

**University of Hawai`i
Kapi`olani Community College
and
(University of Foreign Studies)**

**Health & Wellness Program
(Educational Tour)**



The Honda International Center

SAMPLE PROGRAM

Dr. Leon Richards, Executive Director of International Education
University of Hawai`i - Kapi`olani Community College

**University of Foreign Studies
Health and Wellness Program
(Educational Tour)**

At Kapi'olani Community College
And Kauai Community College
June 3 – June 11, 2001

6/3 (Sun)	08:40	Arrive at Honolulu International Airport
	09:00	Greetings and lei at airport
	09:30	Brief city tour
	12:00	Chinese Luncheon and Orientation, Ala Moana Hotel
	13:30	Free Time / Shopping
	15:30	Check in at Ala Moana Hotel
6/4 (Mon)	08:45	Bus departs Ala Moana Hotel for KCC
	09:00	Opening Ceremony and group photo
	09:15	Kapiolani Community College campus tour
	10:00	English Conversation class
	12:00	Lunch / Free Time
	13:00	Hula class
	15:00	Depart KCC for Ala Moana Hotel
6/5 (Tue)	08:45	Depart Ala Moana Hotel for KCC
	09:00	Cooking class: Continental Kitchen & Asian Kitchen
	11:00	Etiquette and Napkin folding class
	11:30	Lunch / Free Time
	12:30	Wine pairing and tasting class
	13:30	Craft Class (Ribbon Lei making)
	15:00	Depart KCC for Ala Moana Hotel
6/6 (Wed)	06:00	Bus departs Ala Moana Hotel for inter-island airport
	08:15	Flight to Kauai (Aloha Airline)
	09:30	Welcome at Kauai Community College
	10:00	“Mountain to the Sea” Tour
	12:00	Lunch / Free Time
	13:00	Continuation of morning activities

	19:30	Return flight to Oahu (Aloha Airline)
	20:30	Bus departs inter-island airport for Ala Moana Hotel
6/7 (Thu)	08:00	English class assembles at Ala Moana Hotel for session
	09:20	Bus departs hotel for Lt. Governor Hirono's Office
	10:00	Meet with Lt. Governor Hirono
	10:30	Bus departs Lt. Governor Hirono's Office for KCC
	11:00	English session continued
	12:00	Lunch / Free Time
	13:00	Hula class
	15:00	Depart KCC for Ala Moana Hotel
6/8 (Fri)	08:45	Bus departs Ala Moana Hotel for KCC
	09:00	Haku lei making class, Hawaiian song
	12:00	Lunch / Free Time
	13:30	Preparing and cooking picnic foods for Saturday BBQ
	15:00	Depart KCC for Ala Moana Hotel
6/9 (Sat)	08:00	Free time / (Kamehameha Day parade)
	13:00	BBQ & games at Ala Moana Park w/ KCC Staff
6/10 (Sun)	08:00	Free time (Morning & Afternoon)
	17:30	Bus departs Ala Moana Hotel for Miyako Restaurant
	18:00	Graduation Ceremony and Party
	21:00	Bus departs Miyako Restaurant for Ala Moana Hotel
6/11 (Mon)	07:30	Bus departs Ala Moana Hotel for Airport
	11:40	Flight Departure Time / Honolulu International Airport