

SAMOA

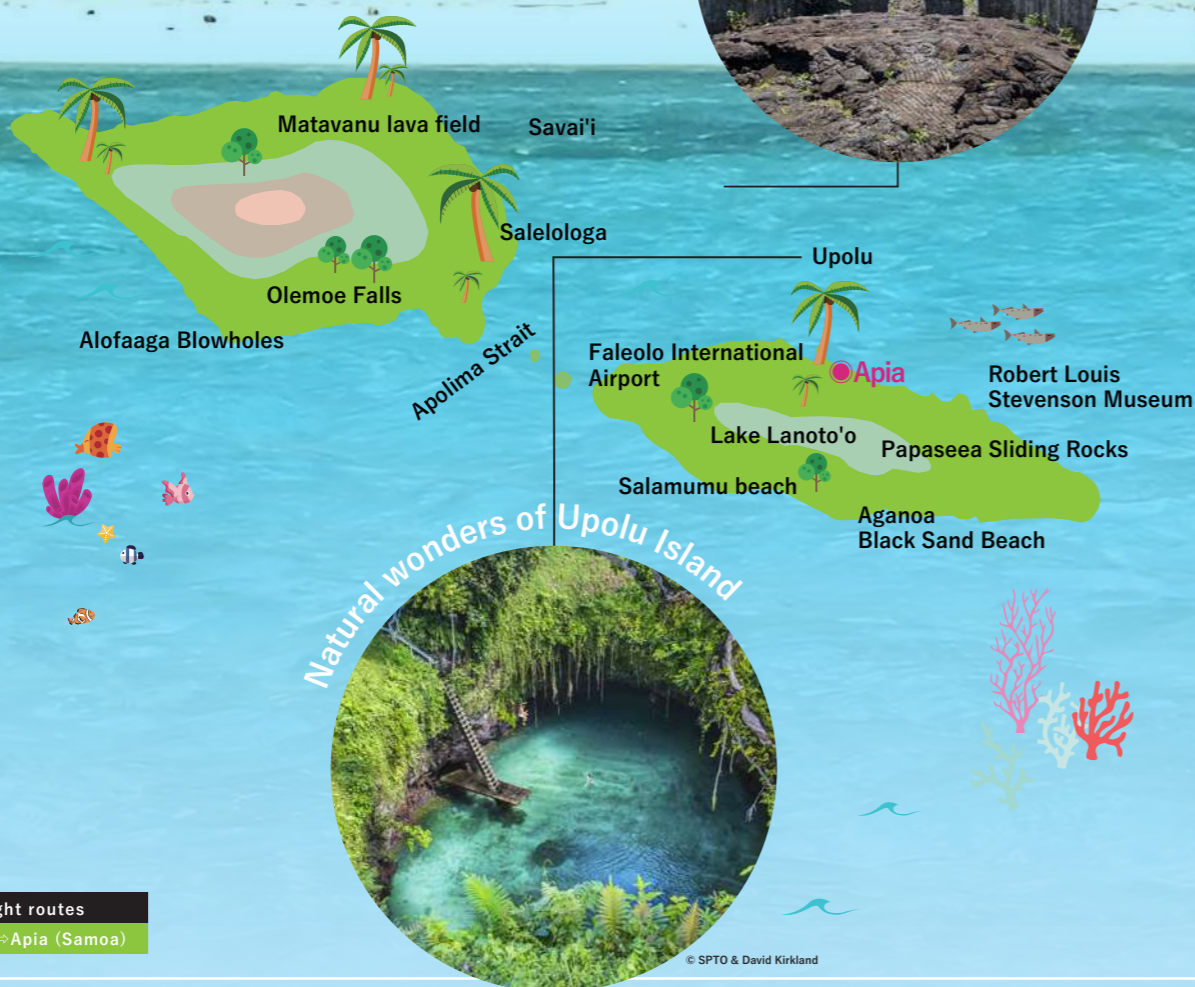
'Beautiful Samoa' takes you on a journey to the beating heart of the South Pacific Ocean

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.



Example of flight routes

Narita ⇒ Nadi (Fiji) ⇒ Apia (Samoa)

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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 Vailima 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

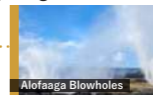
All day ● Samoa has many scenic waterfalls formed by volcanic activity. Spend the day touring the waterfalls on Upolu Island. Visit the 55m high Fuiipisia Waterfall in the jungle, the Togitogiga Waterfall, which was the exclusive preserve of Samoan warriors, and the 100m high Papapapa Falls. All are 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 Alaisa (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!



Photo provided: SPTO

(p.18 The answer of French Polynesia page is 'Samoa'.)