

ROAD SCHOLAR

Adventures in Lifelong Learning

**Dive in and Discover: Snorkeling in
Palau and Yap**

Welcome Packet

**Program # 18535
January – December 2012**



PACIFIC
ISLANDS
INSTITUTE

Pacific Islands Institute
3566 Harding Avenue, Suite 202
Honolulu, Hawai'i 96816
Phone: (808) 732-1999 Fax: (808) 732-9555
E-mail: info@pac-island.com
Website: www.explorethepacific.com

Table of Contents

PROGRAM SUMMARY	1
PROGRAM GOALS	1
PROGRAM ITINERARY	1
PROGRAM STRUCTURE	1
HEALTH, SAFETY & PHYSICAL CONSIDERATIONS	1
MEDICAL CLEARANCE	2
CDC WEBSITE RECOMMENDATIONS.....	2
A SAFE TRIP ABROAD	3
REQUIRED INFORMATION FORMS.....	4
SUGGESTED READING	4
STUDY SITES.....	5
INDEPENDENT ARRIVALS & DEPARTURES TO HAWAII.....	5
O`AHU.....	6
ARRIVAL: Honolulu International Airport (HNL)	6
ACCOMMODATIONS: Hawai`i Prince Hotel Waikīkī.....	7
KOROR, PALAU	7
ACCOMMODATIONS: Penthouse Hotel Palau.....	8
COLONIA, YAP.....	8
ACCOMMODATIONS: Yap Pacific Dive Resort.....	8
ORIENTATION AND ACTIVITIES	9
ADDITIONAL HAWAII INFORMATION	9
ROOM ASSIGNMENTS	9
PRE- AND POST-PROGRAM ACCOMMODATIONS.....	10
PROGRAM SCHEDULE.....	11
PII ROAD SCHOLAR PROGRAMS.....	13
GENERAL ROAD SCHOLAR INFORMAITON.....	16
INSURANCE.....	16
ROLES AND RESPONSIBILITIES	16
ROAD SCHOLAR MISSION STATEMENT	17
THE ROAD SCHOLAR SPIRIT	18
SUGGESTED READING LIST.....	19

ROAD SCHOLAR

Dear Road Scholar,

“Aloha (Hawai`i) – Alii (Palau) – Mogethin (Yap) ” (WELCOME) to your Road Scholar program. We are delighted that you have enrolled in this exciting educational adventure that will take you to the beautiful islands of Palau and Yap and look forward to greeting you. Most of the people who have participated in our previous programs have described them as “a once in a lifetime experience” or “a unique opportunity, not available to most South Pacific travelers.” If you arrive relaxed, with an open heart and mind, ready to learn, and willing to accept things operating on “local time” rather than exactly to schedule, you will enjoy a wonderful experience with some of the most polite, considerate, and friendly people in the world. The enclosed materials are designed to help you prepare for this very special learning experience.

Please take the time to read the following information thoroughly, as we have tried to include everything that has proven helpful to our participants in the past. These materials are also available online on our website. To access them, open your web browser and type www.explorethepacific.com/18535.asp

This program is sponsored by Pacific Islands Institute. Pacific Islands Institute has been offering Road Scholar group programs in Hawai`i and the rest of the Polynesia, Melanesian, and Micronesian parts of the Pacific since 1989. Through its educational programs, Pacific Islands Institute is dedicated to providing positive cultural interactions; to ensuring our programs are culturally and environmentally sensitive; to involving local people in decision making; and to protecting, sustaining and respecting indigenous cultures and environments. For more information, visit our website at www.explorethepacific.com.

Should you have questions regarding this program, please contact the following organizations depending on the nature of your inquiry:

For registration and general questions:
(9 am – 6 pm eastern time, Monday – Friday)

Road Scholar
11 Avenue de Lafayette
Boston, MA 02111
Ph: (877) 426-8056
Fax: (877) 426-2166
www.roadscholar.org

Specific questions about program:
(8:00 am – 5:00 pm Hawai`i standard time
[2 – 6 hours behind North American
time zones] Monday – Friday)

Road Scholar Program
c/o Pacific Islands Institute
3566 Harding Avenue, Suite #202
Honolulu, HI 96816
Ph: (808) 732-1999
Fax: (808) 732-9555
Email: info@pac-island.com
Web: Explorethepacific.com

Please be ready to give us your program destination and number when you call – e.g: 18535-012712, Palau Yap Snorkeling, as we have programs in many different locations.

For all matters relating to travel between your home and your international gateway, travel from your international gateway to your program country, or pre- or post-program travel plans, please contact Road Scholar's designated *TRAVEL COORDINATOR*, our colleagues at:

Road Scholar Travel Services
999 Putney Road
P.O. Box 6179
Brattleboro, VT 05302-6179
Main Phone number: 802-254-6033
Toll Free Number on International Programs: 800-241-1404
travelinfo@Road Scholar.org

A substantial amount of information is included with this letter. May we suggest that you:

- 1- Read all of the information contained in this mailing;
- 2- Make your airplane reservations with Road Scholar Travel Services
- 3- Complete and mail your information forms to us;
- 4- Ensure that your passport is in order and **does not expire within six months** of your program's departure date; and
- 5- Please mail a clear photocopy of the photograph and information page of your current passport to us, on an 8 ½" x 11" sheet of paper, with your information forms.

On behalf of everyone at Pacific Islands Institute as well as the people you will soon be meeting during the program, we extend our best wishes for a memorable and rewarding learning adventure.

`A Hui Hou – Until we see you soon!



Andrew A. Lockwood
PII Road Scholar Director

Enclosures: Program Information Welcome Packet
Road Scholar Health & Safety Questionnaire
Housing and Transportation Form
General Health Questionnaire

PROGRAM SUMMARY

PROGRAM GOALS

Dive in and Discover: Snorkeling in Palau and Yap

Strung across the Western Pacific like a thousand green emeralds on a sea of blue are the islands of Micronesia, or “little islands.” These islands are steeped in ancient traditions and fascinating legends, and also offer some of the best snorkeling in the world. Dive in and discover two of these sparkling gems — Palau and Yap.

PROGRAM ITINERARY

Independent arrivals by 3:00 pm in Honolulu (HNL), 1 night; fly to Palau, 6 nights; in-flight to Yap, 1 night., arrival Yap, 3 nights; fly to HNL via Guam, independent departures from HNL. Interisland transfer between Honolulu, Palau and Yap included; most ground departures in busses.

PROGRAM STRUCTURE

Begin on the island of O`ahu, to provide an overview to Palau and its marine life. Field trips in Palau include snorkeling in special areas of the Rock Islands, village visit to Airai, Palau International Coral Reef Center, and the Palau Museum. In Yap, visit the island of Rumung, an island that non-Micronesians were forbidden. Lectures are in association with Pacific Islands Institute. Our lecturers are experts in their specific fields of interests and/or docents. For most visits, you will be able to take photos and record your experience.

HEALTH, SAFETY & PHYSICAL CONSIDERATIONS

Please consult with your physician about the physical demands of the program and your participation in it well before departure. If you have any questions or concerns about aspects of the program, please contact the PII Road Scholar office.

This program is rated Activity Level 5. Participants must be in good health, mobile and able to participate in 3-5 hours of physical activity per day, the equivalent of walking up to five miles at a 2.5-mph pace over uneven ground.

Because of the nature of this program, agility is a must. This is an active program with 1.5 to four hours of snorkeling at a time. No previous experience required, but **you must be competent swimmer**. Walks and hikes over rocky terrain with some steep inclines. Although no unusual risks are involved, the program is located in a tropical climate, in areas where roads and paths are not always paved, and there will be times when the group will venture into the forest to study flora and fauna or into the water to study marine life. On some field trips the bus will drive on unpaved roads, which can be very bumpy and can cause some jolting to the body.

Snorkeling skills and experience are not required; however you must be a competent swimmer in order to snorkel. Flotation devices will be available. You may enter and get out of the water as desired. **Participants should be in good health and able to walk at least one-half mile comfortably, and be able to withstand occasional high heat and humidity.** Although no

unusual risks are involved, the program is located in a tropical climate, in areas where roads and paths are not always paved, and there will be times when the group will venture into the forest to study flora and fauna or into the lagoons to study marine life.

MEDICAL CLEARANCE

The U.S. Center for Disease Control (CDC) bulletin states that no special immunizations or medical precautions are required prior to travel to Micronesia . However, if you have not already done so, we would highly recommend that you visit your family doctor and follow his/her recommendations, as he/she knows your personal medical history and current physical conditions best.

CDC WEBSITE RECOMMENDATIONS

The following is excerpted and reprinted from the CDC Website:

The CDC recommends (but does not require) the following vaccines as appropriate for age: (See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.)

- Hepatitis A or immune globulin (IG);
- Hepatitis B
- Rabies
- Typhoid, particularly if you are visiting developing countries; and
- As needed, booster doses for tetanus-diphtheria, and a one-time dose of polio for adults.

You can reduce your chances of getting sick or injured while traveling by following these recommendations:

- Wash hands often with soap and water.
- Use sunscreen with both UVA and UVB protection.
- Prevent mosquito and other bug bites by wearing long-sleeved shirts and long pants; apply insect repellent to exposed skin. You may want to use insect repellents that contain DEET with a concentration of 30%-50%.

What to Pack in Your Personal Travel Health Kit

- Insect repellent containing DEET (diethylmethyldtoluamide), in 30%–50% strength for adults.
- Over-the-counter antidiarrheal medicine to take if you have diarrhea.
- Sun block, sunglasses, and hat or visor.
- Prescription medications: make sure you have enough to last during your trip, as well as a copy of the prescription(s).

As the country we will be visiting is located in the tropics, you should take care that any cuts or insect bites don't become infected. We recommend that you take some antiseptic powder to keep any cuts clean. It seems to work better than ointment in this humid climate.

For more travel health information:

View CDC's Travelers' Health Website at <http://www.cdc.gov/travel>, or call CDC's toll-free voice information system at 1-877-FYI-TRIP. You can also download or order a copy of the CDC booklet *Health Information for International Travel (the "Yellow Book")*.

There are pharmacies, hospitals, and medical personnel everywhere we are going, although access to medical services is limited in some rural areas. Bring your prescription drugs AND a copy of the prescription, as well as hearing aid batteries or glasses prescriptions, if necessary. Bring a pain reliever, laxative, antibiotic ointment, Band-Aids, and either kaopectate, lomotil, or imodium. Please also bring your medical insurance card. Your Group Leader carries a first aid kit.

A SAFE TRIP ABROAD

(Excerpted From U.S. State Department General Notes)

Millions of U.S. citizens travel abroad each year. The odds are in your favor that you will have a safe and incident-free trip. But crime and violence, as well as unexpected difficulties, do befall U.S. citizens in all parts of the world. Safety begins when you pack. To avoid being a target, dress conservatively. A flashy wardrobe or one that is too casual can mark you as a tourist. Avoid the appearance of affluence. Carry the minimum amount of valuables necessary and plan a place or places to conceal them. Your passport, cash and credit cards are safest when locked in a hotel safe. When you carry them on your person, you may wish to conceal them in several places rather than putting them in one wallet or pouch. Avoid hand bags, fanny packs, and outside pockets which are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. The safest place to carry valuables is probably a pouch or money belt that you wear under your clothing.

When you leave the U.S., you are subject to the laws of the country where you are. Learn as much as you can about the local laws and customs of the places you plan to visit. Use the same common sense traveling overseas that you would in an unknown city at home. Be especially cautious in crowded subways, train stations, elevators, tourist sites, market places, festivals, and marginal areas of cities. Don't use short-cuts, narrow alleys, or poorly-lit streets. Try not to travel alone at night. Avoid public demonstrations and other civil disturbances. To avoid scam artists, beware of strangers who approach you offering bargains or to be your guide. Beware of pickpockets. They often have an accomplice who will jostle you, ask you for directions or the time, or distract you by creating a disturbance. Beware of groups of vagrant children. *(This is very rare in the South Pacific; however, be aware of your surroundings in crowded places.)*

Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse snatchers. Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions only from individuals in authority. Do not be afraid to alert authorities if you feel threatened in any way. If your possessions are lost or stolen, report the loss immediately to the local police. Keep a copy of the report for insurance claims. At all times take responsibility for your own safety.

UNITED STATES DEPARTMENT OF STATE STEP (SMART TRAVELER ENROLLMENT) PROGRAM

We would like to suggest that you consider using the Smart Traveler Enrollment Program (STEP), a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows

Americans residing abroad to get routine information from the nearest U.S. embassy or consulate. US citizens can submit their travel information via the STEP website at <https://travelregistration.state.gov> or by emailing them at CAIBRS@state.gov if you have questions.

REQUIRED INFORMATION FORMS

Please be sure to fill out your enclosed Housing/Transportation and Health/Safety Forms. A Risk Waiver is also required for each participant. Those participants traveling together may complete one general Housing/Transportation Form. **However, each program participant must complete a separate Health and Safety Questionnaire. Please send these forms in as soon as possible and no later than 4 weeks prior to your arrival.**

Please provide all details that would be important in the case of an emergency or that could affect your participation in the program. For your health and safety please understand that accurate and complete responses are essential. These forms will be kept on hand with your Group Leader during your program.

When filling out the Housing and Transportation form, **you must print your name exactly as listed on your passport**. There will be a separate space to indicate your “preferred name” for use on nametags and other program materials.

Please send the enclosed forms and any letters requesting further information to:

Road Scholar Program
c/o Pacific Islands Institute
3566 Harding Ave., Suite 202
Honolulu, Hawai'i 96816
Fax: (808) 732-9555
Email: info@pac-island.com

Do not send your travel and emergency information forms to Road Scholar in Boston, as this will significantly delay processing.

If you do not already have a valid passport and must apply for one, please do so immediately and do not wait to send in your forms. You may send us your passport information, once you receive it. Passport application forms can be obtained at your local post office or online at www.travel.state.gov/passport/

SUGGESTED READING

A bibliography of recommended reading materials is included at the back of this packet to enhance your enjoyment of the program. Please check your local library and bookstores for additional titles.

STUDY SITES

The educational program is at the heart of your Road Scholar experience and this section will provide a more detailed outline of what is planned at each study site. Because you will be experiencing a country that is very different from the U.S., we have also provided numerous details about accommodations and meals. International Road Scholar programs are developed very far in advance, so please be aware that the schedule may be modified due to local circumstances and conditions. You'll receive a day-by-day itinerary in the final program packet sent approximately five weeks before departure and an updated schedule during the initial orientation session.

All of our sites offer laundry services and a safe or safety deposit boxes at the front desk. Communication via telephones is available in Fiji. Transportation is in small vans, busses, and 4WD vehicles. Lodging is provided at hotels that are open to the general public, so participants will encounter other travelers at each site.

The meals included in your program cost provide more than sustenance. They also provide an opportunity to enhance your appreciation and enjoyment of other countries and cultures. Meals will consist of local foods prepared according to local tastes. Road Scholar regrets that special dietary requests cannot be guaranteed.

INDEPENDENT ARRIVALS & DEPARTURES TO HAWAII

Important: All the major airlines fly to Hawai`i. If you are making your own plans, look for the best fare and schedule. Be sure to check for possible senior fares or discounts available through the different airlines.

You may want to check the websites of specific airlines, travel websites such as orbitz.com and expedia.com or your local travel agent for flights to Hawai`i. If you would like assistance arranging your air travel to Hawai`i, you may contact the Road Scholar Travel Coordinator Office at: **Road Scholar Travel Services, 800-854-3418, Monday through Friday, 9AM to 6PM Eastern Time or via email to travelinfo@roadscholar.org**

Please check with your specific air provider as to what the luggage restrictions are for your flights to and from Hawai`i and if any additional fees are associated with them. Participants are responsible for paying these fees.

Should you plan to arrive early or to stay longer after your program concludes, we have included, for your convenience, hotel information, rates, and booking information in the pre-post program accommodations section of this packet.

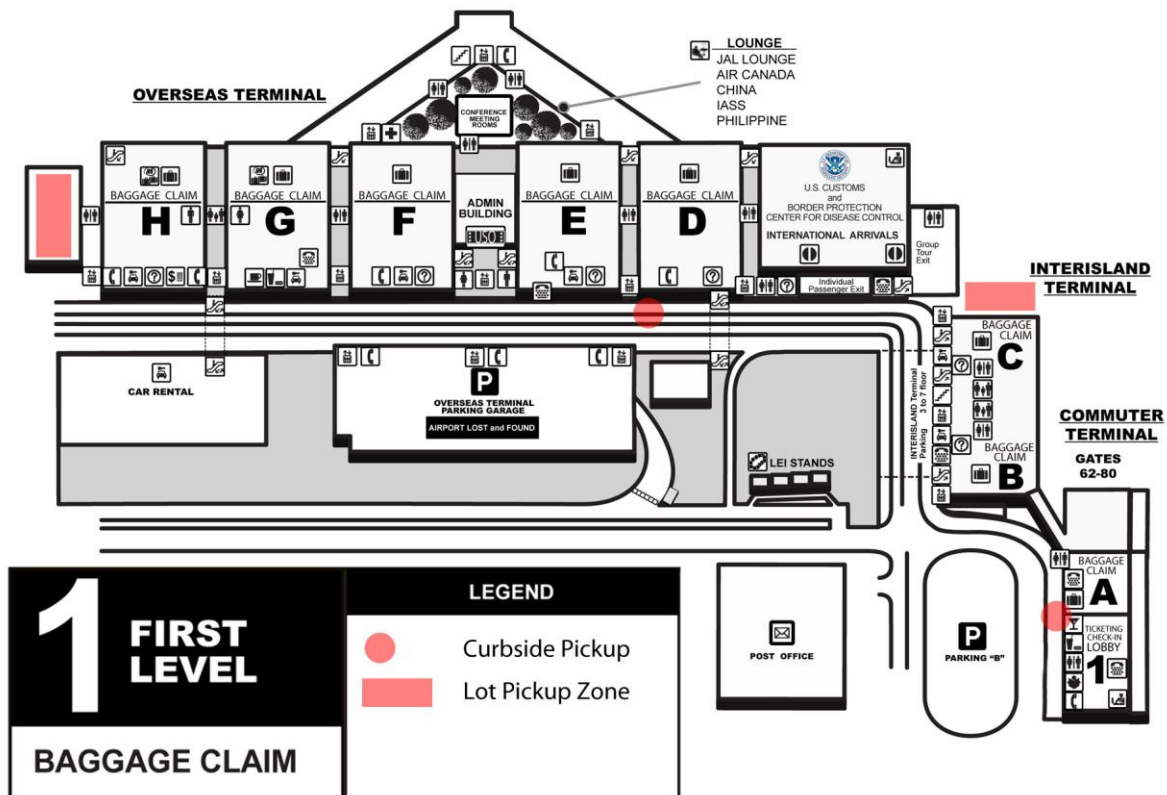
O`AHU

O`ahu is known as the “Gathering Place”. It is the most populated island with over 950,000 residents and is where Honolulu is the Capital City, the principal port, the major airport, and business and financial center, and the educational heart of the State. O`ahu is the military command center of the Pacific. Landmarks include the Nu`uanu Pali, Diamond Head, and Pearl Harbor. Honolulu is a required flight layover en route to Micronesia. By including it in the program, adequate time is included for flight connections, and pre- or post-program nights in Honolulu may be easily arranged.

ARRIVAL: Honolulu International Airport (HNL)

Most flights arriving from the mainland unload their passengers at one of the outer wings of the airport. If this is the case for your flight, you may want to take the Wiki Wiki (Hawaiian for “quick”) tram, which will take you to the main terminal and baggage claim. If your plane lands at the center section, you can easily walk to the baggage claim area.

Unlike the “mainland” (continental USA), hotels in Waikīkī do not provide a complimentary shuttle from the airport to the hotel. After you have claimed your luggage, you will find there are many transportation companies offering service to the hotel.



- Airport Waikīkī Shuttle Service: SpeediShuttle provides door to door service from the Honolulu Airport to Waikīkī. Shuttle stops are conveniently located on the ground level at the tour group areas adjacent to Baggage Claims C (Interisland Terminal) and H

(Diamond Head Terminal), as well as curbside at the Overseas Terminal (between Baggage Claim D and E) and the Commuter Terminal. SpeediShuttle Greeters and Shuttle Attendants wearing red aloha prints are present throughout baggage claim and at each pickup location to arrange your door to door transportation. SpeediShuttle signage is located throughout the terminals and at each pickup zone. Shuttles depart within 20 minutes of check-in with shuttle attendant. Arrival fares begin at \$14.55; Round-trips from \$26.79 – includes a 10% discount on the return segment when booked at the same time as your initial travel (*prices subject to change*). There may be additional charges for oversized or excess baggage [more than 2 bags per person]. For more information contact SpeediShuttle at (808) 839-OAHU (6248) or go online www.speedishuttle.com.

- **Taxi:** Dispatchers are available to assist you immediately outside the baggage claim area. (Approximately \$35.00, available 24 hours a day)

Note: There are other transportation services available; however, not all shuttles service all hotels. Please confirm that the shuttle you intend to hire services the Hawai`i Prince Hotel Waikīkī before making a reservation or buying a ticket. Please have the address of the Hawai`i Prince Hotel Waikīkī (100 Holomoana Street, Waikīkī) with you in case the driver needs it.

-

ACCOMMODATIONS: Hawai`i Prince Hotel Waikīkī

Once the favorite playground of Hawai`i's royalty and their distinguished guests, Waikīkī was almost entirely wetlands at the turn of the 20th century - full of taro patches, rice paddies and fish ponds. Today, it has all the amenities and activities of a major urban center, along with some of O`ahu's most beautiful white sand beaches.

Located at the gateway to Waikīkī, the Hawai`i Prince Hotel Waikīkī overlooks the beautiful, blue Pacific Ocean and the Ala Wai Yacht Harbor. The guest rooms at this AAA Four Diamond property are all oceanfront with floor to ceiling windows. Amenities include shuttle service to Waikīkī and surrounding beaches, valet parking, turndown service upon request, swimming pool, whirlpool, business center, fitness room, expanded channel offerings including free and pay movies, in room mini-refrigerator with bottled water replenished daily, in room safe, hair dryer, iron, bath robe, four restaurants, and free transportation to the hotel's 27 hole championship golf course designed by Arnold Palmer (guests receive preferred tee times and special rates) or to two championship tennis courts.

KOROR, PALAU

The Republic of Palau is an extraordinary archipelago of six island groups famed for incomparable natural beauty on land and undersea. Palau is known for its amazing dive sites and marine life. Its Rock Islands and Jellyfish Lake are beautiful and fascinating areas that are world-renowned for their unique snorkeling experiences. Local experts, village elders, and marine specialists from Palau's Coral Research Center and Koror State Conservation Department lecture on Palau's history, culture and customs, and marine diversity. We also examine the Airai Bai

(traditional men's meeting house). Full-day snorkeling excursions include the spectacular Rock Islands with their abundant marine life, with a short but steep hike to snorkel in Jellyfish Lake.

ACCOMMODATIONS: Penthouse Hotel Palau

Participants will be housed at a quiet, cozy family-owned and run hotel with air-conditioned rooms. Ideally located in the center of Koror, this property has a bar lounge, beauty salon, housekeeping, laundry service, restaurant, room service, and safety deposit box. The hotel restaurant features Palauan cuisine. Each room has a balcony, TV with cable & VCR, in-room telephone (free local calls), refrigerator w/complimentary water, bathtub and shower, and alarm clock radio.

The hotel restaurant is very popular with the local community and is a great place to meet and mingle with Palauans. Most meals will be taken at the hotel with an occasional picnic or local style lunch during field trips.

COLONIA, YAP

Part of the Caroline Islands chain, Yap is a member of the Federated States of Micronesia. It has a colonial history similar to other states, but its own distinctive culture, traditions, and celebrated attractions such as *rai*, giant stone money carved of limestone. Snorkeling in this region is some of the world's best, but little known about by most travelers.

Local experts and professionals lecture on Pacific marine life, history, culture and customs. We interact with locals on a village field trip and explore diverse marine life and mangrove ecosystem during snorkeling field trips. We'll also explore ancient stone paths, unique money banks, and an opportunity to visit the Ethnic Art Institute of Micronesia. A Yapese dance performance is included.

ACCOMMODATIONS: Yap Pacific Dive Resort

Participants will be staying in an intimate resort with 22 air-conditioned rooms. Each room is equipped with 5-star amenities and the hotel is styled in unique 1880's Victorian architecture is reminiscent of the 19th century era of the Clipper Ship trade. The hotel has a panoramic view of Chamorro Bay, Yap Lagoon, and the fringing reef.

The spacious rooms have air conditioning, a ceiling fan, mini bar, TV/VCR, IDD telephone, hardwood floors, and French doors that open onto a patio or veranda. Rooms are accented with hand crafted furniture and original artworks from the Ethnic Art Institute of Micronesia.

Most meals will be served at the hotel. A traditional lunch and a picnic lunch will be served while on field trips.

GENERAL INFORMATION

PROGRAM ARRIVAL AND DEPARTURE POINT

The program begins and ends in Honolulu, O`ahu. On the first day of the program, the Road Scholar registration time is between 3:00 - 5:00 pm at the Hawai`i Prince Hotel Waikīkī. Earlier hotel check-in may be possible if rooms are available. Upon arrival, please proceed to the hotel's front desk to check in. You will then be directed to the Road Scholar registration desk. When you register with your Group Leader you will receive a program booklet, which will detail your daily schedule. Dinner is scheduled for 6:00 pm.

If you arrive after 5:00 pm and miss the Road Scholar program registration, the hotel's front desk will be holding your program materials for you. These program materials will tell you where to find the group when you arrive. You can join the group at that time. If you arrive after dinner, please leave a message for your Group Leader that you have arrived. Orientation will be the next morning.

On the last day of the program, participants will depart from Honolulu International Airport independently after arrival from flight from Guam.

ORIENTATION AND ACTIVITIES

Introductions will take place the first evening after dinner, and the program orientation will take place the next morning.

ADDITIONAL HAWAII INFORMATION

If you would like additional information on hotels, sites of interest, and optional activities, please contact your local travel agent or the Hawai`i Visitors & Convention Bureau at 1-800-GOHAWAII (1-800-464-2924) or visit their website at www.gohawaii.com.

ROOM ASSIGNMENTS

Participants traveling together will be housed together. Those traveling independently will be paired and housed two to a room unless registered for a single room. You will, of course, be with your requested roommate. If you registered with Road Scholar for single occupancy you will be assigned a single room at the hotel and aboard the ship. Couples will generally be assigned a room/cabin with one bed unless otherwise specified on the Housing & Transportation Form. All others will be assigned a room/cabin with two beds unless otherwise specified. Please note that we will do our best to obtain your preferred bedding arrangements, however, there are no guarantees. Rooms will be assigned randomly.

PRE- AND POST-PROGRAM ACCOMMODATIONS

If you wish to stay extra nights before or after your program at the Hawai'i Prince Hotel Waikīkī, please call the hotel directly at (800) 321-6248. Request the special **PII Road Scholar** Group rate. This rate is **based upon availability in the "Run of Ocean" Room Category** and is offered 7 nights prior to and 10 nights after your program. Please note: the rate may vary based on your program dates:

2012 Programs	\$179.00 + taxes
---------------	------------------

*The hotel does have other room categories available which you may wish to consider, but as you will be staying in a "Run of Ocean" room category during the program, if you make a pre-program reservation, you may want to stay in a "Run of Ocean" room to minimize the chance of having to change rooms. This "Run of Ocean" room category rate is the only special room rate we have negotiated.

The hotel requires a credit card to guarantee your room reservation. Credit cards accepted include American Express, Diners, Discover, MasterCard, and Visa. Cancellations must be made at least 72 hours in advance to avoid penalty. The penalty is a charge equivalent to one night's room rate.

One Click Reservation! at the Hilton Waikīkī Beach Hotel

If you are interested in staying at a different hotel on O`ahu prior to your program start, for your convenience, we have set up a quick link to reserve rooms at the Hilton Waikīkī Beach Hotel. Simply copy and paste the following URL into your web browser to book:

<http://www.hilton.com/en/hi/reservations/index.jhtml?hotel=HNLWAHF&corporateCode=N2753090> Rates start at \$ 177.00.

The Hilton Waikīkī Beach is an upscale hotel centrally located one block from famous Waikīkī Beach & in the heart of Waikīkī. This four-star property offers breathtaking ocean or mountain views. All rooms are newly renovated and have air conditioning, refrigerator, 42" flat-screen cable TV, telephone with data port, Hilton Serenity bed, shower only (tub on a request basis) and high-speed internet access (fee). The property has a heated pool, whirlpool spa & a pool-side snack bar. For more information, please visit their website at www.hiltonwaikikibeach.com

PROGRAM SCHEDULE

This *SAMPLE* outline is intended to give you a general idea of how program events are scheduled. The order of elements and island visits may vary from program to program. You will receive a daily schedule upon arrival in Hawai`i.

DAY 1

Afternoon Check in to hotel and Program Registration
 Evening Dinner at hotel
 Welcome, introductions and Program Orientation

DAY 2

Morning Breakfast
 Classes
 Afternoon Lunch on own
 Fly to Guam.
 Dinner in-flight.

DAY 3

Evening- Cross International Dateline and arrive Guam on Day 3. Connect to Palau flight Cross one time zone and arrive Palau.
 Check in to hotel.

DAY 4

Morning Breakfast
 Introduction to Palau
 Afternoon Lunch
 Snorkel Excursion: Nikko Bay
 Evening Dinner

DAY 5

Morning Breakfast
 Full Day Excursion: Snorkeling in the Rock Islands
 Afternoon Picnic Lunch
 Snorkel Excursion Continues
 Evening- Dinner

DAY 6

Morning Breakfast
 Field Trip: Palau International Coral Reef Center
 Afternoon Lunch on own
 Free afternoon and evening
 Evening Dinner on own

DAY 7

Morning Breakfast
 Full Day Excursion: Snorkeling in the Rock Islands
 Afternoon Picnic Lunch
 Snorkel Excursion Continues
 Evening Dinner on own

DAY 8

Morning Breakfast
 Field Trip: Airai Village and Bai
 Afternoon Local lunch
 Afternoon Snorkel: WWII relics
 Evening Dinner

DAY 9

Morning Breakfast
 Field Trip: Belau National Museum
 Afternoon Lunch at hotel
 Afternoon Snorkel
 Evening Dinner
 Late night flight to Yap

DAY 10
 Morning Arrive hotel; check in. Time to rest
 Brunch at hotel
 Introduction to Yap Class
 Afternoon Lunch
 Snorkel Excursion
 Evening Dinner
 Optional Activity: Betel Nut

DAY 11
 Morning Breakfast
 Full Day Excursion: Snorkeling and Yap's Forbidden Island (Rumung)
 Afternoon Picnic Lunch
 Free afternoon and evening for local exploration
 Evening- Dinner on your own

DAY 12
 Morning Breakfast
 Excursion: Yapese Village Visit
 Afternoon Lunch
 Free time
 Cultural Event: Yapese Dance
 Evening Farewell Dinner
 Late night check out, early morning flight to Honolulu via Guam

DAY 13
 Morning Flight to Honolulu
 Afternoon In-flight
 Cross the international date line. You've lost a day. It is now the evening of Day 11 again

DAY 12
 Independent departures on flights to various destinations

NOTE: Day 12 for Program 18535-0127, in 2012 will be Tuesday, February 7, 2012.

Please note: Every effort has been made to ensure the accuracy and completeness of this information at the time of printing. Itineraries are based on our best information at this time. Circumstances beyond our control may require us to adjust itineraries or other details. We regret any inconvenience this may cause and appreciate your understanding.

PII ROAD SCHOLAR PROGRAMS

Pacific Islands Institute also offers other Road Scholar Programs in Hawai`i and the South Pacific. You may wish to consider one of these before or after your program or another time in the future.

In the Road Scholar U.S. & Canada catalog:

Service Learning: Maintaining "Mighty Mo" in Pearl Harbor (#2617): Walk the decks of the historic USS Missouri – the "Mighty MO" – and feel its storied history as the site of the Japanese World War II surrender, a veteran of four wars, and the last battleship to be active in any navy in the world. On this 6-night program, become a part of the Mighty Mo's history as you join the ship's "Teak Crew" of this magnificent vessel.

Hawai`i's National Parks (#2810): A 15-night program in which participants visit national parks, historic sites, wildlife refuges, and state parks on five islands.

Hawaii's Humpback Whales and Marine Environment - Maui (#12140): This 6-night program on Maui, Hawai`i's most popular island has a focus on Maui's humpback whales (Dec-Apr).

Adventure programs are for those who enjoy a more physically active program. Courses include hiking, kayaking, snorkeling, and surfing.

Hawaiian Water Adventure: An Intergenerational Marine Exploration (#4827): This 8-night active program will bring you and your grandchild to O`ahu for 5 nights and to Kona for 3 nights. Swim, surf, sail, and snorkel together and learn about Hawai`i's glorious undersea world and its bountiful ocean treasures.

Maui/Big Island Snorkeling (#18116): Explore Hawai`i's underwater world on this 9-night program with 5 nights on Maui followed by 4 nights in Kona

Paradise Adventure From Mountains to Sea - O`ahu/Maui/Kaua`i (#12294): An 11-night Adventure program with 3 - 4 nights on each island. Focus is on active exploration of Hawai`i's outdoor environment.

In the International Road Scholar catalog:

The Atacama Desert (Chile) & Easter Island: Different Worlds (#3892): Spend 20 days exploring Chile's natural beauty and Easter Island's awe-inspiring monoliths, the moai. This program focuses on the history & culture of the ancient peoples that inhabited these diverse lands.

Below and Above Blue Waters – Snorkeling and Exploring in Fiji (#17863): Learn about Fiji's spectacular coral reefs by snorkeling them and through classes provided by marine experts on this 12-night program. Savusavu is a wonderful easy place to snorkel with its clear warm waters, teeming fish and coral life.

NEW! Easter Island: The Majesty and Mystery of Rapa Nui (#16342): At the turn of the millennium, the island of Rapa Nui — later named Easter Island by a Dutch explorer — flourished with the communities of

early Polynesians. Delve into their legacy and history on this 9-night program as you explore Easter Island and relish in an opportunity to study the monolithic moai that still exist. Meet archaeologists and historians who study these ancient peoples as well as local residents who continue to call this sub-tropical island their home.

Documenting the Past: The Easter Island Archaeology Project (#16289): Join archaeologists and other researchers for a hands-on exploration of one of the world's most mysterious and fascinating places. Learn archaeological research techniques and contribute to a growing body of research to bring the mysteries of Rapa Nui into view.

Dive in and Discover: Snorkel Palau and Yap (#18535): Strung across the Western Pacific like a thousand green emeralds on a sea of blue are the islands of Micronesia, or "little islands." These islands are steeped in ancient traditions and fascinating legends, and also offer some of the best snorkeling in the world. Dive in and discover two of these sparkling gems — Palau and Yap on this 14-night program.

In the Adventures Afloat catalog:

Hawaii on the Horizon: A Transpacific Voyage Into Island Culture and Nature (#16225): On this 16 day program, discover the treasures of this idyllic Hawai`i without the hassle of flying. Onboard lecturers lay the groundwork for your Hawaiian discoveries, as you voyage across the Pacific enjoying the amenities of a full-service ocean cruiser, Holland America's *MS Zaandam*. As you venture to Hawaii Volcanoes National Park, the USS Arizona Memorial, Haleakala National Park and more, experts introduce the people and nature of Hawai`i and the fiery geology that sustains them.

Tropical Splendor: Exploring the Hawaiian Islands (#11513): Spend 3 nights on O`ahu followed by 7 nights on Norwegian Cruise Line's *Pride of America* visiting Maui, the Big Island (Hilo and Kona), Kaua`i, and studying Hawai`i's history, culture, natural environment, and people. Spend days in port and cruise at night.

Submarines, Volcanoes & Tropical Forests: Intergenerational Hawai`i (#12426): With 2 nights on O`ahu followed by 7 nights on Norwegian Cruise Lines' *Pride of America*, visit Maui, the Big Island (Hilo and Kona), and Kaua`i while studying Hawai`i's volcanoes, marine life, culture and traditions with your grandchild.

NEW! A Polynesian Adventure: The Society Islands, Tonga & Fiji (#20360): More than 1,000 years ago, brave navigators set out in ocean-going canoes to explore what lay beyond the horizon of the wide blue Pacific. Recreate their journey on this 17 night program in luxury aboard the *MS Paul Gauguin* as you venture to distinctive islands including the Society Islands, the remote Kingdom of Tonga and three Fijian isles.

NEW! Deep Into French Polynesia: Marquesas, Tuamotus & Society Islands (#20359): Journey through French Polynesia, beginning in Tahiti then sailing aboard the *MS Paul Gauguin* to the Tuamotus and an island so pristine it is considered a biosphere reserve. Explore the mist-covered Marquesas, discovering waterfalls, wild stallions, tiki sculptures and other delights. Plus embark on spectacular shore excursions in the Society Islands.

Following Captain Cook: The Cook Islands & Society Islands (#19387): On this 15- night South Pacific odyssey, spend 3 nights in Tahiti first and then set sail on the *MS Paul Gauguin* to discover the

isle of Huahine, renowned for its spectacular rainforests, experience the unique majesty of the Cook Islands, then return to the Society Islands of French Polynesia for days in alluring Bora Bora, Tahaa, Moorea and Tahiti.

Intergenerational South Pacific: The Future of the Oceans (#19388): On this intergenerational adventure starting with 3 nights in Tahiti and then cruising for 7 nights to the French Polynesian islands of Bora Bora, Tahaa, Raiatea, and Moorea, you and your grandchild — or even three generations if their parent(s) wish to enroll — will have a hands-on, interactive experience of French Polynesia’s marine and island ecosystems. Explore coral reefs, hike rainforest trails and much more. This voyage on the *MS Paul Gauguin* is specially designed to be an exciting and memorable learning experience for all ages.

Heart of French Polynesia: Tahiti & the Society Islands (#19384): Spend your first 3 nights in Tahiti exploring and learning about French Polynesian culture. Then soak in nature’s beauty as you sail for 7 nights on the *MS Paul Gauguin* from Tahiti to the French Polynesian islands of Raiatea and its reef-bound lagoon, its companion island Tahaa, beautiful Bora Bora and Moorea.

Voyage Through French Polynesia: The Islands of Tahiti, Marquesas, And Tuamotu (#14177): Spend 13 days on the *Aranui* freighter, and 4-5 days in Tahiti exploring the archaeology, history, cultures, and natural history of this fascinating part of Polynesia.

French Polynesia Below the Surface: The Society Islands & Tuamotus (#19386): On this 14- night program, experience life below the waves in the Tuamotus, a snorkeler’s paradise where the warm, crystal-clear waters are home to rays, dolphins, sharks and brilliantly colored reef fish. Learn about life onshore in French Polynesia including Tahiti and two lesser-known isles, Huahine and Raiatea as you sail on the *MS Paul Gauguin*.

NEW! Connected Cultures: New Orleans and the Caribbean (#20409): New Orleans has been described as a city whose identity is as much Caribbean as it is American. Experience this cultural connection in the pounding drums, exciting flavors and unique celebrations of the Crescent City. Then explore the Caribbean for yourself during a voyage on a Norwegian cruise ship to ancient ruins and modern communities of Mexico, Belize and Honduras.

NEW! The Great West: California to Canada by Sea and the Rocky Mountaineer (#20450): Experience the majesty of the west on a journey up the coast by sea and through the Canadian Rockies by rail. Encounter First Nations people and Vancouver’s thriving Chinese community. Then take an incredible journey on the Rocky Mountaineer, a luxury train that operates during the day so you enjoy every spectacular view of the Rocky Mountains, lakes, forests and wildlife through its large picture windows.

If any of these programs interest you, please contact Road Scholar at (877) 426-8056 or www.roadscholar.org for further information. PII Road Scholar can be reached at (808) 732-1999 or explorethepacific.com but other organizations in Hawai`i also offer Road Scholar Programs.

GENERAL ROAD SCHOLAR INFORMATION

INSURANCE

As explained in the “Welcome to Road Scholar” brochure that was included with your enrollment notice, your program cost includes the Road Scholar “Travel Assistance & Insurance Plan.” The primary purpose of this plan is to provide 24-hour assistance for medical and other emergencies. In addition, this plan provides insurance coverage in the event of accidental death or dismemberment. This plan also provides limited, supplemental, medical, and baggage insurance. Please read the Road Scholar brochure carefully to understand what is involved.

You should review your personal insurance policies and the scope of this insurance plan to determine whether, together, they provide adequate coverage for your individual needs. The Road Scholar “Travel Assistance & Insurance Plan” applies for the program dates published in the catalog or subsequent notices. Independent travel (before, during, or after the published program dates) is not covered.

ROLES AND RESPONSIBILITIES

Many people cooperate to make Road Scholar programs a success. Following are the roles and responsibilities of key organizations and individuals involved.

Program Coordinator: the organization(s) that develops and administers programs under Road Scholar guidelines. Your Program Coordinator is Pacific Islands Institute (PII). PII is responsible for the quality and performance of all program-related staff and for all program content and related activities.

Group Leader: the person who travels with, and oversees, the group throughout the program. The Group Leader accompanies the group during scheduled activities, assists with rooming, participant concerns, emergency situations, and provides assistance with logistics as needed to both participants and program staff. While well-informed, the group leader is not usually part of the program’s educational staff.

Educational Staff: lecturers are drawn from the local community on each island and are selected for their expertise on the subject area being studied, as well as for their communication skills. Lecturers have a wide range of backgrounds.

Road Scholar Participants: program participants also have certain responsibilities. We have endeavored to present sufficient information in the catalog and on Road Scholar’s website (www.roadscholar.org) for participants to make intelligent decisions as to which programs are suitable for your personal health condition and individual circumstances.

Since Road Scholar does not conduct screenings for fitness prior to enrollment, it is your responsibility as a participant to inquire about any aspects of the program that may be of doubt or concern and to consult your health care provider(s) as appropriate regarding your ability to deal with the demands involved. It is also your responsibility to prepare for the program by carefully reading the preparatory materials and following any recommendations.

ROAD SCHOLAR MISSION STATEMENT

Road Scholar is the new name for the programs developed and offered by Elderhostel, Inc., the not-for-profit world leader in lifelong learning since 1975. Our mission is to empower adults to explore the world's places, peoples, cultures and ideas, and in so doing to discover more about themselves. A fellowship of learning and the joy of discovery are the hallmarks of the Road Scholar experience.

Road Scholar programs bring together instructors and participants from diverse backgrounds to foster dynamic interaction, engaging discourse and warm camaraderie. In a world that seems to shrink smaller by the day because of technology, we believe that true insight and understanding are still sparked by hands-on experience and open discussions that stimulate the senses, energize the body and challenge the mind. We are committed to continually developing new program destinations, topics and formats to reflect the shifting realities and emerging trends of our ever-changing world.

THE ROAD SCHOLAR SPIRIT

We believe learning is a lifelong process – that sharing new ideas, challenges, and experiences is rewarding in every season of life. Participants come together as an assortment of diverse individuals who share a passion for learning. This common bond creates a rich environment for intellectual and personal growth, a supportive group spirit, and opportunities for making new friends. Some important things to remember:

- Road Scholar is educational – participants are considered students, not tourists.
- Programs are not for credit but for the enjoyment of learning.
- There is no homework and no exams or grades.
- No special educational background is needed or required.

At the core of our programs are liberal arts courses designed to stimulate your thinking and increase your knowledge. In addition to background lectures and discussions, we also provide fascinating field trips, excursions, and enrichment activities for a balanced schedule of active learning and doing.

Our budgetary guidelines are to seek the best value at the best cost. Just as you will be sensitive towards other cultures and customs, we trust you will be adaptable with respect to meals and accommodations that may be quite different from what you are used to at home. Accepting and dealing positively with such differences will greatly enhance your appreciation of the experience.

You will also encounter a wonderful diversity of people in the group who may span several generations and get to know folks with distinctive histories, interests, and levels of physical ability. Wherever you fit into the mix, you will be respected as an “elder” in the best sense of the word – someone who has attained wisdom and a wealth of life experiences. For these reasons, we look forward to your full participation and the enrichment it will provide. Should you find that some activities are beyond your abilities, you have the option of relaxing on your own.

There will some free time to pursue individual interests, take care of personal business, sightseeing on your own, shopping, laundry, etc. Because you are a vitally important part of Road Scholar, we ask that you undertake any independent touring or visiting friends/relatives either before or after the program.

Successful participants are friendly, active, adaptable; able to function independently and as members of the group; know how to deal flexibly with unexpected circumstances and changing conditions; are able to pace themselves and be tolerant of others who move at a different pace; and have a sense of humor. Having an attitude of openness towards new people, places, and customs may be the most significant factor in enjoying the program. On behalf of our staff and esteemed associates, best wishes for an outstanding adventure in lifelong learning!

SUGGESTED READING LIST

(Please note: Some of the books may be highly specialized and some libraries may not carry them. We recommend checking online sites like amazon.com to check if they are available for purchase.)

Highly Recommended

The Edge of Paradise, America in Micronesia, P. K. Kluge
1993 PAPER 244 PAGES

The insightful, personal memoir of a Peace Corps volunteer in the American possessions in the Mariana, Caroline and Marshall Islands of Micronesia in 1967, including Truk and Ponape.

The Snorkeler's Guide to the Coral Reef, From the Red Sea to the Pacific Ocean, Paddy Ryan, Peter Atkinson (Photographer)

1994 PAPER 184 PAGES

An illustrated overview of coral reefs, coral reef fishes, invertebrates and plants of the Indian and Pacific Oceans, this compact book is an excellent resource for anyone thinking of exploring the underwater world.

Moon Handbook Micronesia, Neil Levy

2003 PAPER 384 PAGES

A thorough introduction to the land, history, and culture of Micronesia, including Guam and Palau. It includes good practical detail on getting around, where to go, and where to stay. With maps and a few black-and-white drawings and photographs. (PAC40, \$17.95)

Reference Map of Oceania, the Pacific Islands of Micronesia, Polynesia, Melanesia, James A. Bier

2006 MAP

This outstanding double-sided map shows both an overview of the western Pacific at a scale of 1:17,460,000 and 52 detailed inset maps of the principal islands and island chains

Also recommended:

Arts of the Pacific Islands, Anne D'Alleva

1998 PAPER 176 PAGES

A brief overview of the well known textiles, sculptures, jewelry, paintings, architecture and dance of the Pacific Islands. This handsomely produced paperback covers the diversity of Polynesian and Micronesian art — and the cultures that produce it.

Seabirds of the World, A Photographic Guide, Peter Harrison

1996 PAPER 317 PAGES

Pack this book with your Dramamine; our 10-year-old copy has been everywhere. It's a definitive, compact guide to all the worlds seabirds, featuring 740

photographs. Harrison helpfully includes a key to those confusing tubenoses (albatrosses, petrels etc).

On the Road of the Winds, An Archaeological History of the Pacific Islands before European Contact, Patrick Vinton Kirch
2001 PAPER 424 PAGES

An excellent scholarly review of the prehistory of Oceania. Kirch draws on his own research in the region to document the development of human society in the Pacific.

The Island of the Colorblind, Oliver Sacks
1997 PAPER 320 PAGES

Sacks examines an unusually large population of colorblind people in the remote Pacific.

A Field Guide to the Birds of Hawaii and the Tropical Pacific, H. Douglas Pratt
1987 PAPER 409 PAGES

An outstanding field guide with chapters on the islands and habitats, superb color plates, and a checklist of birds by island group.

Coral Reef Fishes, Ewald Lieske, Robert Myers
2002 PAPER 400 PAGES

A convenient handbook to shallow-water fishes associated with coral reefs throughout the Indo-Pacific and Caribbean. With 2,500 illustrations covering 2,100 species worldwide.

Flowers of the Pacific Island Seashore, W. Arthur Whistler
1993 HARD COVER 154 PAGES

A photographic field guide to the seaside plants found throughout the Pacific islands, including Tonga, Samoa, Tahiti, the Cook Islands, Fiji, and Micronesia. Includes an island-by-island checklist.

Indo-Pacific Coral Reef Field Guide, Gerald Allen, Roger Steene
1998 PAPER 378 PAGES

This comprehensive identification guide to coral reef fishes and invertebrates from Hawaii to the Red Sea features 1,800 color photographs.

Micronesian Reef Fishes, Robert Myers
1999 PAPER 408 PAGES

A photographic identification guide to the fishes of Micronesia.

Reef Fish Identification, Tropical Pacific, Paul Humann, Ned Deloach, Gerald Allen, Roger Steene

2003 FLEXI-BOUND 450 PAGES

A comprehensive guide to Indo-Pacific reef fishes, featuring 2,500 color photographs of 2,000 species.

Nest in the Wind, Adventures in Anthropology on a Tropical Island, Martha C. Ward

2005 PAPER 178 PAGES

A memoir of anthropological research among the peoples of Pohnpei in Micronesia.

A History of the Pacific Islands, Ian Campbell

1990 PAPER 239 PAGES

A brief, authoritative history of the Pacific Islands from earliest habitation, through European influence, to the emergence of modern independent island nations.

Oceanic Art, Nicholas Thomas

1995 PAPER 216 PAGES

A concise, cogent, and colorful overview of the gorgeous art of the Pacific Islands, placing the art in cultural and political context and providing an understanding into the meaning of the art. Thoroughly illustrated with photographs and drawings.

*We are eager to keep our resources up to date.
Please let us know if you have suggestions or comments.*