



Basic Safety Rules

Honolulu is one of the safest cities in the United States. However, you should always be careful around strangers or when you are outside. Here are some basic safety rules:

1. **The emergency contact number in the U.S. is 911.** You do not need to use coins if you are calling 911 from a pay phone, just dial 911 for fire, police and ambulance. Say it is an emergency and they will instruct you what to do next.
2. **Never walk alone late at night.** Although most muggings on O'ahu take place in Waikiki or in the downtown area, it is not a good idea to walk anywhere alone after 10:00 pm. If you are out late, please take a taxi home, or travel with a friend.
3. **Always lock your front door when you are home.** Also, never open the door to someone you do not know.
4. **Do not tell strangers where you live & do not go home if you think you are being followed.** Stay calm and find the closest public place with people and call the police.
5. **Do not trust strangers.** You should be very careful when a stranger speaks to you. Some people will try to take advantage of you if they think that you are a visitor.
6. **Do not give your telephone number to strangers.** If you want to talk to them, ask them to give you their telephone number. Always refuse to give your number to a stranger.
7. **Do not leave your camera, wallet, or other valuables in the car.** Car thefts and break-ins are very common at the beach and shopping centers in Hawai'i.
8. **Always keep your personal belongings close to you.** Do not leave your things unattended.
9. **Do not carry large amounts of cash.** Don't carry more than \$50 in cash unless you plan on spending it.
10. **Do not give your bankcard, passport, credit card or money to anyone you do not know.** If you need help using a cash machine, opening a bank account, etc. ask someone at school to assist you. Never ask a stranger.
11. **Never Give Anyone Money!** There are some people in Hawai'i who date international students in order to get them to pay for their food, apartments, clothes, etc. Many of these people promise to pay the money back, but never do. It is your choice to give money to someone but please be very careful about whom you trust.
12. **Saying "NO":** If someone is touching you, or pressuring you to have sex, and you want the person to stop, you must tell them "NO". By saying "No", you are communicating that you want the person to stop their actions immediately. If they do not stop, they can be arrested by the police and charged with some very serious crimes. This is true even if the person is your boyfriend or girlfriend. However, if you do not say "No", the police will not be able to do anything other than warn the person about future actions.



Things to Keep in Mind

- At the restaurants, cafes, bars, etc. be sure to tip (about 10-15%)! Double check the receipt carefully as some places may have already included the tip.
- **The drinking age** in Hawai'i is 21. You will need to show your passport or other official valid ID to purchase alcohol at stores, restaurants, and bars. Even if you look over 21, you may have to show your ID.
- It is illegal to purchase, possess or sell any form of narcotic (drug) including marijuana.

If you are unsure of something, do not take a chance. Think twice, no, three times!

Hawaii consists of people from all over the world so you are expected to respect different cultures.

Remember that you are in a foreign country. *When in Rome, do as the Romans do.*

Have a fun & safe time in Hawai'i ☺



At the Beach

- It is illegal to drink alcohol in public places, including the beach.
- It is illegal to smoke at the beach. You can be fined \$100-\$500 for this offense.
- Do not take any valuable items, and do not leave your personal belongings unattended.
- Use sunscreen and reapply every hour.
- Bring a bottle of water to prevent dehydration, and bring a few snacks for energy.
- Stretch before you go in the water.
- **Do not swim alone**; Go into the water with at least two people, and swim only when and where a lifeguard is present.
- Read signs (high surf, no lifeguard, sudden drops, etc.) and obey them.
- Do not go in the water when there is any kind of warning (jellyfish, high surf, sharks, etc.). Check the weather and warnings via the news, the local newspaper, and internet before going to the beach.

In case something happens in the water, **DO NOT PANIC**. The most important thing to remember is to stay calm. Try to call out or gesture for help. If possible, tread water (swim in place) or try to float face up. Raise your arm and keep your head above the water.

Hiking

- Bring WATER!!! Also, bring a few snacks for energy.
- Eat properly, do not drink alcohol, and go to bed early the night before going on a hike.
- Stretch before beginning your hike.
- Bring sunscreen.
- **NEVER hike alone.**
- Start your hike early in the morning.
- Check the weather forecast and other warnings (wild hogs, etc.).
- Wear hiking gear (comfortable clothing, hiking shoes, hats, windbreaker jackets, etc.).
- Bring a map and/or guide book.
- Take your cell phone. Make sure to charge the battery on your phone before you go hiking.
- Do not eat any fruits or wild plants on the trail.
- NEVER go off the trail.
- Read the posted signs.
- Do not smoke in the wilderness.

Cars and Driving

- It is illegal for any driver **or passenger** to have an open container of alcohol in the car.
- In the U.S., cars can make right turns on red lights. Be very careful of pedestrians crossing the street.
- If you or a friend is hit by a car, move away from oncoming traffic as soon as possible.
- All drivers and passengers have to wear a seatbelt.
- Hawaii law requires children under the age of four to ride in a child safety seat and children ages four through seven to ride in a child safety seat or a booster seat when traveling in a motor vehicle.
- No electronic devices are allowed while driving, including phones. No texting or messaging while driving. You can be fined up to \$300.
- You must always yield to pedestrians crossing the street. You must wait until the pedestrian has finished crossing the street.

Car Accidents

- 1) First, call **911**. Next, call your parents and/or friends, etc. and inform them immediately.
 - *When you call 911, the operator will ask about the nature of the emergency.
 - *Depending on the degree of the emergency, an operator may send the police, an ambulance, and/or a fire truck.
- 2) Get the driver's information:
 - a. Driver's name, driver's license information, and phone number
 - b. Car color, make, model (e.g. White Toyota Camry 2008), and car registration information
 - c. Car license plate number
 - d. Insurance company information *If a driver drives away, it is a "hit and run".
- 3) Gather/protect evidence. *Do not touch the accident scene. Take pictures and ask for witnesses.

On the Streets

- It is illegal to drink alcohol in public places such as streets, beaches, etc.
- Smoking is not allowed within 20 feet (7 meters) of restaurants, public buildings, or bars.
- Smoking is not allowed at parks or bus stops.

- In Hawai'i, jaywalking is illegal. Please use crosswalks or you may get a ticket by the police.
- If you or a friend is hit by a car, move away from oncoming traffic as soon as possible.
- In the U.S., cars can make right turns on red lights. Be sure to watch for cars before you cross the street.
- Do not hitchhike. It's illegal and dangerous!

Biking

- Do not ride your bike on the sidewalk. It is illegal and you may get a ticket (you must pay a fine).
- It is also illegal to use skateboards and rollerblades on the sidewalk.
- Bicycles must have a current license with the State Department of Transportation or else the bicycle may be towed and confiscated (taken away).

At Night

- Do not go to any unfamiliar places, dark parking lots, dark alleyways, etc. by yourself.
- Do not accept any invitations from strangers:
 - **Do not accept any drinks from strangers**
 - **Do not accept any offers of rides from anyone you do not know**
- Do not walk anywhere alone after 10:00 pm.
- Do not walk close to the curbs of sidewalks.
- If you think someone is following you, do not panic. Do not go home. Find people or a public place as quickly as possible.



Medical Emergency, Injury, Sickness and Other Emergencies

Call **911** for fire, police and ambulance

Hospital/Doctors

The U.S. hospital system is different from that in your home country. As a foreigner, if you get sick, you will most likely have to go to the emergency room. Emergency rooms/hospitals in the U.S. provide assistance in the order of urgency. Expect to wait at least one to two hours before being seen by a doctor.

** Make sure the hospital that you plan to go to will accept your insurance plan. After seeing a doctor, contact your insurance company immediately and follow their instructions to make a claim.*

Hospital

Kapiolani Medical Center Straub Emergency Room	Honolulu	(808)983-8633 (808)522-4000	https://www.hawaiipacifichealth.org/kapiolani/ https://www.hawaiipacifichealth.org/straub/
The Queen's Medical Center (Emergency Dept)	Honolulu	(808) 691-4311	http://www.queensmedicalcenter.net/emergency-departme
Castle Medical Center	Kailua	(808) 263-5500	https://www.adventisthealth.org/castle/pages/castle-home.aspx

Urgent Care Clinics

Urgent Care Clinic of Waikiki	Waikiki	(808) 924-3399	http://www.waikikiclinic.org/
Doctors on Call Urgent Care Clinic at Sheraton Waikiki	Waikiki	(808) 971-6000	http://docs-waikiki.us/about-us/
Urgent Care Hawaii	Pearl City Waikiki Kailua Kapolei	(808) 456-2273 (808) 921-2273 (808) 263-2273 (808) 784-2273	http://www.ucarehi.com/
Island Urgent Care	Kapahulu Kahala Hawaii Kai	(808) 735-0007	http://islandurgentcare.com/
Windward Urgent Care	Kaneohe	(808) 234-1094	http://www.windwardurgentcare.com/about/

Sexual Abuse/Assault

If you feel that someone had forced, tricked or coerced sexual activity, contact the center for support and assistance.

Sex Abuse Treatment Center	Downtown	(808) 524-7273 24 Hour Hotline	http://satchawaii.com/about.aspx <i>Free medical exam within 72 hours of sexual assault</i>
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For Women (Pregnancy)

If you think that you have become pregnant while you are in Hawaii, you can contact the organization below for assistance and services. Most of these places offer free pregnancy test service

Aloha Pregnancy Care and Counseling Center	Kaneohe Waipahu	(808) 234-7233	http://alohapregnancy.com/
A Place for Women	Waipahu	(808) 678-3991	http://www.oahupregnancycenter.com/
Pregnancy Problem Center		(808) 924-0328	http://www.pregnancyunplanned.com/
Planned Parenthood Honolulu Health Center	Honolulu	(808) 589-1149	https://www.plannedparenthood.org/

For Drugs, Alcohol, and Addition

If you feel that you want to get a support and assistance, or know someone who may want a support, these organizations may be able to refer you for a support group/service.

Alcohol and Drug Abuse Division, State of HI, Dept. of Health			http://health.hawaii.gov/substance-abuse/prevention-treatment/treatment/treatment-services/
The Salvation Army Drug & Alcohol Rehabilitation			http://www.hawaii.salvationarmy.org/hawaii/rehabilitation
Drug-Free Hawaii			http://drugfreehawaii.org/ http://www.drugfreehawaii.org/index.php/getting_help

For A Personal, Family or Emotional Crisis

IMPAC wishes that you will have a wonderful time at our school and during your stay in Hawaii. There may be times that you feel homesick, sad, upset, culture-shock, stressed, depressed, or feel lost that you don't know what to do. If you want to talk to someone about your difficulty or just want to share how you are feeling, you can talk with the Director of Studies, Administrative Coordinator or with our Director. If you prefer to speak with someone outside of the school, here are some places you can visit/contact.

Crisis Line of Hawaii 24 hours, 7 days week	Oahu	(808)-832-3100	For any emergency and/immediate help, call 9-1-1
Family Intervention & Training Services		(808) 545-3228 ext. 34	ask for Family Intervention services
Drug-Free Hawaii			http://drugfreehawaii.org/ http://www.drugfreehawaii.org/index.php/getting_help
CARE Hawaii		(808) 533-3936	http://www.carehawaii.info/

Other

Poison Center		1-800-222-1222	http://www.aapcc.org For any emergency and/immediate help, call 9-1-1
Free Oahu Public Safety Alert for your mobile phone			http://www.nixle.com
Free Disaster Alert App (Pacific & Global)			http://www.pdc.org/solutions/tools/disaster-alert-app/
Hawaii Emergency Management Agency	Oahu		http://dod.hawaii.gov/hiema/get-ready/