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**Jean-Michel Cousteau Resort Fiji**

**Teen Program**

The teen’s program is run separately by the Jean-Michel Cousteau activities department of the resort, whereby an Activities staff member takes on the role of buddy and mentor for the teenagers in house.

The teen’s program is less structured than the Bula Club program, allowing greater flexibility for the teens to participate in the daily schedule of activities with the adults as well as having a series of activities specifically tailored to the teenagers on different days. Teenagers have a dedicated activities staff member 830am -6pm.

Activities that the teenagers are encouraged to participate in or are specifically designed for them through the week include:

* Guided rainforest Hike to a remote waterfall and rubber tube down the river
* Lesson on the many uses the Fijians have for the coconut and tree.
* trying to climb a coconut tree
* Reef check with Johnny the Marine Biologist.
* Land crab trap making and catching land crabs
* Bamboo raft making and sailing
* Scuba Diving orientation in the Serenity pool
* Snorkeling trip to dive site called shark alley
* Coral Planting Johnny with the Marine Biologist
* Volleyball lessons
* Fijian language lessons
* Cooking lessons - Typical Fijian dishes
* Star gazing
* 3km beach walk from JMC Cousteau to Nukubulavu village . Once in village teens will learn about local farming and will play a game of volleyball with the teens in the village
* Eco walk with Johnny the Marine Biologist
* Trip to the Mangroves with Johnny the Marine Biologist
* Planting Mangroves with Johnny the Marine Biologist
* Bonfire on the beach with a guitar, playing and singing
* Medicine walk learning about the Fijian’s medicinal uses of plants around the resort
* catamaran sailing ( free lessons avail)
* tennis
* Kayaking (free lessons avail)
* Paddle boarding (free lessons avail)
* rugby
* basketball
* daily guided boat snorkel trips with marine biologist
* snorkelling lessons ( free)
* Kayak down a river in the interior of Vanua Levu ( charge applies)

 end