



UNIVERSITY  
of HAWAII  
MĀNOA

## Graduate Division

### Pre-Departure Checklist for UHM 3+2 Students

#### Gather all U.S. Immigration Documents required for entry into the United States:

- Passport valid for at least six months into the future
- Current F-1 visa in your passport
- I-20 form (F-1 students)
- University of Hawai'i at Mānoa Letter of Admission
- Official financial support statement/documentation
- Certificate of international vaccinations or health card (recommended)

#### Activate UHM Email Account:

- Once you have a UH Username, please go to <http://www.hawaii.edu/account> to activate your email account.

#### Send an email to UHM 3+2 Program from your new UH email account:

- Please send UHM 3+2 Program an email ([threetwo@hawaii.edu](mailto:threetwo@hawaii.edu)) so that we can see that you have activated your UH email account.
- Please include your full name in the subject or body of the email.

#### Health Clearance Requirement

- Visit the Health Clearance Requirements [website](#) and carefully read the information.
- Print the [UH Health Clearance Form](#) and bring it to your medical provider. The medical practitioner will review the requirements, enter the required information, and sign each form. Note that forms must be completed by a US licensed practitioner. A US licensed practitioner signed record of immunizations (and any supporting documentation - with dates) may be submitted in lieu of the UH Health Clearance Form.

#### Obtain Proof of Health Insurance

- All students must have proof of adequate health insurance coverage. Please visit the University Health Services [website](#) for details.
- Follow the Insurance Clearance [Procedure](#).

- You can purchase the University of Hawai‘i health insurance (UH Student Plan by HMSA)
- OR, if you already have health insurance that meets UHM’s standards, you can have your insurance provider fill out an [F-1 Student Acknowledgement & Health Insurance Provider Certification](#).

### Visit the Website of the Office of International Student Services (ISS)

- [Website](#) of the Office of International Student Services.
- Follow the Visa Clearance [process](#) to ensure your visa is cleared by UHM ISS.

### Register online for the ELI Placement Test (if required)

- You are NOT required to take the ELI Placement Test if: A) You were exempt from the TOEFL, B) You scored 100 or higher on the TOEFL, or C) you scored 7.0 or higher on the IELTS (information available on the ELI website).
- All other students must take the English Language Institute (ELI) Placement test upon arrival to UHM.
- Before you arrive, register for the [ELI Placement Test](#) online. If you are required to take the test, failure to register for it will result on a hold placed on your course registration.

### Hawaiian Language & Culture

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. We would like to list some commonly heard Hawaiian words and phrases for you:

<i>‘āina</i>	The land. “Aloha ‘āina” is a love of the land.
<i>akamai</i>	Clever; smart; intelligent
<i>aloha</i>	Love; welcome; hello; good-bye; a common greeting.
<i>hale</i>	House
<i>haole</i>	Foreigner; now commonly refers to Caucasians
<i>hapa</i>	Literally “half,” is used to describe a person of mixed blood
<i>Hau‘oli lā Hānau</i>	Happy Birthday
<i>Hau‘oli Makahiki Hou</i>	Happy New Year
<i>hui</i>	A group or organization
<i>kama‘āina</i>	A native born Hawaiian or longtime resident
<i>kanaka maoli</i>	Indigenous Hawaiian
<i>kāne</i>	Man or men
<i>keiki</i>	Child or children
<i>kōkua</i>	Help. “Please Kōkua” means “Please Help.”
<i>komo mai</i>	Enter; welcome
<i>kuleana</i>	Responsibility

<i>kumu</i>	Teacher
<i>lanai</i>	Porch; balcony
<i>lū'au</i>	Hawaiian feast
<i>mahalo</i>	Thank you
<i>mālama</i>	To take care of; care for; preserve; protect
<i>malihini</i>	New comer
<i>mauka</i>	Toward the mountains
<i>Mele Kalikimaka</i>	Merry Christmas
<i>'ohana</i>	Family
<i>'ōlelo</i>	Language
<i>'ono</i>	Delicious
<i>pau</i>	Finished; ended; done. "Pau hana" is the end of the work week.
<i>wahine</i>	Woman or women. The UH women's basketball and volleyball teams are the Rainbow Wahine!

### UHM 3+2 Program contact information

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**Mahalo for joining in UHM 3+2 Program!**  
**We will see you in Hawai'i!**