



- Dolphins and You -

AYC Hā'awi

Learn, Discover, Swim!

Hawaiian Ocean Life and Culture

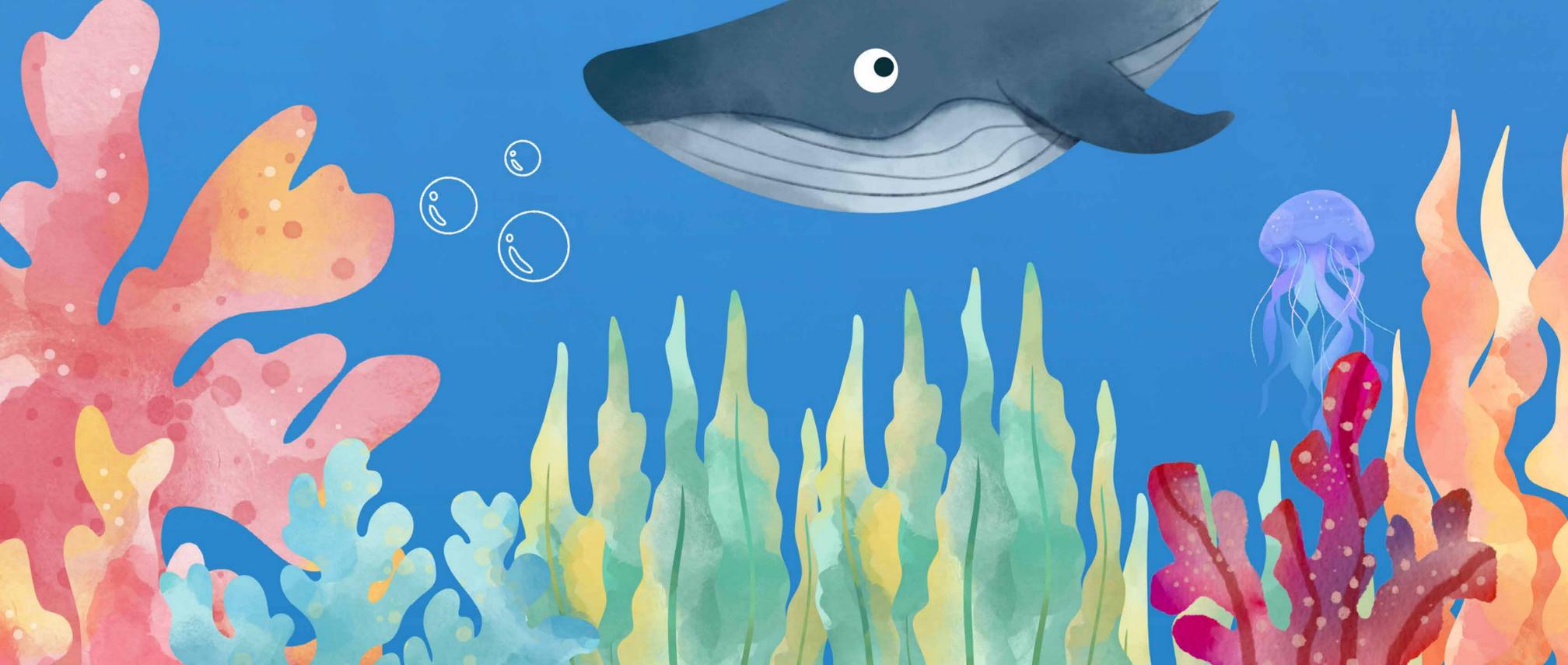
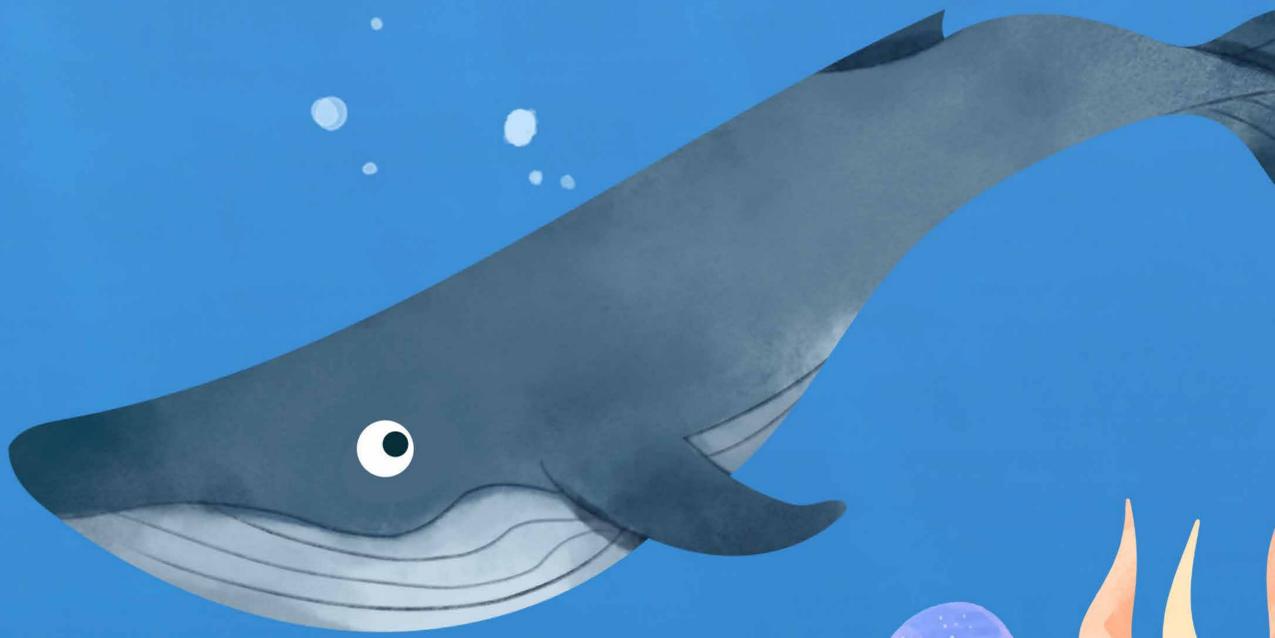
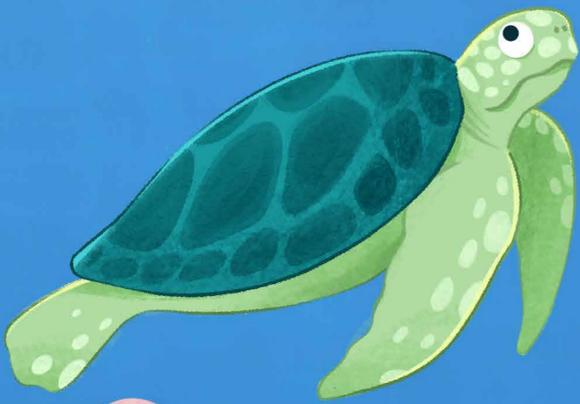
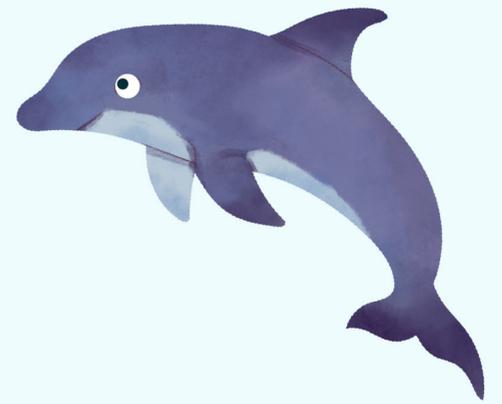


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Mālama Hawaii



Hā'awi

1

Hā'awi means to give or share with heart and intention. In Hawaiian culture, true giving is not transactional — it is sacred and honors both the giver and the receiver.

The word reflects key Hawaiian values:

- ♥ Aloha (love, compassion)
- ♥ Kōkua (helpfulness)
- ♥ Lōkahi (unity and harmony)
- ♥ Mālama (caring and stewardship)



In Hawai'i, to share is to live aloha. Knowledge, like the ocean, is meant to flow freely and nourish all. When we welcome others, we share more than smiles — we pass on the spirit of our ancestors, the songs of the land, and the wisdom of the waves.

To give, to teach, to mālama — these are not duties, but blessings. Through sharing, we create connections so that every guest carries a piece of Hawai'i with them — not as a souvenir, but as a part of their spirit.

E Hō Mai



Chanting connects energy through voice, so it's important to understand how and why words are projected.

- Nā Oli no ka 'Āina o Kanaka'ole - (The Chants for the Kanaka'ole lands)

E hō mai ka 'ike mai luna mai ē
'O nā mea huna no'eau o nā mele
ē E hō mai, e hō mai, e hō mai ē
(done three times)

Grant us knowledge from above
The things of knowledge hidden in the chants
Grant us these things



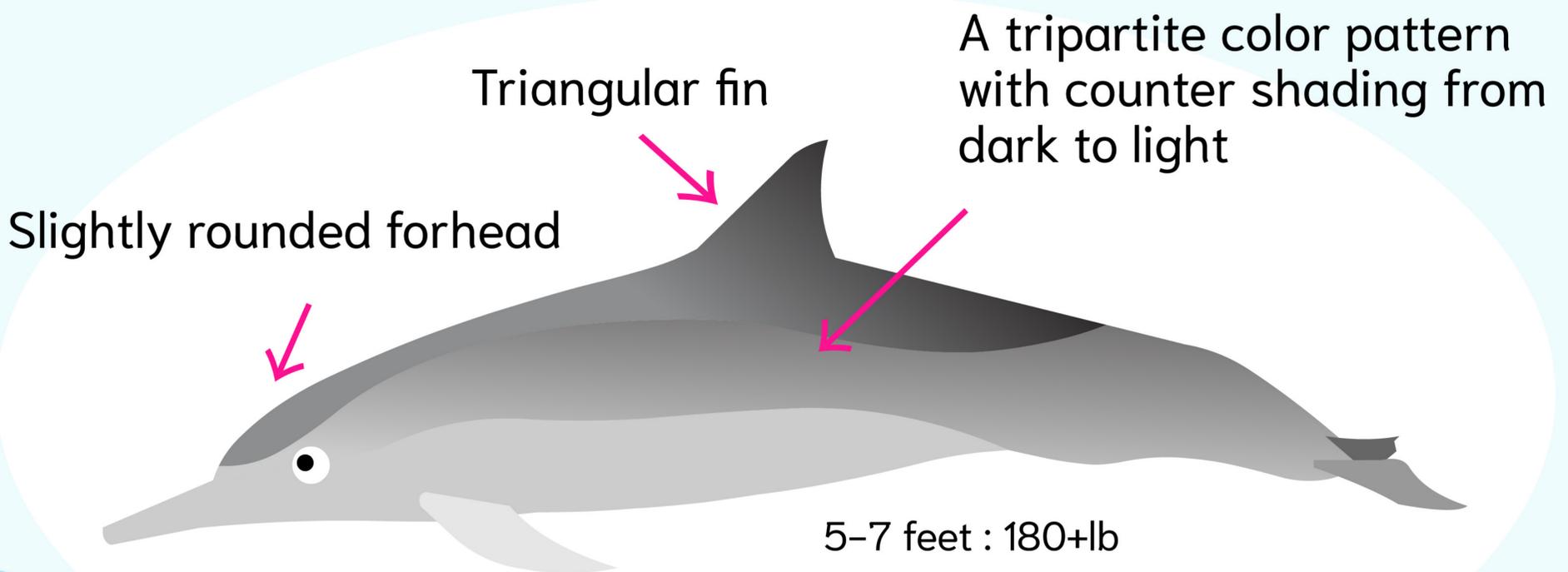
Meet the Spinner Dolphin!

2

FUN FACT



They usually hold their breath for 8–10 minutes, sometimes up to 15!



Petite and slender body

NIGHT TIME

They feed at night on fish, shrimp, and squid that migrate closer to the surface and shore, making them easier to catch.

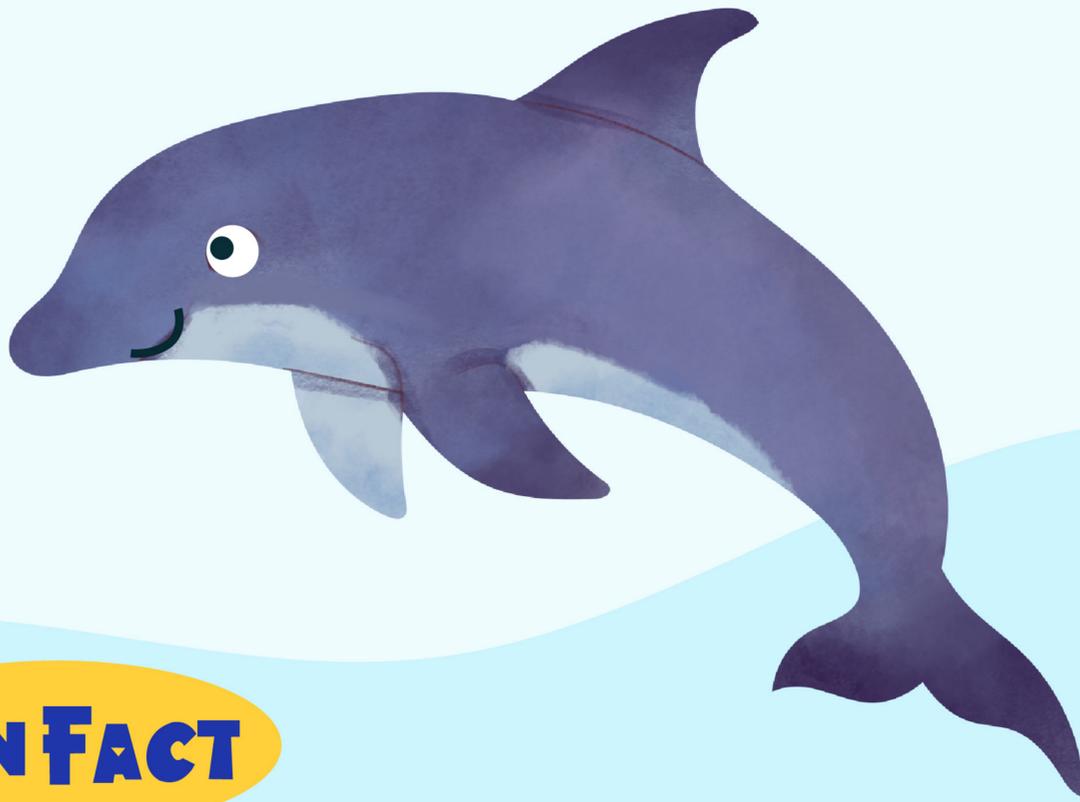
DAY TIME

Rest in calm, shallow bays during the day, using only half their brain to stay aware and surface for air while sleeping.

Spinner Dolphins are

3

Known for acrobatic spins!



FUN FACT



Spinner dolphins can make up to **seven** complete rotations when spinning in the air!

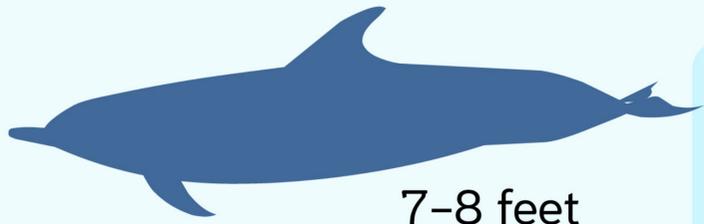
Though no one knows for sure, it's believed the dolphins spin for the following reasons

- A** To clean their bodies of parasites
- B** For courting members of the opposite sex
- C** To communicate with other dolphins
- D** For fun!

★ Besides spinning, they are also known to do full aerial somersaults, head slaps, tail slaps, and spy hops

Other Dolphins You Might See on a Dolphins and You Tour

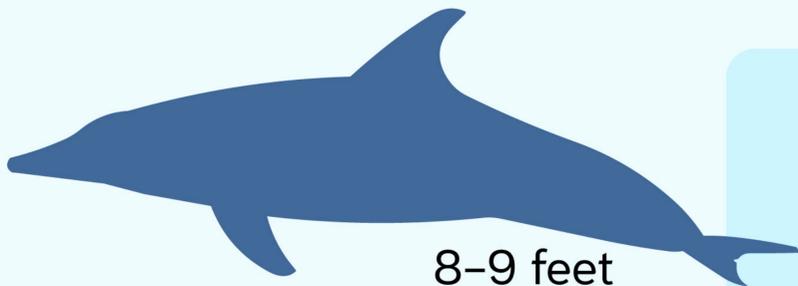
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7-8 feet

Spotted Dolphins

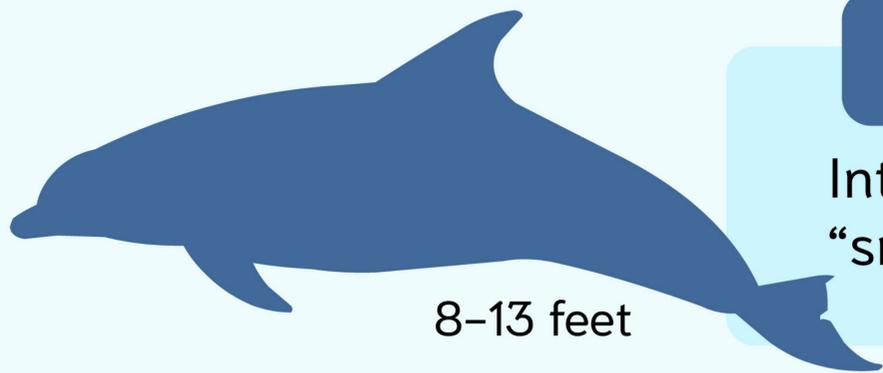
Social dolphins with spots that increase with age, often seen in large offshore groups



8-9 feet

Rough-Toothed Dolphins

Slender, calm dolphins with long beaks and textured teeth, found in deeper waters



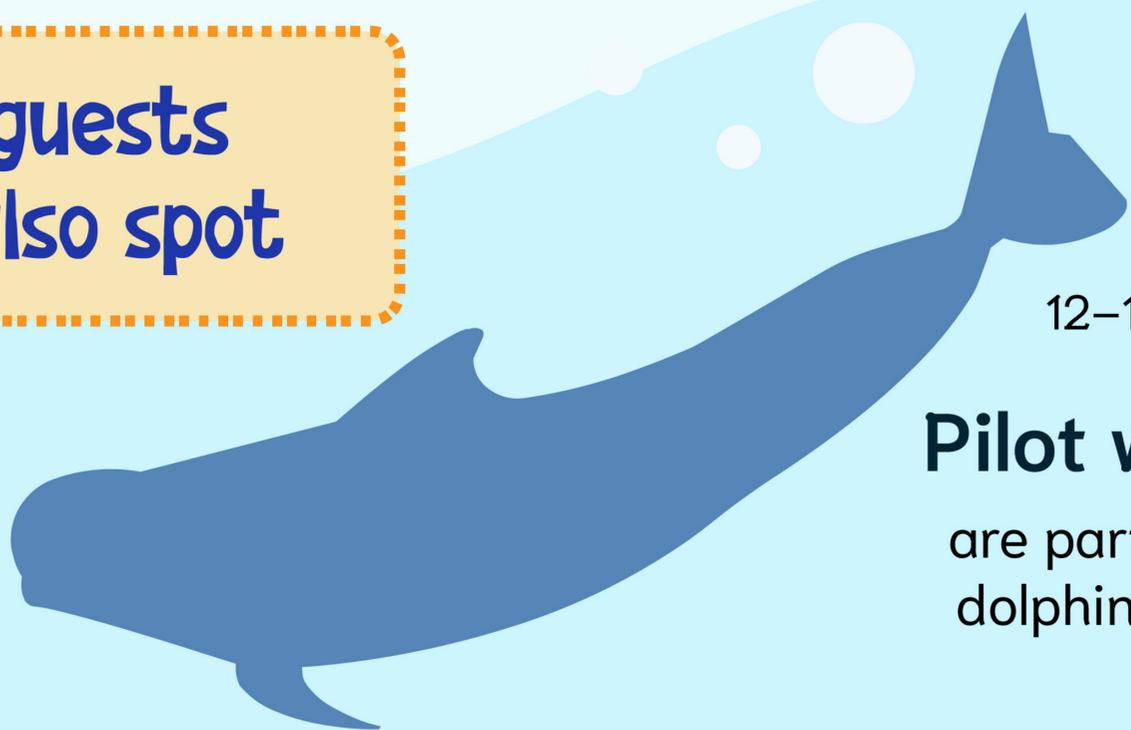
8-13 feet

Bottlenose Dolphins

Intelligent, curious dolphins with a classic “smile,” often featured in movies.



Lucky guests
might also spot



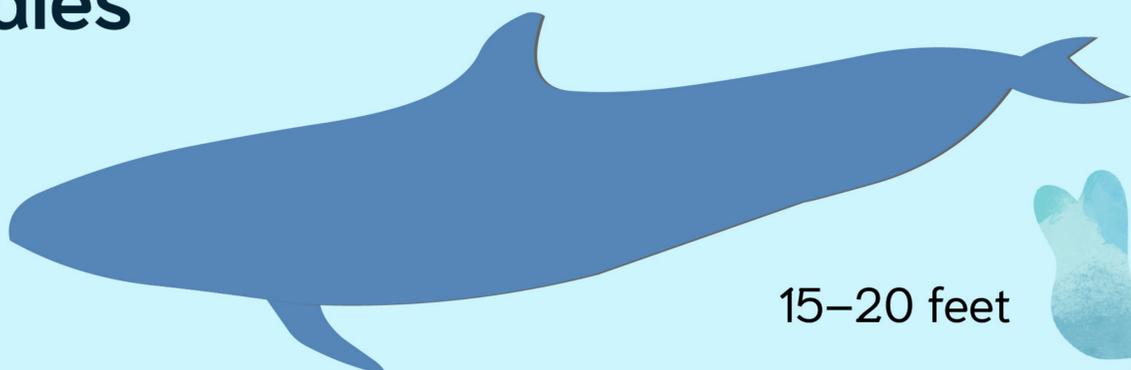
12-18 feet

Pilot whales

are part of the
dolphin family!

False killer whales

are large dolphins!

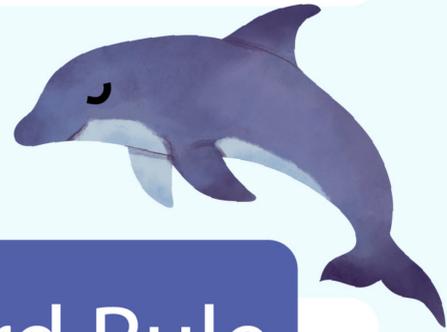


15-20 feet

Respect and Protect Dolphins

Dolphins are highly intelligent animals with strong communication and problem-solving skills. Their large brains and use of echolocation for navigation and interaction show just how advanced they are. To protect their well-being, we must treat them with care and minimize human interference.

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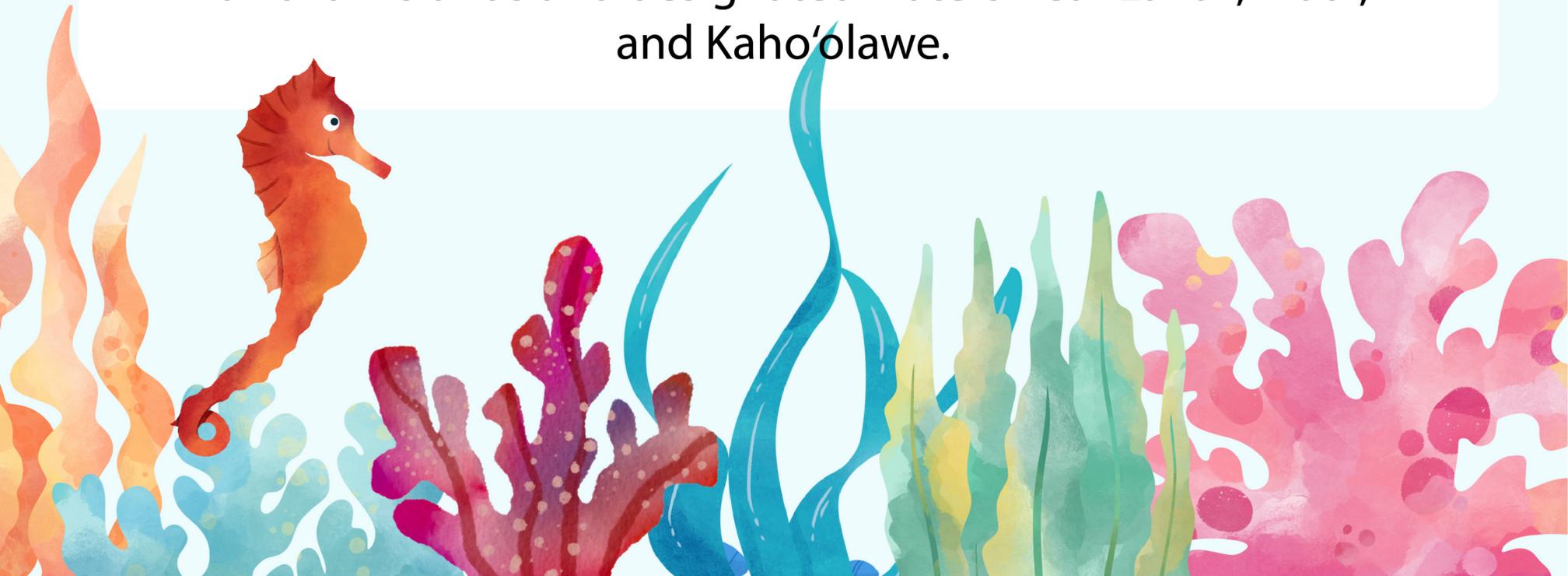
Hawaiian Spinner Dolphin 50-Yard Rule

Hawaiian spinner dolphins need uninterrupted rest during the day to stay healthy and active at night. Human interaction during their rest can harm their health, reduce foraging efficiency, and affect reproduction.



NOAA implemented a rule on October 28, 2021

Prohibiting swimming with, approaching, or remaining within 50 yards of spinner dolphins. This rule applies to all people, vessels, and objects within 2 nautical miles of shore around the main Hawaiian Islands and designated waters near Lānaʻi, Maui, and Kahoʻolawe.

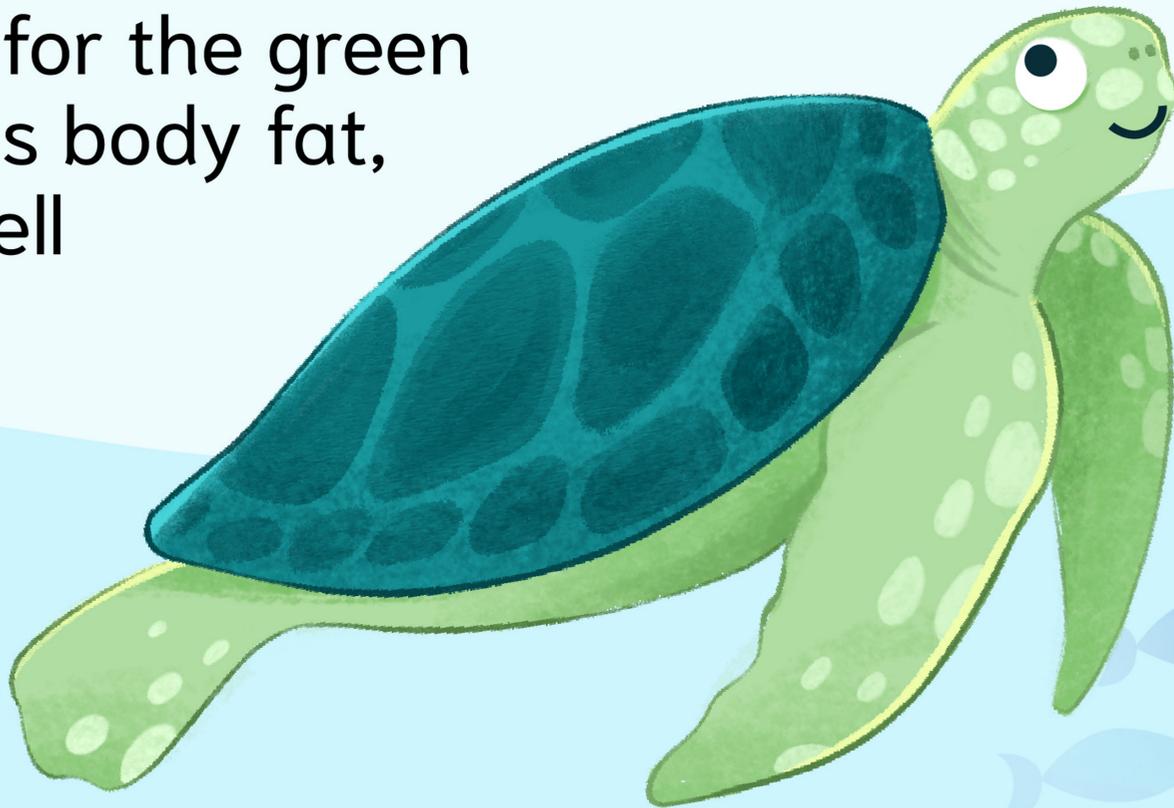


Turtleeeeeee Awesome!

6

HAWAIIAN GREEN SEA TURTLE (HONU)

is named for the green color of its body fat, not its shell



DID YOU KNOW?

Hawaiian Green Sea Turtles have been swimming in the ocean for over 100 million years – since the days of dinosaurs!

Please keep a 10-foot distance



LOOK, DON'T TOUCH!

Touching sea turtles can hurt them and is against the law in Hawaii.

Find a FISH!

7

LOOK FOR THESE WHILE SNORKELING!



Humuhumunukunukuapua'a

(Hawaiian triggerfish)

Hawai'i's state fish, known for its unique shape and striking patterns



Uhu
Parrotfish



Kikākapu
Moorish Idol



Lau'ipala
Yellow Tang



Pualu
Surgeonfish



Weke
Yellowtail Goatfish



'Ālo'ilo'i
Damselfish

**Lucky guests
might also spot**



Green Sea Turtle



Spotted Eagle Ray



Hawaiian Monk Seal

Oh Whale!

8

WHAT IS THE HAWAIIAN NAME FOR WHALE?

KOHOLĀ!

Every winter, humpback whales migrate about 5,000 miles roundtrip between Alaska and Hawaii to mate and give birth.



FUN FACT

The humpback whales makes one of the longest migrations of any mammal in the world!

Join our tour **Dec-Mar**

for a chance to see (and hear) humpback whales!





Hula

9

Hula is a Hawaiian dance that tells stories through movement, chant ('oli), and song (mele) - preserving Hawaiian history and values.

Hula'auana blends flowing movements with modern music and continues to evolve world-wide while honoring Hawaiian roots.



Nānākuli by Richard Iliwa'alani



'O ka leo o ka manu
(The voices of the birds)

E ho'i mai e pili
(Come belong together)

Keiki o ka 'āina i ka pono
Nānākuli ea
(The righteous children of the land)

by Kumu Noelani Chang



Common Hawaiian Words

10



ALOHA

Love, peace, hello or
goodbye

It's the heart of Hawaiian spirit and kindness



Thank you

MAHALO

a Hawaiian word that expresses gratitude
with warmth and respect



A HUI HOU

Until we meet again

a warm Hawaiian farewell that reflects aloha and the
hope of seeing you again

KANE

Man



WAHINE

Woman



KEIKI

Child



MANA

spiritual power or life force



NAI'A

Dolphin



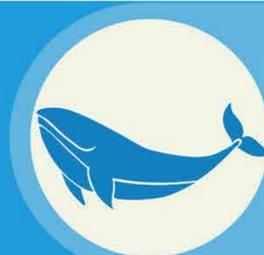
HONU

Turtle



I'A

Fish



KOHOLĀ

Whale

Find the Words of Hawai'i

11

- ALOHA
- HONU
- WAHINE
- HULA
- NAI'A
- KANE
- I'A
- KOHOLĀ
- MAHALO

A	L	O	H	A	N	W
I	K	A	H	U	L	A
I	'	A	I	N	H	H
H	U	E	O	U	I	I
O	N	A	I	'	A	N
N	O	U	K	A	N	E
U	E	A	H	A	L	O
K	O	H	O	L	Ā	N
A	M	A	H	A	L	O



Words can be found vertically
or horizontally!!

Mālama Hawaii

12



"Mālama" means to take care, protect, and respect. In Hawaiian culture, it's about caring for the land, ocean, people, and all living things.

- How You Can Mālama Hawaii -

Always take your trash with you



Marine life suffers from plastic waste

Do not touch marine life



Please watch sea animals and coral from a safe distance without touching

Use reef-safe sunscreen



It helps protect coral, and it's available for purchase on our tours

Choose certified sustainable tours



Help protect Hawaii's environment and culture by doing so!

We're proud to be officially certified!



And You Creations Misson

And You Creations would like to give back. In Hawaiian culture, the spirit of kōkua (helpfulness), ho’okipa (hospitality), and kuleana (responsibility) are deeply interwoven with the idea of giving back and sharing knowledge. To Hawaiians, welcoming guests is not just a gesture of kindness — it is an opportunity to share the wisdom of the land, the ocean, and the ancestors. By teaching visitors about the islands' natural beauty, traditions, and history, we honor our responsibility to malama ‘āina (care for the land) and perpetuate knowledge for future generations. Sharing is seen as a sacred duty — a way to build bridges of understanding and ensure that every guest leaves not just with memories, but with a deeper connection to the spirit of Hawai‘i.

Mahalo nui loa

In appreciation of generous support and shared knowledge

- ♥ Heidi Hirsh - Marine Biologist and Sound & Energy Healer
- ♥ Kamehameha Schools - Private institution dedicated to educating Native Hawaiian children and preserving Hawaiian culture.
- ♥ Hawaii Tourism Authority - The state agency that manages tourism to support Hawai‘i’s economy while protecting its communities, culture, and natural resources.



Our tours are officially certified by the State of Hawai‘i as a sustainable tour provider.



Sustainable Tourism Association of Hawai‘i



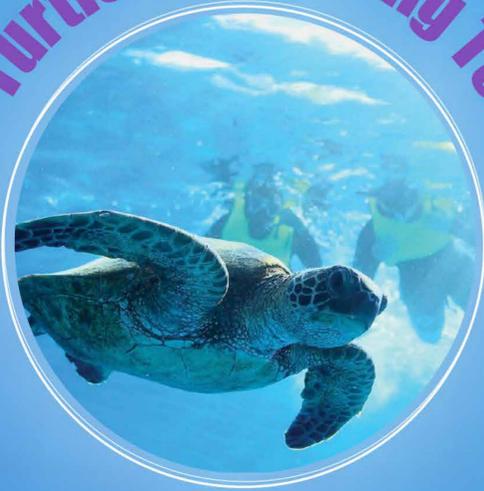
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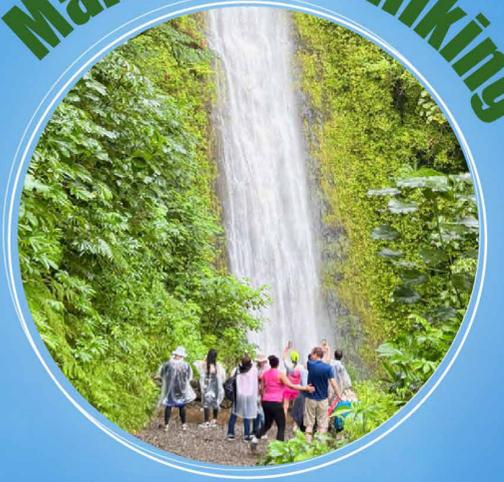
- And You Creations -



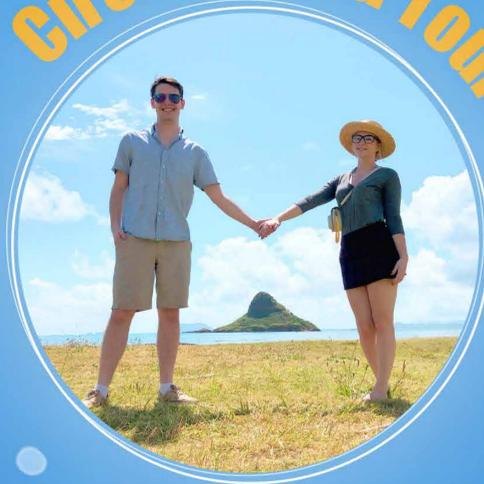
Turtle Snorkeling Tour



Manoa Falls Hiking



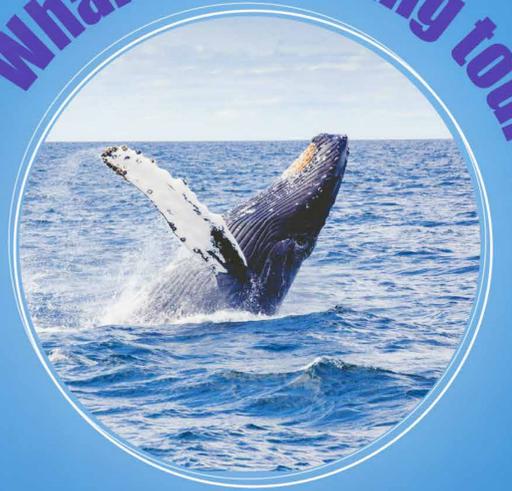
Circle Island Tour



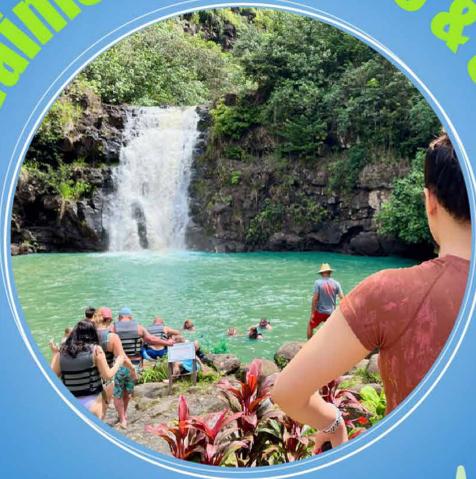
Party Cruise with Live DJ



Whale Watching tour



Waimea Falls Hike & Swim



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