

GIVE Trip Overview

Hawai'i SCUBA Excursion



Growth International Volunteer Excursions

The Roots of Change

GIVE SCUBA Overview

Your GIVE Hawai'i Ocean Steward Add-on is coming up soon, so get ready to complete your PADI Open Water Certification, volunteer on marine debris removal, learn about coral reef conservation, and dive with incredible marine life along the Kohala Coast! Discover the beauty, biodiversity, and cultural significance of Hawaii's coral reefs, while gaining the skills, certifications, and inspiration to protect these critical ecosystems around the world.

This Add-on 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 smooth, 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:** This is the total amount that you are insuring, which should equal your GIVE trip at a minimum.
 - We *strongly* recommend covering both the cost of your flights and GIVE trip. If you have not purchased flights yet, you can still purchase insurance

and either estimate cost of flights or increase your coverage later.

Non-US Residents: Must provide proof of international travel insurance meeting our requirements and insuring your total trip cost (and flight, if preferred).

If you'd like to purchase from a different provider, then you must confirm you are aware of our coverage requirements and that your policy meets those requirements. Note that your insurance coverage must include trip cancellation and interruption.

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:

Use the 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 “[Travel Details](#)” 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**.

**If you are arriving before your trip start date it is your responsibility to meet the group at KOA for the 1st airport pickup*

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: Waipio Lodge, 48-5380 Kukuihaele 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:

Most of you will be joining the scuba add-on straight from your Hawaii volunteer trip so no pick-up is required. If you are participating in the SCUBA only trip, we will have multiple pick-ups on arrival. If you don't immediately see your GIVE staff upon arrival, be sure to wait in the arrivals hall until they arrive. **Do not leave the arrivals terminal, stay inside the airport and keep an eye out for our staff in a green GIVE shirt!**

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

Flight Delays or Cancellations:

When traveling, unforeseen events can occur and travel may not be exactly how you planned. Just remember, it's all part of the experience! If you experience flight delays, cancellations or other travel-related issues on your trip, don't panic. You have several resources to help get you rebooked and on the next flight.

We will email you a few days before you depart with a list of resources and FAQ's to help you navigate any travel-related issues. Please print this document and/or save it to your phone to easily reference in the event of a travel-related issue.

In the event of flight cancellations, unexpected delays, or changes, here's what to do:

1. Go straight to the gate agent at the airport. They will be the best resource to assist you to rebook your flight. If you're not yet at the airport, skip to step 2.
2. While waiting to speak to the gate agent or if you're not at the airport, call your booking agents or the airlines directly. If you booked through **StudentUniverse**, the numbers are below for after-hours assistance. Our agents may have access to alternative airlines not readily available to the gate agent at the airport.

StudentUniverse: +1-844-985-4117

*If there are other GIVE volunteers, work together and choose one point person to speak with the agent to rebook flights.

3. **After your flight has been rebooked, e-mail your updated itinerary to GIVE.** Make sure to include the airline, number, arrival time, and names of other GIVE volunteers with you with the subject line Urgent: Updated Flights
4. Your guides will make alternative arrangements for your pickup – note that **delayed flights may incur additional pickup fees.**
5. If flight changes result in a layover of more than six hours or if you must pay additional fees for your delay, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances. Additionally, check out the Department of Transportation website to see what you're eligible for due to your cancellation or

delay: <https://www.transportation.gov/airconsumer/airline-cancellation-delay-dashboard>

6. Make sure to keep all receipts!

Talking to gate agents at the airport and calling your flight agents/the airlines are the best resources to rebook your ticket.

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 or by the final pick-up time, don't worry. **Follow the above steps** and email your new flight itinerary to info@givevolunteers.org. You can also post in your GIVE Trip Whatsapp Group so your guides can arrange alternative transportation. 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.

Note that you will be responsible to pay up to \$200-250 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
 - 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:
 - 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 limited to NO cell service or WIFI. 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.

We will occasionally post photos of the group on our Facebook page and other social media outlets during your trip. Let your family and friends know to follow our Facebook page Instagram, and GIVE's other social media sites (@givevolunteers). Please inform your family we will do our best to post photos of your group throughout the trip!

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 [reef-friendly sunscreen](#) (*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.

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!

Your accommodations throughout your Hawaii SCUBA Excursion:

- **Big Island Farms:** 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. Charging stations will only be available in communal areas.

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).**

Breakfast and lunches will be self-prepared. We will provide all the ingredients and supplies, but it'll be up to individuals to prepare their breakfast and lunch for the day prior to leaving for our SCUBA training. Dinners will be local favorites that are often 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):

Our partner dive shop will provide you with wet suits, scuba gear, masks, and fins.

Note: If you are doing the Hawaii Volunteer Excursion before the Scuba Add-on, make sure to cross reference both packing lists and bring everything you need for both trips.

General Clothing

- Shirts/Jackets
 - T-shirts and tank tops for daily activities and relaxing at accommodations (*2-3 dry-fit shirts are recommended*)
 - 2-3 lightweight long-sleeved shirts that you don't mind getting wet and dirty for protection from the sun during the day, as well as plants and insects on our volunteer project (*dry-fit shirt recommended – shirts that you don't mind getting wet & dirty!*)
 - 1 lightweight raincoat/poncho

- 1 lightweight sweatshirt, jacket or sweater
- Shorts/Pants
 - 2-3 pairs Athletic/hiking shorts you don't mind getting wet and dirty for our volunteer project & relaxing at accommodations
- 1-2 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

- 1 pair of comfortable shoes
- 1 pair of shoes that can get wet (*strap sandals 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*)
- 2 reusable facemasks to limit the risk of transmitting COVID-19
- COVID-19 Rapid Self-Test (*strongly recommended*)
 - *Travel/airplanes can cause people to feel stuffy or exhibit cold-like symptoms. This test is recommended in case you feel sick during your trip you can confirm your illness is not COVID-related.*
- Personal toiletries: shampoo/conditioner, face wipes, toothbrush and toothpaste, soap, etc.
- 1 large bottle of [reef-friendly sunscreen](#) (**Note: non-reef-friendly sunscreens are banned in Hawai'i. DO NOT BRING THEM.**)
 - **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.
- 1 large bottle of [natural insect repellent](#)
- 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
 - Anti-itch cream/wipes
- A good book (*optional*)
- Camera, GoPro, and/or underwater 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 “reef-friendly” or “reef-safe” actually aren’t. Always check the active ingredients to be sure!

Look for these active ingredients:

✓ Zinc oxide ✓ Titanium dioxide

Avoid these active ingredients:

✗ Oxybenzone ✗ Octisalate
✗ Avobenzone ✗ Octocrylene
✗ Homosalate ✗ Nanoparticles
✗ Octinoxate

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



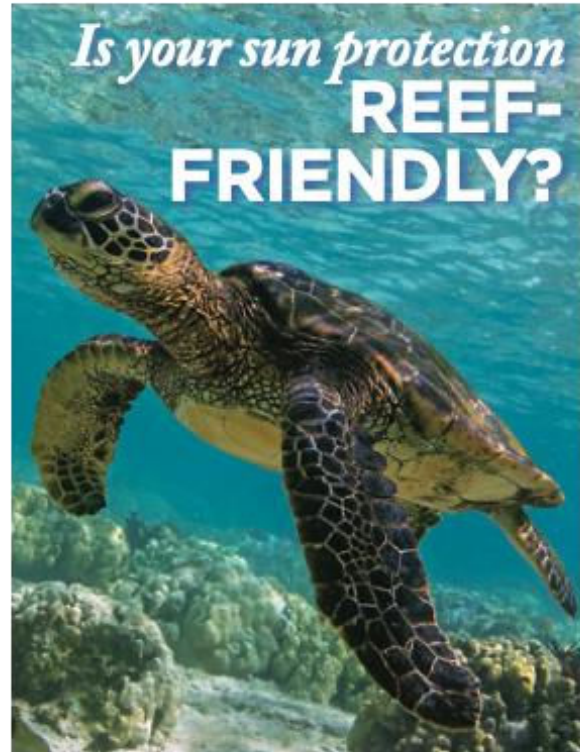
Always remember...

- 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.

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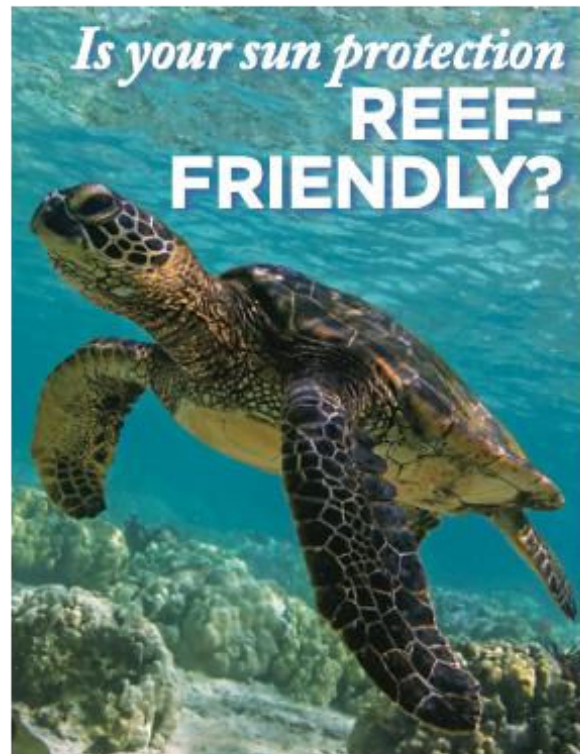
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Why does it matter?

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.



May 1, 2018



February 15, 2019

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.

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It's easy to go reef-friendly!

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



BEST

Hats, sunwear shirts and rash guards, wraps, and board shorts

Zinc oxide
Titanium dioxide

OK

Zinc oxide and titanium dioxide-based sunscreens made without nanoparticles



NEVER

Products containing oxybenzone, avobenzone, homosalate, octinoxate, octisalate, octocrylene, or nanoparticles



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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 afternoon, 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 our dive partner, Kohala Divers to get your pictures taken for your PADI certification cards before diving into the open water pool training. You'll break into groups and rotate through the basics of scuba diving as well as an e-learning review of what was studied prior to the trip. Already Open Water Certified? You'll jump straight into the ocean on day 1 to complete your PADI Advanced Course or other specialties!

Note: you will be required to complete the Open Water or Advanced Theory portion of your course via the PADI eLearning portal prior to your trip. Please let us know ASAP if you have not yet received access to your eLearning.

DAY 3

After finishing your pool training, you'll advance to cruising out to some popular scuba spots on your chartered boat where you'll perform your swim test and complete your first two open water boat dives amidst the beautiful reefs on the coastline of Kawaihae. For anyone that was unable to finish their pool training, no worries, there will be a chance for you to catch up in the afternoon.

DAY 4

Your last two required open water dives will be completed on Day 4 at a couple new dive spots. After finishing and a bit of paperwork, you're officially PADI certified! To remind us of the connection of the land and the ocean, we'll make our way up to an 800-year-old agricultural system to volunteer with the non-profit Aloha Waa, who dedicates themselves to preserving and restoring the wetland agricultural system along one of numerous streams in the Kohala district.

DAY 5

After your 1st PADI certification, you'll start adding to it with the Dive Against Debris and Ocean Defenders certificates. You'll learn of the issues of marine debris while learning how to safely remove any you find while scuba diving. You'll learn how to log your findings and join a network of conservationists dedicated to a healthier ocean.

DAYS 6

On days 6, we'll add to your diving repertoire with a morning classroom session learning about coral reefs and the effects of coral bleaching before you board the boat for your Coral Watch certification practical. As you dive, you'll be able to identify the different types of coral and find the health of the reef. All your data collected will be logged and you'll be able to join an international family of community scientists.

Our goal is to get EVERYONE certified, however, be aware that unexpected situations do come up like bad weather or individual health concerns that would prevent someone from being able to continue with their certification. That being said, our dedicated dive instructors and GIVE staff will work with you and do the best we can to make sure we're able to follow our original itinerary.

DAY 7

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.

Preparation

While you prepare for your diving excursion, you will find it helpful to dedicate some time towards personal fitness, as spending a lot of time underwater can be quite tiring. By no means do you need to be in excellent physical shape for your dive, but instead it is more important to focus on the type of fitness rather than your physical fitness level to prepare to be a diver.

Although you will only be diving a couple of hours per day on diving days, you will spend a lot of time in and around the sea and on the boat, which exposes you to the sun and can be tiring and dehydrating. The best way to be fit and prepared for this is to walk at least 4 hours a week to improve your endurance, practice some core strengthening activities like squats, push-ups, and sit ups, and focus on deep breathing (practicing yoga or meditation a few times a week is a great way to do this!).

Leading up to your dive, it is also extremely important to stay hydrated. Start drinking half your body weight in ounces of water a few days before your dive and keep that up until just before you're diving. Lastly, always be sure to warm up before your dive by

stretching to prepare your muscles for your dive. It only takes 2-5 minutes, and will save you from cramps, tiredness, and soreness during and after your dive.

Like anything else, physical fitness is only half the battle. The other half is mental endurance. Always remember to stay positive to build up your stamina and determination while diving. If you believe, you will achieve!

Required Documents

All divers are required to complete the standard PADI Medical Form as a part of your PADI eLearning. If you haven't yet completed this form, please contact us asap: info@givevolunteers.org, 206-973-7991

A participant who answers YES to any of the questions on the medical form MUST get written permission to dive from a doctor before completing any water activities. You are required to submit a completed medical form to PADI prior to diving, along with a doctor's note if applicable. This must be done prior to departing for your trip, and for any more potentially serious medical conditions (e.g. asthma) you should get permission from your regular doctor who knows your specific medical history.

If you answer **NO** to all of the questions on the form then you do not need to get doctors permission to dive.

PADI Open Water Certification

All divers will take the PADI Open Water Diver Course (full entry level certification). **If you are already PADI Open Water certified, contact us immediately.** You will be able to complete your PADI Advance certification if you've already completed your PADI Open Water. Email at info@givevolunteers.org or phone at (206) 973-7991.

Note: you must complete your PADI Open Water eLearning prior to leaving home. If you have not completed the elearning prior to the trip start date, you will not be able to participate in the first day of diving. Our partner dive shop will send you access codes and login instructions at least 6 weeks prior to your trip start date and it's up to you to complete the elearning on your own time. Budget 5-10 hours to complete the elearning portion.

What If I'm Unable to Dive?

If for any reason you are unable to dive, you can still join all the land-based activities and educational portions of the program and gain a wealth of knowledge about marine conservation. You will also be able to join the rest of your group on the boat and experience some incredible snorkeling while the rest of the group is diving!

Alcohol and Drugs

The use of alcohol and drugs are **strictly prohibited**. You are prohibited from being under the influence of alcohol during your dive course and training. If you are under the influence, you will be unable to dive, and this may result in your expulsion from the program.

Safety

It is imperative that you respect and adhere to the advice and instructions given by your scuba instructors. Scuba diving has inherent risks. Note that you will be required to sign standard PADI liability release documents and safe diving practices at the dive shop prior to diving.

If you answered **YES** to any conditions on your PADI Medical Form, you are **required** to bring a waiver from your doctor to dive. If you have any medical conditions, tell your guide your condition, symptoms, and treatment.

Please understand that the scuba training and diving portions of this program are operated under the care and guidance of our local dive shop, Kohala Divers. While GIVE fully endorses the aptitude and professionalism of the services provided by these instructors, *scuba diving is not operated under the care of Growth International Volunteer Excursions*. Outside of scuba diving hours, a GIVE representative(s) will assume care and guidance.

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

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