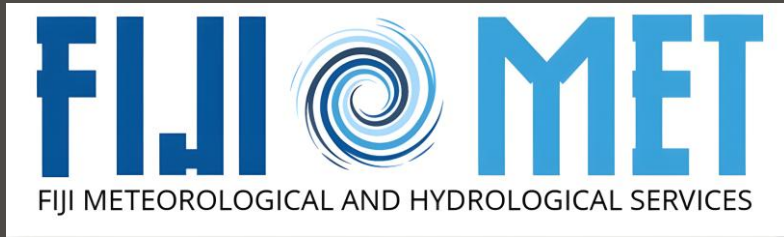


ISSUED: June 30, 2026

NEXT ISSUE: July 31, 2026

VOLUME 20: ISSUE 7



FIJI CLIMATE OUTLOOK

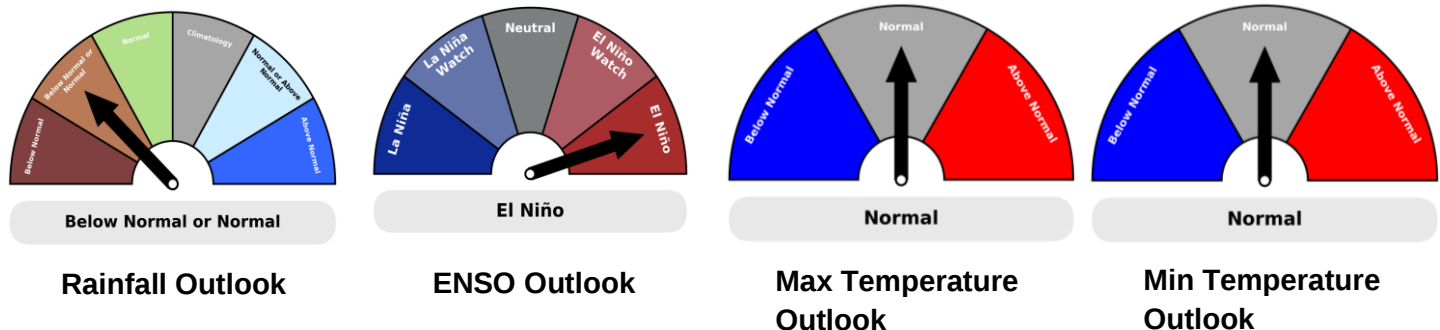
JULY 2026;

JULY TO SEPTEMBER 2026;

OCTOBER TO DECEMBER 2026

Fiji Meteorological Service

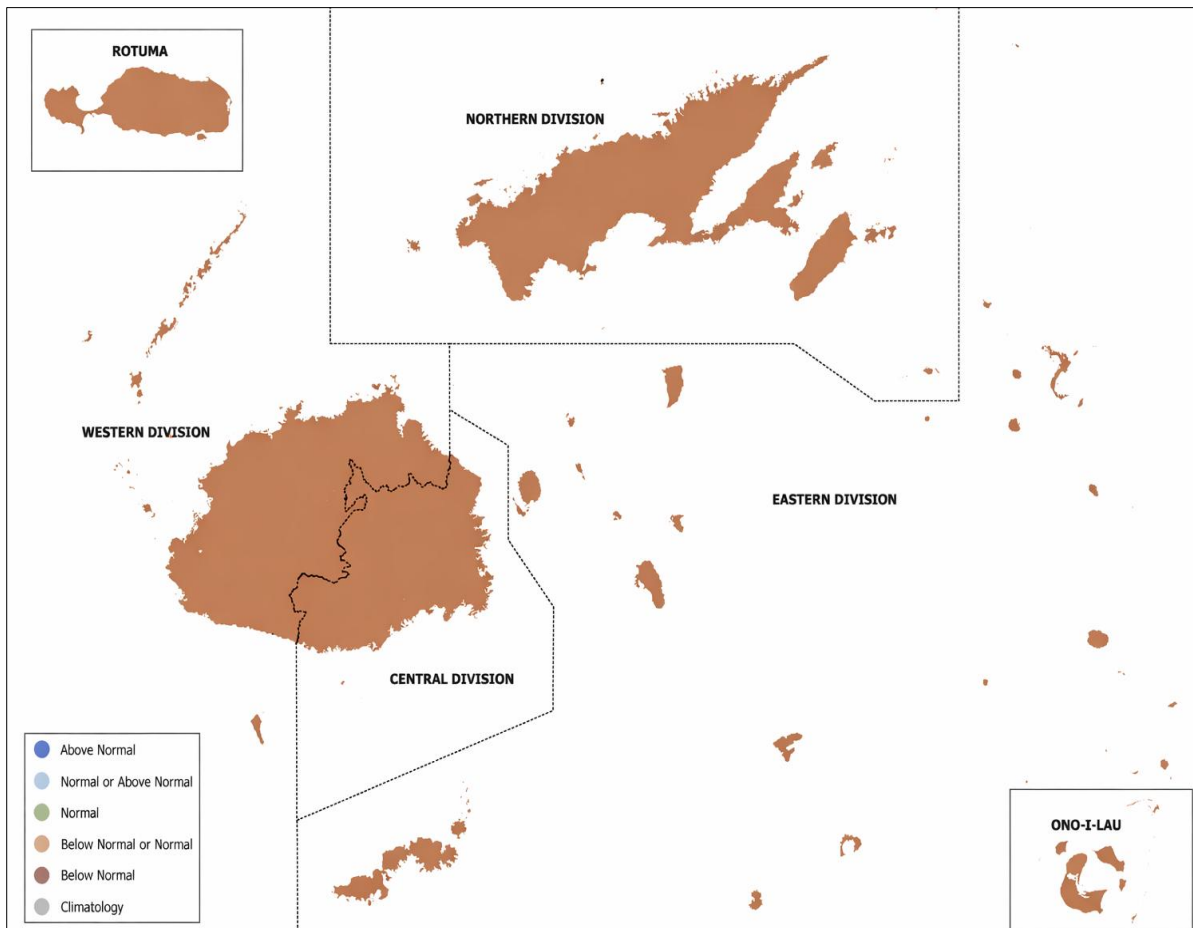
HIGHLIGHTS



- El Niño is currently underway and is strengthening across the tropical Pacific Ocean.
- Most global climate models suggest this El Niño event is likely to be strong to very strong and is likely to persist through the end of 2026.
- In July, rainfall across the Fiji Group is likely to be *normal* or *below normal*, including Rotuma.
- For temperatures in July, both maximum and minimum temperatures are likely to be *near normal* across the Fiji Group and *above normal* over Rotuma.
- Rainfall during July to September 2026 is likely to be *below normal* across the Fiji Group, including Rotuma.
- On temperatures, for July to September 2026, both maximum and minimum temperatures are likely to be *near normal* across the Fiji Group and *above normal* over Rotuma.
- For rainfall during October to December 2026, *below normal* rainfall is likely across the Fiji Group, including Rotuma.
- El Niño conditions are generally associated with *below normal* rainfall in Fiji, especially during the Dry Season.
- No two El Niño events are the same. Consequently, rainfall and temperature impacts may vary from one El Niño event to another.

RAINFALL OUTLOOK

JULY 2026



Western Division: *Normal or below normal rainfall*

Central Division: *Normal or below normal rainfall*

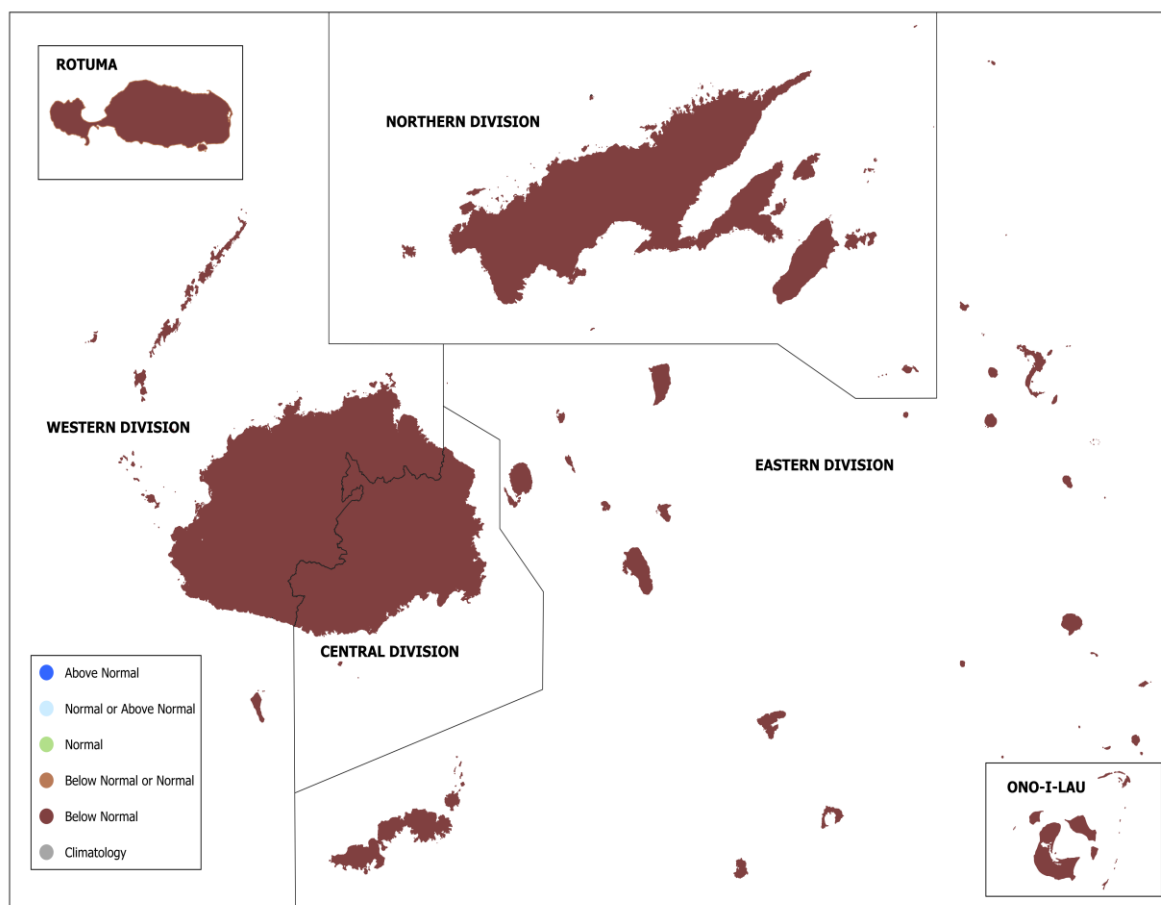
Northern Division: *Normal or below normal rainfall*

Eastern Division: *Normal or below normal rainfall*

Rotuma: *Normal or below normal rainfall*

RAINFALL OUTLOOK

JULY TO SEPTEMBER 2026



Western Division: *Below normal rainfall*

Central Division: *Below normal rainfall*

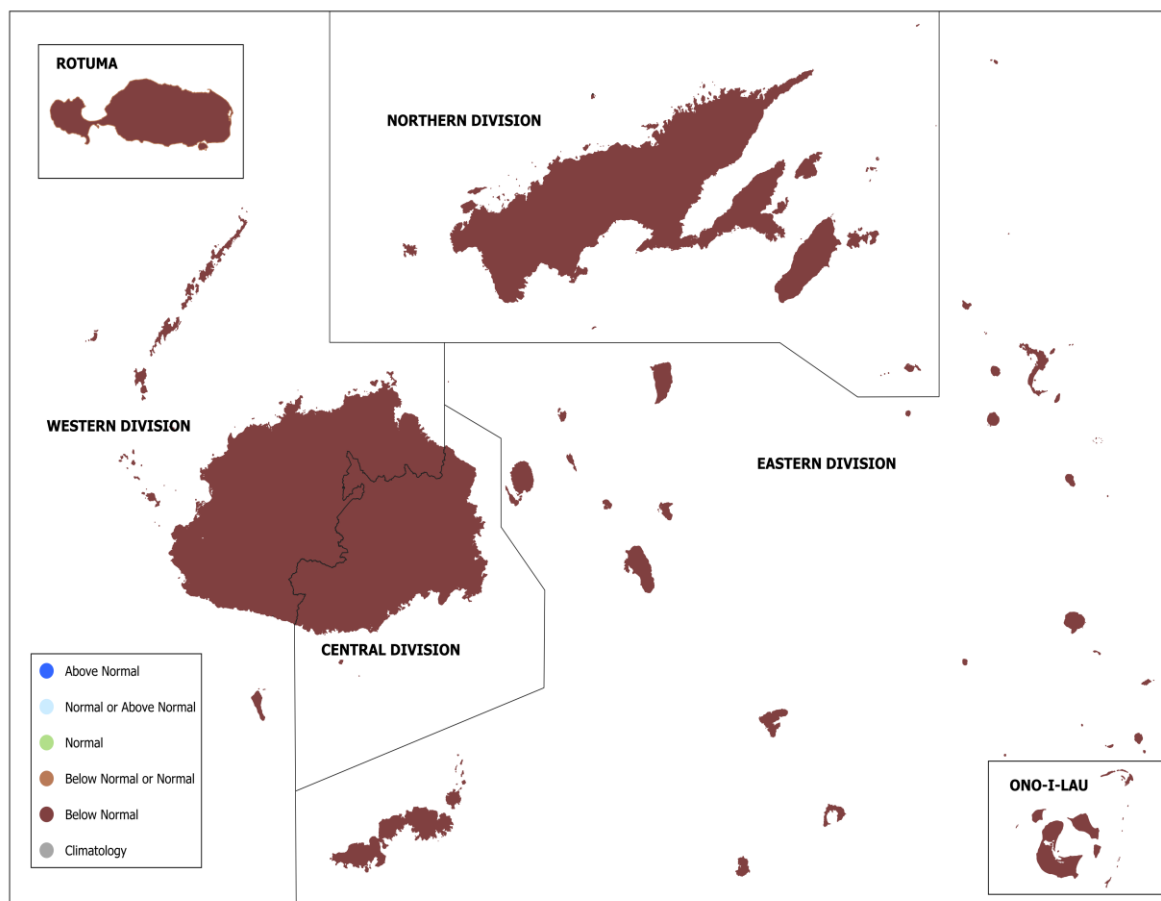
Northern Division: *Below normal rainfall*

Eastern Division: *Below normal rainfall*

Rotuma: *Below normal rainfall*

RAINFALL OUTLOOK

OCTOBER TO DECEMBER 2026



Western Division: *Below normal rainfall*

Central Division: *Below normal rainfall*

Northern Division: *Below normal rainfall*

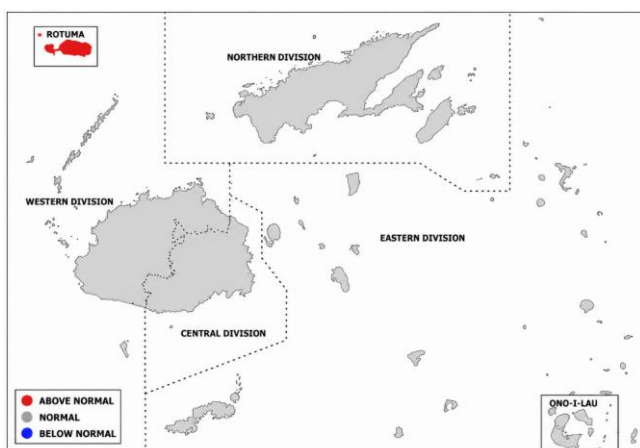
Eastern Division: *Below normal rainfall*

Rotuma: *Below normal rainfall*

AIR TEMPERATURE

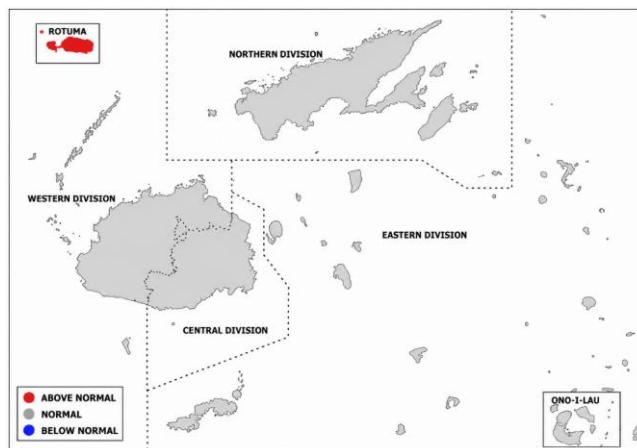
JULY 2026

Maximum Temperature



Maximum temperature is likely to be *near normal* across the Fiji Group and *above normal* over Rotuma.

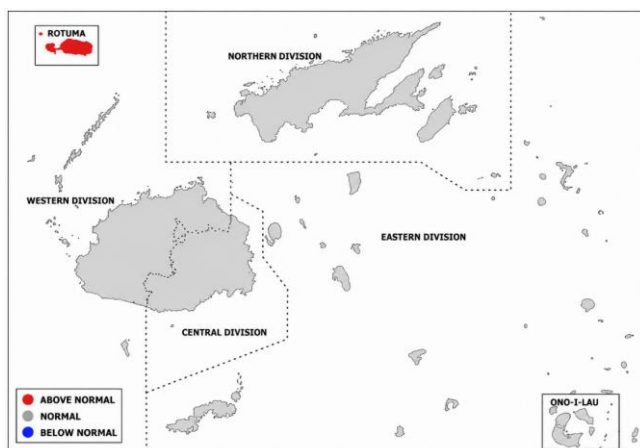
Minimum Temperature



Minimum temperature is likely to be *near normal* across the Fiji Group and *above normal* over Rotuma.

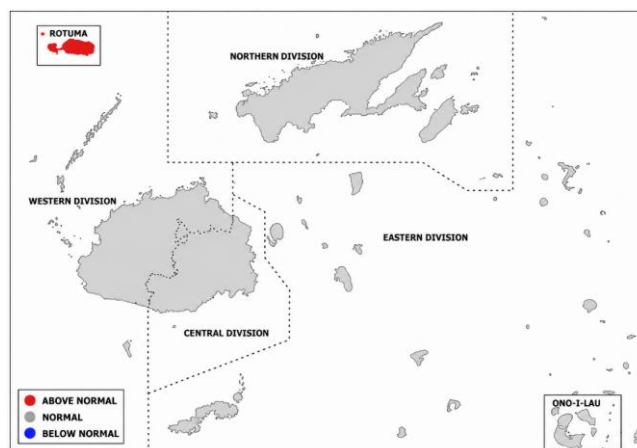
JULY TO SEPTEMBER 2026

Maximum Temperature



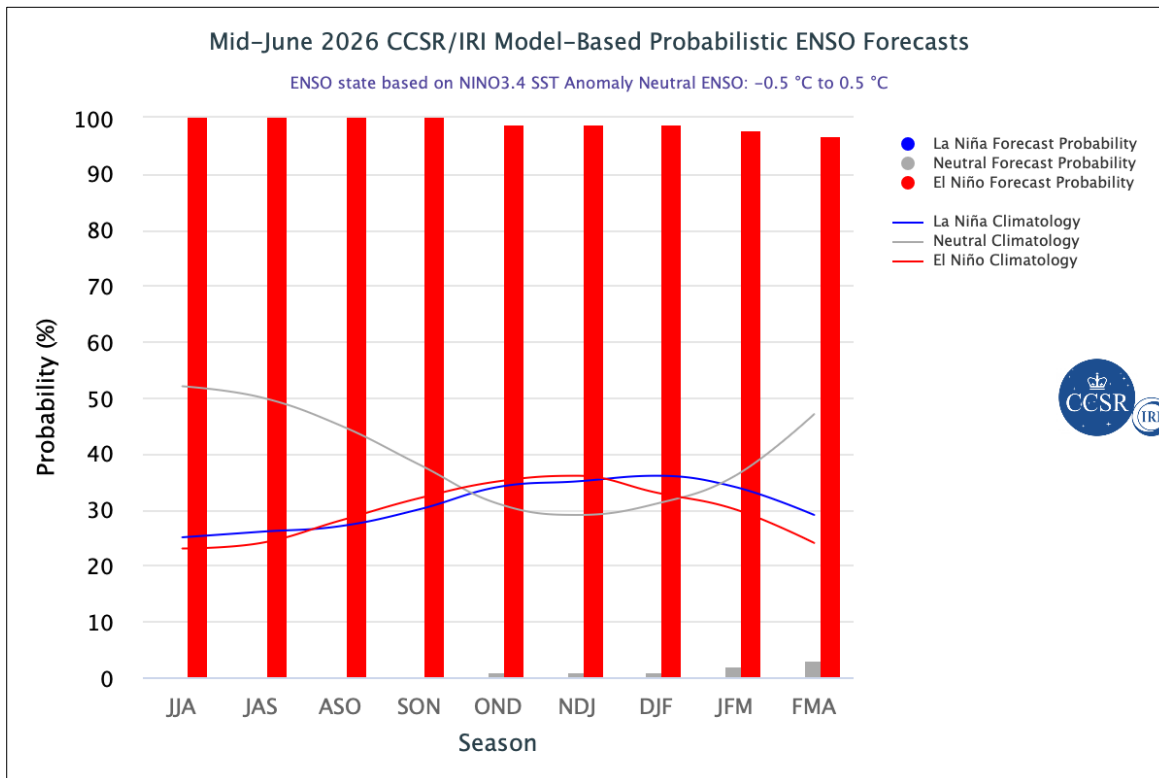
Maximum temperature is likely to be *near normal* across the Fiji Group and *above normal* over Rotuma.

Minimum Temperature



Minimum temperature is likely to be *near normal* across the Fiji Group and *above normal* over Rotuma.

EL-NIÑO SOUTHERN OSCILLATION (ENSO)



Source: [International Research Institute for Climate and Society](#)

El Niño is currently underway in the tropical Pacific Ocean.

Both oceanic and atmospheric indicators are becoming increasingly aligned, supporting further intensification of the ongoing El Niño event. Most global climate models suggest this event is likely to be strong to very strong and is likely to persist through the end of 2026.

El Niño conditions are generally associated with *below normal* rainfall in Fiji. However, this is not always certain, as other climate drivers and local weather systems can still affect rainfall.

Notably, no two El Niño events are the same. Consequently, the timing, magnitude, and distribution of rainfall and temperature impacts may vary from one event to another.

The public is advised to stay up to date with the latest climate outlooks, weather forecasts, and advisories issued by the Fiji Meteorological Service.

EXPLANATORY NOTES

Climate (Rainfall/Air Temperature) Outlook

Above normal – indicates that the rainfall/temperature value lies in the highest third of observation recorded in the standard 30 year normal period.

Near normal – indicates that the rainfall/temperature value lies in the middle third of observation recorded in the standard 30 year normal period.

Below normal – indicates that the rainfall/temperature value lies in the lowest third of observation recorded in the standard 30 year normal period.

Climatology – means that there are almost equal chances of receiving below normal, normal and above normal rainfall. Outlook does not favour one extreme; neither below normal nor above normal.

El Niño Southern Oscillation (ENSO)

ENSO is the principal driver of the year-to-year variability of Fiji's climate. There are two extreme phases of this phenomenon, **El Niño** and **La Niña**.

El Niño or La Niña events are a natural part of the global climate system and usually recur after every 2 to 7 years. It normally develops during the period April to June, attains peak intensity between December to February and decays between April to June period the following year. While most events last for a year, some have persisted for up to 2 years. It should be also noted that no two El Niño or La Niña events are the same. Different events have different impacts, but most exhibit some common climate characteristics.

Usually there is a lag effect on Fiji's climate with ENSO events, that is, once an El Niño or La Niña event is established in the tropical Pacific, it may take 2-6 months before its impact is seen on Fiji. Similarly, once an event finishes, it can take 2-6 months for climate to normalise.

El Niño events are associated with warming of the central and eastern tropical Pacific. El Niño events usually result in reduction of Fiji's rainfall. Often the whole of Fiji is affected in varying degrees and it is quite unusual for one part of the country to experience a prolonged dry spell, while the other is in a wet spell. The relationship and level of rainfall suppression is greater in the Dry Zone than in the Wet Zone. It is the suppression of rainfall during the Cool/Dry Season (May to October) that is normally of most concern. A reduction in Cool/Dry Season rainfall in the Dry Zone results in little or no rainfall until the next Wet Season. While usually the strength of an ENSO event is proportional to its impact on Fiji, at times weak event can also have a significant impact.

La Niña events are associated with cooling of the central and eastern tropical Pacific. Usually La Niña results in wetter than normal conditions for Fiji, occasionally leading to flooding during the Warm/Wet Season (November to April).

When ENSO is neutral, that is, neither El Niño nor La Niña, it has little effect on global climate, meaning other climate influences are more likely to dominate.

Lag effects – means that there is a delay in a change of some aspect of climate due to influence of other

FIJI METEOROLOGICAL SERVICE Private Mail Bag (NAP 0351)

Nadi Airport, Fiji.

Ph: +679 6724888, Fax: +679 67240430

Email: climate@met.gov.fj

Also online at <http://www.met.gov.fj>