

Loggerhead Sea Turtle Protection Program Boavista island – Cape Verde 15th June to 30th 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

Packing List and pre-departure information for participants

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 Boavista) + **batteries** (rechargeable ones are better, as we can not recycle batteries in CV)
- Day backpack
- **Water bottle**
- Watch
- **Alarm clock** (travel clock/mobile phone)

CAMPING GEAR

- **Comfortable camping mat**, as you will be sleeping every night on the beach, at least 5mm thick

- Summer **sleeping bag** or thin blanket
- Bed sheet to put between mattress and sleeping bag to keep sand away
- Pillow
- **Mosquito net**
- Personal tent: 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 Boavista, 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**
- Bio-degradable shampoo and soap if possible, but otherwise usual brands may be purchased in Sal Rei
- 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 allergies pills, diarrhoea tablets, eye drops, contact lenses liquid if needed). Note that Boavista is very windy and extremely dusty, participants with asthma, allergies and wearing contact lenses WILL have problems, and should bring own medication / prevention
- Dietary supplements if needed. Please note that there is no refrigeration in our project sites

Packing List and pre-departure information for participants

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 Boavista 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

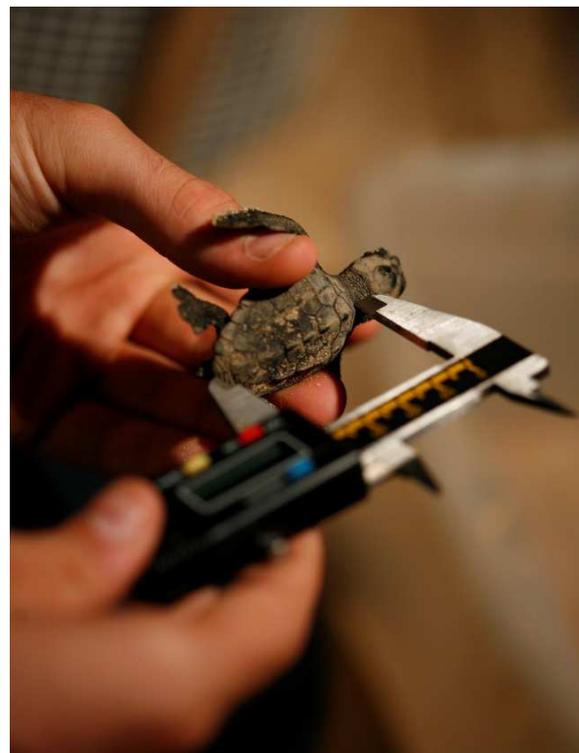
2. Finances

- Payment of project fees are done at the office in Sal Rei, and should be made in **Euros**.
- You should bring cash (Euro). Exchange into local currency (Escudos) will be possible in Boavista 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

Packing List and pre-departure information for participants

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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 €25/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). You will receive your visa when you enter the country.
- **Health insurance** is OBLIGATORY for all participants and must cover medical emergencies abroad.



Turtle Foundation headquarter in Sal Rei



Sal Rei, the capital of Boavista

INSURANCE

- Health services in Boavista are very basics. Dentist come to the island once in a while, there is no hospital (only clinic), etc. In case of emergency, transfer to other island may be necessary, which is very expensive.
- We recommend insurances with good medical covering and if you bring expensive things (photography or 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 private physician.

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.



Packing List and pre-departure information for participants

VISAS

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, 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 several Internet points and cafes in Sal Rei, and at Fundo das Figueiras Youth Centre. Prices range from 300 to 600 escudos/hour (1€=110\$).

PHONE/MOBILES

All project sites except Boa Esperança have good mobile phone coverage. You may purchase an inexpensive local SIM card for 200CVE (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 generators in the camps though this is prioritised for recharging camp lights, equipment and coordinator's phones etc.

The main contacts in Cape Verde are:

volunteers@turtle-foundation.org

Telephone: 00238 251 19 65 / 00238 973 17 83

Packing List and pre-departure information for participants

5. Frequently asked questions

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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 healthy care we should 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 participants (in a rotating scale) and Turtle Foundation provides the ingredients. Pasta, rice, 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.

Can we choose stay in the community site instead of in camps or Turtle Foundation chooses?

We do our best to attend participants' preferences.

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

YES, in a self-catering system (food is provided, participants prepare the meals). Participants stay at the project sites: beach camps (tents) or community stay house).

How basic are the camp?

Camps are equipped with very basics 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 small electric power generator, which will work during 2-3 hours/day. Tents are shared with up to 10 volunteers.

Are the beaches safe?

Our camps are very safe due to the military presence during both day and night, at the beach and at the camp. On some beaches of Boavista (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 and soldiers, or stay close to the camp area. Each patrol has always the presence of a soldier and/or 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.

Packing List and pre-departure information for participants

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 Boavista, 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 if ecological themes
- 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 Boavista: Cereals, spreads, spices, pesto, goodies (don't bother with anything that melts), books, magazines, etc.



Have a good trip and see you on Boavista!