



ALOHA 'ĀINA

# AYC HĀ'AWI NATURE & ISLAND

LEARN, PLAY AND DISCOVER THE LAND OF HAWAII!



# HĀ'AWI

**Hā'awi means more than simply "to give."** It speaks of sharing, offering, and extending a part of oneself. In Hawaiian culture, giving is not a transaction — it is an expression of care, connection, and deep respect. What we give is not limited to physical things; we also give kindness, knowledge, and aloha. **Hā'awi is done with intention and heart, honoring the relationship between the giver and the receiver — a sacred exchange rooted in aloha.**

The word itself ties closely to the larger Hawaiian value systems of:

**ALOHA**

LOVE, COMPASSION

**KŌKUA**

HELPLESSNESS

**LŌKAHI**

UNITY AND HARMONY

**MĀLAMA**

CARING AND STEWARDSHIP

In Hawaii, to share is to live aloha. In sharing what we know, we weave new threads between hearts, so that every visitor may carry a piece of Hawaii with them — not as a souvenir, but as a living part of their spirit. **To give, to teach, to malama (care) - these are not obligations, but blessings.**

# ALOHA 'ĀINA

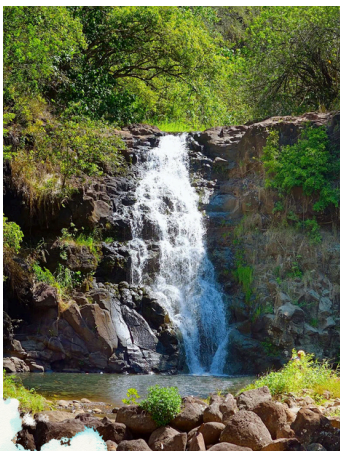
In Hawaiian culture, "**Aloha 'Āina**" means **love and respect for the land**. The 'āina (land) feeds us, shelters us, and connects us to our ancestors.



# DISCOVER WAIMEA VALLEY

A SACRED VALLEY FULL OF HISTORY, PLANTS... AND RARE BIRDS!

## WHAT IS WAIMEA VALLEY?



**Waimea Valley is one of O'ahu's most beloved destinations**, especially along the North Shore, known for its lush beauty and cultural depth.

**Waimea Valley is a *wahi pana* (storied place) deeply rooted in Hawaiian history and culture.** Many generations of *kahuna nui* (high priests) once lived here, including Hewahewa, kahuna nui under Kamehameha I and the last *kahuna* to preside over Waimea Valley's *heiau* (temples).

The 'Alae 'Ula is a rare native Hawaiian waterbird with shiny black feathers and a red forehead shield. You might see one near the stream or pond at Waimea Valley, if you're quiet and patient!

## MEET THE 'ALAE 'ULA



In Hawaiian legend, the 'Alae 'Ula brought fire to the people and got its red forehead as a mark of bravery!

# EXPLORE MANOA VALLEY

A MAGICAL VALLEY OF WATERFALLS, MIST, AND LEGENDS!

## WHAT IS MANOA VALLEY?



**Manoa Valley is a peaceful valley in Honolulu, known for its lush rainforest, gentle rains, and the famous Manoa Falls.** The name “Manoa” means “thick or vast”. Manoa Valley, also known by its Hawaiian name *Waihi Nui*, means “great gushing water.” The valley is filled with towering trees, native plants, and birds.

You can take a short hike through the forest to reach Manoa Falls, a stunning 150-foot waterfall surrounded by tropical beauty.



## WHO ARE THE MENEHUNE?

The Menehune are tiny, secret builders in Hawaiian legends.

They are said to appear at night, building stone walls and *‘auwai* (traditional water channels) deep in Manoa Valley. Some stories say the unfinished stonework found in the valley was left behind when the Menehune vanished before sunrise.



Some say the **Menehune** hide in Manoa’s misty forest, and only kind-hearted children can see them.



# FLOWERS YOU'LL SEE IN HAWAII!



## HIBISCUS

The yellow hibiscus (Pua Aloalo) is Hawaii's official state flower, symbolizing aloha and natural beauty.



## BIRD OF PARADISE

Grown in tropical gardens across Hawaii, this flower is often used in Hawaiian landscaping to symbolize freedom and beauty.



## PLUMERIA

Though not native, Plumeria is now one of Hawaii's most popular lei flowers and is often seen in welcoming ceremonies!



## ANTHURIUM

Grows well on Hawaii's rainy slopes, especially in Hilo, and is one of the islands' most exported tropical flowers!



## ORCHID

Orchids are used in special leis for graduations and weddings across Hawaii, a sign of love and respect.



## RED GINGER

Often seen in native forest tours and cultural gardens, it adds color to traditional Hawaiian floral displays.

## WHAT IS A LEI?

A lei is a beautiful garland or necklace made from flowers, leaves, shells, or seeds. In Hawaii, giving a lei means love, respect, celebration, or welcome. It is a way to show aloha with your hands and heart.

When do we give leis?

- A lei is a beautiful garland or necklace To say hello or goodbye
- At birthdays and graduations
- To honor guests and loved ones
- At special ceremonies and hula

# TASTE LIKE A LOCAL

HAVE YOU TRIED THESE LOCAL HAWAIIAN TREATS?



## GARLIC SHRIMP



Shrimp cooked in butter and garlic, salty, savory, and super ono! This dish became famous on O'ahu's shrimp farms in Kahuku!



## SHAVE ICE



Not ice cream! It's soft shaved ice with rainbow syrup! It was brought to Hawai'i by Japanese plantation workers, now a local favorite!



## MALASADA



A fluffy, sugar-covered doughnut with no hole. Brought to Hawai'i by Portuguese workers and now loved across the islands!

## POKE



Raw fish cubes mixed with sauce, seaweed, and onion. *Poke* means "to cut" in Hawaiian.



## SPAM MUSUBI



Spam on rice, wrapped with seaweed like a sushi sandwich! Hawai'i eats more Spam per person than anywhere else in the U.S.!



## LOCO MOCO



Rice with a burger patty, gravy, and a fried egg! Loco Moco was born in Hilo and is loved across Hawai'i!

# TASTE OF TRADITION

TRY THESE TRADITIONAL HAWAIIAN FOOD



## KALUA PIG

Pork cooked underground in an imu (earth oven) until it's smoky and tender. Kalua pig is the star of lū'au feasts, slow-roasted the Hawaiian way!



## HAUPIA

A creamy coconut pudding, soft, cool, and slightly sweet. Made from coconut milk and 'uala (sweet potato) starch, it's a dessert from old Hawai'i.



## POI

A smooth, sticky paste made from kalo (taro root). Poi was a main staple in ancient Hawai'i, healthy, filling, and full of mana!



## LOMI LOMI SALMON

Cold salmon with tomato and onion. "Lomi" means to massage in Hawaiian. the ingredients are gently mixed by hand!



## LAU LAU

Meat or fish wrapped in taro leaves and steamed. A traditional Hawaiian dish cooked for family gatherings and special days!

## WHAT IS A LŪ'AU?

**A lū'au is a traditional Hawaiian celebration with food, music, hula, and lots of aloha.**

People come together like 'ohana (family) to eat, dance, sing, and share stories through hula and mele (songs). You'll often find delicious traditional Hawaiian dishes.



# O'AHU'S STORIED PLACES

EXPLORE AN ISLAND FULL OF HISTORY AND LEGENDS



## 📍 HALONA BLOWHOLE



A lava tube that blasts ocean water into the sky. "Halona" means "lookout" in Hawaiian. The coastline is tied to old sailing routes and stories of sea gods. Nearby, you'll find Halona Cove, featured in films and legends alike.

## 📍 MAKAPU'U LOOKOUT



*Makapu'u* means "bulging eye", named after a goddess with powerful vision who watched over the ocean from these cliffs. This spot overlooks Kaiwi Channel and nearby islands. Today, it's also a whale-watching point.

## 📍 HALE'IWA TOWN



Once a sugar plantation village, Hale'iwa grew from Hawai'i's plantation era and carries the name of the *iwa bird*, a symbol of navigation and grace. Now it blends surf culture with old Hawaiian roots.

## 📍 MOKOLI'I



This small island, also called "Chinaman's Hat" for its shape, comes from a legend where the goddess *Hī'iaka* defeated a *mo'o* (lizard spirit). It reflects the deep connection Hawaiians have with land and story.

# 10 FUN FACTS ABOUT HAWAII



1

The nickname for the State of Hawai'i is the Aloha State.

2

More endangered plants and animals live in Hawai'i than in any other U.S. state.

3

Hawai'i is the only state with two official languages, English and Hawaiian.

4

The Hawaiian alphabet has 12 letters, 5 vowels, 7 consonants and marks like 'okina and kahakō.

5

The official bird of Hawai'i is the Nēnē, also called the Hawaiian goose.





6

The Hawaiian monk seal is the state's marine mammal. It's one of the rarest seals in the world.

7

Hawai'i does not observe daylight savings time.

8


To protect the island habitat, some animals are prohibited in Hawai'i, such as snakes, hamsters and ferrets

9

Surrounded by the Pacific Ocean, Hawai'i is the most isolated population center on earth.

10

Hula is a traditional Hawaiian dance performed by both men and women.





# HAWAIIAN WORDS

LET'S LEARN COMMON HAWAIIAN WORDS

## ALOHA

**Love, peace, hello or goodbye**

It's the heart of Hawaiian spirit and kindness!

## MAHALO

**Thank you**

A warm way to show gratitude and respect.

## 'OHANA

**Family**

Not just relatives, all those you love and care for. In Hawai'i, everyone is treated like 'ohana.

## A HUI HO

**Until we meet again**

A kind Hawaiian farewell filled with hope.

## E KOMO MAI

**Welcome!**

You'll hear this when you're greeted with aloha.

## 'ĀINA

**Land**

The land that feeds and connects us, sacred in Hawaiian culture.

## MAUKA

**Toward the mountains**

Used to give directions — means inland, or toward the mountains.

## MAKAI

**Toward the ocean**

Means going toward the sea — often used instead of "east/west".

## HALE

**House or home**

You'll see this word on signs and places around town.

## KŌKUA

**Help, support**

Offering kokua is a way of caring for others.

## HONU

**Sea turtle**

A symbol of wisdom and good luck.

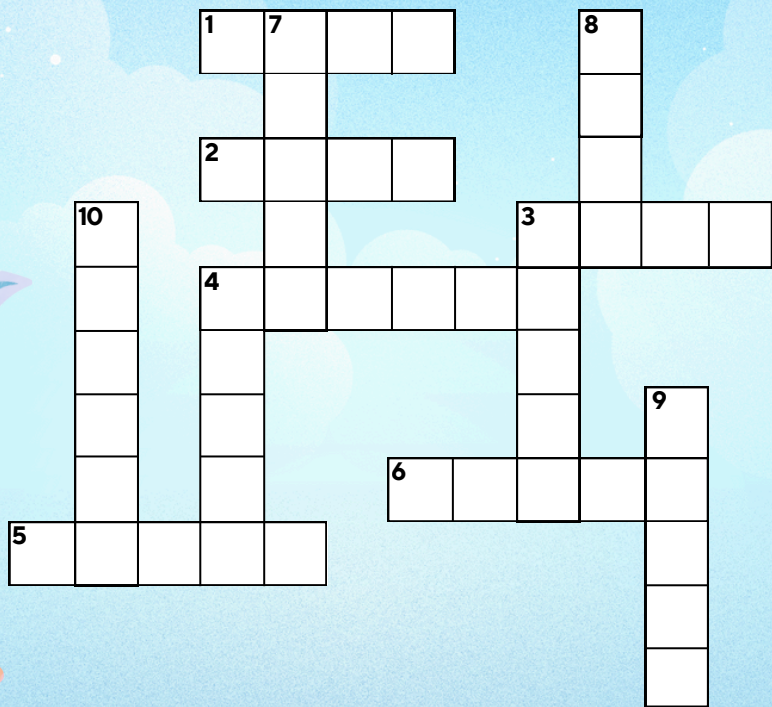
## KAPU

**Sacred, forbidden**

You might see this on signs—show respect!

# ALOHA CROSSWORD

CAN YOU REMEMBER THESE HAWAIIAN WORDS?



## ACROSS

- 1 Traditional Hawaiian house
- 2 Hawaiian green sea turtle
- 3 Sacred or forbidden
- 4 Thank you and gratitude
- 5 Toward the sea
- 6 Family

## DOWN

- 3 Help or assist
- 4 Toward the mountain
- 7 A greeting, love and peace
- 8 Land or earth
- 9 A lush valley with waterfalls and Menehune stories.
- 10 To care for the land and people with love.

# MĀLAMA HAWAI'I

LET'S CARE FOR HAWAI'I WITH ALOHA



## Mālama

*"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 PROTECT HAWAI'I



### LEAVE NO TRACE

Take all your trash with you even tiny things like food wrappers or tissues. Keep the land as you found it, or better!



### KEEP A GENTLE DISTANCE

Do not touch wildlife or plants. Please observe animals and vegetation from a safe distance without disturbing them.



### RESPECT THE 'ĀINA

Some areas are sacred or under restoration. Respect signs and barriers to protect both land and culture.



### CHOOSE CERTIFIED SUSTAINABLE TOURS

Help protect Hawaii's environment and culture by doing so! We're proud to be officially certified!

# AND YOU CREATIONS MISSION

**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 mālama '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 Hawaii's economy while protecting its communities, culture, and natural resources.

**AND YOU CREATIONS IS A PROUD MEMBER OF...**



**HAWAII**  
VISITORS & CONVENTION BUREAU™

**COUNCIL for  
NATIVE HAWAIIAN  
ADVANCEMENT**



# TOP OAHU TOURS & ACTIVITIES

GET READY FOR AN OAHU ADVENTURE OF A LIFETIME WITH AYC



## OAHU BEST DOLPHIN WATCHING & OCEAN ACTIVITIES TOUR

An all-in-one ocean adventure! Watch wild dolphins, snorkel with marine life, and enjoy kayaking, paddleboarding, and a 20-foot water slide.



## WAIKIKI TURTLE SNORKELING WITH COMPLIMENTARY DRINKS

Snorkel alongside sea turtles, enjoy a Hawaiian hula show, and enjoy complimentary soft drinks with snacks in Waikiki Turtle Canyon.



## WAIKIKI SUNSET PARTY BOAT CRUISE WITH LIVE DJ

Dance into the night with a live DJ, ocean breeze, and dazzling Friday fireworks on a sunset cruise off Waikiki



## HUMPBACK WHALE WATCHING WITH FREE RETURN GUARANTEE

Watch and Hear the Whales! See majestic humpback whales up close with onboard hula and come again for free if you don't spot one!



**Qurator**  
HONORING HAWAII



OUR TOURS ARE OFFICIALLY  
CERTIFIED BY THE STATE OF HAWAII  
AS A SUSTAINABLE TOUR PROVIDER

# TOP OAHU TOURS & MORE

GET READY FOR AN OAHU ADVENTURE OF A LIFETIME WITH AYC



## MANOA VALLEY RAINFOREST HIKE WITH LUNCH

Walk through the lush filming sites of Jurassic World and discover Hawaii's native rainforest on a guided hike with local lunch included



## WAIMEA WATERFALL HIKE AND SWIM + DOLE PLANTATION

Swim beneath a stunning waterfall, enjoy Hawaiian culture, and visit the famous Dole Plantation on this full-day nature tour



## FULL-DAY OAHU SIGHTSEEING AND LOCAL FOOD TOUR

Taste your way around Oahu with garlic shrimp, malasadas, and more while exploring scenic landmarks and coastal lookouts



## TREASURES & YOU SOUVENIR SHOP IN WAIKIKI

Discover Hawaii-inspired gifts, beach essentials, and unique souvenirs to take home from your trip.



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