

26-1 學校簡介

Established in 1907, the University of Hawaii at Manoa is the largest and oldest of the 10 UH campuses. Mānoa offers hundreds of undergraduate, graduate and professional degrees; a strong, vital research program; and nationally ranked NCAA Division I athletics. UH Manoa is a research university of international standings. It has widely recognized strengths in tropical agriculture, tropical medicine, oceanography, astronomy, electrical engineering, volcanology, evolutionary biology, comparative philosophy, comparative religion, Hawaiian studies, Pacific Islands studies, Asian studies and Pacific and Asian regional public health. It is also the most diverse university in terms of students and faculty with students from different countries, different background, everyone is welcomed to UH. Committed to being the leading indigenous serving university in the country, UH Mānoa proudly delivers a unique multicultural global experience in a Hawaiian place of learning, with a long history of adherence to the principles of sustainability and the essence of aloha.

26-2 國外研修之課程學習（課內）

UH Manoa offers a wide range of undergraduate and graduate degrees, minors, and certificate programs. For international students, academic advising would be given by the outreach college office and the MIX office which under the international student services office. They provide academic and support for the educational needs of the community through flexible scheduling and innovative methods of program or course delivery.

After being accepted as an exchanged student of UHM, an email with various of information would be received. Information about preparing for the registration would be provided, including health clearance, using the MyUH system and registering courses through the 'STAR GPS Registration' system. Various courses will be provided in UH. If there is a course that is restricted, simply request an override by contacting the host department to remove the hold. There are a lot of fun classes in UHM, there are much more you can learn, think outside the box, leave your comfort zone, try choosing classes which is not related to your major, like Japanese Cha-do class or yoga class. If you need any help or advice, feel free to contact the MIX office or your professor, they are all here to help.

26-3 國外研修之生活學習（課外）

Housing is the most important part during your exchange period. Choosing a perfect dorm building is hard, but with guides from the student housing services and MIX office, there must be a dorm that suits you. Exchange students could choose to live in apartments or dorm room, but unlike dormitory in Taiwan, males and females live together in the same building. If none of the student dormitory meets your concerns, you could also choose to live off-campus, like most my friends do. Living off-campus could lower your living expenses since the cost of living on-campus is relatively high. Living on-campus means you need to join the meal program by having 7 or swipes a week which can be used in resident dining.

Transport is quite not convenient in O'ahu but UH students could use the bus for free by showing the driver your student ID card. Do not ever lose your student ID card, it costs \$75USD to make a new one. You could also cruise around the campus by your skateboard or simply lease a moped like all other students do.

International students could have a saving and checking account in two banks located inside campus, which is UHFCU and American Savings bank. International students could also work on-campus by applying jobs through the SECE system in the career center. You could work not more than 20 hours a week under J-1 visa.

26-4 交換/研修之具體效益（請條列式列舉）

- expand your horizons
- find your future path
- make new friends
- reach higher, aim higher
- be independent
- learnt skills

26-5 感想與建議

The decisions of going to Hawaii is the best decision I have ever made. I know nothing about Hawaii but the fact it is made up by islands before I go to this fascinating island. O'ahu has similar weather has Kaohsiung. However, there are much more interesting activities you could do in O'ahu. The first thing that come up on everyone's mind must be surfing. Surfing is fun for sure, but there are so many more outdoor or water activities like stand-up paddling, snorkeling or hiking, all are the most popular and enjoyable activities you could do every weekend. Hawaii is the best place I have ever been, it has the best and breath-taking scenery unlike anything you could find in other countries. Do not forget to try and have a look or this island at 12,000 feet above sea surface by skydiving. It is once in the lifetime experience and I would never forget this amazing island and would never regret going to Hawaii.

26-6 相片（2~3張貼進 word 檔案，含說明，並 Email 原檔給國際處承辦人）



