

https://www.manaoanow.org/kaleo/features/staying-active-at-m-noa/article_d2adaae2-4a2a-11e5-9d34-8b1ebde6073e.html

Staying active at Mānoa

Hendricks Hicks, Staff Writer

Aug 25, 2015

With a new school year comes new opportunities, and many students revel at the chance to reinvent themselves after the summer is over. Mānoa offers many ways for students to get involved on and around campus.



Reese Kato / Ka Leo O Hawai'i

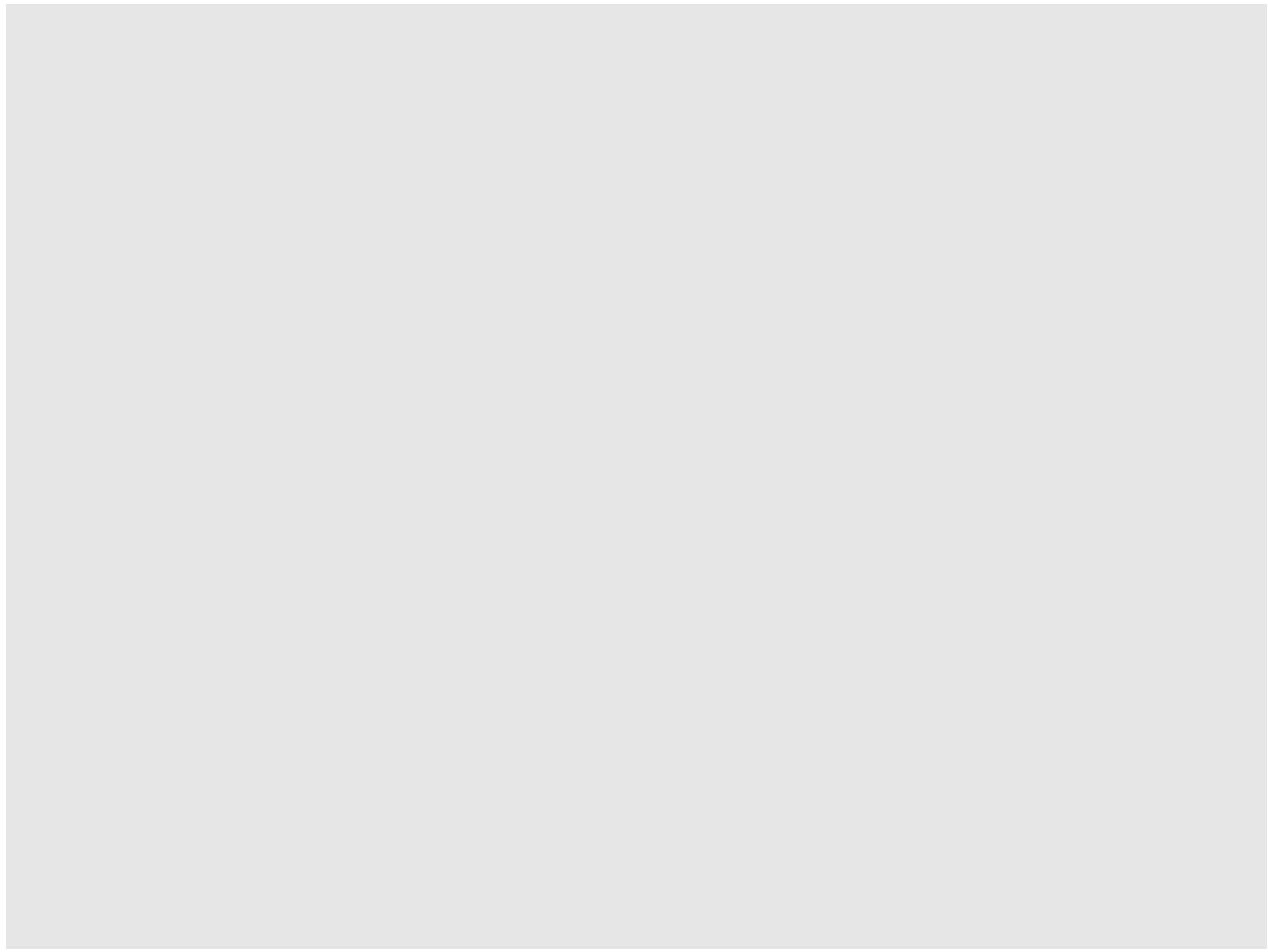
Volunteering

Some say that giving is better than receiving, and giving your time to those who need it can be a beneficial experience for everyone involved. Furthermore, volunteering is a great way to meet people who are committed to making a difference.

There are always opportunities to volunteer on and off campus. From beach cleanups to

homeless shelters, the aloha spirit is alive and well in paradise. Many non-profit organizations are dependent upon volunteer work in order to operate. Volunteering at homeless shelters in Hawai'i can enlighten students about the poverty and housing problems in the islands. By working in the community, volunteers can see aspects of these issues that they may not have been aware of, and they are able to help those in need at the same time.

Pollution in our oceans is not a new issue, but living in Hawai'i can bring the issue into perspective. Seeing the places you want to enjoy covered in litter and waste can be a disheartening experience. Volunteer work plays a major role in keeping our beaches clean.



Baptist Collegiate Ministries hosts flag football game.

Reese Kato / Ka Leo O Hawai'i

Clubs

From professional clubs for accounting, business and finance to more casual clubs for poetry, theater and anime, there is a Registered Independent Organization (RIO) for

everyone. By joining a club with people of like minds, you'll learn things about your interests that you might not have discovered otherwise.

Many clubs offer the opportunity for social events. Getting to know other students, particularly ones with experience in a variety of areas, can give you insight on professors and tips on how to maximize your university experience.

Networking is another benefit of joining an RIO. With ties to industry leaders, being in a club can sometimes make the difference in an interview. Though there are no guarantees for better job opportunities by being in any organization, knowing someone on the inside never hurts.

Every student at one point or another wonders if they made the right decision and will be able to enjoy working in their field of study. But by being around people who share the same passions and interests as you, you can draw inspiration from them to help stay on track and work toward your goals.

The great outdoors

A complaint among some locals is that there is little to do in Hawai'i. What O'ahu lacks in amusement parks or motor raceways, it makes up with unique island experiences.

Student Recreation Services (SRS) organizes hiking for students, faculty, staff and their guests. SRS also provides transportation to and from events, which relieves the burden of having to find parking.

With 43 sanctioned trails and numerous other unofficial hikes, O'ahu is a great place to experience the outdoors. You can drive and park at most trailheads, and once you start, you begin to appreciate what the island has to offer with its natural beauty.

Along with hikes, SRS also sponsors other events like surfing, kayaking, sailing and scuba diving.

Going to these events gives you the opportunity to meet people who enjoy an active lifestyle. Although everyone likes to go to the beach or on a hike every so often, it might be hard to find someone who is as passionate about these activities as you are. By participating in an SRS event, you can increase your chances of meeting people who share your same love of the outdoors.

Athletics

All University of Hawai'i students are given an athletics pass that allows them access to any regular season home game with a valid ID. This allows students the opportunity to

show their school spirit and personal pride at sporting events.

A school sponsored committee, the Mānoa Maniacs, has prize giveaways and helps rally students at games. The committee was created to plan, implement and evaluate programming to enhance the student experience at athletic events.

With football season about to begin, students should be aware of the shuttle that is offered from the Mānoa campus to Aloha Stadium. This is convenient for anyone without a personal mode of transportation.

At events, students have an assigned seating area which enhances the school spirit experience. Many games are on campus, basketball at the Stan Sheriff Center, or baseball at the Les Murakami Stadium. With the convenience of the venues, it's a must to stop by a game once in a while.

Whether you're there to cheer on our Warriors or just to hang out with friends and enjoy a good time, you're bound to have fun and meet great people at any of the sporting events at Mānoa.