



Mission d'écovolontariat 2016

## Dolphin project, Italy

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Il est nécessaire que vous puissiez communiquer en anglais durant certaine mission, nous vous présentons donc certains documents en anglais.

Le texte de ce document est développé en collaboration avec le projet. Chaque année il sera mis à jour, si nécessaire. Cela dit, vous risquez, une fois sur le terrain de constater des différences entre ce que vous avez lu et ce que vous vivez. Il faut comprendre que pour réaliser et suivre un programme lié à la faune sauvage, une certaine flexibilité est requise.

**Cybelle Planète, association loi 1901**

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## Project presentation

The waters off the Island of Ischia offer a unique opportunity for the study of cetaceans. Since 1991 the presences of seven different Mediterranean cetacean species have been recorded here.

The study area is well known for its important pelagic biodiversity. The region was described as a feeding ground for fin whales, feeding and breeding ground for striped, Risso's, bottlenose dolphins and sperm whales. At last, the area has been listed in the last IUCN Cetacean Action Plan – [www.redlist.org](http://www.redlist.org) - as critical habitat for the endangered short beaked common dolphins. Occasionally pilot whales are also encountered.

Since 1997 the research focused on the area of the canyon of Cuma, a deep submarine system of canyons located north to the island. Submarine canyons play an important role in biologic events and they are often areas of high biodiversity for their oceanographic characteristics.

The presence in this relatively small area of seven different species gives to the project a unique occasion to study and compare the behavioral ecology of the different species. The main goal of the project is the conservation of whale and dolphin habitat which is always increasingly corrupted and threatened by human activities.

The study has produced over the years a relevant amount of data that contributed to the establishment of the Marine Protected Area "Regno di Nettuno" (Neptune's Kingdom) of the islands of Ischia Procida and Vivara. The project succeeded in the insertion in the MPA of part of the canyon of Cuma.

### Research goals

The research program of the project is focused on the communities of cetaceans that can be encountered in a coastal area that covers about 35 Km<sup>2</sup> between the islands of Ischia, Procida and Ventotene and the Italian mainland.

Data is collected following an interdisciplinary approach and applying different methods in order to describe the different aspects of cetaceans' life.

The aims of the project can be summarized as follows:

- estimate the cetaceans residency degree around Ischia Island;
- estimate population sizes;
- examine the social structure of the different populations;
- examine habitat use and distribution;
- estimate the impact of both fishery operations and vessel traffic;
- describe the acoustic repertoire of the different species.
- 

Beyond these merely scientific goals, the project aims to improve the management of cetacean species by:

- promoting a series of educational activities to spread information and raise public awareness about the threats and problems of cetaceans and their environment;
- publishing/sharing the results of the research to/with the local and the international authorities, as well as to the scientific community and environmentalist organizations; the protection and conservation of the area.

### PELAGIC BIRDS

In order to increase our knowledge on the marine life inhabiting the study area, the project planned a research program focused on the pelagic birds and their relationship with cetaceans.

Few is known about this part of the Tirrenian sea and the research focus in particular on Scopoli's shearwater (*Calonectris diomedea*), Mediterranean shearwater (*Puffinus yelkouan*) and Audouin's gull (*Ichthyaetus audouinii*).

Ornithologists in collaboration with cetacean researchers collect data to:

- Examine habitat use and distribution of the species;
- Examine interaction between birds and cetaceans;
- Estimate breeding population size of Audouin's gull;
- Observe the interaction between birds and fishers.

The results will be shared both at a scientific level in papers and conference, and simply way to allow people to enjoy and be aware of the richness of the sea.

## Species

A remarkable biodiversity of cetacean species concentrates in the waters of Ischia to feed and to breed in the rich habitat of the Cuma canyon.

### Common dolphin (*Delphinus delphis*)

In 2003 the Mediterranean common dolphin 'subpopulation' was listed as endangered in the IUCN Red List of Threatened Animals, based on criterion A2, which refers to a 50% decline in abundance over the last three generations, the causes of which 'may not have ceased or may not be understood or may not be reversible'.

In the waters of Ischia, Italy, the presence of a common dolphin community off the northern coast of the island has been documented since 1997. Based on photo-identification data 99 high marked individuals were catalogued, 60% of these were re-sighted in different years, suggesting high levels of site fidelity. Breeding activities are often observed, and calves are always present in one or more of the group sub-units.

Our observations took place in the busy summer seasons, when pleasure boats and ferries crowd these waters. Ship collisions in the area have been documented for cetacean species including striped and bottlenose dolphins, fin and sperm whales.

Another potential threat for short-beaked common dolphins and other cetaceans in the area is represented by the illegal fishing with driftnets, which is reportedly impacting local cetacean communities, with documented by catch events involving several species of whales and dolphins.

### Striped dolphin (*Stenella coeruleoalba*)

This is the most common species in the Mediterranean Sea. Every year one can observe, in the area of the canyon, large groups of up to 200 individuals. Striped dolphins are often sighted in association with common dolphins.

Feeding and mating behaviors are observed for both species. Newborns are sighted in July and August. Our data showed a relevant overlap in the distribution of common and striped dolphins in the study area, suggesting the possible existence of antagonism between them in the habitat used.

### Sperm whales (*Physeter macrocephalus*)

In 2012 the Mediterranean sperm whale subpopulation was listed as endangered in the IUCN Red List of Threatened Animals following the criteria EN C2a(ii) which refers to the following assumptions:

1. The Mediterranean sub-population, which is genetically distinct, contains fewer than 2,500 mature individuals;



2. There is a continuing decline in numbers of mature individuals;
3. All mature individuals are in one undivided subpopulation.

Since 2002 the project recorded the presence of social units of sperm whales, composed by females and their immature offspring, groups of young males as well as solitary males are also observed. Sightings are located in the deeper part of the canyon, in the slope environment. Whales are tracked acoustically, following their signals (clicks), which are frequently emitted during their dives. The presence of social groups in the study area over periods of years represents the first evidence that reproductive and breeding activities occur within the Tyrrhenian Sea. Since 2003, 71 different animals were photo-identified.

#### **Bottlenose dolphins (*Tursiops truncatus*)**

A residential group of bottlenose dolphins has been studied since 1993. The home range of this group is extended from Ischia to Ponza, but the most frequent observations have been recorded around Ischia Island. Dolphins group are sighted very close to the coast, particularly exposed to human activities. Bottom gillnets are used in the area only by artisan fishermen. In spring and autumn, dolphins were observed preying from nets. Preliminary photoidentification data recognized a total of 69 different individuals. Breeding and feeding behavior were regularly monitored, juveniles and calves are always present in the observed groups.

#### **Risso's dolphins (*Grampus griseus*)**

The species appeared to be seasonally present in the study area. A group of about 55 individuals was regularly re-sighted, based on photo-identification data collected in between 1999 and 2012. Newborns are sighted in July and August. The group of dolphins was involved in a dramatic harassment event, an example of the disruptive potential of unregulated human-dolphin interactions in the Mediterranean Sea and the impact of pleasure boating on cetaceans.

#### **Long finned pilot whales (*Globicephala melas*)**

The pilot whale is a rare species in the Mediterranean, relatively common only in the Alboran Sea and in the Strait of Gibraltar. In 1995 we started to monitor a free-ranging pod of pilot whales in the study area. Observations were regular since 2003, but unfortunately during the years the whales' number has declined.

#### **Fin whales (*Balaenoptera physalus*)**

Fin whales are sighted on a regular basis in the waters of Ischia. Whales concentrate in spring and summer, using the area as feeding ground. The analysis of faecal material has revealed the presence of shrimps, a key species in the food web.

## **Volunteers role**

Several participants who took part to the field courses in the past years said that this is an unforgettable experience. Besides getting to learn about cetaceans and their environment, the world of the research and animal conservation, it also gives the possibility to participate in important life experiences. All participants will leave the project with a good understanding of some techniques that may be useful in future experiences.

Things you can learn are:

- techniques of photography and methods of photo-identification;
- insights into cetacean biology, behavior and bioacoustics;
- use of specifically designed software mainly focused on bioacoustics (Logger, Rainbow Click, Whistle Detector, Pamguard, Cool Edit, Audacity);
- use of basic research equipment, including hydrophones, GoPro Cameras, GPS (Global Position System), binoculars, timer, VHF radio etc.;

- sailing techniques and sail trimming (basic operations such as hoisting up and furling the sails, tacking and jibing, knots, mooring);
- insights into charts and navigation (upon request).
- And of course... some words in Italian!!
- 

Participants live on board of the research vessel Jean Gab that preferably navigates under sail. During their days will be almost entirely dedicated to the research activities and all participants will take part in the field work. Every day, except for the first and the departure day, will be spent at sea following defined transects depending on the weather conditions.

Participants will be asked to help researchers in the collection of data and sailing activities.

Usually in the evening the boat goes back to the harbor. Sometimes nights can be spent in a bay at the anchor or, for research reasons, out at sea.

The study area is located close to the harbor of Casamicciola and dolphins are sometimes sighted quite close to the coast. However, observers have to be watchful and focus at any time to see the animals and therefore participants will rotate, together with the researchers, in watching shifts of one hour each during the whole navigation period until dolphins/whales are sighted. There are two observers on duty on every shift. Besides whales and dolphins we record also the presence of sea turtles, tunas, sword fish, manta rays, large school of fish and sea birds. The acoustic system helps in the localization of the animals: the hydrophones detect any sound produced by cetaceans at an average distance of 3 nm and the software indicates the direction of the signal. It is then possible to approach the animals.

Everybody have a role to play during sightings. A good teamwork is the key for an enjoyable experience and a good data collection, such as filming dolphins with the underwater camera under the bow of the vessel, collecting behavioral data, recording sounds, filming and photographing the animals for their individual identification, and steering. A sighting can last several hours and in the meantime normal duties on board such as cooking and washing dishes have also to be carried out.

In the evening, movies and images shot during the day or belonging to the ODO archive will be shown.

**To note:**

Cetaceans sightings are not guaranteed, we are in the wild and animals are unpredictable.

Navigation will take place when the weather conditions are good. A day-off is scheduled for every session for participants who wish to relax or explore the island. The boat will sail anyway during this day-off for those who are willing to continue the research. If anybody wants more days-off, just inform the crew.

**Useful skills / requirements**

Due to the kind of activities carried out by the Ischia Dolphin Project, participants should:

- be in good physical conditions, comfortable in hot weather and with spending relatively long periods under the sun, be steady on their legs and comfortable on a boat;
- Be 16 years or older (although younger may be accepted if escorted by a parent or an adult delegated by the parents, who will take care of the minor during the research cruise);
- Have a travel insurance;
- Be able to speak enough English to communicate with other project participants and team members;
- be highly adaptable, an essential requirement for living on a boat;

- follow all the safety instruction provided by the team members;
- be aware that the skipper or researcher in charge has the right to expel a participant at any time, should his/her behavior and/or attitude hinder the normal research activities or the wellbeing of other participants;
- accept the responsibility to pay for any damage personally caused to the boat and/or to the instrumentation;
- be interested in nature conservation and animal protection and have a positive attitude towards working with people from different countries;
- acknowledge the authority of the skipper who is responsible for the life of everybody onboard;
- read all the information about the project and accept the conditions mentioned in this brochure and on the ecovolunteering pledge.

Project participants must inform the project of any possible physical or mental problem before coming to the field course. Moreover, when boarding Jean Gab, participants must inform the researchers and the captain of any particular problem (e.g. allergies, asthma attacks, intolerance for particular food items, back aches, etc.).

Handicapped or disabled people can be accepted on board after a conversation with the skipper or researcher in charge who is responsible for the cruise.

As some participants may not speak fluent English, everyone is expected to be patient and be aware of the implications of working in a multinational team.

As always in the field, sea state and weather conditions will partly shape the daily schedule. Flexibility is therefore required as far as the scheduled program is concerned.

## Methods

Data is collected using different techniques such as photo-identification, behavioral sampling and acoustical recording. In addition, a detailed trip log of the route covered and GPS positions are automatically recorded every 3 minutes.

Information on sea state, wind Beaufort and direction are also taken.

### Photo-identification

It's a valuable and widely used technique in the research of cetaceans. By photographing cetaceans the different animals are identified on the base of natural and permanent markings present on their body. This method gives important information on population size, distribution and movements of cetaceans, social structure, reproductive rate and habitat use.

### Behavioral sampling

Through the collection of behavioral data we obtain information that will lead to the understanding of cetacean's activities like feeding habits, social communication and interaction with human activities. We record different variables (group size and composition, aerial behaviors, social interactions and so on) at regular intervals of three minutes (3 minute sampling method).

### Bioacoustics

The acoustical system is made by underwater microphones (hydrophones), audio devices and recorders that allow us to record the vocalizations produced by cetaceans during their natural activities. The stereo system and software locate the source of the signal in the environment.

The presence of speakers on board allows all participants to listen to the sounds of the sea in real time. If dolphins are sighted, the listening to their vocalizations is an exciting experience.



Whistles, clicks and other vocalizations produced by cetaceans – and recorded during the sightings – are then analyzed in order to define the acoustic characteristics of the different species in the area of Ischia. The different parameters of the emitted sounds can, indeed, vary also in different populations of the same species (“dialects”).

Particular attention is finally paid to stereotyped vocalizations in the attempt to put together a catalogue of “acoustic signatures” of the individuals of Ischia.

## Location

The project is located on the Italian island of Ischia at 40° 44' N, 13° 55' E, in the southern Tyrrhenian Sea.

Ischia is a large volcanic island of 47 square km whose contour is about 39 km; it is the largest of the islands of the Gulf of Naples and, with Capri, Procida and Vivara, forms the Archipelago Campano. With its volcanic origins, the island is towered by the Epomeo Mountain (787 m).

The volcanic rocks and the great variety of magma materials that characterize the island, give to the landscape of Ischia a colorful and multiform aspect, noticeable not only along the coast but also in the several peaks that constellate the territory, giving shape to small hills and mountain systems.

Mediterranean flora and pinewoods are typical of hot and humid areas; chestnuts trees cover the oriental side of the Epomeo Mountain and the underlying Falanga Wood, the largest wood in the island. The considerable climatic variations between the coastal area and the mountain, together with a very fertile soil, explain the extraordinary plant heritage of Ischia. It counts also rare high temperatures loving species that grow in proximity of fumaroles.

Although the island lacks of freshwater rivers, Ischia is place for an exceptional hot waters circulating system: 29 basins of thermal mineral waters provide the island with more than a hundred sources of therapeutic water useful against a wide range of diseases. These springs are scattered on the island and are exploited by many hotels and abundant thermal parks where an outstanding landscape can mingle with recreational and practical therapeutic needs.

The island offers the possibility to make beautiful excursions on foot to explore the wide woods at the basis of Mount Epomeo following trails that lead to the ancient green tuff constructions. These are the so-called stone houses which sometimes concentrate to form a true village. It is also possible to follow historical itineraries visiting monuments and observing several finds that piece together the history of the island going back several centuries of Greek, Roman and Neapolitan colorizations. There is a good public bus transport to travel around the island.

In Ischia you can find shops, restaurants, an internet cafe, police station and post office. All of them are near the harbor in Casamicciola except the internet café which is in Ischia Porto (15 minutes by bus).

## Travel information

### Dates

The project starts on the 16<sup>th</sup> of May until the 25<sup>th</sup> of September 2016. Volunteers can stay for a length of 7 days or 21 days.

The project will be closed from the 27/06 to the 03/07.



## Price

The price includes:

- Accommodation,
- On board electricity, water and gas,
- Port fees and petrol,
- Training and supervision by the project's staff.
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The price does not include:

- Your travel to and from the meeting point,
- Food and drinks to be divided among the crew consumption,
- The first dinner that will be at a restaurant or pizzeria
- All of your extra expenses.

### Students

The project offers special prices for students under 26 years old and with certification.

### Second time or participants who have already come

If you book a second week or if you had joined the program before you will pay the discounted price.

## Internships

The project accepts internships. Internship acceptance will be done on an individual basis. Student must comply with the following requirements to participate to an internship program with the project:

- A basic knowledge of English;
- Basic computer skills and knowledge of the most widespread software packages (e.g. Word, Excel, Access);
- Before being accepted as interns, students usually spend a variable period of time collaborating in the project research activities participating as volunteers in order to gain experience and possibly define the subject of their thesis work. This period is considered as a preliminary phase that may allow evaluating the student's skills and motivations. Moreover, this period enables the student to evaluate difficulties related to cetacean research, logistic problems, and actual working possibilities. After this period, a thesis subject may or may not be selected together with the project's researchers. The project takes no responsibility for what concerns the final selection of interns, which depends on several variables and cannot be taken for granted.
- Only non-harmful research proposals can be accepted. Non-harmful research is defined as a non-lethal activity, which poses a minimum risk to the health and life of an individual animal. Research, which involves handling animals or invasive techniques, will be not accepted.
- All data originating from the work done by interns in collaboration with the project are entirely the property of the project. In case of publication of all or part of the thesis data, or in case of a presentation of the data during a scientific conference or in any other public context, authorship (including main author and co-authors) is entirely the project thesis advisor's decision.

## Capacity

The project accepts a maximum of 6 ecovolunteers at a time.

## Join the project

You will have to organize yourself to travel to Ischia Island, Italia. Ischia is connected to Naples by sea, maritime lines of ferries and hydrofoils.

Participants will embark and disembark in Casamicciola Terme, one of the six municipalities of Ischia (NA). They will find the boat moored in the harbour. The meeting point is on the project's sailing boat. Participant should arrive on the day of their scheduled arrival. As the boat has to be prepared the boarding time is between 6:00 pm and 7:00pm.

## Language

English

## Communication

There's an internet spot on the Ischia Porto, a mobile internet connection is also available on board. It is possible to call from public telephone boxes (coins or cards) on land. Mobile phones should be turned off during navigation or kept far from the acoustic equipment and the control panel. Offshore during the navigation, the reception is often limited. The mobile phone on board will be always on and you can be contacted there in case of emergency. In general we will ask to turn off the mobile phones during sightings and acoustic recordings to avoid interferences. As participants will share the sleeping cabin we ask to keep the ringing tones low or the vibration during the night. In Casamicciola there's a postal office.

## Clothing and equipment

Remember that the space on board is limited, therefore bring only what is necessary. No hard suitcases are allowed on board and only flexible ones are admitted.

We suggest volunteers to take these items:

- Clothing suitable for navigation: shorts, T-shirts, long-sleeved shirts, sweatshirt, windbreaker (a pair of jeans and a sweater for a chilly night)
- Waterproof clothing or a storm jacket (from September onward)
- Sunglasses
- Hat or cap (think also about how to protect the neck from the sun)
- Swim suit or bikini
- Sun cream lotion (high protection 20-30 or total sun block)
- Mask and snorkel if you want to go snorkeling if we stop in a bay or at sea
- Boat shoes to use ONLY onboard, if you don't want to walk barefoot (saltiness stops the diffusion of fungi and infections)
- Insect repellent spray or lotion
- Bath towel and beach towel
- Personal toiletries (biodegradable soaps and shampoos are encouraged)
- Personal First Aid Kit (e.g. Antidiarrhoea pills, antiseptic, insect bite relief, pain reliever, sea sickness pills or plasters etc.) and personal medications (e.g. Allergy medication)
- Pillow case

- Sleeping bag or bed sheets ( a sleeping bag is suggested in early June, September and October)
- Photo-camera, film/memory cards, extra camera battery, mobile phone, power supply and cables for digital equipment and mobile phones.\*

Optional objects volunteers may want to bring:

- Binoculars (7x50 or 8x50 enlargement suggested)
- Wristwatch with alarm
- Small battery powered book light with extra batteries
- USB keys\*\*

\* To be able to share photos with the other participants and to help our photo-id catalogue growing, we suggest digital photo-cameras and zoom photo lenses 70-200 or more.

\*\* So that we can exchange photos rapidly.

## Accommodation

Participants will live on board on Jean Gab. Jean Gab is an oceanic oak cutter built in 1930 in Marseilles and designed by Andre Mauric, famous French maritime architect. Overall length: 17,70 m; Beam: 4,45 m; Draft: 2,50 m. Andre Mauric planned also the French sailing vessels for the America's Cup (France I and France II) and signed the Pen Duick IV, used by the famous French sailor Eric Tabarly in the Whitbread Cup.

Jean Gab is Mauric's first large sailing vessel. It was built to race and cruise in all oceans. It's a fast vessel with beautiful flowing lines, stable even with rough seas with a firm heel of few degrees. The construction plans of Jean Gab are kept in the Maritime Museum in Marseilles and shown in the French carpentry schools as models of maritime functionality that match speed with stability. This vessel is therefore meant for fast ocean navigation and both the external and internal spaces are designed for this reason. The exterior is wide and spacious to leave place for maneuvering, while the interior is small, comfortable and stark because planned to protect the crew from the force of the billows.

Inside there a wide kitchen with table and large windows. Here we cook, store food and, when raining, eat our meal. It can also be used as a little living room in the free time.

Going down in the "womb" of the boat we reach the sleeping room for 6 participants of both sexes (2 single and 2 double berths). In August, when usually the turn is full, you may be asked to share a double berth with another participant of the same sex. If you happen to come in a quiet session, you will have the use of more room for yourself.

Next to the sleeping room there is a small changing room, a man's bathroom and a ladies one (with cold water), a room and bathroom reserved to the crew (with cold water) and, on the bow, the "sailor cabin" with two or three (with a child) sleeping places and independent entrance from the bow of the boat. There is a sun-powered shower onboard, but for a hot shower (free of charge) we can use bathrooms at the local port.

The welcoming deck of the Jean Gab is ideal during navigation. At the stern of the vessel there is the space for the helmsman and a bench, comfortable and sheltered from the wind. This area is connected to the indoor kitchen. At the center of the vessel, underneath the mast, there is the external "lounge" with a table. Lunches and dinners are served on the outside table, in our "private lounge" under the stars.



We remind you that life onboard of sailing vessels like Jean Gab is a choice: simple, communal and eco-compatible lifestyle conserving energy and resources. There is very little privacy even behind the curtains of the cabins. Nevertheless, the spaces are large enough and the sea and the sky will offer you unlimited horizons and each watching shift will give you the possibility to taste the peace of sailing.

## Food

Meals are held on board, volunteers should help prepare them. Many, also among researchers and assistants, are vegetarians: it's a personal choice that doesn't cause any problem in the preparation of the meals. Again, tolerance and respect are at the basis of living together.

The first dinner on arrival will be in a pizzeria or a restaurant and is not included in the price.

## Daily chores

While onboard everybody (participants and team members alike) share daily "household" duties including: shopping, cooking, washing dishes and general boat keeping. The only exception made is for the skipper who is already in charge for many other things. Moreover, at the end of the cruise everybody must help in thoroughly cleaning the boat before departure. If anyone cannot cook there's no need to worry: we know several easy recipes to try and it may be a good occasion to learn some local cuisine. Usually at lunch we serve some cheese and salami followed by pasta, at dinner we can make something more elaborated with fresh fish and meat and salad. During dinner we can have also some dessert and liquors. The wine served onboard is a local house wine from Ischia.

## Other activities

In case of unfavorable weather or harsh sea conditions, the boat stays in the harbor. This is not only for the safety of the crew and participants but also because it is not possible to conduct valuable fieldwork in rough seas.

Participants may decide to stay on board assisting the researchers with data entry, preliminary analysis, computer work (e.g. Photo identification) and attending the cetology lessons held by the researchers, or they may visit the island. Normal duties have to be carried out as normal.

In Ischia you can visit the Aragonese Castle and the old sea village of Ischia Ponte, reach the summit of Mount Epomeo through a naturalistic excursion in the woods of pine and chestnut trees, organize a trip to the near islands of Procida and Capri or relax in one of the many thermal areas.

You can be our guests during the visit to the Cetacean Museum Villa Arbusto, Lacco Ameno.

In every island there are also scuba-diving centres. All these expenses are not covered by the project.

When in the harbor, during free time or after the day at sea, participants can go for a swim on one of the beaches close to the harbor or "dive" in the ischitan life.

The atmosphere on board is serene and informal, but you have to remember that we are working in a serious research program and that time and way of the different activities need to be organized day by day following the priorities of the project. Participants have to be aware that they are taking part in a scientific project with defined aims and purposes and not in a package holiday where everything is scheduled.

### More days in the Islands?

The project developed a partnership with an NGO dedicated to the promotion of research on naturalistic, historic, and cultural richness of the small islands, microcosms from the

characteristics of particular importance in which, often, botanical and zoological endemisms are still conserved, unique historic and architectonic characters. The NGO organizes hikes and tours around the island of Procida; skilled guides explain the naturalistic and geologic peculiarities as well as cultural history of the area. You can spend the night inside the headquarters.

## Useful information

### Currency

Euro (€)

To obtain cash, there are all the facilities in Casamicciola, near the harbor.

### Extra expenses

You'll have to plan extra cash to pay for your travel to the harbor of Ischia (less than 40 € from Naples). You'll have to plan extra cash to pay for the "food kitty" (the food that will be brought on the boat). The first dinner on arrival will be in a pizzeria or a restaurant and is not included in the price.

All extra expenses (shopping, a drink in a pub ...) will be at your charge.

### Medical information

#### Before departure

Please consult your doctor (and dentist if needed). For medical details please refer to our country specific travel information page:

<http://www.cybelle-planete.org/ecovolontariat/conseils/conseils-par-pays>

### IMPORTANT: Pets

**Two small dogs live on board:** Berta and Sterna. Berta was found in an abandoned construction in 2005. She is now almost 11 years. Sterna is still a puppy, she arrived on board in October 2014. During navigation dogs share with participants the outside space of the boat and the team members will do their best so that this will not cause disturb to the participants. When in the harbour the dog can enter inside (under the kitchen table or in the cabin reserved to the skipper). Berta and Sterna are walked on land in the morning and in the evening and therefore they do not dirty the deck. However, as anybody else, they can be sick sometimes during navigation in which case the team members will take care of the cleaning of the deck.

### Insurance

Cybelle Planète is covered by a MAIF insurance plan (Contract n° 3100988H). All of our ecovolunteering sessions are insured automatically by this contract for: civil liability, repatriation, and accidents. This insurance is included in our membership.

Nor matter which programme you chose we highly recommend subscribing a cancellation, loss or damage of luggage, flight delay insurance as well. Neither Cybelle Planète nor its partners can be held responsible for the fees that could have been covered by cancellation insurance. You can find more information about insurance on our website: [www.cybelle-planete.org](http://www.cybelle-planete.org).

### Passport/Visa and country information

For border regulation details please refer to our country specific travel information page:

<http://www.cybelle-planete.org/ecovolontariat/conseils/conseils-par-pays>

## Formulaire d'aptitude médicale écovolontaire

Ce formulaire doit être impérativement rempli, signé et renvoyé scanné à [info@cybelle-planete.org](mailto:info@cybelle-planete.org)

Toutes les informations contenues dans ce formulaire sont exclusivement réservées au traitement de votre dossier d'inscription et pourront être éventuellement utilisées en cas de nécessité médicale. Ses informations sont confidentielles et ne seront pas divulguées en dehors de cet usage.

*Vous allez participer à une mission d'écovolontariat. Lors de cette mission, vous allez prendre part à des travaux de terrain (repérages dans la nature, maintenance des infrastructures, ou soins prodigués aux animaux sauvages...) dans des conditions parfois difficiles. Vous allez peut être séjourner dans un lieu très isolé, où les conditions climatiques sont extrêmes (fortes températures et humidité), et où les conditions de vie sont basiques (électricité sporadique, pas d'eau chaude ni de toilettes « occidentales » ...). Votre expérience se fera au sein d'un groupe, constitué le plus souvent par des personnes venant d'autres pays et avec des cultures différentes de la vôtre.*

*Ainsi, bien que l'écovolontariat soit une expérience enrichissante et passionnante, il est important d'y prendre part dans des conditions optimales pour vous et pour le projet qui vous accueille.*

*Votre condition physique et mentale va impacter sur les autres membres de l'équipe et sur le projet d'accueil, dans le sens où tous les participants partagent les travaux quotidiens et vivent ensemble. Afin de pouvoir éviter d'éventuelles difficultés, nous vous demandons de bien vouloir nous décrire, le plus honnêtement possible, votre état physique et émotionnel.*

*Vos réponses ne vont pas nécessairement remettre en question votre participation, mais donnerons assez d'élément aux membres du projet d'accueil pour adapter votre expérience sur place à vos besoins si cela est nécessaire ou possible.*

*Merci de votre compréhension.*

*En cas de questions concernant ce formulaire merci de nous contacter*

*[info@cybelle-planete.org](mailto:info@cybelle-planete.org) ou au 04 67 64 25 60*



# Medical questionnaire

(To be filled by the ecovolunteer)

Last name, First name:

Name of the ecovolunteering project:

Country :

Participation dates :

Age :	
Height:	
Weight :	
Blood type :	
Allergies? (if yes please explain) Describe your allergic reactions	
Do you have a regular medical treatment to take? If yes for what medical condition?	
Do you often take prescription drugs (without needing to mention birth control and malaria prevention treatments)	
Do you have respiratory conditions (such as asthma)?	
Are you a smoker? How many cigarettes/day?	
Do you have high cholesterol?	
Do you have heart problems?	
Do you have abnormally high blood pressure?	
Do you suffer from a chronic disease?	
Are you diabetic (even if only controlled through dietary adjustments)?	
Do you have gastro-intestinal problems?	
Does your health require a specific kind of diet?	
Do you have an eating disorder?	
Do you have Crohn disease?	

Are you anemic ?	
Are you epileptic? If yes do you take a specific treatment for it?	
Do you have neurological problems? If yes are you taking a specific treatment for this?	
Have you had any head trauma or other head injury with loss of consciousness in the last 5 years?	
Do you have arthritis ?	
Do you have orthopedic problems?	
Do you have frequent back problems?	
Do you have the capacity to do moderate physical exercise (such as 10 km of walking)?	
Have you had any complications following surgery, an injury or fracture of your back, arms or legs?	
Do you have any notable skin problems?	
Have you had one or more surgical operations in the last two years? Have you been hospitalized in the last two years? If yes, please explain the raisons	
Is there a specific detail about your health that Cybelle Planète should know?	

**Please rate your degree of aptitude in terms of the criteria below**

	Good	Average	Weak
View (including correction if needed)			
Hearing			
Capacity to walk			
Capacity to walk on difficult terrain			
Swimming			
State of your back			
Capacity to carry			
Energy and vigor			
Endurance			
Agility			
Balance and coordination			



## Psychological and emotional evaluation

Do you suffer from psychological or mental problems? (Anxiety attacks, depression...)

Do you suffer from Claustrophobia or agoraphobia?

Are you currently taking a medical treatment for psychological symptoms or following a continued psychotherapy?

If yes what effect could this have on your participation in a work team or in your general communal living?

How would you globally rate your overall mental stability?

## **A remplir par votre médecin traitant**

*Depuis combien de temps suivez-vous votre patient ?*

Date:

*J'atteste avoir bien examiné (nom et prénom du patient).....  
aujourd'hui. Nous avons évalué ensemble la compatibilité émotionnelle et physique entre  
mon patient et la mission d'écovolontariat dans laquelle il/elle souhaite s'engager. Compte  
tenu des réponses apportées je pense que mon patient est tout à fait qualifié pour participer  
à ce genre d'expédition.*

Nom du Médecin:

Signature

Tampon/cachet

## Engagement médical écovolontaire :

Je soussigné(e) ..... atteste avoir pris connaissance des informations fournies à propos de la condition physique et mentale requise pour participer à la mission.....

Je déclare sur l'honneur que toutes les informations sur ce formulaire sont correctes et qu'en cas de changement relatif à ce formulaire d'ici le début de ma mission, j'en informerai Cybelle Planète.

Je déclare avoir bien informé mon médecin sur les activités auxquelles je serais susceptible de participer ainsi que sur le pays et les conditions de vie sur place.

Je déclare avoir fait et être à jour de tous les vaccins obligatoires, conformément à mon pays de destination, et avoir bien pris connaissance des traitements préventifs recommandés.<sup>i</sup>

Je déclare avoir pris connaissance des exigences et recommandations de la mission d'écovolontariat à laquelle je compte participer.

Je comprends que si j'ai pris la décision de ne pas faire les vaccins et/ou les traitements recommandés que je suis le seul responsable en cas de problèmes de santé lié à ces derniers. J'accepte en conséquence les éventuelles limitations posées par le projet et comprend que ses dernières visent à me protéger ainsi que les autres écovolontaires ou les animaux sauvages.

Je déclare avoir compris qu'il est de ma responsabilité d'informer ma compagnie d'assurance voyage de mon état de santé physique et mental avant mon départ.

Je donne mon accord aux membres de la mission et à Cybelle Planète de transmettre les informations contenues dans mon questionnaire, en cas d'urgence médicale ainsi qu'à mon assurance de voyage si nécessaire.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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<sup>i</sup> <http://www.diplomatie.gouv.fr>  
<http://www.who.int/countries/fr/>  
<http://www.pasteur.fr/fr/sante/vaccinations-internationales-et-conseils-aux-voyageurs>