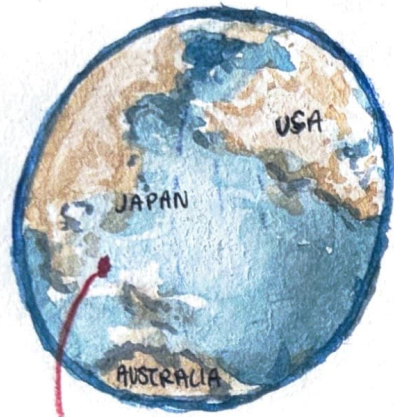


REPUBLIC OF

PALAU



PALAU

AREA
464 KM²
POPULATION
~18,000

BABELTHUAP

KOROR

ULONG

TOI KLEMMOOL

NGERUKTABEL

NGERUKUID

PELELIU ISLAND

ANGAUR ISLAND



MANTA RAY

MAY 16TH, 2026 - LGA → IAH → HNL → GUM → ROR
AS THE 4TH SMALLEST COUNTRY IN THE WORLD BY
POPULATION, MOST PEOPLE DON'T KNOW OF PALAU
AND I WAS ONE OF THOSE PEOPLE UNTIL CMU
TCINGC GAVE ME THE CHANCE TO INTERN &
SPEND MY SUMMER OF 2026 IN THIS BEAUTIFUL
COUNTRY. I CAN'T UNDERSTATE HOW SURREAL
ALL OF THIS IS AS IM SITTING IN MY FLIGHT
FROM TEXAS TO HONOLULU AND WRITING THIS.
I'D RESEARCHED QUITE EXTENSIVELY PRIOR
TO LEAVING, INCLUDING PALAU'S FASCINATING
HISTORY AND POLITICAL TIES WITH THE UNITED
STATES, TAIWAN, & JAPAN AS WELL AS ITS
ENVIRONMENTAL CONSERVATION EFFORTS, BUT
I THINK I'LL LEARN ON AN EVEN MORE
AUTHENTIC LEVEL ONCE I EXPERIENCE IT
FIRST HAND LIVING IN THE CITY OF KOROR.

VIP GUEST HOTEL

MY FIRST DAY IN PALAU! I WOKE UP A LITTLE PAST 8 AM, STILL SET LAGGED FROM ARRIVING TO MY HOTEL AT 2 AM. HELEN FROM FIB GREETED ME WITH THE CUTEST SIGN AT THE KOROR AIRPORT. SHE DROVE ME BACK AND I LEARNED THAT ACCIDENTS ARE DAILY OCCURANCES IN PALAU BECAUSE OF OTHER DRIVERS. EVEN THOUGH IT WAS NIGHT, I COULD SEE THE PALM TREES ENVELOPING THE ROADS WHICH REMINDED ME OF MIAMI. HELEN RECOMMENDED ME SOME PARKS FOR SUNRISE/SETS. THIS MORNING I WALKED JUST ACROSS FROM THE HOTEL TO PNCC AND WHEN I SAID I WAS HERE FOR 10 WEEKS, THE LADY KNEW



BUDDY



IMMEDIATELY I WAS A CMU INTERN. I MET UP WITH SRUTI & OLIVIA @WCTC BEFORE DOING MY FIRST GROCERY RUN. WHEN I GOT BACK, I CHATTED W VIVIAN @ THE RECEPTION AND SHE WAS SO FRIENDLY AND RECOMMEND THE FARMERS MARKETS ON THURSDAY MORNINGS & NIGHT MARKET ON FRIDAYS. I LOVE GIVING THE HOTEL DOG HEAD SCRATCHES.

SURANGEU'S WAS THE SUPERMARKET THAT VIVIAN RECOMMENDED FOR BEST FOOD PRICES SO I WENT AND GRABBED SOME MORE ITEMS. I REALIZED THAT MILK IS UNREFRIGERATED AND SOLD ON OPEN SHELF AFTER BEING CONFUSED WHY THERE WERENT ANY MILK IN THE FREEZ REFRIGERATED AISLE. I THOUGHT PALAU WAS JUST LACTOSE INTOLERANT. THE AFTERWARDS I CHECKED OUT THE GIFT SHOPS AND CHATTED WITH TWO GUYS, FROM LEBANON & UK, AFTER COMMENTING I WAS PLANNING TO BUY A PALAU BASEBALL CAP LIKE THE ONE HE WAS WEARING. SOME OF THE STORE CLERKS THOUGHT I WAS JAPANESE, ONE ACTUALLY SAID THANK YOU TO ME IN JAPANESE. I NOTICED THE OTHER CUSTOMERS IN THE SHOP WERE TAIWANESE. THERE'S UNDENIABLY A LOT OF INFLUENCES FROM THESE EAST ASIAN COUNTRIES IN PALAU, FROM CULTURE TO TOURISTS

HAZELM





TODAY, I VISITED PALAU'S NATIONAL MUSEUM WHICH WAS ONLY A 10 MIN WALK FROM MY HOTEL. I LIKED HOW INTUITIVE THE MUSEUM SPACE WAS DESIGNED; FROM THE ENTRANCE I TOOK A RIGHT TURN AND IT FOLLOWED THE CHRONOLOGICAL ORDER OF PALAU'S COLONIAL HISTORY, FROM SPAIN, GERMANY, GERMANY, JAPAN, TO THE US. FROM THE SECOND FLOOR, THERE ARE TWO SHIPS SUSPENDED FROM THE CEILING. THERE ARE SMALL ROOMS DEDICATED TO PALAU'S BIODIVERSITY AND "SHARED ORIGINS, ONE FAMILY" WHICH WAS A REALLY COOL SPACE EXPLAINING COGNATES (SETS OF WORDS W/ SAME LINGUISTIC ORIGIN) ACROSS AUSTRONESIAN LANGUAGES, SPECIFICALLY THE INDIGENOUS LANGUAGES OF TAIWAN. THE COMPARISON OF COGNATES IS LIKE AN "EXCAVATION," PROVIDING IMPORTANT DATA & EVIDENCE IN HUMAN ARCHAEOLOGY, GEOGRAPHY, AND HISTORICAL EVOLUTION. THE MUSEUM ACTUALLY REPRESENTED US RULE OF THE ISLAND IN THE EARLY 50s AS ~~BENIGN~~, FOLLOWING THE TRAUMA OF WW2, THEY WERE INTRODUCED TO STRANGE NEW IDEAS OF DEMOCRACY, ELECTIONS, HIGHER EDUCATION.



BELAU NATIONAL MUSEUM

LEI WORKSHOP



IN THE EVENING, I TOOK A LEI MAKING CLASS WITH OLIVIA, HOSTED BY ALYSSA & TYANO (WHO SELLS ART ON REDBUBBLE @TYANO680). I GOT THE HANG OF MAKING THE LEI TOWARDS THE END. ALYSSA SAID THIS IS A NICE GROUP ACTIVITY BECAUSE THE PROCESS GOES BY QUICK WHEN YOU'RE TALKING W/ OTHERS. I THINK THE TWO OTHER STUDENTS IN THE CLASS WERE THE JAPANESE STORE OWNERS @ RUC CAFE I WENT TO YESTERDAY

FDOW @FIB

I WOKE UP AROUND 5:30AM AND WENT FOR A WALK TO LONG ISLAND PARK WHICH HAD SOME INCREDIBLE VIEWS AND WATER PEOPLE WERE SNORKELING IN. I WENT INTO THE OFFICE IN ONE STOP BUILDING AND GOT A BRIEF INTRO OF EVERYONE ON THE FIB TEAM FROM HELEN. FOR THE REST OF THE MORNING I FOLLOWED HELEN ON HER ERRANDS, GRABBING LAPTOP FROM SURINTEL, SOMETHING FOR DUO FROM THE AIRPORT. I LEARNED ALL THE LODERS COMING THROUGH PORTS CARASOL IS TO CARRY

SOUVENIRS BACK. HELEN ALSO DROVE ME TO WHERE SHE LIVED. THERE'S THIS MONUMENT & THE MYTH GOES THAT IT'S A MOTHER AND SON THAT GOT TURNED INTO STONES. HELEN'S NEIGHBOR IS A DRUG DEALER. THE WIFE OF THE LARGEST DRUG SUPPLIER IN PALAU RUNS A HEALING GARDEN... I LEARNED A LOT FROM HELEN



A NOTER BEAUTIFUL EARLY MORNING WALK. I CAME INTO OFFICE AND CHATTED WITH KORHONEN. I LEARNED THAT HE WAS IN LOUISIANA AROUND 2005 HURICANE KATRINA, DEPLOYED BY THE US. HE RETURNED TO THE PALAU AND WORKED AS A POLICE OFFICER FOR ~13 YEARS BEFORE SWITCHING TO WORKING AS AN INVESTIGATOR FOR FIB FOR THE BETTER HOURS. HE CONDUCTS STING OPERATIONS ON FOREIGN BUSINESSES HERE. WE TALKED ABOUT HIS TRAVELS TO JAPAN LAST YEAR. HE SAYS TAIWAN IS NEXT ON HIS BUCKET LIST. I CERTAINLY FEEL LIKE THE OFFICE VIBE HERE FOR ME AS AN INTERN IS VERY CALDBACK SO I NEED TO MAKE MORE OF THESE EFFORTS TO CHAT WITH EVERYONE AT THE OFFICE TO UNDERSTAND

OFFICE CULTURE

LUNCH SPOTS

MET DIRECTOR AUGUST AND CHAIRWOMAN CORY TODAY. THE CHAIRWOMAN WAS VERY FRIENDLY; WE CHATTED ABOUT WHEN SHE EXCHANGED IN JAPAN AND MET A WEALTHY STUDENT FROM KYOTO. THE LUNCH WAS ACCOMPANIED BY A GREAT CONVERSATION ON PALAU GEO POLITICS. THERE ARE 4 OFFICIAL EMBASSIES AND SOME HONORARY EMBASSIES (INCLUDING CZECHIA!) IN KOROR.

I'M GLAD I'VE BEEN READING THE ISLAND TIMES NEWS PAPER FROM THE OFFICE, HELPS ME STAY AWARE OF CURRENT EVENTS HERE.

PRO-FE HAM & CHEESE SANDWICH



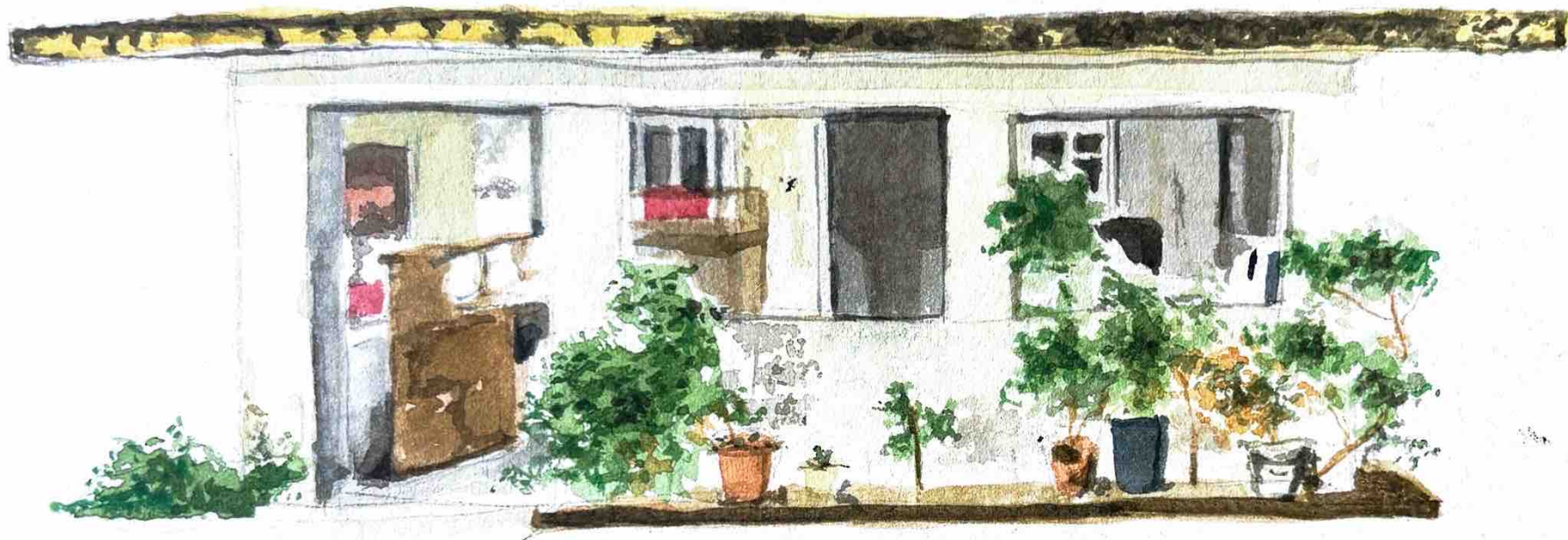
FRANCO'S CHICKEN KATSU



I'VE BEEN TOLD MOST SPOTS IN KOROR HAS AUTHENTIC SPOTS WHILE MALAKAL ISLAND TENDS TO HAVE THE TOURISTY RESTAURANTS PALAUANS AVOID.

CANOE HOUSE FISH SANDWICH





END OF WEEK 1 - ON SUNDAY I WENT SWIMMING W/ SRUTI AT LONG ISLAND PARK. WE WERE IN THE WATER FOR A LITTLE OVER 2 HOURS AND IT WAS REALLY NICE. WE MET UP W/ OLIVIA FOR SOME BOSSA TEA AFTERWARDS AND SOME REALLY COOL PEOPLE FROM THE MICRONESIAN SAILING SOCIETY - IT'S IMPRESSIVE & INSANE HOW THEY SAILED ACROSS THE PACIFIC AND SUBSISTED ON SUPPLIES IN A YACHT. LUNCH TODAY WAS @ THE PENTHOUSE HOTEL RESTAURANT AND WE SAT OUTDOORS. AFTER FINISHING OUR FOOD, WE WALKED TO T-DOCK AND SAW SOME OF THE MOST BEAUTIFUL VIEWS (INCLUDING THIS HOUSE THAT I FOUND PARTICULARLY CHARMING DURING OUR WALK) AND SUNSET THAT THE CAMERA COULDN'T CAPTURE

WEEK 2

ON ~~TH~~ MONDAY, THE DIRECTOR BROUGHT LUNCH TO THE OFFICE: LUMPIA, KANGKONG, FRIED RICE, MUSHROOM & PORK. LAST WEEK WAS ABOUT ACCUMATING TO THE NEW OFFICE. TODAY I STARTED MY REGULAR INTERN DUTIES AND STARTED INQUIRING ABOUT HELEN & DOLO'S WORKFLOW SO I CAN



AUSTRONESIAN



INFLUENCES INCLUDE THOSE FROM TAIWAN, SE ASIA IE MALAYSIA, PHILIPPINES, INDONESIA WHICH CAN ALL BE FOUND IN PALAU'S CUISINE

DRIVE IS WHAT THEY'RE FAMILIAR WITH AND USE EXTENSIVELY, SO

I WANT TO CODE SOMETHING THAT SENDS FILES FROM THE INVESTORS PORTAL TO A SHARE D RIVE. I ACTUALLY SUCCEEDED IN MY FIRST ITERATION ON THURSDAY AND DEMO'D IT TO HELEN & THE DIRECTOR. SIDE NOTE, THE CATS LIVE IN THE BASEMENT OF MY HOTEL SO THEY WERE THERE WHEN I WAS DOING MY LAUNDRY. I LOVE HOW ANIMAL FRIENDLY THE HOTEL IS. THE CATS WERE HAD LESS AFFINITY FOR HEAD SCRATCH.

FARMER'S MARKET

I CHECKED OUT THE FARMER'S MARKET ON THURSDAY MORNING. THERE WERE LOTS OF BUNDLES OF KANGKONG AND BAGS OF CHERRY TOMATOES AND PEANUTS. I GOT SOME CUCUMBERS. I THINK MOST PEOPLE GROW THEIR OWN PRODUCE SO THE FARMERS MARKETS HAVE FEW VENDORS BUT IT WAS WORTH CHECKING OUT AT LEAST ONCE. AFTER WORK, I TOOK A 10KM WALK

AND DID SOME ERRANDS. I HAVN'T TAKEN WALKS IN THE PAST FEW DAYS BECAUSE



OF THE RAINY WEATHER THIS WEEK BUT HOPEFULLY THE SUN RETURNS NEXT WEEK.

YOKOHAMA INN'S



ICED TEA



PUMPKIN CRUNCH

AFTER WORK ON FRIDAY I GRABBED LUNCH AT YOKOHAMA'S. THE YAKIUDON WAS OK BUT THEIR HOUSE MADE PUMPKIN CRUNCH REALLY BLEW IT OUT OF THE PARK FOR ME, & IT'S ONE OF VIVIAN'S FAV TOO. ON MY WALK THERE I PASSED BY THE HONARARY CZECH CONSULE WHICH WAS EST. 2014 TO FACILITATE TOURISM, PROMOTE ENVIRONMENTAL COOPERATION AND OTHER MUTUAL INTERESTS IN GLOBAL ISSUES AT FORUMS LIKE THE UNITED NATIONS. I THOUGHT IT WAS A COOL SITING & FACT.



Honorary Consul
Czech Republic



PALAUAN ARCHITECTURE

DUE TO THE EXTREMELY WET TROPICAL CLIMATE, MODERN HOMES ACROSS KOROR FEATURE LARGE EAVES/BALCONIES TO PROVIDE SHADE & SHELTER FROM SUDDEN DOWNPOURS. MOST HOUSES TEND TO BE VERY SIMPLE IN DESIGN BUT EVEN THEN THEY ~~WOULD~~ ARE CHARMING TO ME AND I CAN'T HELP BUT STOP TO TAKE A PICTURE.



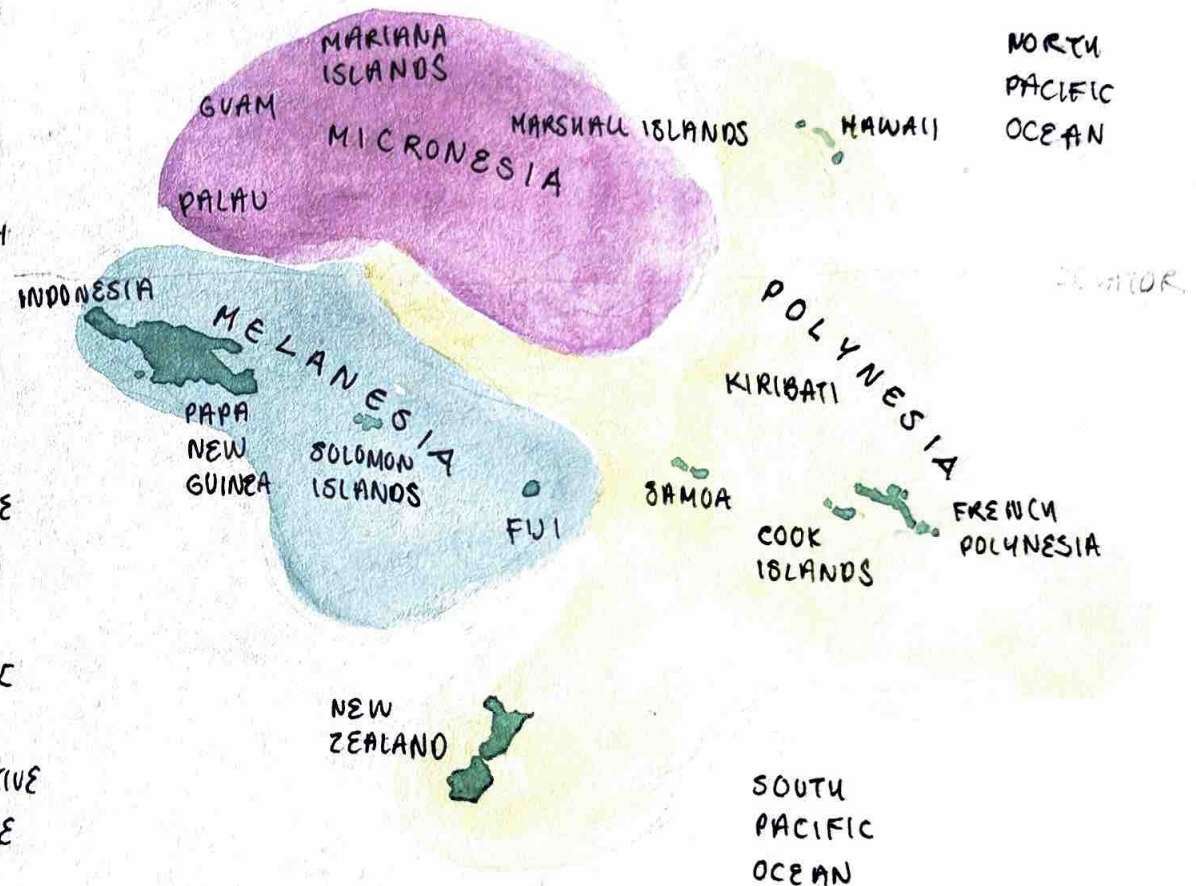


KSNM C

KOROR STATE NIGHT MARKET
THE NIGHT MARKETS I'VE BEEN TO
BEFORE INCLUDED KYOTO & PRAGUE
SO THE KOROR ONE IS MUCH SMALLER
IN SCALE THAN I'M USED TO. BUT
I THINK I CAN SAY FOR CERTAIN
THAT KOROR'S IS MOST DIVERSE
AND HETEROGENOUS. YOU HAVE
VERY ISLAND-ITEMS LIKE
FRESH COCONUTS BUT MAJORITY
OF THE FOOD IS A MIX-FILIPINO,
JAPANESE, CHINESE, AMERICAN.

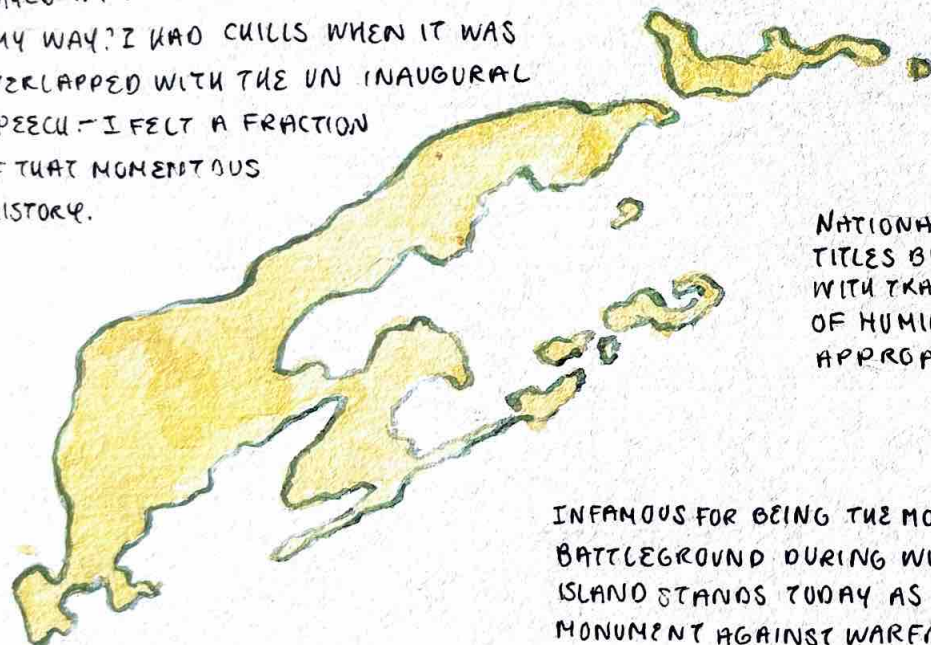
GEOPOLITICS OF MICRONESIA

IN WEEK 3, I GOT TO DISCUSS THE HISTORY OF PALAU AND WIDER GEOPOLITICS OF MICRONESIA WITH DIRECTOR AUGUST. LIKE EVERYONE ELSE AT FIB, HE HAD SO MUCH LIFE STORIES & EXPERIENCES TO SHARE. I CAN'T BELIEVE HE PICKED UP ENGLISH AT AGE 18 (AROUND 2006) WHEN HE ENTERED THE US MILITARY. NOT MANY US AMERICANS WOULD BE ABLE TO LEARN PALAUAN AT 18 LET ALONE BE SO FLUENT IN IT. EVERYTIME I CHAT W/ SOMEONE OUTSIDE OF THE US I REALIZE HOW MUCH OF THE WORLD I'VE YET TO UNLOCK & LEARN FROM. DIRECTOR SAYS THE PALAUAN CONSTITUTION IS CLOSELY MODELED AFTER THE US, WITH DIFFERENCES / LOOPHOLES LIKE A PRESIDENT CAN'T RUN MORE THAN 2 CONSECUTIVE OFFICES BUT SO THEY COULD TECHNICALLY SERVE 3+ TERMS. PALAU FACES AN INTERESTING ANCESTRY PROBLEM WHERE ANYONE WHO CAN PROVE THEY HAVE A DROP OF PALAUAN BLOOD CAN CLAIM CITIZENSHIP, OVER SOMEONE WHO, SAY, HAVE GROWN UP IN THE CULTURE WHOLE LIFE.



PRESIDENT'S DAY 6/1

I HAD THE ABSOLUTE PRIVILEGE TO JOIN THE PRESIDENT'S ENTourage TODAY TO VISIT PELELIU ISLAND. I WITNESSED THE CEREMONY HONORING PALAU'S FIRST PRESIDENT HARUO REMELIK AND CHIEF JUSTICE MANORU NAKAMURA WHERE THEY PLAYED A PALAUAN rendition OF SINATRA'S 'MY WAY.' I HAD CHILLS WHEN IT WAS OVERLAPPED WITH THE UN INAUGURAL SPEECH - I FELT A FRACTION OF THAT MOMENTOUS HISTORY.



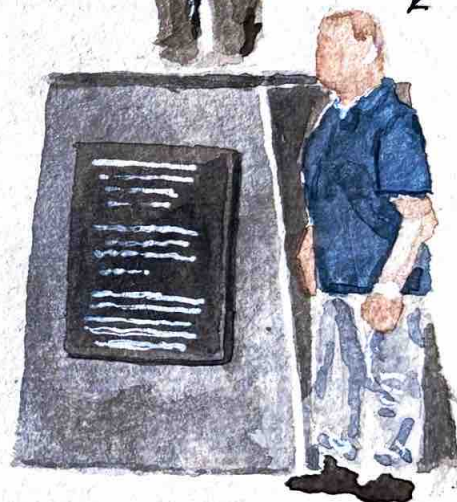
PELELIU ISLAND

NATIONAL LEADERS HOLD TITLES BUT BALANCE GOVERNANCE WITH TRADITIONAL EXPECTATIONS OF HUMILITY, SERVICE, AND APPROACHABILITY.

INFAMOUS FOR BEING THE MOST VICIOUS BATTLEGROUND DURING WWII, PELELIU ISLAND STANDS TODAY AS A SOLEMN MONUMENT AGAINST WARFARE. THE VP DELAYED OUR SCHEDULE FOR US TO VISIT THE WWII MEMORIAL MUSEUM.



VICE PRESIDENT
REYNOLD OILOUCH



"AS THE 185TH MEMBER OF THE UN, PALAU IS A SMALL NATION BUT LARGE IN THE WAYS THAT MATTER"

NECO YAMAHA IS THE AUTHORIZED DEALER FOR
YAMAHA OUTBOARD MOTORS IN PALAU. THEY
SUPPLY AND SERVICE ENGINES AND MANUFACTURE
CUSTOM FIBERGLASS BOAT HULLS.



NECO YAMAHA



THE WEATHER TODAY FELT JUST
RIGHT - BALMY BUT WINDY -
FOR A BOAT DAY. THE RIDE
FROM KOROR TO PELELIU ISLAND
WAS SO NICE AND IT WAS SO
RELAXING THAT I FELL ASLEEP
SEVERAL TIMES BUT I SAW HOW
GORGEOUS THE WATER WAS - WHO
KNEW THAT THE OCEAN CAME IN
THIS COLOR? THIS IS THE EQUIVALENT
OF A TYPICAL COMMUTE FOR PALAUANS.

KAYAKING NIKKO BAY 6/6



PACIFIC OCEAN

ON SATURDAY, I KAYAKED W/ HELEN. SHE HAD A GOOD SENSE OF NAVIGATION AND DIRECTION AS A LOCAL SO WE PADDLED IN EVERY TURN & CORNER W/O CONCERN OF GETTING LOST. I'D NEVER SEEN SO MUCH SEA CUCUMBERS STREWN ACROSS THE OCEAN FLOOR. AROUND SUNSET, THERE ARE SUPPOSEDLY ALLIGATORS AT THE MANGROVES.

AFTER PADDLING FOR A BIT, OUR KAYAK BUMPED INTO A PROPELLER, HELEN SAYS THE STATE KNOWS IT'S HERE SO THE RELIC IS SORT OF OPEN TO ANYONE WHO COMES ACROSS IT. I ENDED UP TOUCHING IT WHICH FELT SURREAL. I WAS ABLE TO LEARN THE FULL HISTORY BEHIND THESE RELICS FROM BILL WHO TURNS OUT TO BE AN AVID LONG-TIME KAYAKER SO I RECEIVED A LOT OF GOOD SUGGESTIONS FOR MY NEXT KAYAKING TRIP.

CASSIOPEA

UPSIDE DOWN JELLYFISH



SEAWEED



WWII RELIC

ONE OF MANY IN THE BAY

ON AUGUST 28, 1944, THE WAKOE AIRFIELD (APO TIQ) WAS HIT BY ANTI-AIRCRAFT WHILE FLYING OVER KORDOR TOWN. THE RIGHT WING BROKE OFF WHILE THE REST OF THE BOMBER FELL DOWNWARD. TODAY, IT IS EXPOSED ABOVE THE WATERLINE AT LOW TIDE WITH THE ATTACHED NO. 3 ENGINE & PROPELLER WHILE ENGINE 4 IS MISSING. IT REMAINS IN SITU.

OCEANIA TRIATHLON 6/14

do something
extraordinary.



TEAM 56



CATEGORY: TEAM RELAY

TIME: 3:52:38

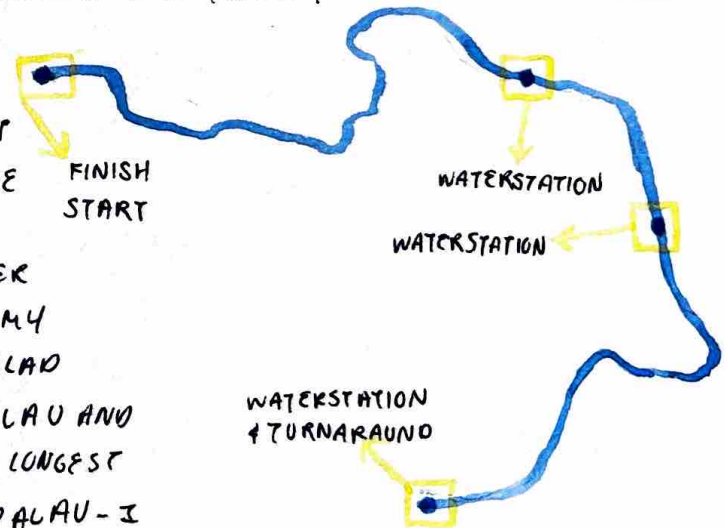
PLACE: 7TH (1ST ALL-FEMALE)

THE CARNEGIE MELLON INTERN TEAM PARTICIPATED IN PALAU'S OCEANIA TRIATHLON TODAY. IT WAS A LAST MINUTE DECISION - VIVIAN HAD ASKED IF WE WANTED TO VOLUNTEER FOR THE RACE BUT WE DECIDED TO JOIN AS THE ATHLETES BECAUSE THERE WERE 3 OF US WHICH WAS PERFECT - ONE PERSON PER LEG OF THE RACE. I THINK THIS RACE WAS EXTRA CHALLENGING BECAUSE WE HIT 6 SNORKELING SPOTS YESTERDAY SO THIS WEEKEND WAS VERY PHYSICALLY DEMANDING. I HAD SO MUCH FUN THOUGH, I MET SO MANY COOL PEOPLE AT THIS TRIATHLON THAT IT WAS DEFINITELY ENCOURAGED ME TO

RUN

CONTINUE IMPROVING MY RUNNING TIME FOR MY SEPTEMBER 10K IN PGH. THE REASON WHY I ENJOYED THE RACE SO MUCH WAS MOST DEFINITELY BECAUSE OF THE PEOPLE & CAMADERIE. I

HIGH-FIVED ANOTHER RUNNER ON MY WAY AND CHECKED ON MY FELLOW RUNNERS. I'M SO GLAD THAT WE'D DONE THIS IN PALAU AND I CAN SAY THAT I RAN MY LONGEST TIME & FIRST 10K HERE IN PALAU - I WOULDN'T HAVE IT ANY OTHER WAY :)



DIVE SHOP & SOUVENIR STORE ACROSS ASAHI BASEBALL FIELD



MAIN ST, NECU PLAZA, KOROR, PALAU



7085 KOROR, PALAU 96940

EMAMELEI

JULY 9, 2026

A POPULAR SPOT AMONG LOCALS, THIS RESTAURANT IS ALSO A BAKERY. I GOT DINNER HERE ON CONSTITUTION DAY W/ OLIVIA & SRUTI. I ORDER AN UDON & THE BIGGEST PLATE OF NOODLES CAME OUT. OLIVIA SAID IT'S 2X THE SIZE OF MY HEAD. BUT THE FOOD WAS TASTY AND WE HAD A GOOD DINNER WHILE CHATTING ABOUT OUR 8 WEEKS IN PALAU & THINGS WE STILL WANT TO DO IN THE 2 WEEKS LEFT. I FOUND OUT SOME PRETTY FASCINATING FACTS ABOUT FIB ~~THA~~ FROM AN OUTSIDE PERSPECTIVE. IT MADE ME REALIZE HOW MY ONLY PERCEPTION OF MY OFFICE HAS BEEN KIND OF PIGEONHOLED AND I SHOULD LEARN FROM OTHER AGENCIES TO GET A WIDER PICTURE OF FIB. I KNOW I HAVEN'T BEEN AS CONSISTENT PAINTING HERE BUT I REALLY ENJOYED PAINTING THESE 2 PAGES TODAY - THE BUILDINGS HERE HAVE A CHARM.

TODAI

LIGHT HOUSE

ADAIR FROM OLIVIA'S OFFICE FIDU DROVE US UP NORTH TO SEE THE TODAI LIGHT HOUSE WHICH WAS BUILT DURING THE JAPANESE ADMINISTRATION BY THE IMPERIAL NAVY. THESE LIGHT HOUSES WERE PLACED ACROSS THE WHOLE ISLAND IN STRATEGIC PLACES IN ORDER TO GUIDE SHIPS INTO HARBOR. NOT FAR FROM THE LIGHT HOUSE IS GENERAL QUARTERS WHICH HOUSED THE CAPTAIN & HIS OFFICERS PLUS LOCAL SENTRIES.



THE ELEOS HILL ALSO OFFERED SOME PANORAMIC VIEWS OF THE NORTHERN REEF AND OCEAN WAVES. THE GENERAL QUARTERS AREA HAD LOTS OF CRATERS FROM BEING BOMBED. THE PRIMARY HEADQUARTERS ARE IN PELELIU, SO THE MILITARY COMMANDER ACCESS FROM THE BOTH ENDS OF PALAU.

Okemi Cafe

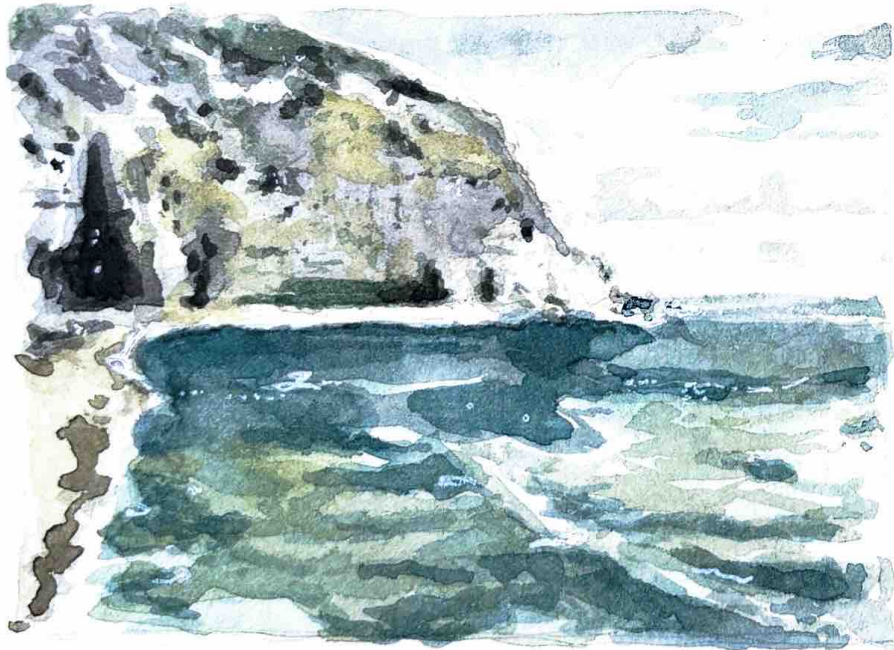


ADAIR'S CAREER SPANNED FROM LEGAL WORK IN DV TO IMMIGRATION AND DESPITE WITNESSING SOME OF THE WORST HUMAN BEHAVIORS IN HER JOB SHE SAYS SHE DOESN'T WISH SOMETHING LIKE DEATH PENALTY UPON MOST THAT SHE PROSECUTES. THIS WAS ONE OF THE MOST INTRIGUING CONVS WE HAD OVER LUNCH AT THIS RESTAURANT. THE INTERNS, WE SHARED A BIT ABOUT CNU AND I TALKED ABOUT SOME OF MY CAREER ASPIRATIONS. EVERYONE I'VE MET HERE AT PALAU HAVE BEEN SUPER SUPPORTIVE OF MY DEEP INTEREST IN DIPLOMACY + APPLIED TECHNOLOGY. I'D REALLY STARTED CONSIDERING HIMASTER SO I HOPE I CAN BE MORE CERTAIN AS A JUNIOR.

BILL'S KAYAK TOUR

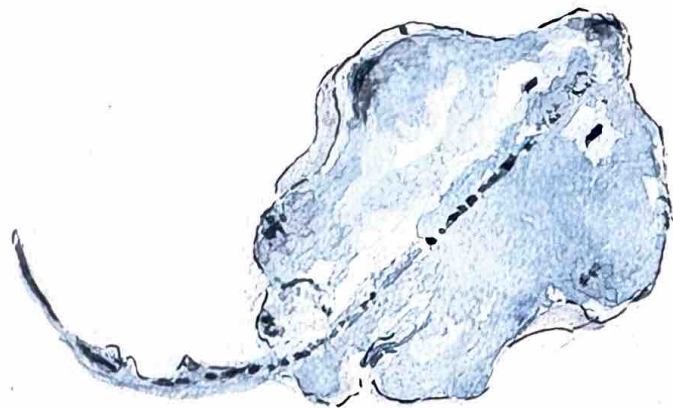
TODAY, SRUTI AND I KAYAKED NIKKO BAY WITH BILL. WE BOROWED A KAYAK FROM BILL'S FRIEND WHO LIVES SUPER CLOSE TO THE DOCK WHERE WE TOOK OFF. IT WAS A RAINY MISTY DAY WHICH IS PERFECT FOR KAYAKING BECAUSE WE WERENT PADDLING DIRECTLY UNDER INTENSE SUN. WE VISITED SOME OF THE CAVES IN THE BAY. THERE WERE MANY SCENIC

BILL'S
HOMEMADE BREAD →



SPOTS ALONG OUR JOURNEY THAT WERE ABSOLUTELY PERFECT FOR SNORKELING. WE SAW A VARIETY OF CORAL REEFS THAT BILL POINTED OUT. THE BLUE STARFISH WAS SO BREATHTAKING TO SEE - RARELY DO YOU SEE SUCH A VIBRANT BLUE IN NATURE. WE SHELTERED FROM THE RAIN AND STOPPED DURING LOW TIDE TO HAVE LUNCH. BILL'S HOMEMADE BREAD WAS SUPER DELICIOUS & SAVORY. WE ENJOYED IT W/ CHEESE, APPLE, AND PROSCIUTTO. SRUTI & I GOT TO HEAR VIVIAN & BILL'S MARRIAGE STORY AND HOW IT STARTED WITH "MOCHA QUEEN."

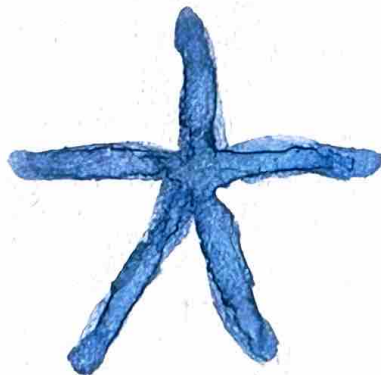
TARZAN CAVE



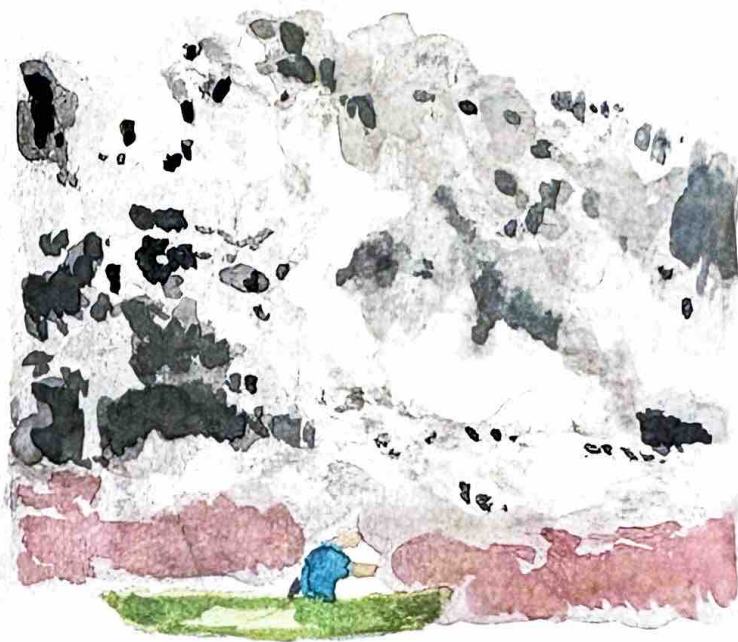
TODAY'S SIGHTINGS

ALONG THE WAY WE SAW HAWK BILL
TURTLES, STINGRAY, A CROCODILE, &
A COUPLE BABY BLACK/GRAY TIP
SHARKS, WHICH BILL SAID WAS A GOOD
COLLECTION OF SIGHTINGS FOR THE DAY.
VIVIAN DIDN'T BELIEVE WE SAW A
CROCODILE SO WE'RE A LUCKY GROUP.
I ENJOYED BEING OUT IN THE WATER
UNDER THE RAIN MORE THAN I EXPECTED.
BILL SAID I TOOK OFF THE 'CITY GIRL' IMAGE.

SOMETHING PALHU MADE
ME REALIZE IS THE SORT
OF COSMOPOLITAN BUBBLE
THAT I GROWN UP IN A
TRAVELED IN. THERE ARE
NUMEROUS POINTS DURING
THIS TRIP, INCLUDING
PADDLING THROUGH HEAVY
RAIN & LOW TIDE IN OPEN WATER,
THAT I REALIZED I'VE BEEN
TREATING CITIES AS THE DEFAULT
REFERENCE POINT, SO NON-URBAN
FEELS VERY UNFAMILIAR OR
"OTHER" - SOMETHING I'D ONLY
HAVE TREATED AS NICHE.



STARLIGHT CAVE



BILL'S KAYAK DRIFTED AWAY WHILE WE WERE
BUILDING A FIRE. SRUTI SWAM TO RETRIEVE
IT AND WHEN BILL FOLLOWED AFTER, I WAS
WORRIED BOTH KAYAKS WERE LOST, BUT THEY
BOTH MADE IT BACK TO THE CAVE SAFELY!

CONVENIENCE STORE ECONOMY



BILL MENTIONED A FACT THAT I THOUGHT WAS INTERESTING. EVEN WITH THE SHORTAGE OF LABOR IN PALAU, THERE'S AN ABUNDANCE OF CONVENIENCE STORES THAT SELL BEETLE NUTS & CIGARETTES. PALAU SUFFERS FROM A VERY CONCRETE DRUG/ADDICTION PROBLEM AND GIVEN THE SMALL ECONOMY, LONG TERM CAPITAL PROJECTS ARE NOT VERY FEASIBLE. QUICK GRATIFICATION LIKE BEETLE NUTS ARE CASH-GRABS FOR SMALL BUSINESS OWNERS

BBQ @ LONG ISLAND



SRUTI ORGANIZED A BBQ WITH THE GIRLS LIVING ON OUR FLOOR @ VIP GUEST HOTEL. IT WAS SO FUN GETTING TO MEET MARISSA, LAUREN, LINDSAY, AND LILU. THEY WERE ON A MONTH LONG MEDICAL INTERNSHIP FROM HAWAII; LAUREN ACTUALLY INTERNEED AT UPMC IN PITTSBURGH AND HER BF WORKED @ CMU WHICH WAS SUCH A MOMENT OF THE WORLD IS SO SMALL. IT'S CRAZY HOW WE ALL ENDED UP IN PACAU AND GOT TOGETHER THIS NIGHT. THE GIRLS BOOZED APPLE PIE AND WE HEATED IT UP IN THE RESIDUAL HEAT FROM THE COAL FIRE. I VALUE THESE FEMALE FRIENDSHIPS I MAKE ABROAD.

CORY'S TARO PATCHES



CORY WAS VERY EXCITED TO OFFER TO SHOW US AROUND HER TARO PLANTS UP NORTH AND WE GOT AN INCREDIBLE TOUR. THIS WAS HER 2ND TIME BRINGING A GROUP BUT SHE HAD SO MUCH KNOWLEDGE TO SHARE ABOUT THE PLANTS ALONG THE WAY. CORY GOT A PROJECT FUND FROM THE UN AND SHE PLANS TO USE IT TO DEVELOP SOME OF THE AREAS. I LEARNED THAT TARO PATCHES CAN SERVE AS IRRIGATION SYSTEMS WHICH IS SO INCREDIBLE ALONG HOW NUTRITIOUS IT IS. AMBARELLA IS LIKE A PLUM FRUIT. WE TRIED A SLICE AND IT WAS CRUNCHY AND REFRESHING. CORY SAYS SHE LOVES TO MAKE JUICES FROM IT. WE KIND OF FOLLOWED A HORSESHOE ROUTE AROUND AND SAW THE BEACHES & WATERFALLS CATER!

AMBARELLA



AGRICULTURE

I ASKED CORY WHAT TYPES OF BUSINESSES SHE'D LIKE TO SEE MORE OF IN PALAU AND SHE ANSWERED AGRICULTURE - LIKE FARMERS MARKETS. SHE'S ALSO A HUGE ADVOCATE FOR

BUILDING MORE HOUSING IN PALAU. AND THESE ARE THINGS THAT HAVE TO COME FROM THE GOVERNMENT BECAUSE FOREIGN INVESTORS AREN'T THINKING ABOUT

INVESTING IN THESE TYPES OF SOCIAL ISSUES. I FOUND IT SUPER ADMIRABLE,

NOT JUST CORY'S DEEP EXPERTISE IN THE SUBJECT, BUT HER PASSION FOR IT. I THINK I'D MAKE IT

MY GOAL TO FIND SOMETHING I CAN FEEL THIS LEVEL OF LOVE FOR. I LEARNED THAT CORY ACTUALLY

STUDIED INTERNATIONAL RELATIONS

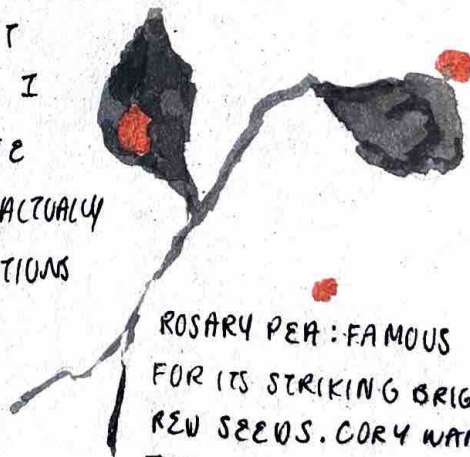
AT GEORGETOWN IN HER UNDERGRAD - A SCHOOL THAT I'M CONSIDERING FOR MY

DIPLOMACY CAREER DREAM.



WE STOPPED BY CORY'S COUSIN'S PLACE AND SHE ACTUALLY JOINED US FOR THE MIKE. SROUTI & I SAW HER AGAIN ON AT THE KOROR AIRPORT WHEN WE WERE LEAVING PALAU. SHE OFFERED US HER FROZEN MANGOES AND THEY WERE SO DELICIOUS AND PERFECT! CORY DROVE US TO WHEN THE INTERNS & I FINISHED THE BAG OF MANGOES

ROSARY PEA: FAMOUS FOR ITS STRIKING BRIGHT RED SEEDS. CORY WANTS TO COLLECT THEM FOR BEAD JEWELRY!



SURIYOTHAI

DINNER WITH VIVIAN & BILL

SRUTI AND I REALLY WANTED TO HAVE DINNER W/ BOTH VIV & BILL TO THANK THEM FOR TAKING CARE OF US FOR THESE PAST 10 WEEKS. IT WAS MY FIRST TIME TRYING THIS THAI RESTAURANT IN KOROR & IT WAS SUPER YUMMY. VIVIAN HAD CALLED THE PLACE SO WHEN WE ARRIVED AT OUR TABLE, WE WERE ALREADY BEING SERVED APPETIZERS. SRUTI & I TALKED ABOUT OUR POST-PALAU PLANS IN MALAYSIA & TAIWAN. I HAVE TO GO TO ALL THE AMAZING SPOTS BILL & VIVIAN HAVE TOLD ME ABOUT. IS IT POSSIBLE TO FEEL BOTH SADNESS & EXCITEMENT ABOUT LEAVING A PLACE? EVEN THOUGH BILL WISHED ME LUCK IN PURSUING ALL THE STEPPING STONES TO ACHIEVE MY DREAM, I KNOW THAT FUTURE ALSO ENTAILS ME VISITING ALL THE PLACES & PEOPLE THAT SHAPED EVERYTHING I AM, INCLUDING ASPIRATIONS.

SPRING ROLLS

BILL'S GO-TO ORDER
TOM TUK

PINEAPPLE FRIED RICE
A CROWD FAV