



UNIVERSITY OF HAWAI'I – MAUI COLLEGE
MAUI LANGUAGE INSTITUTE

Student Handbook

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**Student Handbook
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PART I: INTRODUCTION

Aloha! E komo mai!

Welcome to the Maui Language Institute!

Whether you are a new or returning student, have lived in Hawai'i your whole life, or have just arrived on Maui for the first time, we want to help make your stay on Maui a life-enhancing experience.

We are pleased to provide you with this resource book. It is full of important information you should find useful. Many suggestions in this handbook have been learned from experience, so we encourage you to reap these benefits and save yourself time with this book as you learn ways to negotiate life on Maui. If you have suggestions on how we can make it more useful to you, please share your ideas with the MLI office.

On behalf of everyone at the Maui Language Institute, welcome to Maui!

**UH Maui College
Maui Language Institute
310 West Ka'ahumanu Avenue
Kahului, Maui, Hawaii 96732**

Map of UH Maui College and Surrounding Area



Who We Are

The Maui Language Institute offers intensive English as a Second Language (ESL) classes in 8-week sessions. Our objective at MLI is to provide a safe and stimulating environment conducive to learning English language skills and to assist students in achieving their goals, whether it is for academic, professional, or personal purposes.

Classes are taught by highly qualified instructors with advanced degrees and many years of teaching experience both in the USA and abroad. Aside from learning English, MLI provides learning experiences of the unique Hawaiian culture which may include hula lessons, Hawaiian language, and daily interactions with local people on the island.

MLI ESL Program Overview:

- Classes include both skill-based classes and content-based classes.
- Students receive 18 hours of instruction per week.
- Classes are Monday through Thursday for a total of 18 hours per week.
- Classes are small (8 – 16 students.)
- Each student receives individual attention from the instructor.
- MLI maintains high academic standards.
- Students who fulfill the requirements for academic work and attendance receive a Certificate of Completion.

Instruction at MLI is given in the following language skills areas:

- Speaking & Listening
- Reading & Vocabulary
- Writing
- Grammar

Content-based courses at MLI may include:

- American Cultural Literacy (Reading & Speaking Emphasis)
- Hawaiian Studies (Reading & Speaking Emphasis)
- Current Issues & Debate (Listening & Speaking Emphasis)
- Film Studies (Listening & Writing Emphasis)
- Performing Arts (Conversation & Pronunciation Emphasis)

MLI Faculty and Staff

MLI Staff

MLI Director

Dr. Alice Hamilton Luther

aluther@hawaii.edu

MLI Short Term Program Coordinator

Stephen Outlaw-Spruell, B.A. in Fine Arts, Psych. Minor

outlaw@hawaii.edu

MLI Student Services Specialist

Toshie Outlaw-Spruell, A.A. in Japanese Literature

toshie7@hawaii.edu

MLI Student Assistant

Misako Fukuchi, B.A. Psychology

fukuchi@hawaii.edu

MLI Faculty

Stephen Outlaw-Spruell, B.A. in Fine Arts, Psych. Minor

Ian Edmondson, M.F.A.

Becky Picher, M.Ed

Gwyn Gorg, B.A.

Emi Young, B.A

Office Information

Maui Language Institute

Laulima 109

Phone Number: (808) 984-3499

Fax Number: (808) 984-3587

Office Hours: 8:30 AM – 2:30 PM Monday – Friday

www.MauiLanguageInstitute.com

www.maulanguageinstitute.blogspot.com/

UH Maui College Information

UH Maui College

Ho'okipa Building

Phone Number: (808) 984-3267

Fax Number: (808) 242-9618

www.maui.hawaii.edu

General Student Information

Curriculum: The Maui Language Institute is divided into the following levels: pre – beginner, beginner, intermediate, advanced, and private lessons.

Students entering into the MLI Program are provided a placement test to determine the level in which they should begin their studies.

Supplies: Students are required to purchase some textbooks from the MLI Office. Books will be designated on the individual teachers' course outlines. In addition to textbooks, photocopies may be provided. Suggested school supplies include a three-ring binder with dividers, folder paper, pencils, erasers, pens, and an English dictionary.

Homework: Students are required to complete all assigned homework. Homework is an important part of the language learning process and grades at MLI.

Attendance Policy: Students are expected to arrive on time and attend regularly, unless special arrangements have been made with the MLI Director. **STUDENTS MAY BE ABSENT ONLY 2 TIMES AND LATE TO CLASS ONLY 1 TIME DURING AN 8-WEEK SESSION.** Students must bring a doctor's certificate or consult with the MLI Director if absences exceed 2 per 8-week session.

Students must notify the MLI Office in person, by email, or by phone **BEFORE** 9:00 AM Monday through Thursday. Messages sent with classmates will not be accepted.

If tardiness or absences persist, the MLI advisory committee will consult with the student to determine subsequent action.

Academic Standards: Students must maintain a grade of 70% (C or better) in each course. It is the student's responsibility to attend classes, complete all homework as assigned, and make up missed homework or test during absences.

An instructor "catch tray" for student assignments is located in the MLI office by the door for students to submit any homework or information to their instructors.

UHMC Credit Program: Students who successfully complete the advanced level of the MLI program in accordance with the MLI Academic Standards and Attendance policies may be granted permission to register into UHMC's credit courses by the MLI Director.

ALL STUDENT QUERIES REGARDING THE CREDIT PROGRAM MUST BE DIRECTED TO THE MLI DIRECTOR.

Field Trips and Special Events: MLI plans regular cultural and recreational field trips as well as special events. These are generally scheduled on Fridays, although there may be exceptions. Students are required to attend all MLI scheduled events and trips.

Student Visas: Student visas require students attend classes for 18 hours per week. Students must notify the MLI office if they plan to be absent from the MLI program for an extended period

of time. MLI must be notified immediately if students plan to leave the country and report to the Registrar's office with their I-20 form and passport.

Bulletin Board, Student Mailbox, & E-mail: It is the student's responsibility to keep up with any updated information. All announcements and important information are placed in students' mailboxes located outside of the MLI office, pinned on the large bulletin board, or through email.

DVD Library: MLI has a collection of over 300 DVDs located in the MLI office. Students and staff are able to borrow from a wide variety of movies. Students may sign out one DVD at a time and must return it before signing out another.

Exit Interviews: All MLI students must complete an exit interview form in order to inform the MLI office of their plans for the following session. Exit interview forms are done during the first class period mid-session.

STUDENTS PLANNING TO RETURN TO THEIR HOME COUNTRY FOR VACATION OR EMERGENCY MUST NOTIFY THE MLI OFFICE AS SOON AS POSSIBLE.

Course Evaluations: Course evaluations are conducted on the last week of the session. These evaluations allow students to provide feedback on their courses and instructors. Evaluations are collected and given to instructors.

Student Calendars: Session calendars are made available to students with important dates, holidays, and events information.

Excursions and Potlucks

Field Trips

MLI plans regular cultural and recreational field trips as well as special events. These are generally scheduled on Fridays, although there may be exceptions. Students are required to attend all MLI scheduled events and trips, unless excused by the MLI Director. Field trips and special events may include:

- Maui Ocean Center
- Maui Tropical Plantation
- Beach Barbeque
- Whale Watching
- Canoe Paddling
- Iao Valley Nature Hike

Structure of Excursion Days

Prior to the actual field trip, students attend a special seminar class in lieu of their first class. The topic of the seminar is based upon the excursion that the students will be participating in.

Students and instructors participating in the trip meet at the Laulima Building at the designated time. Transportation is arranged to and from the destination of the event. Depending on the field trip, MLI may arrange for lunch.

Potlucks

MLI hosts an end-of-the session potluck for students and staff that are scheduled on the last day of the session. Potlucks are an excellent time for all staff, faculty, and students to get together and enjoy each other's company with food and entertainment.

MLI Office provides potluck materials and drinks for the party and everyone brings a dish of their choice. A sign up sheet will be passed around several days before the event. Writing instructors should tally the food brought to make sure everyone contributes to the potluck.

Buying Books

The Maui Language Institute provides books for all classes. Students are required to purchase their textbooks and reading books for their MLI classes. Below are some resources for students who prefer to purchase their books from another source other than the MLI office.

Borders Books and Music

Queen Ka'ahumanu Shopping Ctr., Kahului: (808) 871-6612

Barnes and Noble

Lahaina Gateway, Lahaina: (808) 662-1300

*Some students find it helpful and/or cost effective to search online for books. Please be mindful that most online companies send books by media mail, which can be extremely slow (sometimes as long as 2 months) to arrive in Hawaii. It's better to save yourself the worry by paying extra for express mail service. Also, be sure to get the same edition of the text being used in class. Here are some helpful websites:

www.bookfinder.com: This is the granddaddy of all book purchasing sites. It will show all the other web companies that sell books, so you can compare prices.

www.amazon.com: Online shopping for millions of new & used books on thousands of topics at everyday low prices.

www.abebooks.com: More than 110 million new, used, rare, and out-of-print books are offered for sale through the AbeBooks websites from thousands of booksellers around the world.

www.alibris.com: Alibris (pronounced "uh-LEE-briss") is the premier online marketplace for independent sellers of new and used books, music, and movies, as well as rare and collectible titles.

www.half.com: Huge selection of new and used books, movies, music and video games.

www.powells.com: Has over 4 million new, used, rare and out-of-print books.

Libraries

UH Maui College Library

<http://maui.hawaii.edu/library/>

The UHMC Library is located in the back center of the campus. You can search for books online, or visit during operational hours. The library also offers free four day DVD rentals of many popular movies for students of the college.

Hawaii State Public Library

<http://www.librarieshawaii.org/>

Kahului Library: 90 School Street (808) 873-3097

Wailuku Library: 251 High Street (808) 243-5766

(Other State Library locations in Hana, Kihei, Lahaina, and Makawao. Public Library books can be returned to any location.)

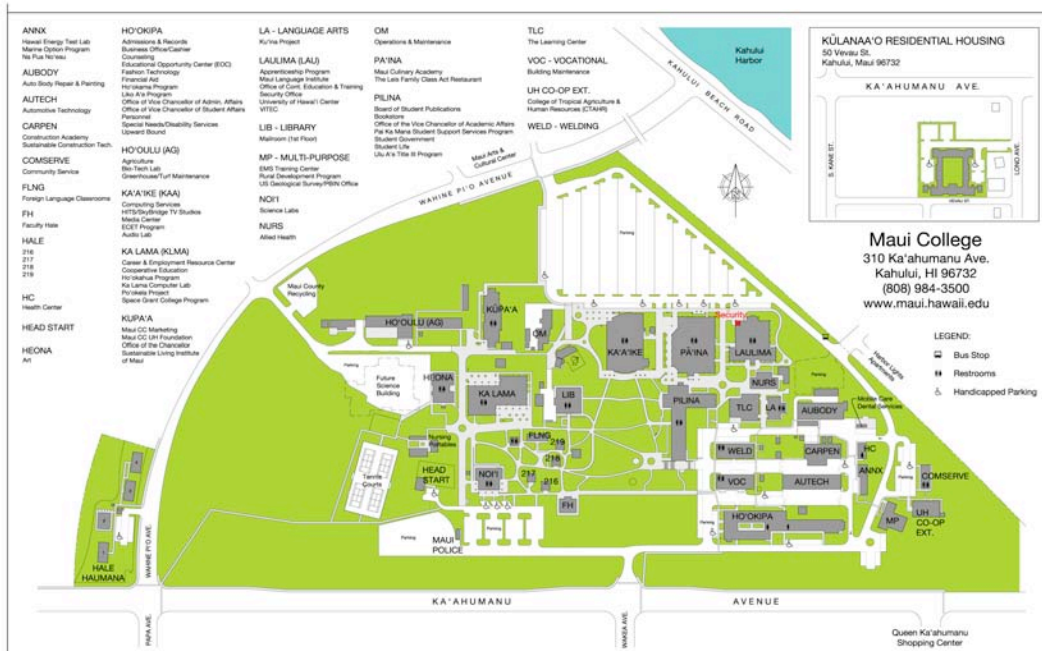
UH Maui College Information

Aloha and welcome from UH Maui College!

UH Maui College is an accredited, government approved degree-granting college that enrolls approximately 4000 students per semester. Located on one of the world's most beautiful islands, UH-Maui College boasts numerous award-winning programs including culinary arts, hospitality and tourism, electronics and computer engineering, nursing, and more. As reflected by a MetLife Foundation Best Practices Award, both the faculty and student support services staff are committed to helping students achieve their academic goals and career success.

MISSION

University of Hawai'i Maui College
is a learning-centered institution
that provides affordable, high quality
credit and non-credit educational opportunities
to a diverse community of lifelong learners.



Campus Services

The Learning Center:

The Learning Center is an academic support facility offering a wide variety of services including testing, tutoring, computing services, and study skills information.

Website: <http://maui.hawaii.edu/tlc/>

Library:

UH Maui College Library's mission is to be a key partner in the learning process by providing access to resources and services that promote and foster the development of skills of UH Maui College's diverse community of learners.

Website: <http://maui.hawaii.edu/library/>

Ka Lama Computer Lab:

The Ka Lama Computer Lab is a supervised study area where students use computers and business machines to complete their assignments. Personal assistance is available at all times in the Business Lab. The staff includes a faculty lab coordinator and student lab assistants who are able to provide essential support for a wide range of computer programs.

Website: <http://maui.hawaii.edu/buslab/>

Ho'okahua Student Center:

One of the main objectives of the Ho'okahua project is to facilitate a high tech learning environment. The lab, located in Kalama 202, was created to help STEM students, particularly native Hawaiian students; strengthen their science and mathematics learning. The Ho'okahua STEM Student Center offers students the use of computers, equipment and media. The STEM Student Center also provides tutoring, resources and various workshops.

Website: http://maui.hawaii.edu/hookahua/new_pages_docs/stem_new.html

Maui Culinary Academy – Food Court:

The Pa'ina Culinary Arts Center is the premier Pacific-Asian culinary arts teaching facility and home to UHMC's award-winning Culinary Arts Program. The \$17 million center spans almost 38,000 square feet in a two-story structure and includes nine kitchens, six quick-serve outlets and, **THE CLASS ACT**, an upscale, full-service restaurant.

Website: http://mauculinary.com/academy/food_courts.cfm

Bookstore:

The UHMC branch of the University of Hawai'i Bookstore is located on the University of Hawai'i's Maui College campus. In addition, the University of Hawai'i Bookstore system also consists of the main Manoa Bookstore, seven branch stores, a Medical Bookstore, an Outreach Program, and two RainBowTique merchandise stores.

Website: <http://www.bookstore.hawaii.edu/maui/home.aspx>

Student Health Center:

The Campus Health Center provides affordable and accessible health care to UHMC students, faculty and staff. The facility is managed by Denise L. Cohen, APRN, a Nurse Practitioner, with emphasis on health promotion. HMSA, HMAA, UHA and most other insurances are accepted. The center is unable to accept Kaiser or other HMO insurances.

Website: <http://maui.hawaii.edu/student/healthCenter.php>

Oral Health Center:

The Maui Oral Health Center is a collaborative project sponsored by the members of the Maui County Dental Health Alliance, UHMC, the County of Maui, Hui No Ke Ola Pono, and the Maui District Health Office (Department of Health). The Maui Oral Health Center serves as a classroom and clinical site for UHMC's Dental Assisting Program and aims to provide affordable and accessible oral/dental health care to the underserved, low-income, uninsured families of Maui.

Website: <http://maui.hawaii.edu/student/oralHealthCenter.php>

Office of Continuing Education and Training (OCET):

A variety of non-credit classes and programs are available in the arts, health and fitness, culture, computer technology, business, trades, and apprenticeships. OCET's VITEC division also customizes training programs to meet the specific needs of the business community.

Website: <http://ocet.org>

University of Hawaii Center, Maui

This center delivers bachelor and master's programs and professional certificates to Maui County from the UH colleges at Manoa, West Oahu, and Hilo. Classes are taught at the Kahului Campus or through distance technology, including the Internet and videoconferencing, giving students who live and work in the Maui County access to advanced degrees.

Website: <http://www.umai.net>

Student Clubs and Organizations

There are a variety of student clubs at UHMC. Joining a club can be a fruitful way to meet people with common interests. Club involvement is also a beneficial addition to your resume when applying for jobs.

For additional information and contacts for the UHMC clubs, visit:

<http://maui.hawaii.edu/?s=student&p=clubs>

Listed below are some examples of the clubs available at UHMC.

Aikido Club

Aikido Club was created to provide students with the principle of non-dissension and to learn, practice and promote the principle of shin shin toitsu aikido as a public service.

Art Club

The Art Club promotes art-making and the appreciation of art on campus and seeks to collaboratively produce artworks that will beautify the Art Building and the campus.

Associated Students of UHMC Student Governance Council (ASUHMC)

ASUHMC legislates and administers the planning, programming, and evaluation of student projects and programs respective to the wants and needs of the Associated Students of UHMC. Student Government plans and executes numerous events.

Board of Student Publication (BOSP)

The BOSP serves as the advisory board to the college's student newspaper, Ho'oulu, the Maui Review, and Student Handbook (planners).

Club Ku`ina

Club Ku`ina fosters student success through workshops that promote academic and life skills. Ku`ina strongly believes in the concept of "Work Hard and Play Hard," so after these workshops, students plan activities for their peers. Students will be given many opportunities to develop their leadership and community service skills.

Critical Mass

Critical Mass is a student led organization that exists to equip students to maximize their potential in their studies, and in their daily lives, through close fellowship and servant-hood. Critical Mass will serve as a home away from home for students of all backgrounds and ethnicity. Critical Mass will aid students with their academic endeavors in any way the organization is equipped to do so based upon membership. The organization seeks to provide fellowship with other students, whom they work alongside to make their campus and community a better place.

Hui Ho'okipa

Hui Ho'okipa's goal is to perpetuate the spirit of aloha within the setting of the tourism and hospitality industry and to network with the community by going in-depth into specific industry areas and making a difference, while learning

Hui Lei Ola (Hawaiian Club)

Hui Lei Ola is a student club that brings together those interested in the cultural and social advancement of the Hawaiian people, involvement in community service, especially in and for our Hawaiian community, and make available information on programs, services and community events related to the culture and heritage of Hawaii.

Kabatak (Filipino Club)

The Kabatak Club is to encourage and facilitate the recruitment, retention, and achievement of Filipino students in higher education; with particular emphasis placed on efforts and activities at UHMC.

Kiku No Kai (Japanese Club)

The Kiku No Kai Club seeks to increase student's knowledge and understanding of the uniqueness of the Japanese Culture. Students focus on the Japanese language to increase the community's interest in Japanese culture.

Peace Club

The Peace Club is a diverse group of students committed to ho'o maluhia (making peace). We encourage disarmament through peaceful international, cooperation, protest pre-emptive aggression, promote nonviolent solutions to world conflict, and educate for social justice.

Phi Theta Kappa International Honor Society

The purpose of Phi Theta Kappa is to recognize and encourage scholarship among two-year college students. To achieve this purpose, Phi Theta Kappa provides opportunities for the development of leadership and service.

Revival Generation

Revival Generation envisions an island where there is unity in the Spirit, and students and the surrounding community abound in God's love and power and enter into His will for their lives.

Rotaract Club of UHMC

Rotaract is a Rotary-sponsored service club for UHMC students and young men and women ages 18 to 30. Young adults augment their knowledge and skills, but they also address community issues while promoting international understanding and peace.

Campus Communications

Electronic Mail: Email is a fundamental means of communication. To obtain a UH Username, follow the MyUH link on the college homepage, www.maui.hawaii.edu and select *Get a UH Username*. Complete the form and your Username will be assigned. If you experience any problems, contact the MLI office.

The same username and password works for each service, so be certain that your password is a strong one that you will remember, and please do not share it with others.

UHMC uses the University of Hawaii email server that is located at the Manoa campus on Oahu. You can access your email account using your web browser's mail module or directly via the Internet. This means that you can access your email from campus, at home, or while traveling.

Student Publications: A student newspaper and literary journal are also published regularly. The newspaper, Ho'oulu is published several times a semester and is distributed throughout the Kahului campus. A literary journal is published annually.

Campus Safety and Security

UHMC is firmly committed to providing a safe and secure campus environment. Policies and procedures are designed to ensure that every possible precautionary measure is taken to protect persons and property. However, you need to be aware that preventative efforts on your part can effectively reduce your chances of becoming a victim.

The Campus Security office is responsible for providing around-the-clock security service for the campus. The unit is located in the Laulima Building and provides security service 24 hours a day, 7 days a week, 365 days a year.

Crime Prevention Programs

The Crime Prevention Program is based upon the dual concept of eliminating or minimizing opportunities for crime while encouraging students and employees to assume responsibility for their own safety and the safety of others by taking common sense precautions. The following is a list of UHMC's crime prevention programs.

Night Escort Service: Campus Security provides walking escort service for anyone requesting an escort when walking on campus at night. An escort can be summoned to your location by calling Security at (808) 984-3255. The escort will walk you to any facility or vehicle parked on campus.

Emergency Telephones: The College has nine Emergency Telephone call boxes placed in various locations, which will direct dial campus security or 911 in the event of an emergency.

Maui Police Department Community Sub-Station: A MPD Community Sub-Station is located near the UHMC Noi'i Science Labs to increase police presence on campus.

Safety Precautions

Criminals often act when opportunities to commit crimes present themselves. By taking precautions, such opportunities may be minimized. Exercise these simple, common sense precautions.

- Travel/park in lighted areas; travel in pairs if possible; use the escort service/security.
- Report any suspicious persons or activities; report all incidents no matter how minor; report losses immediately.
- Lock/secure windows and doors in your office or room; lock your vans, cars, trucks, and bikes; store valuables in the trunk of your car.
- Never loan keys to anyone (they are easily lost, stolen, or duplicated).
- Mark or engrave your belongings; don't leave belongings or valuables unattended.

- Register your bike/moped.
- Keep alert; be aware of your surroundings. Walk briskly.
- Have keys ready when approaching your car so you will be able to get into your car quickly.

Assistance Programs

UHMC Campus Health Center	(808) 984-3493
Alcoholics Anonymous	(808) 244-9673
Narcotics Anonymous	(808) 877-7117
ASK 2000 (Statewide Referral Service)	1 (808) 536-1951
Maui Youth and Family Services Emergency Shelter	(808) 579-8406
Hawaii Center for Independent Living – Maui Office	(808) 242-4966

Crisis Hotlines

Helpline (Suicide & Crisis Center – Maui)	(808) 244-7407
Access Line 24 hours (Suicide & Crisis Center)	1-800-753-6879
Maui Kokua Services (Guidance in Crisis)	(808) 244-7405
Sexual Assault Crisis Center Hotline	(808) 873-8624

EMERGENCY: FIRE, POLICE, AMBULANCE: DIAL 911

Police, Maui, Non-Emergency	(808) 244-6400
Poison Control Center	1-800-222-1222

Student Housing

UHMC offers student housing that makes it possible for students from Lana'i, Molokai, and outlying areas of Maui, as well as Mainland and international students, to attend classes on the Kahului campus.

The new private student housing project is centrally located in Kahului, across the street from the Kahului Library, and within walking distance of the college, restaurants, and shopping centers. The facility includes 100 two-bedroom, apartment-style units that are fully furnished with a kitchen, bathroom, and living room, and space for four students in two-person bedrooms.

Space reservations are being accepted on a first-come, first-served basis.

Website: <http://www.campusapts.com/Home.aspx?Proj=145&Name=Kulanaao>

Contact:
Alvin Tagomori
Vice Chancellor of Student Affairs
Phone: (808) 984-3515



PART II: GETTING AROUND THE ISLAND

The Basics

Finances, Banking, US Taxation

Finances

Please refer to stipulations regarding necessary funding for study.

Banking

Checking and Savings Accounts

It isn't considered safe to carry or keep in your residence large amounts of cash. We recommend that all students open a checking account at a Hawaii bank and pay bills with checks. Please refer to the Banking section of the Student Handbook for more information on opening a bank account.

Connections with your bank at home

Once you know your bank account number in Hawaii, send the information to your home bank in order to make transferring money easier and faster. It's also a good idea to make sure that your parents or relatives understand the different transfer alternatives and how to use them.

Transferring Money

International students are often concerned with how to transfer money between their US bank account and their bank at home. Exchange rates may vary, and of course, you want a method of transferring money which is cheap, safe, and efficient. You should consult your bank at home to see what they advise and if they charge for receiving international money transfers. Listed below are several ways you can transfer money to the US. Cash should never be sent through the mail unless it is absolutely unavoidable. In such a situation, you should send it by registered mail.

International Money Transfer

This can be done once you have a bank account in the US. It is best suited to lower value, less urgent payments. The money usually arrives within 5 to 7 working days after it has been sent. A fee is usually charged.

Express International Money Transfers

This is said to be the fastest method of sending money overseas and hence the most expensive. Although fees are high, the money usually arrives within 2 days.

Telegraphing Money Orders

Not all foreign countries can send money in the form of a telegraph transfer. Contact Western Union: 800-325-6000.

Taxation

There are many kinds of taxes in the US. If you work while you are a student, you will have federal and state income tax withheld from your paycheck. The tax withholding is an estimate only. In April of each year, all individuals are required to file income tax with the US and the State of Hawaii. If your tax withholding has been less than what you owe, you will have to send the federal government additional money. On the other hand, if the tax withholding was more than you owe, you will receive a refund.

Keep a file of all bank receipts and transactions. Also keep a file of all medical and dental bills you pay, the cost of your health insurance, and receipts for all donations to charity that you make. Keep a good record of all scholarships you receive. You may need some or all of these records to calculate your taxes. Only the amounts of a scholarship used for tuition, fees, and books are tax-exempt.

Opening a Bank Account

Bank of Hawaii, First Hawaiian Bank, American Savings Bank, and Central Pacific Bank are reputable banks here in Hawaii. You must take some form of identification with you, along with cash or checks to open a new account.

Although these banks have other branches in other areas of Maui, only those in Kahului are listed.

American Savings Bank www.asbhawaii.com		
73 Pu'unene Avenue	(808) 871-8411	Mon – Thu, 8 am - 5 pm Fri, 8 am – 6 pm
Wal-Mart	(808) 871-9355	Mon – Fri, 10 am – 7 pm Sat – Sun, 10 am – 3 pm Holidays, 10 am – 3 pm
Bank of Hawai'i www.boh.com		
27 Pu'unene Avenue	(808) 871-8250	Mon – Thu, 8:30am–4 pm Fri, 8:30 am – 6 pm
Safeway	(808) 871-8218	Mon – Fri, 9 am – 6 pm Sat – Sun, 9 am – 2 pm Holidays, 9 am – 2 pm
Maui Marketplace	(808) 871-8260	Mon – Thu, 9 am – 4 pm Fri, 9 am – 6 pm Sat, 9 am – 1 pm
Central Pacific Bank www.centralpacificbank.com		
85 W. Ka'ahumanu Ave	(808) 877-3387	Mon – Thu, 8:30am–4 pm Fri, 8:30 am – 6 pm

First Hawaiian Bank www.fhb.com		
20 W. Ka'ahumanu Ave	(808) 877-2311	Mon – Thu, 8:30 – 4 pm Fri, 8:30 – 6 pm Sat, 9 – 1 pm

Shopping for Essentials

Several stores on Maui can meet most of your home and school needs. The stores listed below are all located nearby in Kahului. Information and times may change. Please check with the company for updated information.

- Bookstores
- Department Stores
- Pharmacies
- Grocery Stores
- Health Food Stores
- Home Improvement Stores
- Office & School Supplies
- Wholesale Stores

Bookstores

Borders Books		
Queen Ka'ahumanu S.C.	(808) 877-6112	Mon – Sat, 9:30 am – 9 pm Sun, 10 am – 5 pm

Department Stores

Kmart		
424 Dairy Road	(808) 871-8553	Mon – Fri, 7 am – 10 pm Sat - Sun, 7 am – 10 pm
Wal-Mart		
101 Pakaula Street	(808) 871-7820	Daily, 6 am – 11 pm

Pharmacies

Longs Drug Store		
Maui Mall	(808) 877-0041	Daily, 7 am – 12 am
Good Neighbor Pharmacy		
Maui Clinic	(808) 877-6222	Mon – Fri, 7:30 am – 6 pm Saturday 7:30 am – 2 pm Sunday 9 am – 3 pm
Kmart Pharmacy		
Kmart	(808) 871-5677	Call for Hours and Services
Safeway Food & Drug		
Safeway	(808) 893-0606	Mon – Fri, 8:30 am – 7:30 pm Sat – Sun, 9 am – 5:30 pm
Walgreens		
Kahului	(808) 872-3301	Mon – Fri, 8 am – 10 pm Sat, 9 am – 6 pm Sun, 10 am – 6 pm

Grocery Stores

Ah Fook's Supermarket		
Kahului Shopping Center	(808) 877-3308	Mon–Fri, 7:30 am– 6:30pm Sat, 7:30 am - 5:30 pm Sunday, 8 am – 1 pm
Foodland Super Market		
90 Kane Street	(808) 877-2808	Daily, 6 am – 11:30 pm
Safeway Food & Drug		
170 E. Kamehameha Avenue	(808) 877-3377	Daily, 24 hours

Health Food Stores

Alive and Well Natural Health		
340 Hana Highway	(808) 877-4950	Mon – Fri, 9 am – 7 pm Sat, 9 am – 6 pm Sun, 10 am – 4 pm
Down To Earth Natural Foods and Lifestyle		
305 Dairy Road	(808) 877-2661	Mon – Sat, 7 am – 9 pm Sun, 8 am– 8 pm
Whole Foods Market		
70 Ka’ahumanu Avenue	(808) 872-3310	Daily, 8 am – 9 pm

Home Improvement Stores

Home Depot		
100 Pakaula Street	(808) 893-7800	Mon – Sat, 6 am – 9 pm Sun, 7 am – 7 pm
Lowe’s		
Maui Marketplace	(808) 873-0383	Mon – Sat, 6 am – 9 pm Sun, 7 am – 8 pm

Office & School Supplies

OfficeMax		
Maui Marketplace	(808) 877-9448	Mon – Fri, 8 am – 9 pm Sat, 9 am – 7 pm Sun, 10 am – 6 pm

Wholesale Stores

Costco		
540 Haleakala Highway	(808) 877-5248	Mon – Fri, 11 – 8:30 pm Sat, 9:30 – 6 pm Sun, 10 – 6 pm

Dining on Maui (Kahului)

The Kahului area has an assortment of eating establishments, many of which are found in the shopping malls. The diverse population of Maui is reflected in its range of dining options, ranging from Hawaiian to Italian cuisine. Many of the fast food chain stores can be found in Kahului. There is a great deal of local restaurant options as well. Listed below is a sampling of dining options chosen for their proximity to the college.

Queen Ka'ahumanu Center (www.queenkaahumanucenter.com)

Restaurants		
Koho's Grill	(808) 877-5588	Sun - Mon, 7 am – 10 pm Tue – Thu, 7 am – 11 pm Fri – Sat, 7 am – 12 am
Ruby's Diner	(808) 248-7829	Sun – Thu, 7:30 am – 9 pm Fri – Sat, 7:30 am – 10 pm
Ramen Ya	(808) 873-9688	Sun – Mon, 10:30 am – 9:30 pm
Food Court		
Alexander's Fish & Chips	(808) 877-5556	Mon – Sat, 11 am – 9 pm Sun, 11 am – 6 pm
Maui Tacos www.mauitacos.com	(808) 877-3369	
McDonalds	(808) 877-3369	
Panda Express	(808) 877-3369	
Hot Dog on a Stick	(808) 877-3369	
Pearl's Korean BBQ	(808) 877-3369	
Quizno's Subs	(808) 877-3369	

Maui Mall (www.mauimall.com)

Restaurants		
Dragon Dragon Chinese Restaurant	(808) 893-1628	Daily, 10:30 – 2 pm Daily, 5 pm – 9 pm
Genki Sushi www.genkisushiusa.com	(808) 873-7776	Sun – Thu, 11 am – 9 pm Fri – Sat, 11 am – 10 pm
IHOP	(808) 871-4000	Sun – Thu, 6 am – 12 am Fri – Sat, 6 am – 2 am
Kahului Ale House www.alehouse.net	(808) 877-9001	Daily, 11 am – 12 am
Lighthouse Maui Café	(808) 871-0875	Mon – Thu, 9 am – 6 pm Fri, 9 am – 8 pm Sat, 9 am – 6 pm Sun, 10 am – 4 pm
Maui Mixed Plate	(808) 877-0706	Daily, 9 am – 9 pm
Subway	(808) 877-2022	Daily, 8 am – 9 pm
Siu's Chinese Kitchen	(808) 871-0828	Daily, 8:30 am – 8 pm
Thailand Cuisine www.thailandcuisinemaui.com	(808) 873-0225	Mon – Sat, 11 – 2:30 pm Mon – Sat, 5 pm – 10 pm Sun, 5 pm – 10 pm
Wendy's	(808) 877-2719	Sun – Thu, 9:30 – 11 pm Fri – Sat, 9:30 – 12 am

Other Restaurants Located Near UH Maui College

There are also several other restaurants and fast food chains located within walking distance from UHMC, ranging in both price and cuisine.

Enjoy the variety of restaurants in the area, but do your best to maintain a healthy and balanced diet as your nutrition will be an important factor in your success at college. Buying fruits, vegetables, and other healthy options at the grocery store for your meals will not only save you money, but it will also invariably improve your health and energy level.

Getting a Cell Phone

Cingular/AT&T, Hawaiian Telcom, Sprint, T-Mobile, and Verizon can be found at the Queen Ka’ahumanu Shopping Center. At these stores and kiosks, you can purchase a cell phone, open a new account, and pay your bill.

To compare services and phones, check their websites:

AT&T www.att.com		
Queen Ka’ahumanu S.C.	(808) 877-1881	Mon – Sat, 9 am – 10 pm Sun, 10 am – 6 pm

Hawaiian Telcom www.hawaiiantelcom.com		
Queen Ka’ahumanu S.C.	(808) 877-8931	Mon – Fri, 9:30am–5:30 pm Sat, 9:30 am – 5: 00 pm

Sprint www.sprint.com		
Queen Ka’ahumanu S.C.	(808) 873-8700	Mon – Fri, 9:30 am – 9 pm Sat, 9:30 am – 7 pm Sun, 10 am – 5 pm

T-Mobile www.t-mobile.com		
Queen Ka’ahumanu S.C.	(808) 873-3260	Mon – Sat, 9:30 am – 9 pm Sun, 10 am – 5 pm

Verizon www.verizon.com		
Maui Marketplace	(808) 877-4343	Mon – Sat, 9 am – 8 pm Sun, 10 am – 6 pm

Postal Services

To mail a package, you can use either the US Postal Service, or you can opt for a private company. If you are using the USPS, it's best to have your package ready to go before you arrive. You can often ask a grocery store for an old box to use as a package, or you can purchase a new one at the post office. You will need to buy some strong packaging tape at the grocery store, drugstore, or post office.

United States Postal Service

Kahului Post Office www.usps.com		
138 Pu'unene Ave	(808) 871-2487	Mon – Fri, 8 am – 4:30 pm Sat, 9 am – 12 pm

Mail Boxes Etc.

Mail Boxes Etc. is a private company that will package parcels for you. Mail Boxes Etc. also handles other private shipping services like FedEx and UPS.

Mail Boxes Etc. www.mbe.com		
415 Dairy Road	(808) 877-0333	Mon – Fri, 8 am – 6 pm Sat, 9 am – 5 pm Sun, 12 pm – 3 pm

All About Cars

Getting Your Driver's License

Getting your driver's license is a two part process: a written test and a road test. To prepare for the written test, pick up a Department of Motor Vehicle (DMV) guide, available for a small price at grocery stores and libraries. You must first pass the written test about Hawaii's driving rules and practices. Next, you need a learner's permit, and after practicing driving with the learner's permit, then you can apply for the actual driving road test.

The DMV is located at the Maui Mall Shopping Center: 70 E. Kaahumanu Avenue, Suite A-17, in Kahului. (808-270-7363). It's on the side that faces Safeway and Ross.

Go to the DMV office and book an appointment to take the written test.

The last Driver's License written test is administered at 3:30pm. Please note, if you are not issued a test by 3:30pm you will be advised to return the following work day to take the written test.

Road test applicants for classes 1, 2 or 3 driver's license are required to present their valid instruction permit.

To book an appointment for the road test, call one day before the day you wish to take the test: (808) 270-8080. Calls may begin at 7:45am, Monday through Friday. Appointments are confirmed daily on a first call, first served basis. Please have your permit number ready to give the Customer Service Representative when they answer your call.

Applicants for a type 3 license road test must be accompanied by a duly licensed driver who is 18 years of age or older. The accompanying driver will be required to present their valid driver's license to the examiner. You must check in at least 30 minutes before the scheduled appointment and pay the appropriate road test fee.

All applicants under 18 years of age wishing to take a road test must meet special requirements. Please contact the DMV or visit their website for specifics.

Driver's License road test services are available at the Kahului Service Center, Kihei, Hana, Lahaina and on the islands of Lanai and Molokai.

For more information about getting your license on Maui, the county's Department of Motor Vehicle & Registration's (DMV) website can answer many questions:
<http://www.co.maui.hi.us/departments/MotorVehicles/index.htm#email>

Taxi Service

If you don't have a car but want to go somewhere, Maui has many taxi companies that you can call. You might want to call a few companies for estimates first.

Company	Telephone Number
AB Taxi	(808) 667-7575
Ali'i Taxi & Tour	(808) 877-1112
Aloha Maui Taxi	(808) 661-5432
Dela Cruz Taxi Services	(808) 877-0618
Island Taxi	(808) 667-5656
West Maui Taxi	(808) 661-4545
Maui Airport Taxi	(808) 875-6110
Maui Central Cab	(808) 244-7278
Maui Diamond Taxi	(808) 873-7807
Maui Island Taxi	(808) 879-4823
Sunshine Cabs of Maui	(808) 879-2220

Maui Bus

The Maui Bus public transit service consists of twelve bus routes, all operated by Roberts Hawaii. The County of Maui currently funds a public bus system that provides service in and between various Central, South, West, Haiku, and Upcountry Maui communities.

The fare for all routes is \$1.00 per boarding. Monthly passes and daily passes are also available.

The routes operate seven days a week including all holidays.

The County of Maui also funds four commuter service routes. The routes are called the Haiku-Wailea Commuter, Makawao-Kapalua Commuter, Wailuku-Kapalua Commuter, and the Kihei-Kapalua Commuter.

For more information regarding the Maui Bus and to view route maps and bus schedules, go to the website at www.mauicounty.gov/bus or call (808) 871-4838.

Renting a Car on Maui

When renting a car, you need to bring your driver's license, credit card or cash (in most cases, you must show your own credit card) for fees, deposits, and insurance charges. If you are not over 25 years old, check which company will rent you a car and find out what additional insurance fees will be charged. For most rental cars, drivers must be at least 21 years or older.

*The price of the rental depends on the date (weekend or weekday), and where the booking is made: via the internet, phone, or walk-in. The cheapest prices are often found on the web. Sometimes it's a good idea to do "comparison shopping" for prices: check out www.priceline.com.

Local Maui companies often rent "gently used" cars, but at cheaper prices:

Company	Website	Phone Number
Aloha Rent A Car	www.aloharentacar.com	(808) 877-4477
Maui Cruisers	www.mauicruisers.net	(808) 249-2319
Adventures Rent A Jeep		(808) 877-6626

Nationwide Rental Car Companies are located near the Kahului airport:

Company	Website	Phone Number
Alamo	www.alamo.com	(808) 872-1470
Avis	www.avis.com	(808) 871-7575
Budget	www.budget.com	(808) 871-8811
Dollar	www.dollar.com	1-866-434-2226/ (808)877-2731
Enterprise	www.enterprise.com	(808) 871-6982
Hertz	www.hertz.com	(808) 893-5200
National	www.nationalcar.com	1-888-826-6890/ (808) 871-8851
Thrifty	www.thrifty.com	1- 800-847-4389/ (808)877-7208

Buying a Car on Maui

In addition to the traditional car dealerships, there are many opportunities to purchase used cars on Maui. Used cars can be purchased through a dealership or through a private owner. Both have their advantages and disadvantages.

Please note that buying a used car has inherent risks and no car can be guaranteed not to have problems shortly after purchasing it. Therefore, be sure to do proper research, and if possible, check with a reliable mechanic, before purchasing any used car.

Also, don't forget that in addition to the expense of buying a car, there will be several expenses that are involved with owning a car, including, but not limited to: registration, insurance, and regular maintenance and servicing.

Car Dealerships on Maui (Kahului)

Most of these dealerships sell both new and used cars:

Dealership	Types of Cars	Address / Phone #
Aloha Kia of Maui www.alohaautogroup.com	Kia	89 E. Wakea Avenue (808) 877-4545
BMW of Maui www.bmwhawaii.com	BMW	410 Koloa Street (808) 877-4269
Island Dodge www.islanddodge.com	Dodge	110 Hana Highway (808) 877-0031
Island Honda www.islandhonda.com	Honda	110 Hana Highway (808) 873-8081
Jim Falk Motors of Maui (GM) www.gmhawaii.com	Buick Cadillac Chevrolet GMC Trucks Pontiac	260 Hana Highway (808) 270-2600
Jim Falk Motors of Maui (Nissan) www.jimfalknissan.com	Nissan	260 Hana Highway (808) 270-2600

Dealership	Types of Cars	Address / Phone #
Maui Scion www.mauiscion.com	Scion	320 Hana Highway (808) 877-2781
Maui Toyota www.mauitoyota.com	Toyota	320 Hana Highway (808) 877-2781
Servco Lexus – Maui www.servcolexusmaui.com	Lexus	445 Kele Street (808) 877-4411
Servco Suzuki – Maui	Suzuki	445 Kele Street (808) 877-4411
Valley Isle Motors www.valleyislemotors.com	Ford Isuzu Lincoln Mercury	221 Puunene Avenue 1-800-269-7999 1(888) 897-1981

Other Used Car Dealerships on Maui (Kahului)

Dealership	Types of Cars	Address / Phone #
No Ka Oi Motors	Various	(808) 877-3300

Other Resources for Buying a Used Car on Maui

- ❖ www.mauinews.com (Classifieds)
- ❖ www.mauibulletin.com
- ❖ www.craigslist.com
- ❖ www.consumerreports.org

Be sure to obtain all the necessary paperwork (i.e. title of the car, receipt of purchase) if you are purchasing a used car from a private party. And, remember, when purchasing a car, negotiation is the name of the game.

Insuring Your Vehicle

The Department of Motor Vehicles (DMV) requires all car owners to insure their vehicles. After you get a car, you should contact a car insurance company as soon as possible. You will need to have a driver's license, social security card, car documents (such as your registration & safety check), and cash, check, or credit card prior to requesting car insurance. The zip code for Kahului, if you are researching online, is 96732.

Check out the following companies and choose the best one that suits you. Call for specific business hours; most are open between 8:30am and 5:00pm Mon-Fri, with some hours on Saturdays as well.

Allstate <http://www.allstate.com/>

350 Hoohana St. Ste.#C-1 Kahului (808) 893-2349

1885 Main St. Ste. #103 Wailuku (808) 242-8440

1877 Wili Pa Loop Ste. #3 Wailuku (808) 242-8480

Finance Insurance, LTD. <http://www.financeinsurance.com/infocenter.shtml>

140 Hoohana Street, Ste.#201 Kahului (808) 244-3552

GEICO <http://www.geico.com/>

Progressive <http://www.progressive.com/>

State Farm <http://www.statefarm.com>

74 Lono Ave. Ste.#206A Kahului (808) 877-5273

331 Ho'okahi St. Ste. #105 Wailuku (808) 249-0990

1742 Kaahumanu Avenue Wailuku (808) 242-5747

RECREATION, ENTERTAINMENT, & SPORTS

Arts

Maui Arts and Cultural Center - MACC (www.mauiararts.org)

The MACC hosts a wide variety of performances - dance, plays, comedy, concerts, and more, ranging from local talent to world-renown headliners.

The MACC also shows excellent movies every Wednesday at 5:00 and 7:30, ones that you usually won't find in the other theatres here.

Check the website for current movies, or look for flyers around town:

www.mauifilmfestival.com/ccc_index.php

Schaefer International Gallery (in the MACC)

Schaefer International Gallery hosts many distinctive art shows throughout the year. Open Tue - Sun, 11am-5pm. It's free, so take a peek now and then and soak up some inspiring artwork, right in your neighborhood.

lao Theatre in Wailuku (www.mauionstage.com/index.htm)

The lao Theatre is a historic old theatre that puts on plays with primarily local actors.

Check out their website for current plays and events.

Beaches

Since Maui has over 150 miles of coastline, your greatest challenge on Maui will be to choose which beach to visit for the day. But, before you head to the beach, pick up and read brochures *Maui Beach Safety Tips*, by the American Red Cross, and *Beach and Ocean Safety Information*, found at some free information stands around the island.

Be respectful and cautious in the ocean around Maui. Most beaches are safe, but at times, and in certain areas, the ocean can be dangerous. Always swim where there are lifeguards and go to the beach with others. Remember, locals say, "never turn your back on the ocean."

Bicycling

Maui has a spectacular countryside for bicycle enthusiasts, but many of the roads are heavily trafficked and the most interesting roads are often narrow and have bad shoulders. Because of the safety considerations and difficult rides, only experienced bikers should consider bicycling long distances around the island of Maui. Bicycling around town is feasible, but be careful and use caution when riding around Kahului.

Body Boarding / Body Surfing

All you need are the right wave conditions and a sandy beach to have a great time body surfing or body boarding. Always check the conditions first – bodysurfing has led to some serious neck and back injuries for the ill-prepared.

Camping

Maui offers limited camping, and most of it is easily accessible. Camping facilities sit along the coast and amid the scenic forest areas of Haleakala. They range in amenities from house-keeping cabins to primitive hike-in sites. All require camping permits – inexpensive for the county and state parks, free for the national park. Camping permits can be obtained by walk-in application to the appropriate office or by writing.

Canoe Paddling

A part of traditional Hawaiian culture, canoe paddling is an important and enjoyable sport on Maui. There are numerous canoe clubs on Maui you can join, ranging from recreational to highly competitive. Some canoe clubs practice near Kūlanāa’o, in Kahului harbor.

Fishing

The fishing around Maui ranges from very good to excellent. For specific information on the best fishing areas, check out one of the many books on the topic of Maui fishing.

Fishing Charters

A sizeable fleet of charter boats with skilled captains and tested crews is ready, willing, and competent to take you out. Most are berthed at Lahaina Harbor while others are at Ma’alaea Harbor.

Golf

Maui has a wealth of golf courses, ranging from municipal courses to world-class private clubs. Some are along the coast, while others back against the mountains with sweeping views of the lowlands. Listed below are the golf course close to UH OMaui.

Location	Course	Par / Yards
Kahului	The Dunes at Maui Lani	72 / 6,413
Wailuku	Kamehameha Golf Course	72 / 6,469
Wailuku	Waiehu Municipal Course	72 / 6,330

Health Clubs (Kahului)

Name	Phone # / Website	Hours
24 Hour Fitness	150 Hana Highway (808) 877-7474	Mon, 5 am – 11:59 pm Tue - Fri, 12 am – 11:59 pm Sat – Sun, 6 am – 10 pm
Curves for Women	180 E. Wakea Avenue, Unit 1-G (808) 877-7322	Mon, Wed, 5 am – 7:30 pm Tue, Thu, Fri, 5 am–1 pm, 3 pm–7:30 pm Sat, 7 am – 11 am
Maui Family YMCA	250 Kanaloa Avenue (808) 242-9007	Mon – Fri, 5:30 am – 9 pm Sat, 7 am – 7 pm Sun, 10 am – 6 pm

Helicopter Tours

Maui is a spectacular sight from the air. A handful of helicopter companies swoop you around the island. The joyride however can be very expensive.

Hiking

The hiking on Maui is excellent. Most times you have the trails to yourself, and the hikes range from novice to advanced, in a host of ranging environments. For the best information regarding hiking, peruse one of the numerous publications devoted to hiking on Maui.

Horseback Riding

Maui is a great place for those who love sightseeing from the back of a horse. Stables dot the island, so all you have to do is choose the terrain for your trail ride. Unfortunately, none of it comes cheap, but you won't be disappointed by either the quality of the scenery. It is advisable to wear jeans and a pair of closed-toe shoes. Sunscreen and a hat are also recommended on most rides.

Hunting

Maui's game includes wild pigs and feral goats. Hunted birds are pheasant, partridge, francolin, quail, dove, and wild turkey. There are several public hunting sections on the island, and a license is required. For full information, contact the Department of Land and Natural Resources, Division of Forestry and Wildlife Office at 984-8100.

Jet Skis

Jet skis are available to rent in the resort areas of Maui and are rented on a half-hour and hourly basis.

Kayaking

Kayaking has become very popular on Maui. There are kayaking companies that take individuals or groups on guided kayak tours. Also, single and double kayaks are available for rent. If you are renting a kayak with friends, always check conditions, and know your limitations as a kayaker. Wind and ocean conditions on Maui can change drastically without warning.

Kiteboarding

A cross between wakeboarding and flying a kite, kiteboarding is a relatively new ocean sport on Maui. As with windsurfing, conditions on Maui for kiteboarding can be ideal. Always check conditions and know your limitations as a swimmer and a kiteboarder.

Kiteboarding Instruction

Lessons by several shops in Kahului run from a two-hour kite control class to three-hour introductory lessons to a five-day advanced course. For most, the three-hour course works best.

Land Tours

It's easy to book tours to Maui's famous areas, such as Hana and Haleakala. Normally they run either half- or full-day schedules. Land tours can be expensive, but for those individuals interested in a narrated tour of Maui, it can be an enjoyable way to visit different parts of the island.

Museums

Name / Location	Phone # / Website	Hours
A & B Sugar Museum Kahului	(808) 871-8058 www.sugarmuseum.com	Mon - Sat, 9:30am–4:30 pm Sun, closed
Bailey House Museum Wailuku	(808) 244-3326 www.mauimuseum.org	Mon – Sat, 10 – 4 pm Sun, closed
Whale Museum Lahaina	(808) 661-5992 www.whalersvillage.com/ museum/museum.htm	Daily, 10 am – 6 pm

Movie Theaters (Kahului)

Name	Phone	Phone
Consolidated Theatres	Queen Ka'ahumanu S.C.	(808) 873-3137
Maui Mall Megaplex	Maui Mall	(808) 249-2222

Ocean Tours

You haven't really seen Maui unless you have seen it from the sea. Tour boats take you fishing, sailing, whale-watching, dining, diving, and snorkeling. You can find powerboats, sailboats, catamarans, and Zodiac rafts that offer a combination of some or all of these options. There are even a few submarine tour possibilities, where you can see underwater sights without getting wet. The majority of Maui's pleasure boats are berthed in Lahaina, while a substantial number of other boats come out of Ma'alaea Harbor.

Parasailing

Basically, a parasail is a parachute tethered to a speedboat. On the speedboat, a special harness attaches to a parachute. You're put in a life vest and strapped to the harness, which forms a cradle upon which you sit while aloft. Once the boat speeds ahead, you are airborne almost immediately. Parasail rides usually last about 10 minutes.

Scuba and Snorkeling

Maui is as beautiful from under the wave as it is above. There is world-class snorkeling and diving at many coral reefs and beds surrounding the island. For a description of the best scuba and snorkel spots, check out some of the many books devoted to the topic.

Surfing

Maui has a great variety of surfing spots, ranging from beginner breaks to some of the largest waves in the world. Always check conditions first and know your limitations as a swimmer and surfer.

Surfing Instruction

More than two dozen shops on Maui rent surfboards, and perhaps a dozen or more companies and individuals teach the basics of surfing.

Tennis

There are many tennis courts on Maui; however, many of the courts are located in the resort regions of the island. The tennis courts located close to Kūlanāa'o are listed on the next page.

Town	Location	# of Courts	Lights
Kahului	Kahului Community Center	2	Yes
Wailuku	War Memorial Complex	4	Yes
Wailuku	Wells Park	7	Yes

Windsurfing

Maui is considered by many to be the “Windsurfing Capital of the World.” Some of the best beaches for windsurfing are located in Kahului or nearby. Always check conditions first and know your limitations as a swimmer and a windsurfer.

Windsurfing Instruction

Rental equipment can be obtained from numerous shops on Maui, and ranges in price, depending on the quality of the gear. Group or private lessons are available. Remember, it's usually wise to start with a big board and a small sail.

PART III: YOUR HEALTH

Well-being

American Values and Behavior: a brief overview...

Hawaii is part of the United States but its culture is different than “mainland” America. Nevertheless, some basic values and attitudes considered “American” are basic to living in Hawaii:

Individualism. Since the US developed by expanding across frontiers, survival often depended on individual self-sufficiency. Americans traditionally admire independence, self-reliance, and individual initiative.

Informality. Americans are informal with respect to language, dress, and social protocol. People, including professors, may ask students to call them by their first names. Dress is very informal on campus, with T-shirts, shorts and rubber slippers being acceptable attire for both men and women. When someone says “see you later” it does not necessarily suggest a later appointment, but is instead a friendly way to say goodbye.

Friendliness. Americans are sometimes accused of having shallow knowledge of and interest in their friends. Friendships may develop more quickly than in other countries. However, the depth and sincerity of the friendship may be different than you expect.

Honesty and Directness. Americans value honesty and directness over politeness. For example, if you cannot or will not attend an event to which you are invited, it is best to decline graciously, rather than to pretend to accept, just to be polite.

Competition. Americans believe competition is positive and healthy, and that a competitive environment brings forth a person’s best effort. Competition is present in the classroom, in business, and in many forms of American recreation.

Egalitarianism. Americans typically believe all people are created equal and deserve equal treatment, and have equal rights and equal opportunities to develop their own potential. Most Americans admit that such equality is more an ideal than a reality. In addition, Americans generally downplay rank and authority in social situations and may be seen as disrespectful by those from other cultures.

Timeliness. In the US punctuality is considered very important. If someone is expecting you at a certain time, and you know you will be late, making a telephone call to explain is considered courteous.

Gender Roles. Relations between men and women may be very different from what you know in your own culture. The women’s movement of the past several decades has brought new legal attention to discrimination against women, creating changes both in attitudes and in the law. The dress and behavior of women in social situations may initially be difficult for male students, especially when they encounter female faculty and other women in authority positions. International students may also be surprised by open homosexuality.

Prejudice. The US has a diverse population, but many people have rigid ideas about those that are different. One of the ugliest types of prejudice is racism, and despite laws prohibiting it in the public domain, you may see or experience it in Hawaii or other parts of the US.

Problem Solving. Americans typically believe that problems can and should be rationally identified, analyzed, discussed and solved fairly rapidly. Americans feel compelled to confront problems directly, get the facts, talk to those involved, and make a plan of action to change something. Even when a counselor is utilized, the idea is to confront and change the situation. This may offend or frustrate those from other cultures where a more indirect and patient approach is taken, and those who believe some problems have no solution, or are not even problems.

Dating. Dating behaviors are informal and may be vastly different than in your culture. Couples go out or visit each other in their rooms unchaperoned and may even consider it a “date” to study together. Traditionally, men invited women and paid for dates. Today, it is fairly common for a female to ask a man out and for each person to pay (“Dutch Treat”). Dating does not necessarily imply a long-term emotional commitment or sexual involvement.

Values and Behavior in Hawai’i. Values and behavior in Hawai’i are a blend of Asian, Polynesian and Western values and behaviors. You may find less individualism and competition in some groups than would be the norm elsewhere in the US, for example. Humor is a greatly valued part of local culture.

Culture Shock and the Process of Cultural Adjustment

Culture shock is the natural reaction that occurs when we are uprooted from our cultural environment and transplanted into a new situation where the words, gestures, customs, signs and symbols that have previously helped us to make sense of our surroundings suddenly have no meaning or have new meanings. While culture shock implies something immediate, the onset is usually gradual and cumulative.

Managing culture shock. Since culture shock is a natural response, your strategy should be not to avoid it, but instead, how to manage it. Being able to anticipate the feelings you may encounter, and having an understanding of the cycle of adjustment should help minimize much of the difficulty of adjusting to life in the US. While at times it may be an unpleasant experience to go through, adapting to a new culture provides great opportunities for personal growth and development.

Culture Shock typically runs through several phases, which can be helpful to expect, so that you can understand your feelings better.

1. “Honeymoon” stage. When you first arrive, the differences you observe are new, exciting and interesting. You are optimistic and are likely to focus on the positive aspects of your new environment.

2. “Hostility” stage. As some time passes, the differences that were once interesting, have now become obstacles for you to get things done or communicate effectively. You may begin experiencing any of the following feelings or behaviors:

- disorientation and confusion
- acute homesickness for family, friends, and places
- loneliness

- helplessness
- irritability
- sadness and depression
- frequent frustration
- being easily angered
- fatigue
- withdrawing from friends or other people
- self-doubt, sense of failure

3. “Humor” stage. Gradually, you begin to feel more oriented and comfortable in the new culture. Your confidence builds as you start to adjust to the differences and expand your circle of friends.

4. “Home” stage. Don’t underestimate the adjustment that will be required when you return home from your sojourn. People go through a similar series of stages upon re-entry to their home culture.

Making a smooth adjustment: Some suggestions...

Maintain a sense of humor. Be able to laugh at yourself and at the predicaments you get into.

Make an effort to learn about the region where you are staying—its people, religions, customs, history, etc.

Begin to consciously look for logical reasons for anything in the US that seems strange, confusing, or threatening. There is usually a reason why Americans do things differently than in your home country.

Resist the temptation to constantly disparage the host country. You do not have to agree with the way that Americans view things or do things, but constantly criticizing things in your environment will only leave you feeling more miserable, and may make others wonder why you are here.

Other students from your country can be very helpful when you first arrive, but as time goes on, try not to rely solely on them for support.

Find an American who is understanding and sympathetic to your situation, with whom you can share your feelings of confusion. This person can be your “cultural informant” and help explain things to you about American culture and lifestyle.

Don’t forget to participate in activities you would normally do at home (ie. sports, reading, taking baths, etc). These activities will help you manage stress. If those activities are not available here, try to find an activity that gives you the same feeling of happiness or relaxation.

Personal Counseling

Problems or difficulties involving academic work, personal relationships, stress, unhappiness, and individual's view of himself or herself are viewed and treated differently in different cultures.

If you experience difficulties when you are living in your home country, perhaps you would turn to your family or close personal friends for help and advice. During your stay in the US you may be apart from all family and close friends, or you may feel the need to find substitute sources of emotional support.

In the US, many people do not live near their families, and it is not always the custom for Americans to be raised to depend on their families to help solve problems. In many instances, Americans will choose to talk with professional or trained volunteers about problems.

A counselor can help you or determine what the difficulty is, help you see options that you might not have seen, and help you resolve the difficulty. Any conversations you have with a counselor will be treated as confidential.

Counseling can help you sort out confusing thoughts and feelings, increase your self-understanding, change problematic behaviors, and work out solutions to troubling situations. An important goal of counseling is to help you improve your ability to cope with the difficulties and challenges of living. Some of the many reasons students seek counseling include:

- feeling misunderstood if English is a second language
- feeling overwhelmed
- stress caused by academic, economic, family, or social pressures
- feelings of depression, anxiety, or alienation; culture shock
- troubling relationships, loss, grief
- low self-esteem
- concerns about dating and sex, sexual identity, or health
- suicidal thoughts or feelings
- concerns about a friend or family member
- distress caused by harassment or violence

These and other concerns can interfere with your sense of well-being and your effectiveness as a student. If you are experiencing difficulties such as these, you may also wish to come and talk to our counselors at UHMC. Appointments can be arranged directly by calling (808) 984-3278 or MLI will assist you with the process.

Health Care

Unlike many countries, the US does not offer socialized national health care that automatically covers everyone. Medical care in the US is also very expensive and having inadequate or no health insurance can result in catastrophic situations for an individual or his family. Consequently, individuals must secure their own health care insurance.

Many students believe that since they are young and healthy, health insurance is not needed and is a waste of money. However, this is not true. Accidents and illnesses happen to anyone and can occur at any times. Once someone becomes ill or has an accident, they are usually grateful they had health insurance. A single day in a US hospital may cost far more than the health insurance premiums for the entire year!

A note on emergency rooms: If you need to visit a doctor in the evening or on the weekend, be aware that emergency room costs are extraordinarily high. If your care need is not a true emergency, do not go to a hospital emergency room. Instead, find an urgent care clinic or if possible wait until normal business hours to visit the UH clinic or your personal physician.

Saving money on pharmaceuticals and medications: In the US, many common medicines are sold in drugstores, pharmacies, or even grocery and convenience stores “over the counter.” Special medications that are ordered by a physician require a prescription. Prescription medication can be quite expensive, but you can save money by asking for a “generic” rather than a “brand name” drug. The generic drug is chemically identical to the brand name drug.

Going to the Doctor

The **UHMC Campus Health Center** is an approved family planning facility for the state Department of Health, offering low-cost pap tests, birth control options information and administration, pregnancy testing, and prevention and treatment of sexually transmitted diseases. Also provided are physical examinations for school, sports, Department of Transportation, Coast Guard, and others, as well as vaccinations, TB testing and clearance, and smoking cessation programs. Preference is given to those with appointments.

The UHMC Campus Health Center provides:

- TB Clinic: Mon, Tues, Wed, Fri from 9 - 4 pm or by appointment (except Thursdays).
- Other vaccinations: by appointment.

Hours: Monday through Friday 9:00 am - 4:00 pm.

Phone: (808) 984-3493

Location: In the temporary housing over to the far right of campus, off the road. (Close to ocean and Harbor Lights)

Community Clinic of Maui

48 Lono Ave Kahului (808) 871-7772

Kahului Planned Parenthood

140 Hoohana St., Suite 303, Kahului (808) 871-1176

Kaiser Permanente

55 Maui Lani Parkway (808) 243-6050

Maui Memorial Medical Center

This is the main hospital, located off Ka'ahumanu Ave, between Kahului and Wailuku, back over by Kaiser. For emergencies, dial 911.

221 Mahalani, Wailuku (808) 244-9056

Health Insurance & Dental Plans

All students attending MLI are required to have Health Insurance. Students can choose their own insurance company or have Health Insurance from their home country that is valid in the U.S.

University of Hawaii Maui College Health Insurance:

Alternative (meets both Non F-1 and F-1 UH student health insurance standards)

Health or medical insurance is required. Please purchase insurance in your own country and include written proof of your insurance with your application or submit on your first day of class. The University of Hawaii Maui College also offers group insurance for international students through HTH World Wide. Go to the following link: <http://www.hthstudents.com/>. Submit the group access code, GZA-19088, and sign up for your insurance online.

Dental Plans

For more information on dental plans, please visit:

www.hawaiifamilydental.com

PART IV: ISLAND HISTORY

Introduction to Maui

Geography and Geology

After the Big Island of Hawai'i, Maui is the second largest and second youngest of the main Hawaiian Islands. The land was formed from two volcanoes: the West Maui Mountains and Haleakala.

The West Maui Mountains are geologically much older than Haleakala. Lava flows and soil erosion eventually built up a valley-like isthmus between the West Maui Mountains and Haleakala, linking them in their present form. The flat isthmus provides a fertile setting for fields of sugar cane and has given Maui the nickname 'The Valley Island'.

The eastern side of Maui, the larger and the younger of the two sides, is dominated by Haleakala, which has a summit elevation of 10,023 feet. This dormant volcano has a massive crater-like valley containing numerous cinder cones and vents.

The West Maui Mountains dominate West Maui, with Pu'u Kukui, at 5778 feet, the highest point.

Climate

Maui has similar weather to the rest of the Hawaiian Islands. The weather on Maui depends more on where you are than on what season it is.

Maui's southwest coasts are largely dry and sunny, while the northeast coasts and the Kula uplands receive more rain and commonly have intermittent clouds.

Typically, the tradewinds that blow from the northeast drop rain on the windward (northeast) side of Maui, making it very green and lush. However, since the volcanoes of Maui are very high in elevation, the rain clouds brought by the tradewinds are unable to carry the rain to the leeward (southeast) side of Maui, and thus the leeward side of Maui is very dry.

At times, Kona winds will blow from the southeast, creating stormy and muggy weather throughout Maui.

Flora

Maui has a vast array of plants. You can see everything from desert cactus to rainforest exotics.

Plants arrived to Maui:

- 1) By wind, ocean, or birds prior to the arrival of Polynesians.
- 2) With the Polynesian settlers on their voyaging canoes.
- 3) From numerous other regions of the world after 1778.

A very small percentage of the plants found on Maui today were the original plants brought to Hawai'i by wind, ocean currents, or birds prior to the arrival of Polynesians. Today, one of the most well-known of these earliest plants is the koa tree, now very rare in Hawai'i.

Beginning around 350 – 500 AD, Polynesians brought with them a multitude of plants from their previous island homes in the South Pacific. Many of these plants were the plants the Polynesians used in their daily lives for food, medicine, and/or craftsmanship. Some of the most important plants included: taro (*kalo*), sweet potato (*'uala*), coconut (*niu*), banana (*mai'a*), breadfruit (*'ulu*), sugarcane (*ko*), candlenut (*kukui*), pandanus (*hala*), and paper mulberry (*wauke*).

Most of the plants found on Maui today, even many of the plants people most associate with Hawai'i, were introduced from other regions of the world after 1778. Examples of these introduced plants include: pineapple, coffee, macadamia nuts, guava, mango, orchids, and anthuriums.

Since there have been so many introduced species of plants to Maui, most of the native plants of Maui are threatened or endangered. There are great efforts on Maui today for alien plant removal and native plant restoration.

Fauna

With the great isolation of the Hawaiian Islands, the fauna before the arrival of Polynesians consisted of insects, birds, and snails (brought to Hawai'i on the wings of birds).

Perhaps, one of the most well-known examples of these early inhabitants of Maui that can still be seen today is the Hawaiian goose (*nene*). Another important native bird that can be seen today on Maui is the Hawaiian owl (*pueo*).

Also, native to Hawai'i, the Hawaiian monk seal (*'ilio-holo-i-ka-uaua*) and the Hawaiian bat (*pe'ape'a*), can be seen on Maui.

Unfortunately, like the native plants of Hawai'i, much of the native fauna of Maui has become extinct, or is endangered. Efforts to protect the habitat of these precious creatures are a constant challenge on Maui.

The Polynesian settlers brought to Hawai'i with them chickens, pigs, and dogs. Rats were also brought to Hawai'i by Polynesians on their voyaging canoes, although unintentionally.

Today, most of the animal and insect populations of Maui were introduced from other regions of the world after 1778. Prior to 1778, there were no mosquitoes, cockroaches, or centipedes in Hawai'i.

There are at least six birds native to Maui that are found nowhere else in the world. These are the Maui parrot bill, the Maui nuku-pu'u, the Maui creeper, the Maui akepa, the crested honeycreeper, and the po'ouli, all of which are endangered.

Maui also has feral pigs, goats, and game birds, all of which are hunted both for recreational purposes and to control the damage that these introduced species cause to the habitat.

Another troublesome introduced species, the mongoose, also calls Maui home and can occasionally be seen scurrying out of sight from an open area. The mongoose was introduced in Hawaii in 1883 in a failed effort to control rats that were feeding on sugar cane. The undesirable alien feeds on the eggs and fledglings of ground-nesting birds.

Humpback Whales

After spending their summer in Alaska feeding on fish and krill, more than half of the humpback whales in the North Pacific come to Hawai'i for the winter to breed and give birth to their calves. The largest numbers are found in the shallow waters between Maui, Lana'i, and Kaho'olawe.

The peak season for humpbacks in Hawai'i is winter. Some whales arrive as early as November and a few stay as late as May, with most in residence from January to March.

Government

Maui County consists of the islands of Maui, Moloka'i, Lana'i, and Kaho'olawe. The county seat is in Wailuku. The county is governed by an elected mayor with four-year term and nine council members with two-year terms.

Economy

The major industries on Maui are tourism, sugar cane and pineapple production, cattle grazing, and diversified agriculture.

A large portion of the economy on Maui is dependent on tourism, with Maui being the second most frequently chosen Hawaiian destination after O'ahu. Maui attracts about 2.5 million tourists per year, and on any given day there are well over 40,000 visitors on island.

Sugar cane and pineapple production, historically, two of Hawai'i's largest industries, are slowly disappearing from both Hawai'i's economic and physical landscape.

Many of the agriculture industries finding success in today's Hawai'i are specialized niche crops focusing on quality, rather than quantity, and in turn yield a greater per capita revenue return. Some examples include: macadamia nuts, coffee, premium fresh pineapple, specialized vegetables, and tropical flowers.

A great deal of land on Maui is devoted to dairy and beef cattle grazing, particularly on the slopes of Haleakala. The gardens of the upper slopes of Haleakala, around Kula, produce all sorts of vegetables, such as onions, as well as flowers, such as protea.

Population & People

The population of Maui county is approximately 140,000 people and growing, roughly 10% of the state's total population. By percentage, Maui County has no one majority ethnic group, but rather is made up of many different ethnic groups. Maui County is a diverse cultural environment, with the native Hawaiian culture as its centerpiece. Maui is truly a multi-cultural microcosm of the world with many of its local residents claiming ancestry to one or more immigrant groups.

The Hawaiian Language

Hawaiian, one of the world's most melodious languages, has only 12 letters—the five vowels, a (ah), e (a), I (e), o (oh), and u (oo), and the consonants h, l, m, n, p, and w, and ' (glottal stop).

In Hawaii, the directions north, south, east, west, are rarely used. Instead, the terms mauka (toward the mountains), makai (toward the ocean) are used.

Common Hawaiian/Local Words

Aloha	hello, goodbye, love
Mahalo	thank you
Akamai (ah-ka-my)	wise, smart
hale	house
haole (ha-oh-lay)	any foreigner, usually used for Caucasians
hapa	half (as in hapahaole)
heiau (hey-ee-au)	temple, sacred ground
holo holo	going someplace; relaxing
huhū (hoo-hoo)	angry
hui (hoo-ee)	group, club
hula	Hawaiian dance
imu (ee-moo)	underground oven
kai (kye)	sea (hence "makai" means "towards the sea")
kama'aina	old timer, long time resident of Hawaii
kane	man
kapu	forbidden, keep out
kaukau	food (taken from the Chinese word "chowchow")
kokua	to help
kula	school
kuleana	jurisdiction, responsibility; also means home site
lanai	porch, balcony
lei	garland (of flowers)
lokahi	harmony
lu'au	Hawaiian style feast
mu'umu'u	colorful, loose-fitting dress
okole	posterior, your "bottom"
'ono	delicious
pali	cliff, precipice
paniolo	cowboy
pau	to be finished
pau hana	the end of the work day
pilau	dirty, smelly
pilikia	trouble, problem
puka	hole, space
pupu	snack, appetizer
wahine	woman, girl, female
wiki wiki	to hasten, to hurry