

## Packing List and pre-departure information for

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# Loggerhead Sea Turtle Protection Program Boa Vista island – Cape Verde 1<sup>st</sup> of July to 15<sup>th</sup> of October

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*Camp life*

*The information in this document is very important, and we ask you to read all of it carefully. In case you have any additional questions, please contact us at [volunteers@turtle-foundation.org](mailto:volunteers@turtle-foundation.org)*



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### 1. PACKING LIST

Besides personal belongings (music, books, games, camera, sun glasses, etc.) we recommend to think of the following (please note that those items in **red** are MANDATORY):

#### CLOTHING

- Summer clothing, sweater for windy nights at the beach
- Long-sleeved tops and trousers (mosquito protection)
- Sandals as well as **sturdy shoes**, which will be needed to walk on rocky areas during beach patrols. Old shoes / trainers / walking boots are the best, as most likely they will get ruined. These will be needed as no volunteers will be allowed to walk barefoot at night at the beach!
- **Rain jacket/windbreaker** (especially useful during rainy season, August - September)
- **Hat and sunglasses** (it is very sunny and windy in Boa Vista, and there is little shade/shelter)

#### WORKING EQUIPMENT

- **Headlamp and flash light** (preferably with red filter, although we can get a filter in Boa Vista) + **batteries** (rechargeable ones are better, as we cannot recycle batteries in CV)
- Day backpack
- **Water bottle**
- Watch
- **Alarm clock** (travel clock/mobile phone)
- Power bank and/or solar charger for personal electronics (there is a solar charger in each camp, but camp equipment has priority in charging)

#### CAMPING GEAR

- Summer **sleeping bag** or thin blanket
- Bed sheet to put between mattress and sleeping bag
- Pillow
- **Mosquito net**
- if you wish you may bring your own tent, however family tents will be provided. Tents **MUST** be pitched within the camp perimeter for safety reasons

#### SANITARY ARTICLES / PERSONAL MEDICATION

- Sun lotion: can be purchased in Boa Vista, but it is expensive. Consider a high factor especially if you have fair skin. You'll spend A LOT of time in the sun
- **Mosquito repellent (!!!)** (sometimes mosquito repellent can be sold out completely on the island. Please bring enough (!!!))
- Bio-degradable shampoo, conditioner and soap if possible, the selection on the island is very small and more expensive
- Tampons and pads are difficult to find and of low quality, consider bringing these
- Hand sanitizer gel may be useful, especially during your stay at the campsites
- Towels
- **Personal medication** (include Antihistamines, Loperamide, Paracetamol, Ibuprofen, Buscopan, eye drops, contact lenses liquid if needed). Note that Boa Vista is very windy and extremely dusty, participants with asthma, allergies and wearing contact lenses WILL have problems, and should bring own medication / preventions
- Dietary supplements if needed. Please note that there is no good refrigeration in our project sites. You can bring your own gluten free products, which our cook will happily prepare for you. Those are not available on the island.

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### OTHERS

- Luggage may not arrive with the plane, due to airline failure. We recommend that you bring with you a carry-on bag with a change of clothes, along with your cards, documents and personal medicines
- There is no waste disposal system on Boa Vista that works. That's why everybody is responsible for taking back home all toxic waste (as e.g. batteries, empty shampoo bottles, etc.) that has accumulated during his/her stay, for proper disposal
- There are internet cafes and cash machines in Sal Rei
- Food served in the project sites is basic. "Goodies" such as proper coffee/tea, biscuits, sodas, yogurts, cereal, and fresh fruit (at a daily basis) are not provided, so you should bring some with you, if you believe they are essential

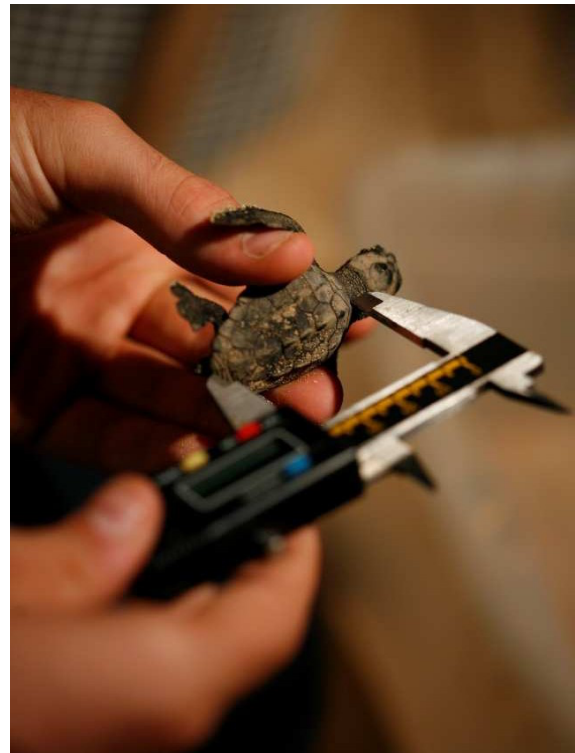
### 2. FINANCES

- Payment of project fees are done at the office in Sal Rei, and should be made in **Euros (€)**.
- You should bring cash (€). Exchange into local currency (Escudos) will be possible in Boa Vista upon your arrival. You can also get money with your credit / debit card (ATM) or via Western Union Transfer.
- We recommend bringing the whole amount needed for the entire stay in cash (daily volunteer fee + pocket - money for personal expenses and leisure time). Expect European prices around the island to calculate the amount needed.
- Credit cards are usually accepted, but as the acceptance of the different card types varies, it's best to check with your bank again before flying out.

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*Ready to drive to the camp*



*Measuring a hatchling*

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- Remember you will have to cover your expenses on days off, if you decide to spend it outside the project sites, including food and accommodation in town (single rooms €30-40/day, typical meal around €10, beer €2).
- Turtle Foundation may assist you with transportation to/from project sites on your days off, although this must be coordinated with delivery days, or whenever other volunteers are coming/leaving.
- Valuables (credit cards, passports, extra cash, plane tickets and other documents) can be left in the Turtle Foundation office, where they will be kept in a safe. Turtle Foundation doesn't take responsibilities for any items lost or stolen in project sites.

### 3. TRAVEL DOCUMENTS

- **Passport** (needs to be valid at least 6 months from the time of entry).
- **Health insurance** is OBLIGATORY for all participants and must cover medical emergencies abroad.



*Turtle Foundation headquarter in Sal Rei*



*Sal Rei, the capital of Boa Vista*

### INSURANCE

- Health services in Boa Vista are very basic. Dentists come to the island once in a while, there is no hospital (only a clinic), etc. In case of emergency, transfer to another island may be necessary, which is very expensive.
- We recommend insurance with good medical covering and if you bring expensive things ((video) cameras, etc.), we also recommend additional robbery insurance.

### VACCINES

At time of writing there are no specific vaccines required to enter Cape Verde, and it's not necessary to present your vaccination card. But we do advise you to have yours updated, so please check with your doctor.

Late in 2009 there was a dengue epidemic as well as some cases of malaria reported in the region, but no prophylaxis is required. However we do recommend that you bring a mosquito repellent and net for times when mosquitoes are abundant.





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### VISA

Visa regulations have changed since the beginning of 2019. No visa is needed anymore (< 30 days) for EU-, EFTA- and COWAS-citizens. The new regulations say that every traveler needs to register over the following website: <https://www.ease.gov.cv/>. At the end of the registration, it is possible to pay the Airport Security Tax (TSA). We recommend to fill out the registration form as soon as possible (the latest 5 days before your arrival) and to pay the TSA online. It costs about 30-32 Euros. If you are staying longer than 30 days, you will need a visa. We will organize it during your stay here. If you are not an EU-, EFTA- and COWAS-citizen, you will need to register online and have a visa. Please follow the instruction above regarding the online registration. We will pre-arrange a visa for your stay and send you the necessary papers to present when entering the country. However, in the past years it has happened occasionally that participants were asked to pay for their visa at the immigration counter, even though they presented the letter provided by Turtle Foundation. No need to worry! In such a case, please pay the visa, which will cost 25 to 45 Euros, depending on the length of your stay and country or origin. The visa expenses will be refunded by us.

**PLEASE NOTE that we can only pre- arrange a visa when you submit your flight details and when your flight arrives in Cape Verde by Boa Vista first!** Participants who travel to Boa Vista via Praia/Santiago, Sao Vicente or any other Cape Verdean destination have to arrange their visa themselves.

### 4. COMMUNICATION

#### EMERGENCY CONTACTS

Each volunteer must provide Turtle Foundation staff with an emergency contact number from home, before their arrival to Cape Verde.

#### INTERNET

There are a few cafes and hostels in Sal Rei with free Wi-Fi.

#### PHONE

All project sites have good mobile phone coverage. You may purchase an inexpensive local SIM card for 100 CVE (Capeverdean Escudos), if necessary (your mobile needs to be unblocked). We recommend the use of mobiles phones more to receive calls or send SMS, as international calls are very expensive. If you have a SIM card from Portugal, some operators have specific "plans" to PALOP, including Cape Verde.

We recommend bringing a solar charger if you want to have a regular supply of energy for your electronics. There are solar panels in the camps though these are prioritized for recharging camp lights, equipment, coordinator's phones, etc.

*The main contacts in Cape Verde are:*

*[volunteers@turtle-foundation.org](mailto:volunteers@turtle-foundation.org)*

*Telephone: 00238 251 19 65*



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### 5. FAQ

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#### ***Why minimum commitment of 2 weeks?***

We ask for a minimum commitment period of 2 weeks to propitiate enough time for volunteers to be able to enjoy their time in the project and to receive the necessary training about data collection and work on nesting beaches.

#### ***What kind of health care should we take before traveling? Do we need any vaccines?***

Each one should have their vaccines updated. If you have dental problems, you should visit a dentist before travel. Volunteers with asthma or allergies problems should look for medical advice and the necessary medication.

#### ***3 daily meals will be provided. What kind of food is served?***

Meals are prepared by the camp cook and with help of the participants (in a rotating scale) and Turtle Foundation provides the ingredients. Pasta, rice and beans are the basic ingredients and meals will be mostly vegetarian.

#### ***How is the water quality?***

Water is bought from the desalinization station (for camps) or from communal fountain at Fundo das Figueiras community. In both cases it is drinking water.

#### ***What happens when I get sick?***

The volunteer coordinator will be available 24/7 and take care of you and bring you to the hospital/pharmacy if necessary. It may just be that you need a couple of days out of the camp to feel a little better. In case of emergency, transfer to an other island may be necessary. If you want to leave the project earlier for whatever reason, the volunteer coordinator will help you to find a hotel or bring you to the airport if necessary. You will have to pay the additional expenses, if not covered by the insurance.

#### ***Are the accommodation and 3 daily meals covered by the participation fee?***

YES, in a self-catering system (food is provided, the camp cook with help of the participants prepares the meals). Participants stay at the project sites in beach camps (tents).

#### ***How basic are the camps?***

Camps are equipped with a very basic kitchen and WC. Drinking water is provided, but water supply for showering and washing will be limited, basically for 2 main reasons:

1. Camp sites are hard to access and they do not count with an own source of water and
2. Water is rare and expensive on the island. It comes from desalinization stations and is transported by car to the camps. Each camp has a small fridge and a solar panel, which will provide electricity for a few hours every day. Tents are shared with up to 10 volunteers.

#### ***Are the beaches safe?***

Our camps are safe during both day and night, at the beach and at the camp. On some beaches of Boa Vista (mainly tourist routes), cases of thefts and robbery have been increasing; the main victims are tourists, usually alone, without being accompanied by locals. For this reason, volunteers should always go to the beach in groups, with local assistants, or stay close to the camp area. Each patrol has always the presence of a local assistant.

#### ***Is the garbage recycled?***

No, all garbage of the island is incinerated. That's why we ask volunteers to take back home their toxic waste for a proper disposal.

#### ***How many clothes should I bring?***

We advise you bring clothes for 2 weeks. Laundry is all done by hand in the camp, usually bars of detergent are provided but volunteers often bring their own cleaning products. Alternatively, volunteers can pay a laundrette to clean their clothes in the town on their day off.

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### 6. WISH LIST

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If you have extra space in your bag, we would appreciate if you could let us know, as some equipment is difficult to get here, and we rely on volunteers to be “messengers”.

Also, there are some items that we are in need in Boa Vista, if you will be willing to bring along or purchase and donate after your stay, these are:

- Pencils, pens, markers, crayons, all sorts of painting and writing material
- Educational material such as books, DVDs, films, cartoons, documentaries (preferably in Portuguese, or with subtitles) especially of ecological topics
- Decorative items for schools or kindergartens, including educative posters, maps, etc.
- Arts and crafts materials; especially light wool for crochet and knitting
- Headlamps or flashlights
- Red filter for lights
- Day backpacks and/or hip bags
- All weatherproof notepads/books
- Rain jackets
- Digital cameras (not older than 3 years)
- Binoculars
- Mobile phones with charging devices
- Camping mattresses
- Camping equipment (cookers, lights, cooking utensils, etc.)
- Medical items – 1st aid kits, general medicines, water purification tablets, diarrhea relief, painkillers, muscle massage fluids, etc.

Also, people in the camps appreciate any items that would be difficult to find in Boa Vista: Cereals, spreads, spices, pesto, goodies (don't bother with anything that melts), books, magazines, etc.



*Have a good trip and see you on Boa Vista!*