

Yasi's GUIDE TO FIJI



YOUR FLAG STICKER

The national languages are Fijian, English and Hindi.

There are over 300 islands here - but I only live on ONE of them!

We LOVE rugby.



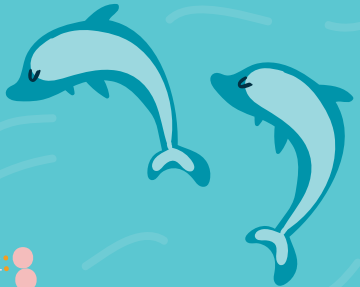
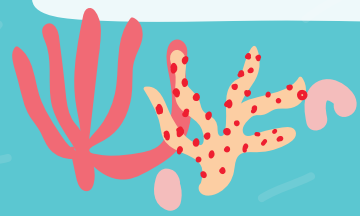
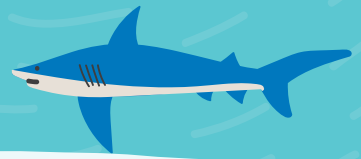
★ Suva
The capital is called Suva.

The South Pacific has AMAZING marine life including dolphins, whales, coral and... snorkelling cats!

Fiji is in the South Pacific Ocean- about 1,300 miles north east of New Zealand!

AUSTRALIA THIS WAY

NEW ZEALAND THIS WAY





VEGGIE KOKODA

YASI-STYLE

RECIPE

Dishes in Fiji are full of wonderful things that you can find on the islands themselves... from delicious tropical fruits to seafood, root vegetables and herbs and spices.

Here is Yasi's vegan version of kokoda - a traditional Fijian recipe which is usually made with raw fish!

INGREDIENTS

- 3 x large portobello mushrooms, chopped OR 1 x can of hearts of palm (whichever you prefer!)
- 3 x spring onions, chopped
- 1 x bunch coriander, chopped
- 2 x limes, juiced
- ½ cucumber, chopped small
- 1 x tomato, chopped small
- ½ x can coconut milk
- Salt and pepper!

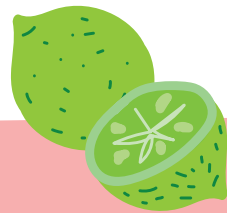
METHOD

1. Put your mushrooms or hearts of palm (whichever you have chosen to feature!) in a bowl, cover with lime juice and pop in the fridge.

2. After an hour, you can separately combine the other ingredients then add to the bowl.

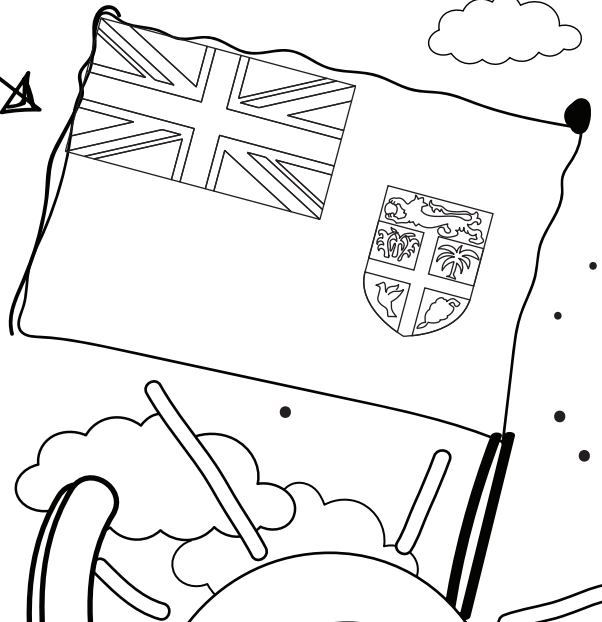
3. Give it a good mix then add salt and pepper to taste.

4. Serve on a lettuce leaf for colour and crunch! Zingy and delicious!



Colour me in!

FLAG



DESTINATION:

F I J I



my cousin

Yasi

A

Yasi



42/42

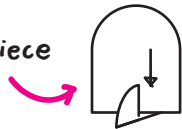


How to make your collectible cat cousin:

B



1. Cut along the dotted line.
2. Stick piece of paper (A) to some card (a cereal box would be ideal!)
3. Cut out the cousin and the two base pieces.
4. Cut a slot in each of the base pieces.
5. Stick the two base pieces together with the globe design on the outside.
6. Push your cat cousin piece into the slot..
7. Proudly display your new friend!



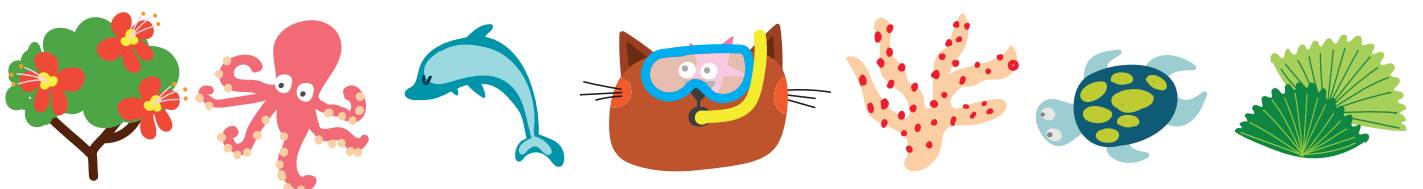


From: _____

Date: _____

Dear _____

Main writing area with horizontal lines and a decorative frame on the right side.

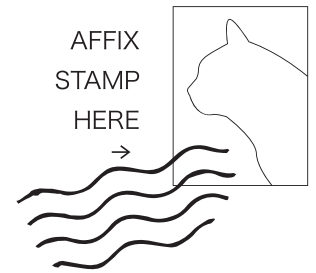


←

AFFIX CAT MAIL STICKER

082630

WARNING: MAY CONTAIN SOMETHING NICE

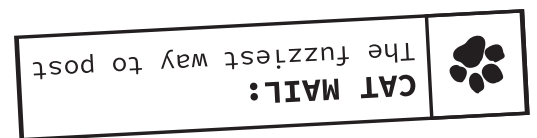


TO:

**PLEASE LEAVE UNDER THE SOFA
FOR OVERNIGHT COLLECTION BY CAT MAIL™**



SEALED WITH A LOVING PAW



How to make the envelope:

1. Write your letter.
2. Fold up your envelope along the dashed lines and seal the edges with tape.
3. Pop in your folded letter.
4. Stick the top flap with tape or glue here (use a sticker to seal the envelope if you're feeling fancy!)