



**Young Southeast Asian Leadership Initiative (YSEALI)  
Institute for Natural Resource Managers (INRM)**

Hosted by East-West Center  
April 3 – May 8, 2019

Pre-Arrival Information

East-West Center  
Professional Development Program  
John A. Burns Hall  
1601 East-West Road  
Honolulu, HI 96848-1601 USA  
[www.eastwestcenter.org/susi](http://www.eastwestcenter.org/susi)





# EAST-WEST CENTER

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## EAST-WEST CENTER

### OVERVIEW

- ❖ The YSEALI Institute for Natural Resource Managers (INRM) is funded by the U.S. Department of State's Bureau of Educational and Cultural Affairs and is part of the Study of the United States Institutes (SUSI). The University of Montana Mansfield Center partners with us and oversees the Institutes.
- ❖ Participants were competitively selected by U.S. Embassies in Southeast Asia and Timor Leste
- ❖ The Institute begins April 3 and ends May 8, 2019
- ❖ The first three weeks of the Institute are conducted on O'ahu in the state of Hawai'i. The final two weeks take place in California and Washington, DC.

### VISION

The vision of the Institute is to develop a vibrant network of young leaders equipped to create innovative and positive solutions for 21<sup>st</sup> Century environmental challenges.

### MISSION

During the Institute you will explore how diverse ideas and people in American society collaborate to address environmental challenges. Secondly, you will be exposed to various leadership approaches and become more aware of your own personal leadership style. Lastly, you will build a network of new relationships among each other and with a wide range of Americans to share information and to support future projects in your home community.

### PURPOSE – THE THREE DRIVING QUESTIONS

The purpose of all EWC Leadership Programs is to help participants answer three questions:

1. What is going on? (global environmental issues in the context of different U.S. communities)
2. What type of action is required? (leadership needed to strengthen communities & environments)
3. Where do I fit? (my strengths, style and passion and how to contribute)

### OUTCOMES

Participants will complete the Institute with:

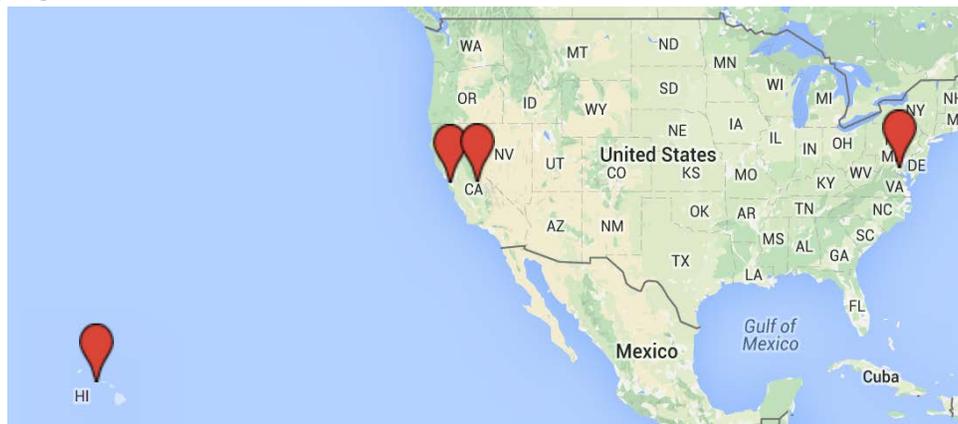
- ❖ Better understanding of the major Institute topics of natural resource management, public health and safety, sustainable development, sustainable agricultural practices, food security, ecotourism, energy generation (new and traditional forms), and water management and treatment.
- ❖ Enhanced understanding of the United States and how environmental movements and policies affect and reflect U.S. society
- ❖ New leadership skills and relationships for creating positive change through developing community and ecological resilience
- ❖ A prototype to implement in your home region

## EXPECTATIONS

The effort and resources given to this Institute necessitate that we all commit 100% to its success. Be aware that the Institute expects a great deal from you, including:

- ❖ timely response to requests for information
- ❖ punctuality to events
- ❖ professional attitude and behavior at all times
- ❖ high effort and quality in assignments
- ❖ full engagement and attendance
- ❖ respect for cultural, national, religious and other identities within the group and among host communities visited on field trips
- ❖ positive attitude and flexibility
- ❖ pro-active pursuit of knowledge
- ❖ openness to sharing and learning from staff and each other

## LOCATIONS



### Honolulu, Hawai'i (on the Island of O'ahu)

The island is an ideal microcosm of the environmental issues the globe faces. Because it is highly food and energy dependent on imports, with most of the earth's ecosystems represented and a hotspot of endangered species, being on O'ahu allows participants to see issues firsthand. Also noteworthy is the cultural diversity in Hawai'i, which, unlike every other U.S. state has no majority ethnic or racial group.

### San Francisco Bay Area and Yosemite National Park, California

The rapid twentieth century development of Northern and Central California offers an instructive case of how American environmental practices, regulations, and public opinions evolve and change over time. Northern and Central California also offer important differences in geography, history, cultures, and environmental change from other parts of the United States.

### Washington, DC

The Washington Field Study, will provide you with greater understanding and direct experiences of the United States from a unique geographical and political perspective. We will explore the landmarks and meet leaders that influence the direction of U.S. policies.

## KEY DATES

- ❖ Wednesday, April 3: Arrival in Honolulu, HI
- ❖ Tuesday, April 23: Travel to San Francisco Bay Area (Oakland), California
- ❖ Friday, May 3: Travel to Washington, DC
- ❖ Wednesday, May 8: Depart U.S. for home countries

## LEAD INSTITUTIONS

### Young Southeast Asian Leaders Initiative – U.S. Department of State

Launched in 2013, the Young Southeast Asian Leaders Initiative (YSEALI) consists of bright young leaders aged 18-25 years from Brunei, Cambodia, Indonesia, Malaysia, Burma, Philippines, Laos, Singapore, Thailand and Vietnam. These young leaders have innovative ideas for tackling what they have identified as their generation's greatest challenges in the ASEAN region: economic development, environmental protection, education, and civic engagement. The United States is partnering with these extraordinary young men and women by providing training and funding to up-and-coming social entrepreneurs.

### Study of the United States Branch - Bureau of Educational and Cultural Affairs, U.S. Department of State

The Study of the U.S. Branch seeks to promote a better understanding of the people, institutions, and culture of the United States by providing short-term academic programs for foreign students, teachers and scholars. Institutes are hosted by academic institutions throughout the United States and include an intensive academic residency and integrated educational tour. Cultural and community activities supplement the participants' understanding of U.S. society.

### East-West Center

The EWC promotes better relations and understanding among the people and nations of the United States, Asia, and the Pacific through cooperative study, research, and dialogue. Established by the U.S. Congress in 1960, the Center serves as a resource for information and analysis on critical issues of common concern, bringing people together to exchange views, build expertise, and develop policy.

## EAST-WEST CENTER STAFF TEAM

We draw on the diverse knowledge and human resources of the United States environmental movement. This includes top researchers and educators at the University of Hawai'i, non-governmental organizations and community members, indigenous groups, business owners, government leaders and students. The core staff team includes:



**Mr. Lance C. Boyd (Senior Experiential Leadership Education Specialist)** is an international leadership educator at the EWC. Lance's experience in Asia includes two Fulbright Fellowships in Japan and Singapore, service as a USAID environmental education consultant for ASEAN, and an Earthwatch funded researcher on insectivorous bats in peninsular Malaysia. In Europe, Lance studied as an undergraduate in Austria, completed a MA at the International School for Humanities and Social Sciences at the University of Amsterdam, and completed a Goethe Institute funded study of the environmental movement in Germany. While working for the University of Colorado's Cooperative Institute for Research in Environmental Science

he also earned a MA in Education Foundations.



**Ms. Lori Concepcion (Program Officer)** coordinates the administration and logistics for the Pacific Islands Leadership Program, North Pacific Women's Action Program, Institutes for Natural Resource Managers, and the Pacific Islands Women in Leadership Program, while also providing support to other Leadership Programs. She was previously a Program Assistant in the Leadership Program. Previously, Ms. Concepcion worked as an administrative technician with Fleet and Industrial Supply Center, Sigonella (Sicily, Italy) from 2009-2011 and as a financial aid counselor at the University of Hawaii at Mānoa from 2002-2008. She received a B.A. in Sociology and a M.Ed. in Education Administration from the University of Hawaii at Mānoa. Ms. Concepcion is a member

of Halau Pua Ali'i 'Ilima and volunteers with PA'I Foundation on various projects including MAMo (Maoli Arts Movement).



**Ms. Bev Honda (Program Assistant)** was born and raised on Oahu. She grew up on her Grandparent's farm deep in Palolo Valley where they had a tangerine orchard along with azalea plants which people purchased for their gardens. She worked at the EWC for 33 years before retiring in 2011. She returned just to work with YSEALI! Bev enjoys meeting and getting to know people from all over the world. She firmly believes that life is too short not to seek out and enjoy new experiences every day. Recently, her brother took her on a trip to Albania, Bosnia, Bulgaria, Croatia, Macedonia, Romania, and Slovenia. Bitten by the travel bug, she looks forward to future adventures.



**Ms. Doris Masser** is the co-founder of travel2change, a 501(c)3 non profit organization connecting travelers with local communities to create a positive impact in Hawaii. She is currently a visiting scholar and lecturer at the University of Hawaii at Manoa at the Shidler College of Business. She teaches business and marketing classes and has won the "Professor of the Semester" award in the Fall of 2017 and 2018. Her research focus is sustainable consumer behavior in tourism. The aim of her research is to explore whether consumers can have meaningful travel experiences outside of the corporate tourism path. Ms. Masser has guided several groups of students and young professionals from Hawaii, South East Asia, and the Pacific Islands through workshops related to starting up impact enterprises. She also mentored peer trainings and helped with curriculum design for educational trainings. She holds two master degrees in Strategic Management and Public Health Management from Universities in Austria, as well as an international Marketing Diploma from UC Berkeley.



**Ms. Christina Monroe (Leadership Program Senior Manager)** designs and delivers a suite of Leadership Programs at the EWC with a focus on leadership capacity building at the individual and organizational levels. Programs include the U.S. State Department-funded Environmental Leadership Institutes (SUSI/YSEALI), Asia Pacific Leadership Program, Pacific Islands Leadership Program, and most recently, Women's Leadership programs. She served as co-chair of the EWC's three-year Sustainability Task Force. Prior to joining the Center, Ms. Monroe was Director of the Service Learning Program at the University of Colorado at Boulder. She holds a certificate in Organizational Consulting and Change Leadership from Georgetown University, MA in social sciences from the University of Amsterdam and BA in sociology from the University of Tulsa.



**Ms. Jeremi PANGANIBAN** is a women's rights advocate who has worked as a program officer at the Women's Legal and Human Rights Bureau, Inc., a women's rights and feminist nongovernmental organization located in Quezon City, Philippines. She earned a Bachelor of Science in Community Development from the University of the Philippines. Ms. Panganiban is passionate about women's rights and community development and strives to strengthen democratic leadership in communities, especially among the marginalized. She is committed to building successful social movements in the Asia Pacific region. Ms. Panganiban is an alumni of the 2016 Asia Pacific Leadership Program and worked with the Leadership Program staff during the 2018 Asia Pacific Leadership Program as Professional Associate.



**Ms. Cheryl Tokita (Program Assistant)** assists the Asia Pacific Leadership Program (APLP) and other Leadership Programs with the administration and logistical side of program-related activities. In addition, she aids the Leadership Program with website maintenance, data visualization, and designing and updating marketing and program materials. Prior to joining the Leadership Program, Ms. Tokita served as Project Assistant with the East-West Center's Asia Pacific Higher Education Research Partnership (APHERP) and Asian Studies Development Program (ASDP) and was an Education Program student assistant. She earned a dual-focus history and East Asian Language & Literature (EALL) B.A. in Asian Studies with a minor in Korean (magna

cum laude, Phi Beta Kappa) and a M.A. in Asian Studies from the University of Hawai'i at Mānoa. Ms. Tokita's Masters research was split between two elements of Korean popular culture: the penetration of Korean pop culture into the domestic-oriented Japanese music market, and the effectiveness of Korean national branding through the creation and longevity of soft power resources.

## ARRIVAL INFORMATION AND ASSISTANCE

We look forward to welcoming you in Honolulu, Hawaii. We will provide transportation at the airport to bring you to the EWC campus. You will check in individually and we will have available snacks and an Orientation Packet.

### FLIGHTS

The University of Montana will purchase your flight to Honolulu, Hawaii and return home from Washington, DC. Flights to California, and Washington, DC, will be arranged for the group by the EWC. We will provide your itinerary soon.

### AIRPORT PICK-UP ASSISTANCE

When you depart from the plane, the airline staff will shuttle all passengers directly to the US Customs & Border Patrol arrivals area. Have your passport showing your University of Montana-sponsored J-1 visa with DS-2019 attached, in addition to a copy of your INRM Fellowship Award Agreement, ready to show to the officer at the passport control desk. If you are asked to state the purpose of your visit to the United States, simply explain that you are taking part in a fellowship program at the East-West Center.

As soon as you have collected your baggage and cleared the US Customs areas, please exit the main international arrivals exit to the right (do **not** use the group tour exit on the left!). Our team will arrange for a EWC staff member to pick you up at the international arrivals area. Your airport pickup details will be confirmed via email shortly.

## HOUSING INFORMATION

### EWC Residence Halls (Honolulu, Hawai'i)



The EWC provides housing for participants in two on-campus dormitories, Hale Mānoa and Hale Kuahine, with approximately 468 rooms. Hale Mānoa and Hale Kuahine generally house the Center's long-term student-fellows, short-term conference participants and other non-Center residents.

Hale Mānoa is a 13-floor student dormitory serviced by two elevators. Certain floors or units are designated for male-only or female-only room assignments. Other areas are co-educational. Rooms are arranged in clusters, with each cluster or unit consisting of a combination of double and single rooms. All rooms have high-speed internet connections. Each living unit has shared bathroom facilities, some of which are co-educational. Communal kitchen facilities and coin-operated laundry machines are located on each common floor. Other amenities include individual mailboxes, daily newspapers in the common area, snack/beverage vending machines, and ice machines. In addition, residents have access to lounges for TV viewing and small meetings or social functions. Hale Mānoa also has a music room with a piano that is shared by residents in both dormitories.

Hale Kuahine is a four-floor student dormitory with no elevator. Physical arrangements are similar to Hale

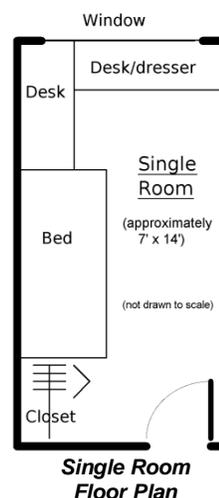
Mānoa, and each living unit has shared bathroom facilities. The communal kitchen facilities, lounge, and laundry machines are located on the ground floor. Hale Kuahine has similar amenities as those listed above.

Smoking is NOT allowed in dormitories. Smoking is allowed 6 meters (20 feet) from the entrance to any building. Additionally, smoking is not allowed anywhere on the campus of the University of Hawai'i (on the other side of East-West Road), these regulations include the use of e-cigarettes.

### Room Furnishings and Services

Rooms contain a desk, dresser, chair, bed, study lamp, telephone, fan, clock radio, bookshelf and closet space. Linen and bedding (including pillow, blanket, bedspread, two sheets, and a pillow slip) are provided. You may want to bring a towel with you from home, or purchase a set from local stores or the housing office using the funds we will provide you for incidental expenses. A towel set is available for US\$8 in the dormitories and includes a bath towel, washcloth, and small bar of soap. Each residence hall has a reception desk with services such as checking persons in and out of rooms, taking messages, providing change for laundry and vending machines, issuing spare keys, maintaining security and providing general information.

The rooms have Wi-Fi. Instructions on how to log onto the Wi-Fi will be provided in the key packet that is given to you on check in. There is also a computer lab with internet access open 24 hours, 7 days a week for participants.



### Room Assignments

Most participants are accommodated in single units with shared bathroom and kitchen (to be confirmed on arrival). Persons with physical limitations should make their needs known to the Program Officer.

Please direct inquiries regarding EWC Housing arrangements to:

Ms. Lori Concepcion, Program Officer  
E-mail: [Concepl@EastWestCenter.org](mailto:Concepl@EastWestCenter.org)  
East-West Center, 1601 East-West Road, Honolulu, Hawai'i, USA 96848-1601  
Telephone: (808) 944-7732, Fax: (808) 944-7070

### Half-Dome Village (Yosemite, California)



Centrally located in Yosemite Valley, Half-Dome Village hosts hundreds of visitors from all over the world each year. The Village consists of a general store, dining hall with vegetarian options serving breakfast and dinner, a pizza shop, a clothing/apparel store, and wood cabins and canvas tents for lodging. Sharing the village with us will be American and international visitors, school groups, outdoorsmen, and park rangers and other groups that work in the Valley.

Participants will be placed in gender specific heated or unheated canvas tents with other participants. The tents have a wooden frame wrapped in canvas and wooden floors and doors. The doors are locked by a key. Electric lights and electric heaters are provided in the tents. Food and all scented items (soap, lotions, etc.) must be stored outside the tent in assigned metal locker boxes. Gender specific bathroom facilities are shared amongst all village guests. Wi-Fi is available in the community lodge in the middle of the Village. A free shuttle provides access to other parts of the Valley including hiking trails.

### Hosteling International (HI) San Francisco Fisherman's Wharf Hostel (San Francisco, California)



Overlooking Alcatraz, the Golden Gate Bridge, and Fort Mason Park, HI San Francisco Fisherman's Wharf hostel offers many amenities such as an on-site café serving organic food and local beer and wine, a movie room with theater-style seating, a free pool table and jukebox, and a lounge with fireplace. Located in a national park, the hostel is walking distance from the Marina District and Fisherman's Wharf.

Participants will be placed in gender specific shared rooms with other participants. Gender specific bathroom facilities are shared amongst all hostel guests. The Hostel provides daily continental breakfast in the kitchen downstairs. The kitchen also provides cookware, dishes, utensils and fridge-storage for guests to store and cook their own meals. Guests are responsible for cleaning what they use. Free Wi-Fi and laundry facilities are also available. Smoking is not allowed inside the hostel. Smoking is allowed 6 meters (20 feet) from the entrance to any building.

### Adam's Inn (Washington, DC)



Adam's Inn is located in the heart of DC in the Adams Morgan neighborhood. The city's main attractions are easily reachable by bus or metro. By taking the DC Circulator Bus from Adam's Mill Road and Columbia Road NW, to Woodley Park-Zoo, you can transfer to the DC Metro and ride to Union Station, a major transit hub which is within walking distance to the National Mall. 18<sup>th</sup> Street NW which is located a block away from Adam's Inn is host to a wide variety of restaurants and eateries.

Adam's Inn consists of two separate and adjacent, 3-floor buildings in a residential area. Some rooms have their own private bathrooms while others make use of shared bathrooms. Daily complimentary breakfast is served each morning in the dining room in the main building where the front desk is located. The dining room is located at the back of the building. Free Wi-Fi is available at the Inn. Laundry facilities are located downstairs in each building. There is a microwave, free newspapers and a television in the lobby of each building. The entire property of the Inn, including outdoor areas, is smoke-free. There are no elevators in either of the buildings.

For the first few days we will be sharing the Inn with a fellow YSEALI cohort hosted by the University of Montana Mansfield Center. While we are together we will participate in joint activities. Similar to us, the Montana Cohort will be ending their program in DC.

## PER DIEM & BOOK/CULTURAL ALLOWANCE

You will receive your per diem and book and cultural allowance for Hawaii on arrival. You will receive your Washington, DC and California per diem prior to departure to California. The per diem money will cover your food, transportation and other program expenses. The book and cultural allowance will be used for recommended materials and activities that will enhance your experience and understanding of the United States. For example, past participants have purchased educational materials in order to run their own workshop for peers on return home. Cultural allowances have been used for experiences such as surfing, a farm eco-tour and some mystery tours which you won't want to miss. You will also receive a mailing allowance.

#### **Special Notes about Spending:**

The staff may request you to contribute funds for a group meal. The cost will not exceed the amount you were provided in the per diem, so no personal funds will be used in these cases. You should spend the allowance on experiences that enhance your understanding and enjoyment of the U.S. Shopping for consumer goods is discouraged because: 1) your time is better spent on natural, outdoor and cultural experiences; 2) reducing consumerism has a positive impact on the environment; and 3) most goods found in the U.S. are available globally and may be purchased at reduced prices or with less tax in your country or region.

## MISCELLANEOUS INFORMATION

### CELL PHONE

Each participant will receive a cell phone for program and emergency communication. The cell phone covers U.S. calls only. The phone can be used for an emergency contact with family in home countries, at the expense of the participant. Participants are responsible for returning the phone and charger in working condition. Participants will be responsible for the cost to replace any lost or damaged phones.

### CULTURAL & RELIGIOUS NEEDS

We will accommodate dietary preferences where possible (vegetarian, halal, etc.) provided in your original application for group meals. We will also inform you of places you can purchase appropriate food on your own. To clarify any special needs, please contact your Program Officer before you arrive. Prayer time will be respected as much as possible. There are mosques in Washington, DC and Hawaii. We also provide a prayer room at the EWC in Hawaii. We do encourage you to tell us your needs, so that we can accommodate you as best we can in the three different locations of the program.

### CULTURE NIGHT / TRADITIONAL DRESS

Participants usually like to have a night during the Institute where everyone makes a dish from their home country to share. Individuals or groups can also share songs, dances or other cultural performances for each other. For this night, as well as a special group picture at the beginning of the Institute, we ask that you wear your traditional dress. If your full dress is large or heavy, just bring some part to represent it (perhaps just the shirt or headdress). You are encouraged to wear traditional dress instead of formal/business dress. Hawai'i and California are informal, so this dress will only be needed for a few events and a meeting in Washington, DC.

### ELECTRICITY

Electricity in Washington, DC, California and Hawaii is 120 volts.



Plug Type A/B



Outlet Type A/B

### HOMESTAYS

Participants will get to experience living with Americans for 2 nights during the Institute. In partnership with the International Hospitality Center, which has placed international students with American families for over thirty years, we match participants with the right home. Usually participants go in pairs. Hosts are informed of all dietary, religious and other requirements. Hosts may have pets but are asked not to allow pets into participants' private rooms. It is often a participant highlight of the Institute.

### MAILING

Please instruct people to send you mail at the following address, then add your mailbox number (given on arrival at EWC):

**Hale Mānoa  
1711 East-West Road, #\_\_\_\_  
Honolulu, HI 96848-1711, USA**

### TIPPING

Some commercial services rely on tips from customers for their salary. You are expected to tip these people based on the quality of their service, because otherwise they receive little income. The most common examples are wait staff at restaurants, room cleaners and bellmen at hotels and taxi drivers. At restaurants if you sit at a table and someone serves you, you are expected to leave him/her an additional 15%-20% of the bill as tip. You should put the cash tip on the table when you leave. If there is a large group, you may see on the bill that it says *18% service charge included*. Be sure to confirm before leaving that it is included. For taxis, you should tip 15%. For cleaners at hotels about \$2/day for each room. If someone helps you with your bag at the hotel, \$1-\$2 is normal. Lastly, if you get a haircut, 10%-20% tip is expected. Tipping is not automatic, therefore you should always receive change for a bill that you have paid unless you gave the exact amount or unless you specified that the waitress, taxi driver or service provider should keep the change.

### U.S. CURRENCY

Below is the most common U.S. currency you will see:

Bills: \$20 dollar bill, \$10 dollar bill, \$5 dollar bill, \$1 dollar bill

Some smaller businesses like a coffee shop or a small convenience store may not accept bills larger than a \$20. Because we will be giving you \$100 bills, you should make sure you have sufficient small bills to use in smaller businesses.

Coins (from left to right): Quarter = 25 cents, dime = 10 cents, nickel = 5 cents, penny = 1 cent

*Note that dimes are smaller than nickels even though they are worth more.*

In Washington, DC you will see the monuments that are depicted on the backs of these bills!



### **JAYWALKING (crossing outside of marked crosswalks)**

All pedestrians are required to cross the street only in marked crosswalks. Pedestrians may cross a marked crosswalk when the “WALK” signal is displayed (typically a white figure of a person walking). Pedestrians may NOT cross when the “DON’T WALK” signal is displayed (typically a red figure of a hand). If no Signal Sign is present at a marked crosswalk, look left and then right to check if any cars are approaching. If a car is approaching, make eye contact with the driver to indicate you intend to cross and wait for the car to stop before crossing. Failure to comply with these rules may result in a modest fine.

### **SEATBELT LAW**

All passengers and driver of a vehicle are required to wear seatbelts. Failure to comply with these rules may result in a modest fine.

### **CROSSING THE STREET AND USING CELL PHONE**

Crossing the street while using cell phones or any other handheld electronic devices can result in a modest fine.

### **NO-SMOKING LAW**

In all public buildings and restaurants smoking is prohibited in all “enclosed and partially enclosed” businesses, state and county facilities, or places open to the public. Smoking is also banned at all state parks (this includes beaches in Hawaii). You must stand at least 6.2 meters or 20 feet from the entryway of a building. The age to purchase and use tobacco products in Washington, DC is 18 years old. In California and Hawai’i it is 21 years old.

## CHECKLIST FOR INCOMING PARTICIPANTS

### PACKING

**Bring no more than one large suitcase. Bring a small bag for short trips, such as the weekend homestay with family.** Large, heavy suitcases are awkward and cumbersome as you negotiate trains, planes, and narrow staircases. Reasonably-sized duffel bags and backpacks are recommended. It is important that you contact your airline to find out about baggage restrictions. For travel within the U.S., the usual allowance is one piece of checked luggage (max 23 kg) and two carry-ons, with specific restrictions for total weight and dimensions of the carry-ons. The EWC will cover the cost of one checked luggage that is within the weight allowance. You will be responsible for the cost of any additional checked luggage including any overweight charges. A second checked luggage typically costs between \$35-\$40 depending on the airline and the charge for overweight luggage is typically \$100 per bag. Be sure to label your luggage (inside and outside) with your name and address.

While each individual will have his or her own tastes and habits, the following is a list of recommended items to bring. Remember that the weather is variable. In Washington it will be cool but dry. **California is dry and cold, especially in Yosemite.** Hawai'i weather will be warm, with the possibility of some rain.

See below for monthly weather forecasts links for each location:

<b>Monthly Weather Forecasts: April – May 2019</b>	
Honolulu, Hawaii (April 3 – April 22) <a href="https://goo.gl/UYuB5P">https://goo.gl/UYuB5P</a>	Yosemite, CA (April 25 – April 27) <a href="https://goo.gl/qGcV8N">https://goo.gl/qGcV8N</a>
San Francisco Bay Area, CA (April 28 – May 2) <a href="https://goo.gl/q1LHWi">https://goo.gl/q1LHWi</a>	Washington, DC (May 3 – May 8) <a href="https://goo.gl/UHcyy4">https://goo.gl/UHcyy4</a>

### WHAT TO BRING

<input type="checkbox"/>	Airline Ticket/ E-Ticket number and copy of schedule (carry when traveling)
<input type="checkbox"/>	Passport valid for at least 6 months beyond entry date to United States
<input type="checkbox"/>	J-1 Visa Form DS-2019 attached to your passport
<input type="checkbox"/>	Cash in U.S. Dollars to cover expenses until Per Diem received
<input type="checkbox"/>	Clothing - expect both sunny and rainy weather in and Washington, DC (11 - 28° C) and Hawai'i (22 - 32° C). San Francisco Bay Area, CA, should be mostly sunny but could rain (12 - 22° C), Temperatures in the Bay Area can vary greatly depending on wind and location. Yosemite, CA, will be dry and cold but there could be chance of snow and rain (8 - 25° C).
<input type="checkbox"/>	Traditional/ indigenous attire – easy to carry version, important for group photo, culture night and public presentations. Can be worn instead of Professional attire (business suit and tie for men; skirted suit or pants suit for women)
<input type="checkbox"/>	Jeans or trousers
<input type="checkbox"/>	Wool sweater or Fleece and warm long pants for possible cold weather in Yosemite (cotton or synthetic fabrics will not keep you warm enough in California)
<input type="checkbox"/>	Water proof jacket or coat
<input type="checkbox"/>	Small bath towel/Wash cloth/soap (EWC dormitory in Hawaii does not provide unless you purchase, US\$6)
<input type="checkbox"/>	Everyday shoes/sandals
<input type="checkbox"/>	One pair sturdy walking shoes for hiking
<input type="checkbox"/>	One pair of dressier shoes (if everyday shoes are unsuitable)
<input type="checkbox"/>	Sunblock and Insect repellent
<input type="checkbox"/>	Lotion and lip balm (required for Yosemite)
<input type="checkbox"/>	Swimwear
<input type="checkbox"/>	A good pair of sunglasses (polarized recommended)
<input type="checkbox"/>	Hat (optional)
<input type="checkbox"/>	Travel alarm clock

<input type="checkbox"/>	Money belt or a pouch to wear under your clothes for valuables
<input type="checkbox"/>	Cosmetics/Toiletries/Sanitary items (if you have brand favorites)/ Lotion for dry skin (Please read carefully the <a href="http://www.tsa.gov">www.tsa.gov</a> link regarding what is allowable in your carry-on for liquids and other items.)
<input type="checkbox"/>	Laptop computer (optional), portable data storage (i.e. flash memory stick), and adapters – all accommodations have Wi-Fi. There is also free 24-hour access to a computer lab at the EWC in Hawaii for all EWC participants.
<input type="checkbox"/>	Adapters for electrical appliances. US voltage is 120 V. Suggest you buy before coming to U.S. (see photo and details previously)
<input type="checkbox"/>	Items that might not be available in US – recipes, spices for cooking, etc. (Note: You cannot bring fresh fruit, vegetables or seeds to Hawai'i due to its agricultural laws and regulations.)
<input type="checkbox"/>	Extra pair of prescription glasses/adequate supply of contact lenses
<input type="checkbox"/>	Any prescription medicines you need to take regularly. Bring enough for the entire length of your stay (health care and medical supplies are very expensive in the U.S.) Note: Please pack your prescription medicines in your carry-on. If it is in liquid form, obtain a doctor's note stating that you need that medication.
<input type="checkbox"/>	Prescription forms from your medical doctor
<input type="checkbox"/>	Reusable water bottle (you can drink tap water everywhere, no need to buy bottled water)
<input type="checkbox"/>	We have many speakers and resource persons, as well as homestay families, involved in the Institute who are very generous in spending their time with the group. In the past, participants have enjoyed having <b>3-4 "thank you" gifts</b> such as small cultural items or souvenirs (i.e. textiles, decorative crafts, or small art objects).
<b>WHAT NOT TO BRING</b>	
<input type="checkbox"/>	<b>More luggage than you can carry on your own!!</b>
<input type="checkbox"/>	Expensive jewelry or electronics that you are afraid will be stolen (petty theft is the most common crime affecting students abroad)
<b>AFTER YOU ARRIVE AT THE EAST-WEST CENTER</b>	
<input type="checkbox"/>	Check into Hale Mānoa or Hale Kuahine (an EWC staff will assist with this process)
<input type="checkbox"/>	Food: The hospitality teams will provide guidance on where to eat and shop (reference <a href="http://ewcparticipantinfo.org/">http://ewcparticipantinfo.org/</a> )
<input type="checkbox"/>	Learn residence rules and emergency procedures
<input type="checkbox"/>	Learn how to use <a href="#">The Bus system</a> (You'll want to go to the Goodwill Shop on Waialae Avenue!). You can download the city bus app for your smart phone called " <a href="#">DaBus2 - The Oahu Bus App</a> " which is very useful. Additionally, studying the area around the East-West Center on Google Maps ( <a href="https://goo.gl/maps/ZXMSb8HkmYk">https://goo.gl/maps/ZXMSb8HkmYk</a> ) can be helpful to orientate yourself to the area where you will be staying.

## USEFUL WEBSITES

- ❖ Department of State - Bureau of Educational and Cultural Affairs - [www.eca.state.gov](http://www.eca.state.gov)
- ❖ YSEALI Institute on Environmental Issues at EWC - [www.susieastwestcenter.org](http://www.susieastwestcenter.org)
- ❖ East-West Center - [www.eastwestcenter.org](http://www.eastwestcenter.org)
- ❖ East-West Center participant information about EWC, dining, bus transportation, etc. - <http://ewcparticipantinfo.org/>
- ❖ Transportation Security Administration - U.S. government site on travel rules - [www.tsa.gov](http://www.tsa.gov)
- ❖ Currency Converter - [www.xe.com](http://www.xe.com)

## LOCATION LINKS

- ❖ Hawai'i Official Visitors Site - <http://www.goHawaii.com/>
- ❖ The Bus - City and County of Honolulu (public transportation) - <http://www.thebus.org/>
- ❖ DaBus2 - The Oahu Bus App (Hawaii only)
  - Apple App Store - <https://apple.co/2n6v9DC>
  - Google Play Android App - <http://bit.ly/2BoTc5V>
- ❖ Honolulu on Google Maps (East-West Center) - <https://goo.gl/maps/ZXMSb8HkmYk>
- ❖ San Francisco, CA Official Visitors Site - <http://sfgov.org/visitors>
- ❖ Yosemite National Park Official Visitors Site - <https://www.nps.gov/yose/planyourvisit/guide.htm>
- ❖ Washington, DC Official Visitors Site - <http://washington.org/>