

PAYMENT

Payment should be made by cheque payable to OUTROP, and sent to the address given above.

To confirm a place on the expedition a deposit of £350 should be sent with the application form. The balance of £950 should be received by May 31st 2009, giving a total contribution of £1300.

Additional weeks cost £130 per week.

Should the volunteer decide to cancel his/her place on the expedition the following repayments shall apply :

Cancellation before eight weeks of departure date: Full refund of monies paid, less £50 and less any payments made in respect of the individual's participation on the expedition, e.g. for visas.

Cancellation made within eight weeks before the start-date of the Volunteer's expedition: Full refund of monies paid, less £150 and less any payments made in respect of the individual's participation on the expedition including visa.

Cancellation made after the start-date of the Volunteer's expedition: No refund

Other conditions apply – see OuTrop Terms and Conditions for details.

Payment includes:

- Essential accommodation in Palangkaraya for the duration of the expedition.
- Food and accommodation at the expedition bases for the duration of the expedition.
- Hot drinks and water at the expedition bases.
- Use of expedition equipment and general facilities.
- Transport to/from research sites (excluding flights)
- Transfers to/from Palangkaraya airport.
- Project administration and Indonesian staff.
- Medical supplies at expedition base.
- Visas and first extension (see notes).
- Your contribution will also go towards funding our year-round research project, improving our base camp and research facilities, funding our conservation projects including anti-logging patrols, fire-fighting team, habitat restoration and community outreach and environmental education programmes.

Payment excludes:

- Flights (international and in-country)
- Meals whilst in Palangkaraya.
- In-transit accommodation.
- Spending money; luxuries such as soft drinks; mineral water; socialising)
- Personal kits (inc. toiletries, personal medical kits etc.)
- Travel and medical insurance

VISAS

We will apply for a social-cultural visa to enable you to carry out research as part of our project. For British residents these will be obtained from the Indonesian High Commission in May. Currently the cost of obtaining a visa for British Nationals is £35. For non-British nationals this cost may be higher and we will ask you to bear the additional cost. Non-British residents will have to obtain a visa in their country of residence. We will provide letters of support for these, and will also reduce the cost of the expedition by £35 as you will have to pay for the visa in your own country. For British residents we will need your passport and passport photographs to be sent to us, we will contact you during April with further details. Please ensure you have at least six months validity left on your passport and at least four empty pages. If you need your passport for any reason during May and early-June please let us know well in advance.

The visa will be valid for 60 days and will thus be sufficient for your time on the expedition. If you plan to spend longer than 60 days on the expedition, visas can be renewed for a further 30 days in Palangkaraya.

If you wish to travel in Indonesia after the expedition has ended, you will need to leave Indonesia and re-enter on a tourist visa (valid for 30 days on entry, cost \$30). This can be done by either travelling overland to Sarawak; flying to Singapore or Kuala Lumpur via Jakarta. Alternatively you can extend your visa in Bali for a cost.

FLIGHTS

International Flights from the UK to Indonesia cost between £500 and £750 depending on when you book, when you travel and which airline you travel with. Kuwait Airways, Gulf Air, Lufthansa, Etihad, Malaysian and Emirates are some of the best mid-cost airlines handled by most travel agents. Flights to Indonesia sell out quickly and you may need to ring around to obtain the best deal. STA Travel and Trailfinders are some of the best agents for students. STA has offices in both Bali and Jakarta. Aeroflot and Air India are cheap but basic, and you can book these through 'bucket shop' agents. If you want to travel on the same flights as other expedition members let us know and we can put you in touch with each other.

Flights cost approximately the same to either Jakarta or Bali, although only a few airlines fly to Bali. Jakarta is the capital; it is big, bustling, and has a small travellers district (Jalan Jaksa) with low-cost accommodation. The airport is a long way out and you will be besieged by taxi-touts quoting expensive prices. Ignore these and head for the official taxi rank where Bluebird taxis – recommended – will be waiting. Buses to the centre (Gambir station) are very cheap, it is a short taxi ride from Gambir to Jalan Jaksa. Many previous volunteers have chosen to stay at the FM 7 Transit Hotel near the airport for approximately US\$50 per night.

Internal flight schedules and prices have changed regularly over the last year: at the time of writing there are 3 daily flights from Jakarta to Palangkaraya leaving mid-morning and taking about 2 hours. Garuda, Sriwijaya and Batavia are the airlines that fly this route and they cost around £40 one-way (although prices can vary both up and down).

Bali, by contrast, is the tourism centre of Indonesia. The airport is a mere ten minutes from the bustling centre of Kuta and the quieter resort of Sanur. Cheap accommodation, good food, strong drink and energetic nightlife abound, along with a vast stretch of white sandy beach popular with surfers and sunset watchers.

It costs more to fly from here to Palangkaraya, approximately £50-£70 one-way. You need to take a flight to Surabaya (Merpati, Bouraq, Garuda, Mandala and others ply this route). There you change to a Sriwijaya flight to Palangkaraya. Flight schedules change all the time, and we will advise nearer the time.

Alternatively you can fly or catch a boat to Banjarmasin in South Kalimantan. Pelnis passenger ships and catamarans ply the route between Surabaya in Java and Banjarmasin in South Kalimantan. From Banjarmasin daily buses and smaller passenger jeeps travel to Palangkaraya. This is a much cheaper option than flying, but more time consuming.

We will send more complete travel information nearer the time of departure.

INSURANCE

You will need to arrange comprehensive travel and medical insurance cover for the entire duration of the expedition. You must ensure that your insurers are aware of the type of travel and work to be undertaken during the expedition. STA Travel provide one of the cheapest options that we are aware of.

VACCINATION REQUIREMENTS

You should have your injections at least six weeks before departing. Check with your GP.

Typhoid	- 1 injection which gives protection for three years, or 2 for 10 year protection.
Polio	- Check requirements for booster.
Hepatitis A	- Havrix, one injection before trip (boosters 6-12 months later give 10 year immunity)
Tetanus	- Check if due for booster. If required get this 6 weeks before departure.
Diphtheria	- Check with your doctor.
Rabies	- Necessary if handling animals, and recommended regardless. 3 injections spread over 4 weeks
Japanese encephalitis	- Now recommended, although may not be available on the NHS.

Malaria - Get appropriate prophylactic tablets. Usual recommendations can vary but often are – 2 tablets of chloroquine once a week, and 2 paludrine once a day for the entire period away. Medication should be started one week before departure and continued for 4 weeks once returned. However medical advice does vary, so please consult doctor.

Other Considerations

- **Pre-existing medical problems:**

You *must* complete the following medical form as comprehensively as possible, if you do not this it could pose a risk to your participation. You should alert project leaders to any changes in existing medical problems, and bring an adequate supply of medication, plus a written record of this medication giving its generic name in case further supplies are required.

- **Diarrhoea.**

Most cases are caused by micro-organisms.

How to avoid: Do not drink or eat food that has a high risk of contamination, and ensure hands and cutlery are clean before eating. Most cases of travellers diarrhoea clear up within 48-72 hours, without any treatment.

Rehydration is the most important part of any treatment. Rehydration solutions can be bought in sachets containing a mixture of salts and glucose (e.g. Dioralyte). You can make your own by mixing eight level teaspoons of sugar with half a teaspoon of salt in one litre of clean water.

Most forms of diarrhoea will resolve without antibiotics, however, Flagyl (metronidazole) is an effective and safe drug for treatment of some forms of diarrhoeal illness.

Antidiarrhoeal agents may give some measure of relief. These include codeine phosphate, diphenoxylate with atropine (Lomotil) and loperamide hydrochloride (Imodium).

- **Dehydration:**

Fluid intake - Make sure you drink plenty of clean fluids (at least 3 litres a day), and avoid excessive alcohol consumption, as this causes further dehydration. Take rehydrant sachets into the field (e.g. Dioralyte)

- **Sun and high temperatures**

Avoid exposure to the sun. Apply high protection factor sun screen to exposed skin and wear a hat and if necessary protect the neck with a scarf or bandana.

- **Malaria:**

Malaria is caused by a parasite which is transmitted between victims by mosquito bites. It takes at least 5 days to develop symptoms after a bite, sometimes up to a year. Anti-malarial drugs do not

kill all the parasites at once: they suppress the multiplication in the liver, which is why they must be taken for at least four weeks after leaving a malarial area. Symptoms include fever with chills, shivering or sweating, headache and feeling unwell. The commonest error is to mistake malaria for flu. If you develop flu-like symptoms, even some time after returning from the tropics, you should consult your doctor.

- **Avoiding mosquito and other insect bites:**

The peat swamp forest has a large population of mosquitoes, although only a few are potentially malarial. However everyone should take precautions to avoid being bitten, especially in the evenings and at night. Prophylactic anti-malarial tablets do not provide total protection against malaria; avoiding mosquito bites is a more important strategy. **REMEMBER** – If you don't get bitten you won't get malaria! If you react badly to mosquito bites, ensure you have a good supply of anti-histamines.

1. Repellents – Chemical repellents are best. Most contain diethyltoluamide (commonly known as Deet). Warning: Deet is harmful to some hard plastics and paint, and should also not be applied near the eye or mouth. Apply repellent on exposed skin. Clothes can also be impregnated. Anklets and armbands soaked in Deet are also effective. Deet makes mosquitoes fly away, it does not kill them. Therefore anyone not using repellent is likely to get more than their fair share of bites! Keep a bottle of repellent with you at all times. There may also be some benefits from taking brewers yeast tablets (vitamin B12) or eating foods rich in vitamin B12 (e.g. marmite). Apparently the perspiration of persons consuming B12 is less attractive to mosquitoes!

2. Clothing – Wear long sleeve shirts and long trousers in the forest, and have a clean set for the evening.

3. Mosquito nets – Everyone must have a mosquito net. Buy a good quality net, and ensure it is well tucked in. Many nets on general sale are far too small, particularly for anyone over six feet tall. Wedge shaped nets are typically unsuitable. Box shaped or tent shaped nets are recommended. Don't sleep with any bodypart resting against the net. Nets that have been impregnated with permethrin are much more effective. They can be bought impregnated or you can impregnate them yourself. Likewise clothing can be treated with permethrin.

4. Mosquito coils can be used at night to keep mosquitoes away. These are widely available in Indonesia, so do not need to be bought before hand. Electronic buzzers don't work and annoy others.

- **Antibiotics:**

Participants must bring a broad spectrum antibiotic with them, e.g. for infected bites, scratches etc. Seek advice from your GP. We only have a limited antibiotic supply at camp.

- **Cuts and Grazes etc:**

Apply a bactericidal ointment to any broken skin (e.g. one containing centrimide, such as Savlon) immediately and cover with a plaster or dressing. A good supply of plasters should be brought, these can be readily replaced in Indonesia.

- **Rabies and animal born diseases:**

Do not approach any animal domestic or wild.

- **Feet:**

Never walk barefoot. For showers wear a pair of flip flops, which can be bought in the local market. This will avoid cuts to your feet and parasitic infections such as hookworm.

- **Alcohol:**

A high alcohol intake increases the incidence of both infectious diseases and diarrhoea, and may increase susceptibility to cholera. Limit consumption to one or two drinks a day on only three or four days each week.

- **Teeth:**

Have a dental check up before departure.

- **Food and drink hazards:**

It is best to avoid the following:

1. Shellfish / sea food – even if well cooked.
2. Salad and fresh fruit prepared by others; unpeelable fruit e.g. grapes.
3. Food on which flies have settled.
4. Rare/raw meat or fish
5. Food left out in warm temperatures.
6. Food cooked, stored and re-heated.
7. Milk products including ice cream.
8. Fruit juices from street vendors (water used in preparation may be contaminated).
9. Ice (again, may be contaminated)
10. Tap water – even for brushing teeth. Always use bottled water

IF IN DOUBT DO NOT EAT OR DRINK IT– EVEN IN JAKARTA AND BALI

The following are usually safe:

1. Food served hot.
2. Fruit you can easily peel.
3. Fresh baked bread.
4. Packaged or canned food.
5. Boiled water, tea.
6. Bottled water (check seal on top is not broken)
7. Bottled coca-cola etc. (however use a straw)

Bottled water is on sale everywhere and is cheap. If bottled water is not available use boiled water, or water purification tablets or iodine (4 drops to 1 litre of water) can be used. Treated water should be left to stand for 20-30 minutes before consumed.

Water at base camp is obtained by a pump from deep under the peat. It is clean - we have yet to experience any medical problems from drinking it, although it is very acidic and can damage teeth fillings. It also tastes slightly of sulphur so you may wish to add orange squash or ribena etc. Alternatively you can buy bottled water, Coca-cola, Fanta and Sprite from our base camp supply.

If concerned about vitamin intake, then bring a supply of general purpose multivitamin tablets.

- Palangkaraya has a large, adequate, hospital. Jakarta and nearby Singapore have western-standard hospitals. Most medical supplies can be obtained in Palangkaraya's chemists. Doctors and dentists in Palangkaraya are adequate.

CLIMATE

Indonesia is situated on the equator, and therefore has a tropical climate, consisting of a wet and dry season. In Borneo the wet season is usually between October and April, and the dry season between May and September. The dry season usually just seems a little hotter and not quite as wet as the wet season. The wet season usually consists of sudden downpours which last between 1-3 hours per day. These downpours usually occur in the late afternoon and early evening.

The tropical climate means it is extremely humid during the day and warm at night all year round. Typical daytime shade temperatures are 32°C at base camp or in the city, 25°C in the jungle.

ENVIRONMENT

The tropical peatland environment can be difficult to work in. Overall it is flat, but the topography contains lots of dips and hummocks, with fallen trees, mosquitoes, thorny plants and humidity causing discomfort from time-to-time. Volunteers must be physically and mentally fit. Much of the forest is flooded for large parts of the year, and because of this trees have adapted to living in these conditions by developing breathing roots, which allow the base of the tree to be submerged. These are a tripping hazard, so care must be taken when walking in the forest. Pandan and rattan plants abound, both of these have very sharp cutting thorns. Long sleeved shirts and long trousers **MUST** be worn, despite the temperature, and gloves are recommended. There are species of poisonous snakes, scorpions and spiders found in the forest, and care must be taken when putting hands on tree trunks. If common-sense is used there should be no problems.

MEDICAL FORM (CONFIDENTIAL)

Full name					
Address	Postcode:		Country:		
Telephone	Day:		Evening:		
Fax			email		
Date of birth		Occupation		Nationality	
Weight (kg)		Height (m)		Blood grp/type	
Dietary preferences	Please specify:				
Next of kin	Name:		Address:		
	Relationship:				
	Telephone (Day):		(Evening):		
Medication currently taken by you and reason for use					
Further medical questions (Please tick YES or NO boxes for each): Have you ever had or are you at present suffering from any of the following?					
	YES	NO		YES	NO
Any eye disorder or colour blindness?			Tuberculosis, pneumonia, pleurisy, recurrent bronchitis, asthma or other chest disorder?		
Nose/throat/sinus problems or speech defect?			Gastric, duodenal or peptic ulcers, recurrent indigestion, gall stones, jaundice, hernia (rupture), colitis, dysentery?		
Ear trouble, earache, discharge or deafness?			Kidney and urinary disorders?		
Diabetes or thyroid gland disorder?			Prostate problems?		
Rheumatic fever, heart disorders/angina, raised blood pressure or stroke?			Epilepsy, fits or fainting attacks, migraine, vertigo or giddyness, paralysis or other neurological disorder?		
Gynaecological problems?			Anxiety or emotional difficulties, depression or other psychiatric problems, anorexia, bulimia?		
Varicose veins?			Allergies, skin trouble or dermatitis?		
Anaemia or other blood disorder?			Serious travel sickness?		
Piles (haemorrhoids)?			Malaria, hepatitis, schistosomiasis? (bilharzia), worm infestation, any other tropical disease?		
Arthritis, rheumatism, gout, disability of arms or legs, back or disc trouble?			Any other disorder or hospital treatment?		
<p>If you have answered YES to any questions or there is any other medical information which is relevant to you joining the expedition, please provide further details in the 'Further Details' section overleaf</p> <p align="center">STATEMENT:</p> <p>I declare that all the information on this form is correct and complete, I am in a good and sound mental and physical health and have not omitted any information which might be relevant to my fitness to participate in the OUTROP Expedition. I undertake to notify the OUTROP Project Leaders of any significant changes or results received prior to commencing my expedition.</p>					
Your signature: _____		Date: _____			

FURTHER DETAILS

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GP contact details	Name	Address	Telephone
			Day: Evening:
Please tick to provide permission for us to contact your GP if required			<input type="checkbox"/>
TO BE COMPLETED BY OUTROP MEDICAL ADVISOR			
Accepted as medically fit to participate on the OUTROP Expedition			
Referral required (with reasons):			
Print name: _____		Signature: _____	
		Date: _____	

Please note if you have an existing medical condition that may affect your physical or mental well-being whilst on the expedition, you may be required to provide an additional letter from your GP confirming your suitability or otherwise, to take part in the expedition.

PERSONAL EQUIPMENT LIST

PERSONAL FIRST AID KIT

The expedition will have a well equipped medical supply. You should bring your own first aid kit as well, within which essential and useful items include.

- Painkillers (aspirin or paracetamol). Available in Palangkaraya.
- Antihistamine ointment for treatment of insect bites.
- Sun tan and after sun lotion.
- Lip protection cream.
- Water sterilising tablets or iodine.
- Fungicide cream/antifungal dusting powder.
- Plasters (band-aids). Available in Palangkaraya.
- Eye drops. Available in Palangkaraya.
- Ear drops.
- Antiseptic cream. Available in Palangkaraya.
- Anti-malarial tablets.
- Anti-diarrhoeal tablets.
- Sachets of rehydration powders (essential for replacing lost minerals from excessive perspiration, particularly whilst acclimatising).
- Insecticide repellents.
- Broad-spectrum antibiotic.
- Bandages.
- Lint/wound dressing.
- Antiseptic wipes.
- Talc powder recommended for sweat rash. Available in Palangkaraya.

EQUIPMENT (CHECK WITH OUTROP STAFF PRIOR TO DEPARTURE IF UNSURE)

ESSENTIAL

- Mosquito net (box net is best).
- Torch plus batteries. AA and AAA batteries are readily available in Palangkaraya. Large square head torch batteries cannot be bought in Palangkaraya however. We recommend head torches, which are available from any camping shop.
- Personal medical kit.
- Light sleeping bag and/or sheet sleeping bag (cotton). It can get cold at night, particularly when staying in the jungle and once you have acclimatised. Most previous volunteers have preferred to use a sleeping bag rather than a sheet.
- Penknife.
- Knapsack (for use during the day).
- Sun-hat.
- Whistle.
- Compass
- Photocopies of all documents x 6 (including passport, air tickets, ISIC card, credit cards)

RECOMMENDED

- Water bottle (can use empty mineral water bottles instead)
- Sun glasses.
- Binoculars (if you have them)
- Camera plus film (spare film can be bought in Palangkaraya at western prices. APS film is NOT available)
- Indonesian phrasebook – you will be working on a daily basis with Indonesian students, some of whom speak good English, some of whom do not.
- Note book, pen & pencils.
- ATM card / credit card
- Silca gel in sealable plastic bags to reduce humidity for electrical equipment.

PROVIDED

- Washing powder
- Mosquito coils

- **Money:**

Spending money should be taken in either US dollars cash which should be changed in Jakarta – you will not be able to change them in Palangkaraya or bring a bank cash card (Maestro, visa) for the ATM or a credit card with pin. Travellers Cheques are not recommended as they will not change them in Palangkaraya. However, if you are travelling to other parts of Indonesia before or after the project, travellers cheques are recommended (American Express only), as these can be changed in most other cities in Indonesia (e.g. Jakarta and Bali). There are several ATM machines in Palangkaraya. These charge a flat rate of £1.50 per transaction (max. approx £100 per transaction). However, it is not possible to check bank balances. This can be overcome by setting up an internet banking account.

- **Clothing:**

The best clothes to bring for daily work are long trousers (three pairs at least for the field) and long sleeved shirts THESE MUST ONLY be in forest colours (greens and browns), waterproofs should also be in forest colours as bright and colourful colours scare away wildlife and disturb the habituated primates that we have. Don't buy expensive field clothes as these typically become, torn, stained or frayed during the course of the expedition, we recommend natural fibres as they are cool and dry quickly. **Indonesia is a predominately Muslim country and therefore women MUST cover shoulders, stomach and legs when in Palangkaraya. We take this very seriously and you will be told to change clothes if this requirement is not met.**

- **Footwear:**

We recommend lightweight hiking boots which give you sufficient support and protection. Don't buy expensive leather boots - the peat water is very acidic and tends to destroy most boots after weeks of continued use. You can prepare/protect your boots by using Nikwax or some other protective spray shielding

BEHAVIOUR ON THE EXPEDITION

- Volunteer must acknowledge that the Expedition aims to obtain vital information to assist the preservation of the natural environment under observation during the Expedition. Therefore the Volunteer is expected to work under the supervision of the Project Leaders in a conscientious manner in order to assist in the compilation of this information.
- Volunteer must agree to abide by the authority of the Project Leaders and to follow all of their reasonable instructions. You will be expected to sign a hazard awareness form and risk release form.
- If the Volunteer commits an illegal act on the Expedition or if in the opinion of the Project Leaders the Volunteer's behaviour is detrimental to the aims of the Expedition or the safety or welfare of the other Volunteers on the Expedition, he/she can require the Volunteer to leave the Expedition within 24 hours notice and no liability on the part of OuTrop shall arise whatsoever.
- If the Volunteer damages, destroys or loses any item of equipment owned by OuTrop the Volunteer will be held liable for any costs not recovered through OuTrop's insurance.

CONTACT ADDRESSES

Mail can be sent to the following addresses. It takes approximately 2-4 weeks for post to arrive from the UK. It costs less than a pound to send letters from the post office in Palangkaraya. Though please note last year it was not possible to send mail direct to North America.

c/o Ir. Suwido Limin
CIMTROP
Kampus UNPAR, Tunjung Nyaho
Universitas Palangkaraya
Jl. Yos Sudarso
Palangkaraya 73111
Kalimantan Tengah, Indonesia

Telephone from UK: 00-62-536-3222039, 00-62-536-3236880 or 00-62-536-3221002.

Fax 00-62-536-3225728

E-mail : cimtrop_suwido@yahoo.com

Communications with Palangkaraya are sometimes difficult. The first number above will probably be answered by someone who speaks English, whereas the second two should be used for emergency only. Please remember the six hour time difference. It is easier for project participants to telephone or fax out from a WARTEL in Palangkaraya, calls cost £1-£1.50 per minute. It is now possible to purchase a SIM card for your mobile phone for approx. £5, which allows you to send text at a very reasonable rate approx. 3p per text. It works on a similar basis to pay as you go in the UK please do not purchase the card until you reach Palangka raya as it works on a regional basis. We will also be able to advise you on the SIM with the best coverage at the time.

E-mail, using the address above, is always the easiest means of communication. We will collect e-mail from the above account every five days or so. You will be able to check personal e-mail on two occasions during the course of the expedition. Internet facilities in Palangkaraya are good.

