GIVE Trip Overview

Hawai'i Excursion + Academic Course



Growth International Volunteer Excursions

The Roots of Change

GIVE Excursion Overview

Your GIVE Hawai'i Excursion is coming up soon, so get ready to be immersed in a fascinating culture and landscape and participate in a variety of locally led projects and responsible travel initiatives to help preserve the unique culture, ecosystems, and wildlife on the Big Island of Hawai'i!

This Excursion Overview includes important information about your upcoming trip. Some of this material may appear familiar, but please read the entire overview as some information may have changed. All the information is important in making sure your experience is as impactful and enjoyable as it can be.

Preparation Reminders Prior to Departure

Passports (Required for Non-USA Passport Holders)

If you are traveling from another country, you must have a passport to travel to and enter America. It is also required that your passport:

- Is a valid passport
- Does not expire for at least 6 months after you return from your host country
- Has sufficient pages for entry/exit stamps

Traveler's Insurance (Required)

GIVE requires all participants to provide proof of traveler's insurance coverage. This ensures that you have coverage if unforeseen events arise such as baggage loss, travel delay, and sickness or injury leading up to your trip.

You can easily purchase insurance from the GIVE website under "Travel Details-Insurance" in the navigation. You can find it directly at this link: go to https://www.givevolunteers.org/prepping-trip/travel-details/#insurance

USA Residents: Although you're travelling within the US, we do still require travelers insurance as it covers you for unexpected events leading up to your trip (i.e. sickness, injury, death) and travel related complications such as baggage or flight delays.

- **Departure & Return Dates:** Be sure to include all travel days (for example, if you're taking a red-eye home, the return date is the day you land back home)
- **Trip Cost:** Must equal the cost of your GIVE trip at a minimum (you can include cost of flights if you wish)

Non-US Residents: Must provide proof of international travel insurance covering the

GIVE Excursion Overview - 2

total trip cost + flight.

If you'd like to purchase from a different provider, then contact us to ensure the coverage meets our minimum requirements. Note that <u>your insurance coverage must include trip cancellation and interruption.</u>

Medications:

You are responsible for providing your own over the counter or prescription medications throughout your trip. This includes allergy medications, anti-inflammatory medications, etc. Please discuss these concerns with your doctor before your trip. If you have asthma (even mild), please do not forget to bring your inhaler. Also, it's a good idea to plan ahead and bring vitamins and over-the-counter medications in case you start to get sick.

If any changes to your health occur, it is critical that you update your Traveler Information in your Volunteer Profile as soon as possible. You can login to your Volunteer Profile from our website at www.givevolunteers.org. If you make any changes within 15 days of your excursion, please notify us by email at info@givevolunteers.org. If you plan to take medications on the trip, please bring the medication name and description to provide to your guides when you arrive, if necessary.

Safety and General Health Concerns:

There is inherent risk in the adventurous nature of GIVE's trips, but we maintain a culture of comprehensive risk mitigation throughout our trips. We aim to minimize risk by employing proactive safety measures and established emergency protocols. Our goal is to facilitate a life-changing experience that is safe, educational, and transformative.

Your trip will be led by experienced GIVE guides with training in Wilderness First Aid, Risk Management, Emergency Response, Mental Health First Aid, and Outdoor Leadership. Additionally, we take necessary precautions and are prepared with adequate resources, such as medical supplies and routes to local hospitals or clinics. We are prepared with a comprehensive risk management plan to respond to any incident(s).

To maintain your general health during the trip, it is important that you take good care of yourself and are physically prepared for all activities outlined in the itinerary. Throughout the trip you will be engaged in strenuous physical activity in a tropical climate. This means that you must constantly be aware of your clothing, hydration, and nutrition. If you do become ill or need to seek medical attention, we can arrange for you to visit a nearby hospital or clinic to receive care.

Flights and Arrival in Kona International Airport (KOA)

Flights:

If you have not already, use our Flight Booking Tool or contact our flight agents at StudentUniverse to book your flight to Kona International Airport (KOA). You can find their contact information on our website under the "<u>Travel Details</u>" tab in the navigation.

Before departure, check your flight information online to **ensure that your flight itinerary has not changed**. If it has changed, contact GIVE immediately to provide us with the updated flight information.

Your flight will land at the KOA Airport on the start date of your trip. Note: if you're traveling internationally, you may be traveling the day(s) before your excursion start date. You need to be in Hawaii on your trip start date.

For your departure, you will depart **on your trip end date**. GIVE's flight agents can provide details regarding preferred itineraries.

You can meet other GIVE participants en route to KOA during your layover(s) or on the plane. To make it easy to identify each other, tie a **green** ribbon or string to your carry-on bag. You can also make a GIVE sign to find other volunteers while in transit to KOA.

Arrival in Hawai'i:

You will receive a Declaration Form on the airplane to complete before entering Hawai'i. You will give this form to an airport staff member upon your arrival. This form will ask you a few questions about your visit to Hawai'i, please answer with the following:

- Purpose of Visit: check the box that says "Vacation"
- Hotel/Lodging Name: Big Island Farms, 47-4667 Honokaa-Waipio Rd, Honokaa, HI 96727
- How did you make your reservation? check the box that says "Travel Agent"
- Destination Phone Number: 808-775-8155

For US citizens, after you exit the plane, follow the signs to baggage claim, collect your baggage and proceed to the arrivals hall where you'll meet you guides.

For non-US citizens, you will receive an immigration form on the airplane. It will need to be completed and provided to a U.S. customs agent upon your arrival. The form will ask you to provide an address of where you're staying in the United States. Please write the same address listed on your Declaration Form (above).

After you pass through customs, you will be in baggage claims. Collect your baggage and proceed to the arrivals hall where you'll meet you guides.

Airport Pickups:

We will have multiple pick-ups on arrival. If you don't immediately see your GIVE staff upon arrival, be sure to wait at the airport until they arrive. Do not leave the airport, stay near the baggage claim or large sculpture next to the airport road between departures and keep an eye out for our staff in a green GIVE shirt!

Transportation to Group Accommodation:

GIVE **will** provide transportation to and from the airport to our accommodations on the **arrival date** and **departure date**. Note that we will not be picking everyone up exactly when they arrive but will schedule pick-ups that are as close as possible to each arrival time. There will be multiple pick-up times based on arrival flights. Your GIVE guides will be waiting for you in the arrivals area. Please do not leave the airport until you have located your guides. It's approximately a 1.5-hour drive from the airport to our accommodations.

We will email you pick up details approximately <u>one week</u> before your departure date confirming pick-up times as well as additional arrival information.

Flight Delays or Cancellations:

If you experience flight difficulties that effect your arrival in Hawai'i, such as delays or cancellations, get yourself rebooked to arrive as soon as possible. You can follow the instructions in the "Travel-Related FAQ's" document, contact your guides via the WhatsApp group and contact GIVE right away by phone or email info@givevolunteers.org in addition to booking agents.

In the event of flight cancellations, unexpected delays, or changes, contact your booking agents or the airlines directly. If you booked through StudentUniverse, contact an agent to assist you with rebooking your flight. Our agents may have access to alternative flights not provided by the ticketing agent at the airport.

StudentUniverse: 1-844-985-4117 GIVE office: +1 (206) 973-7991

If flight changes result in a layover of more than six hours, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances.

Late Flight Arrival:

If your flight is cancelled or delayed and you are unable to arrive to Kona International Airport on your trip start date by 6:00 PM HST, don't worry. Get yourself rebooked on the next available flight. Once you're rebooked, contact GIVE by email at info@givevolunteers.org or call our offices at +1(206) 973-7991 to provide us with your new flight information. We assist you in reserving a taxi from the airport to meet your group; however, you'll want to reserve this prior to landing in Hawaii.

You can also contact your guides through the Whatsapp group and assist you to make alternate arrangements to meet the group, which will be an additional expense outside of the trip cost.

Note that you will be responsible to pay up to \$200 for transportation to our accommodations to meet the group. Depending on the circumstances, your Traveler's Insurance may reimburse you for costs incurred as a result of your flight delay or cancellation.

Reserving a Taxi for Late Arrival

If your flight is delayed and will arrive later than 6pm, you will need to reserve a taxi or rideshare from the airport to the Big Island Farms with any of the following taxi or rideshare companies:

- Holoholo Ride Share
 - Note: you can reserve online at https://rideholoholo.com/ and is available 24/7
- RJay Taxi: (808) 217-5953
 Jun's Taxi: (808) 756-3191
 Dakine Taxi: (808) 329-4446
 Kona Taxicab (808) 324-4444
 - o Note: you can also reserve online at www.konataxicab.com

Please note that all taxi companies close at 11:00pm, so you will need to confirm your reservation with them before 11:00pm if you don't choose Holoholo. Here are the pick-up and drop-off details to share with your taxi company:

- Pick-up Location: Kona International Airport
- Drop-off Location: Big Island Farms 47-4667 Honokaa-Waipio Rd, Honokaa, HI 96727
- Pickup time: Updated flight arrival time
- Make sure to have your flight arrival information, personal information, and payment information to make a reservation.
- Keep records of the transaction to file a reimbursement claim with your traveler's insurance provider.

Make sure to communicate with your GIVE guides about your updated arrival time so they can be ready for your arrival at the group accommodations.

- Be sure to let your GIVE guides know when you:
 - o Land.
 - Leave the airport with your ride.
 - Get to Honoka'a Town (Your driver will know where Honoka'a is, you'll lose reception after this point but it's about 10 minutes from the accommodations).

Important Note:

Any travel expenses outside of the GIVE itinerary are the responsibility of the participants to pay out-of-pocket, including costs associated with delayed and/or interrupted travel to and from the host location. We require all participants to have Travel Insurance that should provide reimbursement for costs if they are within the policy coverage.

It's always a good idea to bring an extra change of clothes, all medications, important documents and money IN YOUR CARRY-ON LUGGAGE in the case of a next day arrival, lost luggage or any other unforeseen circumstances. Our staff will do everything in their power to obtain clothing and appropriate items if your luggage is lost or delayed.

Lost or Delayed Baggage:

If your baggage does not arrive at the airport, do not panic. Go to the lost luggage counter to make a lost luggage claim. Please give the representative your name and phone number to contact you when your luggage arrives. Keep the copy of your lost luggage claim. Depending on the circumstances, your Traveler's Insurance may reimburse you for each day that your bag is lost or delayed.

Money

Money Recommendations During Your Excursion:

Since spending habits vary from person to person, please plan according to yours! GIVE suggests planning to spend approximately \$150-300 USD for purchasing snacks, drinks, souvenirs, etc. in Hawai'i. All drinking water and three meals a day are included during your trip, except for meals on arrival and departures days. Only dinner will be provided on arrival day and only breakfast will be provided on departure day, so plan accordingly.

Communication

Electronics:

We will be spending much of our time in the great outdoors and encourage disconnecting from devices and connecting with the experience as much as possible. Charging outlets will be available but limited at our accommodations so we recommend bringing a portable charger or a car compatible charger, if possible.

Contacting Home:

An important aspect of any GIVE trip is to unplug from your life back home and plug in to the experience. We encourage our participants to disconnect from phones, social

media, and contact with friends and family during the trip to get the most of your time in Hawai'i.

Much of your time will be spent in remote areas of the Big Island where there is <u>limited</u> to no cell service or <u>WIFI</u>. Make sure to inform your family and friends to expect **limited communication** from you during your trip. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to contact home if service is unavailable. GIVE will also contact your emergency contact upon arrival into Hawai'i.

Home Contacting You:

It is important to let your family and friends know **to expect to have limited communication with you**. For emergencies, status updates or general questions, your family can contact the GIVE offices at +1 (206) 973-7991 or email info@givevolunteers.org while you are on your trip. Our GIVE team will relay any messages to you and your guides.

Weather

Come prepared for hot, humid weather throughout the day, sprinkled with short, sometimes heavy, rain showers, as well as strenuous physical activity in the heat. Daily average temperatures range from 85-87 degrees Fahrenheit (29-30 degrees Celsius) during the day and can drop as low as 60 degrees Fahrenheit (16 degrees Celsius) at night. Please see our suggested packing list below for recommendations on what to pack.

The sun is very powerful in Hawai'i, so it is important to bring more than enough <u>reeffriendly sunscreen</u> (*Note: non-reef-friendly sunscreens are banned in Hawai'i, DO NOT BRING THEM*) and a hat to protect you from the sun.

NOTE: We've included an infographic below about Reef safe sunscreen. Unfortunately, some "Reef Safe" labels don't always use the most reef-safe ingredients, so please review this information to only purchase mineral sunscreens that are made from zinc oxide or titanium oxide. Here is a link to a version you can purchase online!

Accommodations

All our accommodations are comfortable and equipped with necessary amenities, such as electricity, bathrooms, hot showers, and comfy beds. Electrical outlets will be in high demand, so we highly recommend bringing your own rechargeable portable battery for charging phones and other small electronics.

Note: you will need to bring your own sleeping bag and towel(s). We recommend a lightweight, quick-drying microfiber towel. You can also bring an extra towel for the beach if you prefer. For the duration of your trip, you will share same sex sleeping

quarters and bathrooms with your fellow participants, so remember to practice the golden rule!

There are 2 main types of accommodation throughout your Hawaii Excursion:

- <u>Big Island Farms (Days 1-5):</u> A 60-acre permaculture farm with screened in bungalows surrounded by a food forest that sleep 3-4 individuals on foam mattresses, in which sleeping bags are a must. On-site is a commercial kitchen, covered outdoor classroom, multiple communal gathering areas, covered outdoor showers, and dry-composting toilets (look these up they're probably not what you're used to but great for the environment!). There is also a small coffee shop on-site that volunteers can visit if time permits. No laundry will be available at these accommodations and charging stations will only be available in communal areas.
- Pahala Plantation Cottages (Days 5-9): The plantation cottages provide a shared house(s) for volunteers. Rooms sleep 2-6 individuals with multiple bathrooms (with regular flushing toilets) at each cottage location. Laundry facilities will be available for this 2nd half of the trip. There will be communal gathering areas for meals and nightly activities as well as access to the small town we'll be staying in. Nearby is a small general store and coffee shop, as well as a small park.

Please remember that you will be staying in rural areas in a tropical climate, which means will likely encounter different weather conditions, insects, and environmental factors than you are accustomed to at home. Rest assured that each aspect of your trip has been thoroughly vetted and designed to keep you safe, happy, and healthy, and your guides will always prepare and advise you on any necessary precautions to take. Please thoroughly review the packing list (page 12) to make sure you're prepared. **Most importantly, come with an open mind and willingness to push yourself outside your comfort zone!**

Meals

You will be provided with drinking water and 3 balanced nutritional meals per day throughout your trip. Please note that, due to airport arrival and departure times, only dinner will be provided on arrival day and only breakfast and lunch will be provided on departure day. We can accommodate most dietary requirements, including vegans, vegetarians, gluten free, etc. Please make sure to inform us of any dietary requirements prior to your trip. If you have not done so already, please inform us ASAP (info@givevolunteers.org).

Meals will be local favorites that are often times new to most people, just like traveling to any other place and experiencing a new food culture, you'll be doing so in Hawai'i as well so be ready to expand your palate with yummy new foods!

Luggage

We encourage you to pack as light as possible! It is required that you bring a travel backpack or duffle bag instead of a hard cover suitcase. Hard cover or rolling suitcases are NOT suitable for the areas we'll be traveling. Here's what we recommend:

- Your carry-on bag: ONE small backpack to use as your day pack for volunteer work, hikes and to carry your smaller items throughout the day.
- Your checked bag: ONE travel backpack or duffle bag is recommended. NO HARD COVER OR ROLLING SUITCASES.

Also, be sure to check with your airline for baggage requirements and fees.

Important Note Regarding Valuables:

When packing your luggage do not put anything valuable in your checked bag. This includes electronics, copies of your passport, expensive jewelry, medications etc. It is best to pack all valuables in your carry-on bag. Pack at least one change of clothes and a small pack of toiletries in your carry-on bag in case your luggage is delayed. Put luggage locks on your checked bag as a safety precaution.

Packing for Your Excursion

People tend to over pack while traveling and we suggest that you challenge yourself to only pack the bare necessities. Our best suggestion is to lay out what you think you need, and only bring half of that. You will realize that you need a lot less than you think once you're on the ground and there are opportunities to buy new clothes from local vendors and project partners. You can also do laundry during the second half of your trip.

Packing Checklist of **REQUIRED** Items (unless otherwise indicated):

General Clothing

- Shirts/Jackets
 - T-shirts and tank tops for daily volunteer work, hikes and relaxing at accommodations
 - 4-5 lightweight long-sleeved shirts that you don't mind getting wet and dirty for protection from the sun, plants and insects on volunteer projects and hikes (2-3 dry-fit shirt recommended shirts that you don't mind getting wet & dirty!)
 - o 1 lightweight raincoat/poncho
 - o 1 lightweight sweatshirt, jacket or sweater
- Shorts/Pants
 - o Athletic/hiking shorts for daily volunteer work, hikes & relaxing at accommodations

- o 3-4 pairs of long work/hiking pants that you don't mind getting wet and dirty on volunteer projects. Light weight, breathable and durable fabrics (optional for sun protection & hiking/volunteering in more insect-prone wet and muddy areas Carhartt pants/leggings work great!
- 2-3 swimsuits
- Underwear and socks (sport or athletic bras recommended)
- Sunglasses
- 1 hat for sun protection
- 1 set of pajamas or comfortable loungewear/sleeping clothes
- 1 nice/casual outfit for our final night celebrations

Footwear

- Sturdy hiking shoes/boots. **IMPORTANT!** Must be durable, closed-toed shoes/boots for volunteer projects and hikes.
- 1 pair of shoes that can get wet (sandals with straps are good for navigating rocky coastlines)

Other Gear

- **MUST BRING** 1 compact lightweight sleeping bag (Summer bags are sufficient, temps can get down to 60 degrees F (15 degrees C) at night)
- 1 small day pack or overnight backpack (*bring a rain cover too if possible*)
- 1-2 towels
 - We recommend 2 towels if you'd like separate towels for the beach and showering
 - A microfiber towel is recommended for quick dry purposes
- 1 refillable water bottle (at least 1L volume recommended)
- Personal toiletries: shampoo/conditioner, face wipes, toothbrush and toothpaste, soap, etc.
- 1 pair of work gloves for volunteer projects
- 1 large bottle of <u>reef-friendly sunscreen</u> (Note: non-reef-friendly sunscreens are banned in Hawai'i. DO NOT BRING THEM.)
 - O NOTE: We've included an infographic below about Reef safe sunscreen. Unfortunately, some "Reef Safe" labels don't always use the most reefsafe ingredients, so please review this information to only purchase mineral sunscreens that are made from zinc oxide or titanium oxide. Here is a link to a version you can purchase online!
- 1 large bottle of <u>natural insect repellent</u>
- 1 headlamp/flashlight and batteries (*Recommended for late night bathroom trips*)
- 1 rechargeable portable battery for charging phones and small electronics (Recommended, but not required. Outlets will be limited at accommodations)
- 1 small waterproof bag to protect electronics & valuables (*Recommended*, but not required. Ziploc bags work great too!)
- Phone or a watch with an alarm clock

- Small first aid kit and supplies (Recommended, but not required. See below.)
 - Vitamins (multi-vitamins, vitamin C, Airborne, Emergen-C, etc.)
 - Personal over-the-counter medicines (fever reducers, gastrointestinal medications, anti-inflammatories, motion sickness medication, etc.)
 - Hand sanitizer/hand wipes
 - o Anti-itch cream/wipes
- A good book (optional)
- Camera (optional)
- Deck of cards or other games (optional)
- Notebook with pens and pencils for personal journaling (optional)

Spending Money:

• Budget \$150-\$300 for souvenirs, snacks, drinks, and personal purchases. We recommend bringing at least \$50 in cash, but there are ATMs throughout the Big Island and most major credit cards are accepted.

Choosing a safe sunscreen

Determining whether a sunscreen is reef-friendly or not is simple: just look at the active ingredients. The only two active ingredients the U.S. Food and Drug Administration considers "safe and effective" are zinc oxide and

titanium dioxide.

Be careful: Many sunscreens labeled as "reeffriendly" or "reef-safe" actually aren't. Always check the active ingredients to be sure!





Visit koha.la/reef-friendly for an up-to-date list of recommended sunscreen products and retailers.



Always remember...

- * Don't stand on, step on, or touch coral: Stay afloat when snorkeling or swimming.
- Give marine life plenty of space:
- Never touch, chase, feed, or harass.



© 2018-2019 The Kohala Genter, Inc. Updated: Nevember 25, 2019

Choosing a safe sunscreen

Determining whether a sunscreen is reef-friendly or not is simple: just look at the active ingredients. The only two active ingredients the U.S. Food and Drug Administration considers "safe and effective" are zinc oxide and titanium dioxide.

Be careful: Many sunscreens labeled as "reeffriendly" or "reef-safe" actually aren't. Always check the active ingredients to be sure!





Visit koha.la/reef-friendly for an up-to-date list of recommended sunscreen products and retailers.



Always remember...

- * Don't stand on, step on, or touch coral: Stay afloat when snorkeling or swimming.
- · Give marine life plenty of space: Never touch, chase, feed, or harass.



© 2018-2019 The Kohala Goster, Inc.





Why does it matter?

Coral reefs in Hawai'i are facing many threats. Research confirms that chemicals found in many common sunscreens, such as oxybenzone, octinoxate, and octocrylene, are harming our marine ecosystems. These chemicals damage coral DNA and larvae, contribute to coral bleaching, and affect the health of algae, fish, shellfish, urchins, and marine mammals.



Chemicals from sunscreens, other pollutants, and rising ocean temperatures are causing the health of coral reef ecosystems to decline at an accelerated pace.

By wearing as much protective clothing as possible, then applying limited amounts of reef-friendly, mineral-based sunscreens where needed, we can all help Hawai'i's coral and marine ecosystems flourish and remain healthy for generations to come.

Why does it matter?

Coral reefs in Hawai'i are facing many threats. Research confirms that chemicals found in many common sunscreens, such as oxybenzone, octinoxate, and octocrylene, are harming our marine ecosystems. These chemicals damage coral DNA and larvae, contribute to coral bleaching, and affect the health of algae, fish, shellfish, urchins, and marine mammals.



Chemicals from sunscreens, other pollutants, and rising ocean temperatures are causing the health of coral reef ecosystems to decline at an accelerated pace.

By wearing as much protective clothing as possible, then applying limited amounts of reef-friendly, mineral-based sunscreens where needed, we can all help Hawai'i's coral and marine ecosystems flourish and remain healthy for generations to come.

It's easy to go reef-friendly!

Follow this guide to reduce your impact on coral reefs while protecting yourself from the sun.



It's easy to go reef-friendly!

Follow this guide to reduce your impact on coral reefs while protecting yourself from the sun.



Itinerary (Sample)

This is a sample itinerary of GIVE's Hawai'i Excursion. Your specific itinerary will almost certainly be modified during your trip. Traveling with GIVE requires flexibility based on weather, wellness of the group, availability of volunteer project partners, and other important factors. We appreciate your understanding and adaptability with the itinerary.

DAY 1

Meet your GIVE guides and fellow volunteers at the airport, and then head to our accommodations (~1.5-hour-drive) near the Waipi'o Valley Lookout, overlooking the Pacific Ocean! That evening, we'll dive into the details of the journey ahead during our group orientation. Trip Commencement: Upon meeting your GIVE guides at Kona International Airport.

DAY 2

After breakfast, head to the Waipi'o Valley lookout to take part in volunteer projects on the rimlands and educational programs designed to revitalize and advance indigenous Kanaka Maoli cultural knowledge and land stewardship. As a volunteer, you will learn the historical and cultural significance of this sacred valley, while helping to preserve the 'āina (land) by clearing invasive species and planting indigenous and native plants. We'll then head to the nearby historic Honoka'a Town to visit local shops and restaurants.

DAY 3

Volunteer at the Niuli'i Lo'i, an inspiring place where ancient, terraced farming infrastructure dating back over 800 years will be worked on. Here, you will learn about the traditional styles of farming while helping to perpetuate cultural practices and enhancing food availability for the community. After finishing up project work, we'll head a short distance away to experience snorkeling along the Kohala coastline.

DAY 4

Spend the morning volunteering at Ho'a, a local nonprofit working to promote and advance Hāmākua agriculture by supporting local farmers, enriching the region's social fabric, and promoting healthy rural lifestyles for the benefit of Hāmākua's communities, economy, and environment. Get your hands in the soil harvesting produce, digging invasive species, spreading organic fertilizer, and planting companion plants throughout the demonstration orchard while learning about agroforestry and other tropical agriculture techniques! That afternoon, we'll take a drive up to Kalōpā Forest Reserve, to learn about the ecology of the native forest while enjoying a short hike before transitioning back to our accommodations for a Farm to Table dinner.

DAY 5

We'll check out of our accommodations in Waipi'o and drive all the way down the Big Island's east coast. Along the way, we'll stop in Hilo to participate in loko i'a (native fishpond) restoration with the Kumuola Marine Science Center all while learning about fishpond practices found no other place on earth. After, we'll travel up the Wailuku River

to check out the culturally significant spots along the river and wrapping up with a visit to an epic lava tube created from an 1881 lava flow. That afternoon, we'll settle into our new accommodations on the SE coast of the Big Island.

DAYS 6-8

On days 6-8, we'll take part in one of a variety of sustainable volunteer projects – removing marine debris from coastlines, helping to restore native fishponds and Hawaiian archeological sites, working on rainforest restoration, and a variety of other locally-led projects. (*Note: your specific project focus will be dependent on scheduling availability with our local volunteer partners*)

After project work, we'll also get to explore lots of incredible sights along the southern coastlines, such as hiking at Hawai'i Volcanoes National Park, relaxing at Kawa Bay and the nearby spring-fed estuary, stargazing on clear nights, and reflecting during the sunset at Ka Lae – the southernmost point of the Hawaiian archipelago. On our final night, we'll gather to prepare a traditional Hawaiian meal together and reflect on an incredible trip!

DAY 9

All good things must come to an end, but these memories and friendships will be with you forever. Say goodbye to your fellow volunteers and head back to the mainland or onto your next adventure!

Trip End: When your GIVE guides drop you off at Kona International Airport or at a mutually agreed upon drop-off location in Kona.

During Your Trip

Do not hesitate to let your GIVE guides know what you need during the course. We are here for you! We want you to work hard, play hard and enjoy this experience to the fullest! GIVE's mission is to inspire growth, empower global citizens, and ignite sustainable change worldwide. With your help, we can turn this vision into a reality!

GIVE Contact Information

Phone USA +1 (206) 973-7991

E-mail info@givevolutneers.org

Skype info.give

Mail 1900 W Nickerson St STE 116 #123,

Seattle, WA 98119

Please contact us if you have any questions or concerns. Thank you and we are excited to see you in Hawai'i!