female in my family to become an engineer," an ambitious Bureicia

"This opportunity has given me the chance to learn the basics of mechanical engineering and to build skills that will take me far."

Her enthusiasm is visible as she reflects on her journey so far.

"Every lesson brings me closer to my dream. I believe that with hard work and determination, anything is possible."

Bureicia's journey highlights the importance "This programme has allowed me to better of supporting girls in Technical and Vocational Education, proving that determination knows no bounds.

> She is a beacon of inspiration, paving the way for future generations to follow in her

With the support of FNU, young women "I know I'm on the right path, and I can't like Kelera, are proving that talent and determination knows no gender.



I know I'm on the right path, and I can't wait to learn more about the fascinating world of engineering.















of Engineering and Technical Vocational Education and Training (CETVET) researchers and Telecom Fiji Limited (TFL). Photo: Silika Damu

## The **FNU Project with** TFL Hailed A Success

#### **By WATI TALEBULA**

Telecom Fiji Limited (TFL) is eager to collaborate on more projects with the Fiji National University (FNU) in the near future.

of an industry research project by a team of researchers from the School of Electrical and Electronics Engineering at the College of Engineering and Technical Vocational Education and Training (CETVET), in collaboration with TFL.

The project focused on designing and building an innovative remote fuel level monitoring system. The objective of the project was to provide TFL with real-time insights into fuel storage and consumption patterns in tanks located at remote sites that operate generators.

TFL's Chief Technical Officer, Mesake FNU project team." Tuinabua, described it as a remarkable achievement to reach this significant milestone in the project.

to detect fuel leakage or theft, helping the have collaborated.

company reduce downtime and better understand business risks and opportunities. It also enables the pursuit of tank capacity and reliable data.

"As we initially discussed with the FNU This follows the successful completion project team, most of Telecom's remote stations operate off the power grid and rely on generators running 24/7. Therefore, Telecom is seeking a fuel monitoring system solution that ensures power continuity, prevents fuel theft and fraud, optimises fuel logistics, and reduces maintenance costs," Tuinabua said.

> "We have been collaborating with FNU on this project for almost two years, from the initial discussions through every phase of its development. To ensure its success, we have also assigned a dedicated Telepower Engineer to work closely with the

#### First Major Project

Tuinabua said that this is one of the first The system was specifically designed major projects in which TFL and FNU

"Telecom Fiji is committed to partnering with major universities such as FNU in the field of technology research and developoptimisation strategies through consistent ment, fostering innovation and advancement," he added.

> The College of Engineering and TVET Acting Associate Dean for Learning and Teaching, Satyanand Singh, emphasised the importance of monitoring fuel levels and consumption of generators at remote locations for the efficient operation of TFL's cell towers and base stations.

> "Traditional on-site monitoring methods are time-consuming and resource-intensive, making a reliable remote monitoring solution highly desirable.

> "This collaborative research project has designed, developed, and formulated a roll-out plan to implement an IoT-enabled fuel monitoring system for TFL, providing real-time insights into fuel usage, storage, and supply chain management," Singh said.

"The project involved a comprehensive investigation and analysis of suitable transducers, transmitters, receivers, and micro- for the project.

processors to design an efficient monitoring system. Advanced platforms such as the Internet of Things (IoT) have been integrated to enhance fuel level tracking, optimise generator performance, and improve overall resource management.

"By leveraging IoT technologies, the system provides TFL with real-time fuel level data, automated alerts, and remote access to consumption trends, enabling predictive analytics and proactive decision-making."

The Pro Vice Chancellor for Research and Innovation, Professor Paul Ade Iji, emphasised the significance of the industry collaborative research project and congratulated the CETVET team for successfully achieving the project objectives.

The CETVET research team included Dr Satyanand Singh, Dr Ronesh Sharma, Dr Shiu Kumar, Prof Tibor Pasinszki, Dr Kajal Kothari, Dr Bhanu Pratap Soni, Shivneel Chand, Nauneet Menon, Nischal Chandra, Shamal Chand, Pranid Reddy, Vinay Maharaj, and Ravendra Chand from TFL, who served as key industry partner

### FNU's New **Agreement Expands Opportunities** for International Students



From left: Australian Vocational Management, trading as Study Pacific Director of Operations, Shanmukha Bhuravarjhdla, Study Pacific Chairman, Renjith Joseph, Fiji National University Vice-Chancellor, Professor Unaisi Nabobo-Baba and FNU's Pro Vice-Chancellor Learning and Teaching, Professor Jimaima Lako following the signing of the MOA between FNU and Study Pacific at FNU's Nadi campus in Bonunaqwele. Photo: Nicolette Chambers

#### By NICOLETTE CHAMBERS

(MOA) signing between the Fiji sor Nabobo-Baba explained. Australian Vocational Management, students, we are expressing our intellectrading as Study Pacific, will enable in- tual aspirations—to bring students from ternational students to study at FNU's Nadi Campus in Bonunaqwele.

FNU Vice-Chancellor, Professor Unaisi Nabobo-Baba, highlighted during her address at the official signing that regionalism and globalism, through educational tourism, could promote world peace.

"International student tourism, I believe, is the way forward," she said.

"Back in 1985, as a university student, we believed in the value of regionalism. Students who travel the world tend to

perform better academically, as text- from engaging with international coun- FNU," she said. books provide knowledge, but real-world terparts. For FNU and Fiji, we aim to Memorandum of Agreement travel offers the best education," Profes- continue positioning ourselves as a lead- dent recruitment; it's about creating a

ational University (FNU) and "At FNU, by welcoming international across the globe to Fiji and to various campuses around the country. This, we believe, is the way forward."

> She also noted the potential benefits of fostering connections with Asia.

> "I am confident that Fijian and Pacific students will gain countless opportunities as they interact with their international peers across all our campuses, particularly at the FNU Bonunaqwele Nadi Campus," she added.

"Our students will benefit immensely

ing destination for international educa- mutually beneficial collaboration. tion in the Pacific."

out that educational tourism is an emerging trend with significant potential, adding that Study Pacific is a key partner and an ideal platform for showcasing what FNU has to offer.

"With Study Pacific and under this comprehensive and robust MOA, everything will be covered—from personalised student counselling and visa processing to accommodation arrangements. In short, Study Pacific will ensure that students receive seamless support throughout their educational journey at communities," he said.

"This partnership isn't just about stu-

"It will elevate FNU's global visibil-Professor Nabobo-Baba also pointed ity, attract talented students, and foster cross-cultural exchanges that will enrich the academic and social fabric of our university."

> Study Pacific's Chairman, Renjith Joseph, emphasised that Fiji has the potential to become a gateway to the world.

> "When international students come to the country, the benefits extend beyond financial gains. The entire community will prosper, as students will seek accommodation, food, and transport—this will spur substantial growth within local



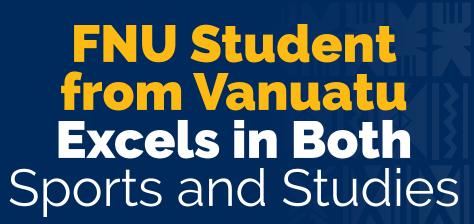








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#### By ROMEKA KUMARI

alancing academic and sports is no easy feat, but for Sonia Lava, second-year student at the Fiji National University (FNU) originally from Ambae Province in Vanuatu, it has become a way of life. Sonia Lava, now 21, has been playing for the national team since she was 18, is a talented defender for the Vanuatu National Women's Basketball team, is striking the right balance between her passion for sport and her education.

Pursuing a degree in Bachelor of Science in Forestry at the Koronivia campus, FNU's College of Agriculture, Fisheries and Forestry (CAFF), Lava has managed to excel both in the classroom and on the field.

have a dream to pursue in life which is to become a forestry officer," Lava said. She believes that sports are crucial for students. "I feel that to have a positive mindset, sports are equally important for us students," she said.

"I believe that sports and education can go hand in hand."

coursework and intense training sessions, ahead." the determined student remains committed to achieving success in both areas.

"I live by the faith that students who engage in physical activity often develop a better mindset and learn valuable life skills."

"In sports, like in life, you must play with heart and purpose."

This determination drives her to manage her time effectively, ensuring she excels in both areas.

"Training is essential for me," she said aiming for a spot on the national team at the 2025 Pacific Mini Games, which will be held in Palau from June 29 to July 9.

Having grown up in Vanuatu, Lava developed a passion for basketball at a young age and was inspired to pursue higher education in Fiji to gain better opportunities.

Since arriving at FNU, she has made a name for herself as a dedicated sportswoman and disciplined student.

"Although, I am far from my home, I contin-"I love basketball, and at the same time, I ue to train with my regional peers on campus."

> Lava serves as an inspiring example of how pursuing an education while dedicating time to sport can lead to personal growth and achieve-

> "Every training session makes me stronger, both as an athlete and a student," she added.

"Whatever setback I encounter on the court Despite the challenges of juggling with is a lesson that prepares me for challenges

> As she balances her duties, she remains focused on her goals for both the court and her

> Lava's journey serves as an inspiration to fellow students, proving that with hard work and determination, it is possible to succeed both academically and athletically.







#### **FNU Gym Opening Hours**

Monday to Friday, 5am to 9pm Saturday, **6am to 6pm** Sunday, **6am to 2pm** Public Holiday, 6am to 2pm

Photo Caption: Sonia Lava during a training session with the Vanuatu National Women's Basketball team. Photo: Vanuatu Basketball Federation.

#### **Multi-Purpose Court Operating Hours**

Monday to Thursday, 5am to 9pm Friday, **5am to 10pm** Saturday, 6am to 10pm Sunday, 6am to 6pm Public Holiday, 6am to 6pm

For any enquiries contact the team on 3394000 | Ext: 2339 | 2340 | Email on courtreservation@fnu.ac.fj or visit the link: https://courtreservation.fnu.ac.fj/booking-form/

**INSIDE FNU** is a monthly newspaper which aims to promote the University's activities to the wider community.

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