Mānoa International Exchange (MIX)
University of Hawai‘i at Mānoa

Exchange Student Pre-Departure Checklist

Please make sure you have:

☑ Reviewed reports filed by students returning from their study at the University of Hawai‘i at Mānoa (if available) or contacted these students directly. Returnees (or their reports) can serve as valuable resources to you as you prepare to study at UHM. Check with the international exchange coordinator at your university regarding these resources.

☑ Obtained all the forms required by US Immigration for entry to the United States:
  · Passport valid for at least six months into the future
  · Current F-1 or J-1 student visa in your passport
  · I-20 form (F-1 students) or DS-2019 form (J-1 students)
  · University of Hawai‘i at Mānoa Letter of Admission
  · Official financial support statement/documentation
  · Certificate of international vaccinations or health card (recommended)

☑ Obtained your UH Username at http://www.hawaii.edu/account, and activated your UH email account. Please read under “MyUH Student Portal” on the second page of your Letter of Admission for more information and instructions on how to obtain your UH Username.

☑ Sent an email to uhmix@hawaii.edu from your new UH email account, so that we will have a record of your UH email address.

☑ Made housing arrangements either on or off campus. (If you have chosen to participate in the one-week “Orientation Homestay,” this includes airport pick-up.)

☑ E-mailed the International Baptist Centre at uhairportwelcome@gmail.com if you want to use the free airport pick-up service this organization provides.

☑ Prepared to purchase University of Hawai‘i health insurance (UH Student Plan by HMSA) OR have asked your insurance provider to complete the F-1 Student Insurance Provider Certification Form or the J-1 Health Provider Certification Form by clicking on the appropriate link at http://www.hawaii.edu/issmanoa/pages/home/health-insurance.php#j1faq. All students must have adequate health insurance.

☑ Completed and sent the Health Clearance Form and Immunization Record (pages 2-3) to University Health Services by mail or fax. Unless you are a US citizen or US Permanent Resident, it is not necessary to submit the Health Insurance Information Sheet (page 5) to University Health Services.

☑ Registered online for a Visa Clearance Session and The Welcome and made plans to arrive in time to attend The Welcome.

☑ Packed a few materials representative of your country, culture and university to share. As an exchange student you have an important role to play as an “ambassador” between your university and the University of Hawai‘i at Mānoa. Please bring some items that represent your country, culture and university (e.g., maps, flags, postcards, or other culturally representative items, as well as a recent university brochure, posters or other mementos). These items will help us (and you) share information about your home with students, faculty, and others you meet here who may be interested in learning more about your country and the MIX program.
Information for Inbound Exchange Students

Clothing to pack

Hawaii is a casual place with a comfortable, relaxed lifestyle. Most people dress in lightweight clothing. Many students attend classes dressed in shorts, T-shirts and sandals. Some faculty dress the same way. We also enjoy frequent rain showers, some heavier than others. You can purchase an umbrella and beach slippers (and any of the other items listed below) if you do not want to pack a lot of things.

Some suggestions for clothing to bring include the following:

- Shorts, T-shirts, and jeans
- Comfortable slacks, shirts and blouses
- A nice outfit for special occasions
- Beachwear
- Sweatshirt or sweater for cool evenings, for elevations higher than Honolulu, and for highly air-conditioned buildings and classrooms
- A water-resistant light jacket (windbreaker) for rainy or very windy days and evenings
- Sandals for everyday wear, a pair of nice shoes, running shoes and hiking shoes

Handling Money

- Plan to bring enough US cash or traveler’s checks to cover your expenses for the first few days in Honolulu. This will help you cover the initial costs of transportation, housing and food.

- You can use ATMs (Automated Teller Machines) and your credit card if you need additional US cash when you first arrive.

- For identification purposes, a picture ID and a credit card will be required for the rental of vehicles or to change money. Some merchants may require two forms of identification. You may want to get an International Driver’s License with a photograph of yourself to serve as a form of identification.

- Plan to open a bank account soon after you arrive for the duration of your stay.

- Credit cards make the purchase of goods and services easier and are required for the rental of most anything.

*****As advised by the International Students Services office: Do not carry large amounts of cash with you, and do not keep large amounts of cash in your room or luggage.
Housing Options

The availability of campus dormitory rooms for international exchange students is very limited. The following information is provided so that you can make an informed decision about housing options available in Honolulu during the time you will be here as an exchange student.

1. You will find the UH Mānoa Student Housing Services website at: [http://manoa.hawaii.edu/housing/](http://manoa.hawaii.edu/housing/). On-campus housing is very limited.

2. The Off-Campus Housing Referral Program is on the UH Mānoa Student Housing Services webpage (click on “Off Campus Housing” at the top of the page) or at [https://www.housing.hawaii.edu/och/](https://www.housing.hawaii.edu/och/). The site includes much useful information, including links to temporary housing, hostels and other off-campus options. Applications and/or reservations would need to be sent/made as soon as possible to insure a space when you arrive. Prices vary as do application procedures. (To access the listings at the yellow “Students” link, UH username and password required.)

3. Neighborhoods near the campus which are serviced by TheBus are: University, Mānoa, Punahou, Mōʻiliʻili, McCully, Waikīkī, Kapiʻolani, Kapahulu, Kaimuki, St. Louis Heights, Wilhemina Rise, Pālolo, Makiki and Ala Moana. Rent prices vary according to the quality of the apartment and location, but if you live alone you can plan on spending between $800-$1500 per month for a studio or one bedroom apartment, with an additional $800-$1500 security deposit (one month's rent) and approximately $100/month for utilities (electricity/gas). (These costs will be less if you share accommodations with one or more persons.) Telephone is separate. Internet access may or may not be included. Most places will provide some kitchen equipment and possibly some furniture, but you should not expect this.

4. Orientation Homestay is a ONE WEEK homestay opportunity arranged by the International Hospitality Center of Honolulu ([http://www.ihchawaii.org/](http://www.ihchawaii.org/)). The program includes airport pick-up, a room and meals with a host family for one week prior to your move to permanent housing (dormitory, apartment, etc.) at a cost of only US$240 (subject to change). For the Participant Application and Agreement and Release Form, visit [http://www.ihchawaii.org/Individual_Home_Placement.html](http://www.ihchawaii.org/Individual_Home_Placement.html). You must apply at least six weeks before arrival. For more information, email [ihc@priory.net](mailto:ihc@priory.net). Mānoa International Exchange may be able to assist you by providing information, suggestions and advice, but the final decision will be made by you and any financial obligation made for housing will be yours. Please contact us ([uhmix@hawaii.edu](mailto:uhmix@hawaii.edu)) if you have questions about housing options and/or availability.

Airport Arrival

If Honolulu International Airport is your US Immigration and Customs Port of Entry:

- You will first pass through US Immigration. Have your travel documents (DS 2019 or I-20, passport) ready.

- Pick up your baggage from the baggage carousels in the International Terminal, and go through US Customs. Once you clear Customs, you will pass through sliding glass doors and enter an open air lobby where telephones and hotel information are located.

- All passengers arriving from US cities should proceed to the Baggage Carousels in the lower level.

- If you have not made reservations for accommodations, you can call local hotels listed for room availability. Some hotels have their own shuttle service to transport their guests from the airport. Ask the hotel desk clerk about this service.
It is best to have US cash for ground transportation. Do not expect to use a credit card. We take no responsibility for the quality of service of these companies. This listing is provided as a service, NOT as an endorsement. Please confirm costs as fees are subject to change.

- If you wish to take a taxi from the airport to your hotel, hostel, or the university, there will be a person outside telling you which taxi to take. It is expected that you take the first taxi in the line. All taxis charge the same fare; you do not need to bargain for a lower price.

- If you take a shuttle, you will need to carry your bags across the first set of traffic lanes to a median area. This is where the shuttles pick up passengers.

- It is expected that you will “tip” the taxi or shuttle driver about US $1.00 per bag in addition to the fare. This is voluntary-NOT required.

- If you want to rent a car, there are car rental counters outside the International Terminal and near the hotel telephone banks. You will need a credit card and a driver’s license. A shuttle will pick you up (see above information on where to get the shuttle) and transport you to the particular company’s location to get the car. Again, you may tip the driver if s/he handles your bags. If you handle your own bags, you do not need to tip.

<table>
<thead>
<tr>
<th>Taxi &amp; Shuttle Company</th>
<th>Cost (subject to change)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Taxi Companies</td>
<td>$30-35/person</td>
<td>All destinations. Available 24 hours a day outside the International Terminal</td>
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<td></td>
<td>May be a baggage handling fee</td>
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<tr>
<td>Sphinx Transportation</td>
<td>Waikīkī: $9/person</td>
<td>Destination: Waikīkī or UH campus. You must call from the airport, and wait a minimum of 15 – 30 minutes for pickup. $1.00 per person discount if two or more traveling together.</td>
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<td>808-922-4900</td>
<td>UH Mānoa: $12/person</td>
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<td></td>
<td>May be a baggage handling fee</td>
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<tr>
<td>Airport-Island Shuttles</td>
<td>Waikīkī: $27 for one to three persons traveling together; $8 for additional person(s)</td>
<td>Destination: Waikīkī or UH campus. Can make reservations by logging on to their website, or calling their reservation center. Need to make a reservation at least 3 days in advance. Cancellation is required no later than 24 hours in advance. (With $5 charge). Full payment will be charged when no show or canceling within 24 hours.</td>
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<tr>
<td>808-521-2121</td>
<td>UH Mānoa: $24 for one to three persons traveling together; $9 for additional person(s)</td>
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<tr>
<td><a href="http://www.shuttleguys.com">www.shuttleguys.com</a></td>
<td>May be a baggage handling fee</td>
<td></td>
</tr>
<tr>
<td>Reliable Shuttle</td>
<td>Waikīkī: $11/person</td>
<td>Destination: Waikīkī or UH campus. Can make reservations by logging on to their website, or calling their reservation center. Call “92” from baggage claim courtesy phone upon arrival.</td>
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<tr>
<td>(1-888) 924-9292</td>
<td>UH Mānoa: $15/person or $11/person for two or more persons traveling together</td>
<td></td>
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<tr>
<td><a href="http://www.reliablesshuttle.com">www.reliablesshuttle.com</a></td>
<td>May be a baggage handling fee</td>
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Hawaiian Language

Hawai'i is a very international and multicultural place. There are two official languages, Hawaiian and English, but you will hear many other languages depending on where you are. Some commonly heard Hawaiian words and phrases are listed below:

'āina
The land. “Aloha 'āina” is a love of the land.

akamai
Clever; smart; intelligent

aloha
Love; welcome; hello; good-bye; a common greeting. The “aloha spirit” is an open, friendly, welcoming attitude.

Diamond Head
Used as a direction; Waikīkī is “Diamond Head” of downtown.

‘Ewa
Used as a direction (the opposite of “Diamond Head”); Pearl Harbor is “‘Ewa” of downtown.

hale
House

haole
Foreigner; now commonly refers to Caucasians

hapa
Literally “half,” is used to describe a person of mixed blood

Hau’oli lā Hānau
Happy Birthday

Hau’oli Makahiki Hou
Happy New Year

hui
A group of organization

kama‘āina
A native born Hawaiian or longtime resident

kanaka maoli
Indigenous Hawaiian

kāne
Man or men

keiki
Child or children

kōkua
Help. “Please Kōkua” means “Please Help.”

komo mai
Enter; welcome

kuleana
Responsibility

kumu
Teacher

lanai
Porch; balcony

lū‘au
Hawaiian feast

mahalo
Thank you

makai
Toward the ocean

mālama
To take care of; care for; preserve; protect

malihini
Newcomer

mauka
Toward the mountains

Mele Kalikimaka
Merry Christmas

‘ohana
Family

‘ōlelo
Language

‘ono
Delicious

pau
Finished; ended; done. “Pau hana” is the end of the work week.

puka
Any kind of a hole or opening or blank (to be filled)

wahine
Woman or women. The UH women’s basketball and volleyball teams are the Rainbow Wahine.

NOTES: The written Hawaiian language has two “extra” symbols. Each vowel can be either long or short. A long vowel is marked with a kahakō (macron), or line over the vowel. There is a big difference, for example, between kāne (man) and kane (a skin disease). The glottal stop (as in Hawai’i) is called an ‘okina. It is similar to the sound between the vowel sounds in the English uh-oh. The ‘okina indicates the difference, for example, between kou (your) and ko‘u (my) or between mai (here) and ma‘i (sick).

The letter “w” is pronounced like the English w or v -- usually like a v after i and e; usually like a w after u and o; like v or w initially and after a.
Upon Arrival to UHM

We invite you to enjoy exploring your new campus. Please find an interactive campus map online at: http://manoa.hawaii.edu/campusmap/.

As soon as possible upon arrival, please remember to check in with Darrell Kicker & Sara Balder at Mānoa International Exchange (MIX). Our office is located in the Queen Lili'uokalani Center for Student Services (QLC) 206. The office is open Monday-Friday 8:30 AM to 3:30 PM. We look forward to meeting you!

ALOHA!