



FORT ARBEIA AND THE ROMAN EMPIRE IN BRITAIN

Dr. Paul Bidwell TWM Archaeology (UK)

Dr. Nick Hodgson TWM Archaeology (UK)

Graeme Stobbs TWM Archaeology (UK)

Alex Croom TWM Archaeology (UK)



Expedition Briefing 2012

EVERYTHING YOU NEED TO KNOW BEFORE YOU GO



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Timeline and Checklist

In preparing for your upcoming Earthwatch expedition, please ensure that you:

Immediately

- Read this Expedition Briefing and all enclosed materials thoroughly.
- Book an appointment with a doctor; you will need him or her to sign the Health section of your Earthwatch Participation Form.
- Make sure you understand and agree to Earthwatch policies and participant responsibilities.

At least 90 days prior to your expedition start date

Complete and return your volunteer forms. **Below are the specific forms required for this expedition:**

- Earthwatch Participation Form for Adults
- Travel Form

European volunteers can download forms on: earthwatch.org/europe/volunteerforms

US/North American volunteers can download forms at: earthwatch.org/volunteerforms

Australian volunteers can download forms on: earthwatch.org/australia/expeditions/volunteer_forms/

Japanese volunteers can download forms on: earthwatch.jp/getinvolved/condition/formdownload-i.html

- Pay any outstanding balance on the minimum contribution for your expedition.
- Book travel arrangements (see the *Rendezvous* section for details).
- If you plan to purchase additional travel insurance, note that some policies require purchase when your expedition is booked (see the *Insurance* section for more information).
- If traveling internationally, make sure your passport is current and obtain a visa for your destination country, if necessary (see the *Passports and Visas* section for more details).
- Make sure you have all the necessary vaccinations for your project site (see the *Health Information* section).
- Purchase a guide book for your destination country.
- Bring your level of fitness up to the standards required (see the *Project Conditions* section).

At least 60 days prior to your expedition start date

- Review the packing list to make sure you have all the clothing and any special equipment needed.
- Obtain any necessary prescription medications that will be needed for your travels.
- Residents of the EU and UK:** Apply for a European Health Insurance Card (see the *Insurance* section).

Up to 30 days before you leave for the expedition

- Read any required reading or websites recommended by the Earthwatch scientist(s) for your expedition.
- Make sure you have enough personal funds for your expedition (see the *Travel Planning* section).
- Leave the Earthwatch emergency contact number with a friend or relative (see the *Emergency Contacts* section).
- Leave a copy of your passport, visas and airline tickets with a friend or relative.
- Confirm your travel arrangements.

Note: If you have signed up for an expedition within 90 days of the start date, you must return your fully completed volunteer forms as soon as possible.

Fort Arbeia and the Roman Empire in Britain

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General Information

Project title	Fort Arbeia and the Roman Empire in Britain		
Earthwatch scientists	Paul Bidwell , Senior Manager, TWM Archaeology Nick Hodgson , Principal Archaeological Projects Manager, TWM Archaeology Graeme Stobbs , Archaeological Projects Officer, TWM Archaeology Alex Croom , Archaeological Projects Manager, TWM Archaeology		
Research site	Arbeia Roman fort, South Shields, Great Britain		
Expedition length:	7/14 days	Minimum age of participation:	18 years of age*
Team size max:	20 participants		

***Note:** Team 3 is reserved for participants 15–18 years of age. (18-year-olds may only participate if they have just finished their last year of high school.) Volunteers on this team will receive a separate Expedition Briefing. It may also be possible for 16- and 17-year-olds to participate on standard teams if accompanied by a parent or guardian. See *Volunteers Under 18 Years of Age* in the *Passports and Visas* section for traveling advice for minors. Team 4 is reserved for families participating in an Earthwatch expedition together. Volunteers on this team will receive a separate Expedition Briefing. Contact Earthwatch for more information about these teams.

Emergency Contacts

Emergency contact number at Earthwatch in the UK:

+44 (0) 7900-895-752

A duty officer is available 24 hours a day, seven days a week to assist you. If you reach voicemail, state that you have an emergency communication and leave a clear message with the name of the field program, your name, the location from which you are calling, and, if possible, a phone number where you can be reached. An Earthwatch staff person will respond to your call within one hour.

You may also call Earthwatch in the US:

+1 (978) 461-0081

After business hours, leave your message with our live answering service who will contact an Earthwatch staff person who will respond to your call.

Medical and Security Assistance Helpline Numbers

When calling any of the helplines, please mention Earthwatch and policy reference number 560020011200.

CEGA Emergency Medical & Travel Assistance:

+44 (0)20 3059 8770

You may call this number collect or reverse charges if necessary in a medical emergency.

CEGA Non-Emergency Medical & Travel Advice (e.g. visa and vaccination requirements):

+44 (0)20 3059 8770

Henderson Risk Security Assistance and Advice:

+44 (0)20 3059 8772

axisenquiries@hendersonrisk.com



Dear Earthwatcher,

Welcome to Earthwatch! We greatly appreciate your decision to contribute to hands-on environmental science and conservation. As an Earthwatch volunteer, you have the opportunity to create positive change. Each year we connect thousands of people just like you with research projects—approximately 65 projects in more than 35 countries—where they can participate in the fieldwork necessary to understand and help an array of species, habitats and cultures. These projects focus on: **climate change, cultural heritage, ecosystem services and oceans.**

We are committed to caring for the safety of all those involved in our activities anywhere in the world. Although risk is an inherent part of the environments in which we work, through careful risk management and diligent planning we believe that all participants can have educational and inspirational Earthwatch experiences. We've been providing volunteer field experiences **for 40 years**, so you're in good hands.

It is essential that you carefully read your Expedition Briefing and fully complete the volunteer forms so that you are prepared. Your Expedition Briefing includes important information such as instructions for reaching the rendezvous point, what risks are present on the research project and how to avoid them, what to pack, what immunizations you need, how to physically prepare for your expedition, and more. It also explains the research being conducted on the project, why it's important, and what role you'll play as an Earthwatch volunteer.

Well-prepared volunteers are better able to enjoy the unique and exciting experiences that an Earthwatch expedition offers and will be more helpful to the scientists' important work. Open-mindedness, the ability to work on a team, and a desire to learn are all keys to a successful and enjoyable Earthwatch experience. We hope this expedition will inspire you to get more involved in conservation and sustainable development priorities—not just out in the field but also when you return home. We encourage you to share your experiences with others, and to transfer your skills and enthusiasm to environmental conservation efforts in your workplace, community and home.

If you have questions as you prepare for your expedition, contact your Earthwatch office. Thank you for your support, and enjoy your expedition!

Sincerely,

A handwritten signature in black ink, appearing to read 'Ed Wilson', with a large, stylized flourish extending upwards and to the right.

Ed Wilson
President and CEO

Dear Earthwatch Volunteer,

Thank you for the interest you have shown in our research project at Arbeia Roman Fort, at South Shields on the river Tyne in Northeast England. My name is Nick Hodgson, and I am a professional archaeologist employed by the local Museums Service here on Tyneside. For a number of years, I, along with my colleagues Paul Bidwell and Graeme Stobbs, have had the privilege of conducting research on one of the most important Roman military sites in northern Britain. In 2010, Alex Croom, a specialist in Roman period finds, joined our team as an Earthwatch scientist.

Perhaps as early as the first century AD, the Romans occupied the site at South Shields because it defended an excellent anchorage. The fort became part of the frontier system instigated in AD 122 by the emperor Hadrian: his famous wall starts only four miles west of South Shields, and runs for 80 Roman miles across the island of Britain.

There are, of course, several forts that can be visited on Hadrian's Wall, but what makes South Shields special is the permanent, large-scale excavation that we are carrying out. This means that there are constantly new discoveries at the site, and that we are producing a more detailed picture of the inside of a Roman military base of the first to fourth centuries than has ever been gained before. South Shields is, therefore, a very exciting place to work.

We feel we are at the forefront of developments in our knowledge of the Roman occupation of north Britain, and we are constantly pioneering new techniques to deal with the complex of remains that face us: for no one before has attempted such large area excavations of a multi-period military site.

In 2012, we will again be working in an area situated in the southern corner of the site, just beyond the fort wall. This is where the civilian settlement (or *vicus*) encroached up to this side of the fort. The excavation offers an unrivalled opportunity to examine part of this settlement, most of which is still covered by modern housing (hence inaccessible to modern research), and poorly understood compared to the fort interior.

There is so much to do, and it is for this reason that we have again requested assistance from Earthwatch in order to help us complete the task. The Earthwatch volunteers from 1993–2011 played an essential role, and impressed us with their skills, enthusiasm, and capacity for hard work. The opportunity is now yours to take part in a research project of the foremost importance, one which is revolutionizing our understanding of the Roman occupation of Britain.

Almost everyone who comes to South Shields, besides getting a lot out of the project, finds that the fort is a pleasant and attractive place to work. The site is set in a quiet residential area with views over the river Tyne and the North Sea. Shops, banks, and all conveniences are near to hand, and both the locals and the site staff are renowned for their hospitality. There will be an excursion to the most impressive stretches of Hadrian's Wall, along with a chance to visit some local museums. In short, I am sure that besides finding our research project challenging and exciting, you will also be delighted with this fascinating northeastern part of Britain.

Yours Sincerely,

Dr. Nick Hodgson, M.A., Ph.D., F.S.A.

Principal Archaeological Projects Manager

The Research

Fort Arbeia and the Roman Empire in Britain

Project Overview

South Shields Roman Fort, the Arbeia of the Romans, is the site of a Roman military and civilian settlement and port of supply of the first to fourth centuries AD. Situated on a flat-topped hill on the northeast coast, with a commanding view of the mouth of the River Tyne, the site operated as a supply base for Hadrian's Wall, which began on the Tyne only four miles upstream.

The project has been in place since 1993, and continues a long-running program of excavation designed to help us achieve our research goal: understanding the impact of the Roman Empire upon the traditional society of northern Britain (Iron Age society) and the changes that occurred in the lives of the inhabitants of the site over three centuries. Archaeological knowledge of the extent of buried remains is still extremely limited; thus, the project also aims to provide a more secure basis of knowledge which can inform future plans for the management and conservation of the site.

There have been many important developments resulting from the Earthwatch-supported work over the previous years, but none so more important as from our current work, which began in 2009 when the research focus was moved to a new area situated outside of the South West fort wall. This created an unrivalled opportunity to examine part of the civilian settlement (*vicus*) that we now know encroached up to this side of the fort, and to compare and contrast this with an area of the *vicus* excavated by Earthwatch teams in 2002.

Work in this exciting new area is still progressing, and you and your fellow volunteers will participate in fieldwork toward the above long-term goal, both in retrieving the raw data through hand excavation and recording, and in the subsequent processing of that data, during your time with us.

Research Area

Physical Environment

South Shields is situated within the Tyneside urban area, some eight miles east of Newcastle on the southern bank of the Tyne. The project site itself sits on a slight rise overlooking the North Sea and the river mouth. The town is a mixture of old and new, with Georgian and Victorian buildings and housing from the long-gone industrial age side by side with redevelopment of the late 1960s and 1970s. The weather during the summer months can be typically British: a mixture of warm days, the occasional cool sea breeze, and swift showers that appear in an instant and disappear just as quickly.

Cultural, Social, and Political Environment

The town is the capital of the South Tyneside region, and the local economy is a mixture of small-scale industry and enterprise, and coastal-resort tourism. Indeed, the coastline



here epitomizes the Great British seaside, with pristine sandy beaches, soaring cliffs and delightful parks. The local people are famously friendly and welcoming. There is a wide variety of pubs and restaurants to occasionally sample and a range of streets for shopping, as well as live music, theatre, and a cinema.

Research Achievements

Results of Recent Research Seasons

Over the last three years, we have greatly advanced our knowledge of the *vicus*, thanks to the support of Earthwatch. This has come, firstly, with the completion of the post-excavation analysis of an area of the *vicus* excavated by Earthwatch teams in 2002, and, secondly, through the excavation (since 2009 and still in progress) of the new area. Evidence obtained from the 2002 area, situated 100 meters from the fort walls, suggests a burst of intensive activity between around AD 210 and 260, with timber buildings along roads in a part of the *vicus* that first developed at the time when Arbeia was enlarged as the supply base for the campaigns of the emperor Septimius Severus (AD 208-11). This area evidently arose to house traders and craftsmen who found a market among the supply wagons entering and leaving the supply base.

As in many fort *vici* in northern Britain, life here was thought to have come to a sudden end around AD 260, when trade networks across the empire were disrupted during a period of military crisis and barbarian invasion. The new excavation area, however, has begun to produce a contrasting picture; here we have also found a commercial building (this time, made of stone) and a road, but underlying pits contain datable pottery that suggests that activity here continued into the fourth century. What we can see, therefore, is that the *vicus* got smaller in the late third century AD, but that (as we might expect at a strategically and economically important seaport), there continued to be a civil settlement immediately outside the walls. We also observed in 2010-11 that the alignment of the ditches at the south west side of the fort suggest that they may continue south east, rather than turning to enclose the corner of the fort, which suggests that they may continue on to enclose an annex (or defended compound) attached to the south east side of the fort.

In addition to these insights into the historical development of the *vicus*, finds from the two areas have provided insights into the lives of its civilian inhabitants. These include a votive statuette, a finger ring incorporating a personal lock-key, a pot sherd inscribed with a Greek female name ("Galatea"), and numerous sherds of wine amphorae, imported from Campania in Italy. From the point of view of conservation and heritage management, these interventions establish that, although deeply buried and mostly overlain with modern buildings, the entire plan of the *vicus* is likely to be substantially preserved.

PROJECT STAFF

Earthwatch scientists

Paul T Bidwell, M.A., L.L.B., M.I.f.A., F.S.A., is the senior manager of TWM Archaeology. He has excavated widely, with a record of publication of major reports rivaled by few of his generation. He is perhaps best known in the UK for discovering and excavating the great baths in the fortress of the Second Legion in the city of Exeter, in Southwest England in the early 1970s; for his work on Roman pottery; and for his many excavations on Hadrian's Wall. Paul will be in and out of the field, but he may give a talk about his research during this expedition. Paul has 19 years of experience working with Earthwatch teams.

Nick Hodgson, M.A., Ph.D., F.S.A., is the principal archaeological projects Manager at TWM Archaeology. He has excavated on many sites on the northern frontier in Britain, and has published numerous excavation reports and articles about Roman Britain and the Roman frontiers, as well as gaining his Ph.D. in the same subject. He has led Earthwatch teams for 19 years.

Graeme Stobbs, B.A, M.Litt., A.I.f.A., is an archaeological projects officer at TWM Archaeology. He is a field archaeologist with many years' experience, and an acknowledged expert on Hadrian's Wall. Graeme has 16 years of experience working with Earthwatch teams.

Alex Croom, B.A., F.S.A., is a specialist in Roman-period finds, and has published widely on aspects of archaeological finds, especially in the area of Roman pottery and costume, and manages post-excavation research and artifact study projects, including large-scale research projects like the Hadrian's Wall ceramic database.

Earthwatch field staff

Eddie Dougherty has more than 20 years' experience of the supervision of archaeological fieldwork within the Northeast, and has a specific interest in prehistory.

Warren Muncaster, B.A., is a trained excavator of 17 years' experience who has excavated Iron Age and Roman period sites throughout northern Britain. He will assist with excavation.

Terry Frain, B.A., is one of our most experienced excavation staff members and led a large team of staff and volunteers in 2004-2005 on the excavation of the spectacularly well-preserved abutment of a Roman Bridge at Corbridge, Northumberland.

Staffing Schedule (Subject to Change)

Staff Member Present	Team 1		Team 2		Team 5	
	1A	1B	2A	2B	5A	5B
Paul Bidwell	X	X	X	X	X	X
Nick Hodgson	X	X	X	X	X	X
Graeme Stobbs	X	X	X	X	X	X
Alex Croom	X	X	X	X	X	X
Eddie Dougherty	X	X	X	X	X	X
Warren Muncaster						
Terry Frain						

Daily Life in the Field

VOLUNTEER TRAINING AND ASSIGNMENTS

Training

During the summer of 2012, fieldwork will consist of excavation and recording of Roman features within the area of the evaluation trench. An Earthwatch team might, for example, be employed in the definition, recording, or environmental sampling of a Roman deposit or feature.

The Earthwatch scientists will give the teams a more detailed onsite project briefing upon arrival for the first day of fieldwork, including site orientation and a health and safety briefing on Monday morning. Training for specific tasks will be undertaken throughout the duration of each field team when the need arises with hands-on science and special instruction from the scientists.

Assignments

Fieldwork in general will be supervised by the Earthwatch scientists, while responsibility for the excavation and recording of individual areas and features may be delegated to research assistants. These assistants will be either graduates of archaeology or professional staff of TWM Archaeology with many years of experience on archaeological projects. The Earthwatch scientists and site assistants will provide expert instruction in all techniques necessary to carry out the project. Every effort is made to keep all excavators, staff, and volunteers informed about the progress of the project by means of regular site tours and briefings. The Earthwatch scientists attempt to ensure that all trainees and volunteers grasp the basic processes of interpretation onsite and attempt by means of an informal visual presentation to fit the site within its wider context, as part of the Northern British Iron Age and Roman frontier system.

Earthwatch teams will be divided into groups of two or three and each group will rotate, where possible, the many available tasks on the excavation project. Volunteers will work in cooperation with others, and are sure to experience a wide range of activities, such as conducting stratigraphic excavation; using a trowel, brush, and mattock (similar to a pick axe); learning recording techniques, including elementary site surveying, sampling, cleaning, and planning/mapping; completing post-excavation work, including finds processing, wet-sieving of environmental material; and more. The majority of time (80%) will be spent out doors. Most of the work is slow and careful (cleaning, scraping, drawing, measuring) rather than strenuous. The strenuous activity of removing excavated soil will be necessary, though, which entails pushing a wheelbarrow up ramps from the excavation pit.

If you are joining the two-week standard teams, excursions are organized to visit some of the best-known, most informative, and visually attractive archaeological sites along Hadrian's Wall, with expert guidance.

The Earthwatch scientists pride themselves on the close integration and strong team spirit of the whole complement of staff, trainees, and volunteers at South Shields. In the summer months, the excavation team sometimes has evening outings to pubs, and in such surroundings volunteers from all corners of the globe are able to intermingle and get to know each other.

TEAM ITINERARY AND DAILY SCHEDULE

Please be aware that weather and research needs can lead to changes in the daily schedule. Should this situation arise, your cooperation and understanding are appreciated.

Work on the site takes place on a regular daily basis, Monday to Friday. During weekday evenings and for part of the weekend, when no work on site is being carried out, volunteers will have recreational time. On Saturday and Sunday no work will be done on the site, but excursions as outlined below will take place.

Standard Two-Week Teams (Teams 1, 2, and 5):

At least one excursion will take place on a weekend to the best preserved part of Hadrian's Wall, and it is likely that the other excursion will be to a local museum. On the excursions, volunteers will be expected to pay their own museum admission where necessary, and to cover the cost of their lunch if a country pub is visited (approx. £15/US\$24). The usual option is to take the packed picnic lunch provided daily by the guesthouse.

Entry costs to the Roman sites along Hadrian's Wall which you will visit vary but will be no more than £6/US\$9 (approximate exchange conversions at time of writing).

Standard One-Week Teams (Teams 1A, 1B, 2A, 2B, 5A, and 5B):

The Hadrian's Wall Tour is not included in your itinerary; however it may be possible to join independently on a space available basis at a cost of £30/US\$48. If you choose to join the tour, please note that you will not officially be part of the Earthwatch team and as such will be responsible for your own insurance and accommodation arrangements to coincide with the tour. You may pay the tour cost on the day, directly to the tour leader. **IMPORTANT:** If you are on a B Team, please advise Earthwatch of your desire to join the tour, and you will be notified at least one week prior to the standard team project date if this will be possible.

At the end of the first week, volunteers may wish to arrange a farewell get together for A Team volunteers. At the finish of the standard two-week team, two-week team volunteers and B Team volunteers may also choose to have a farewell get together.

Below is an outline of the itinerary for all standard 1- and 2-week teams:

Day 1

Rendezvous day for standard two-week and A Teams. Tour of Arbeia Roman Fort and Museum.

Day 2

Induction, health and safety briefing. Introduction to fieldwork.

Days 3–6

Fieldwork, with some lectures. Optional farewell event for A Team on Day 6.

Day 7

A Team volunteers depart in the morning. Organized trip to local museum for the standard two-week teams.

Day 8

9 a.m. – 6 p.m.: Hadrian's Wall tour. For all the standard two-week team volunteers and those on A or B teams who have opted to join the excursion, please meet at the entrance to the Arbeia Roman Fort Museum on Baring Street. The coach will depart promptly at 9 a.m.

After the tour you will be taken back to the Seabreeze Ocean Road accommodations.

B Team volunteers rendezvous at the Seabreeze accommodation at 6:30 p.m. for short meet-and-greet session with an Earthwatch scientist.

Day 9 (Day 2 for the B Team)

- Two-week teams: continuation of fieldwork.
- B Team: Morning tour of Arbeia Roman Fort and Museum, induction, and health and safety briefing. Afternoon introduction to fieldwork.

Days 10–12

Fieldwork, with some lectures.

Day 13

Fieldwork and wrap-up, followed by a farewell event in the evening for B Teams and two-week teams.

Day 14

Leave the project in the morning.

Typical Daily Schedule for Standard 1- and 2-Week Teams

Volunteers will generally rise and eat breakfast at the guesthouse, and then walk to the project site (5 – 10 minutes). Owing to the proximity of the research base to the site, field plans and accompanying data are filed and relevant data entered on files as computer records as they are completed. Therefore, during work days drawing or surveying in the field, you might break for 20 or 30 minutes to transfer information to inside the research base. Similarly, routine of excavation is frequently broken by the need to take overall site photographs and then to enter records of the photographs taken or details of the soil samples collected into the appropriate sheet or computer database. Typically, the afternoon might be broken up by a site tour, if developments onsite warrants it. Research work will end at 4:45 p.m. on Mondays through Thursdays, and 4:15 p.m. on Fridays.

The teams will eat evening meals at the guesthouse. In the evening and during recreational time, you may choose to explore the area—e.g., to visit the beach, seafront, and park at South Shields—or you may have the chance to join local members of the excavation team at the cinema or theater, or to just relax with a drink and a quiz night in one of the many pleasant local pubs. On some days, evening lectures are planned.

There are rarely extended spells of wet weather, but when rain does prevent excavation work, we will process finds indoors, have lectures, and make excursions to museums in the area.

It should be noted that the Earthwatch scientists and other project staff do not reside at the project site or at your accommodations, and, therefore, you should not expect to spend time with them outside of the fieldwork timetable beyond the evening lectures and arranged recreational activity.

Time	Activity
8:00 a.m.	Breakfast at guesthouse.
8:45 a.m.	Walk to the project site.
9:00 a.m.	Arrive at the project site; daily update briefing and begin work. (Tea break at 10:30.)
1:00 p.m.	Lunch break.
1:30 p.m.	Continue work. (Tea break at 3:15 p.m.)
4:45 p.m.	Return to guest house to relax and have evening meal.

Earthwatch Recreational Time Policy

Earthwatch will generally accompany participants from the rendezvous to the end of the expedition with the exception of recreation time.

- For days when no research activities are scheduled, referred to as recreational days, Earthwatch scientists will offer either a planned team activity or a range of recreational activities that have been vetted and comply with Earthwatch standards. Participants will also have the option of remaining at camp or project accommodations to rest.
- Participants who are determined to pursue options other than those recommended by the project staff will be required to sign a release before doing so. If there is a period of time during a regular research day when no research activities are scheduled, adult participants may have the opportunity to leave the project site on their own; they will be asked to sign out of the project giving their intended destination. Not appearing for the next scheduled activity will trigger the Emergency Response Plan (ERP) regarding missing people. Earthwatch will assess the general risks of adult participants leaving the project site on their own at night after work hours, but cannot guarantee participant safety or an awareness of all issues.
- In some cases, due to local conditions, it may be advisable to restrict adult participants to the project camp or accommodation after dark. This will be clearly communicated in the on-site safety briefing. However, if the local conditions are such that adult participants can go out at night under their own recognizance, there will be a sign-out process through which participants should state their proposed destination and estimated return time. Participants will be given twenty-four-hour contact information for project staff should assistance be needed. The sign-out is informational only and will not be used to enforce a curfew on adult participants. Adult participants should understand that unless contacted for help, project staff will not start a search for a missing participant unless he or she fails to appear the following morning or for the next scheduled research activity.

Additional Policies

Participants who have driven themselves to the project may not drive their own vehicles to, from, or for project activities, including the transport of project equipment. Participants may choose to use their own vehicles during recreational time, but be advised that all driving during recreational time is done at your own risk. You are actively discouraged from driving other participants during recreational time. Riding in another participant's vehicle is also done at your own risk. Riding in other participants' vehicles is not covered under the participants' insurance policy for the expedition.

ACCOMMODATIONS

Volunteers will stay in one of two comfortable guesthouses situated in close proximity to each other, just a couple of minutes' walk from the seafront and town center, and only 10 minutes' walk away from the site. Group size and mix at the guesthouses will depend on the number of volunteers on each team. We will make every effort to house team members at the main project accommodations:

Seabreeze Guest House, 79 Ocean Road, South Shields, Tyne & Wear, UK, NE33 2JJ

Web: seabreeze-guesthouse.co.uk/

Email: enquiries@seabreeze-guesthouse.co.uk

Tel: (0191) 4558772 or fax: (0191) 4208633



Seabreeze Guesthouse

However, where there are large teams, the overflow accommodations will be next door:

Elmswood Guesthouse, 77 Ocean Road, South Shields, NE33 2JJ

Web: elmswoodguesthouse.co.uk

Email: info@elmswoodguesthouse.co.uk

Tel: (0191) 4553783

Please note that the contact details for the Elmswood Guesthouse are supplied for information only. Please do not contact them directly for reservations, as all project accommodation booking/arrangements are made through Seabreeze Guesthouse.

Volunteers will be advised of their accommodations on arrival.

Both guesthouses have a selection of single, double, twin, and family bedrooms, and most of these are suites. Rooms will be shared by volunteers of the same gender or in family groups if requested. Twin rooms will have two single beds, and the rooms are normally shared by two volunteers of similar age/background where possible.

There are very few single rooms, and it cannot be guaranteed that these will be available. Provision can be made for couples to have a double room on a space-available basis if Earthwatch is informed well in advance. Please also notify Earthwatch early if there are any special/medical accommodation requirements.

All bathrooms have power showers, and all bedrooms have TVs, DVD players, and tea- and coffee-making facilities. Wireless Internet is available, and all rooms are non smoking. All bed linen and towels will be provided, and a laundry service may be provided at an additional charge. Rooms have electrical sockets (standard British three-pin plugs, 240-volt AC electricity—an adaptor may be required).

Seabreeze Guesthouse is run on sustainable principles, and volunteers are requested to respect and adhere to these during their stay. Earthwatch is very pleased to be working with an accommodation provider that follows the same policies as Earthwatch sustainable field practices.

FOOD

The guesthouses provide meals with locally sourced and free-range ingredients. Breakfast is provided to suit all tastes, and there will be a variety of traditional English home-cooked meals in the evening, including a vegetarian option. Every effort will be made to accommodate special diets if advance notice is given to Earthwatch.

Breakfast is served from 7:30–8:45 a.m. A packed lunch will be provided daily by your guesthouse. The research site provides facilities for lunch and tea breaks in a port-a-cabin (modular building) for use by Earthwatch volunteers on site. This port-a-cabin has kitchen facilities, drinking water, a hot water boiler, and a refrigerator should



Seabreeze dining room.

you wish to store lunch items or packed lunches. Tea, coffee, hot chocolate, and fruit juices will be provided. The gift shop at Arbeia Fort also sells a range of sweets, crisps (potato chips), ice creams, and bottled water. There is also a general provisions shop immediately adjacent to the research area.

South Shields offers a wide choice of places to eat out. Whether you are looking for a snack, a pub meal, or a sit down five-course meal, you can find it. Of course, no seaside destination would be complete without the traditional fish and chips and seafood restaurants, which you will also find in town. Ocean Road in South Shields is particularly renowned throughout the region for its amazing array of restaurants, especially Indian restaurants, which offer unique dishes and excellent value for the money. Your evening meal at the suesthouse is included in the cost of your expedition, but if you wish to eat out, it will be at your own expense. Please inform the guesthouse staff well in advance if you plan to eat elsewhere one night.

Below are examples of the foods you might expect in the field. Please bear in mind that variety depends on availability. This list is intended to provide a general idea of food types, but it is very important that volunteers be flexible.

Breakfast: A selection of cereals; cooked breakfast of bacon, sausages, eggs, beans, mushrooms, and tomatoes (vegetarian alternative available); toast with a selection of preserves; and fruit juices tea or coffee
Lunch: Sandwiches, buns, or wraps individually made each day with filling of your choice; crisps, biscuits, fruit.
Dinner: A variety of home-cooked meals.
Snacks/Other: Various sweets/candy, biscuits, and crisps.
Beverages: Tea, coffee (not espresso), hot chocolate, fruit juice, and soda.
Water: Cold tap water is fine to drink, although bottled water is available.

Special Dietary Requirements

Please alert Earthwatch to any special dietary requirements (e.g. diabetes, lactose intolerance, nut or other serious food allergies) as soon as possible, and note them in the space provided on your volunteer forms. Accommodating special diets is not guaranteed and can be very difficult due to availability of food, location of field sites, and other local conditions.

Travel Planning

You are encouraged to register your travel itinerary with your embassy. For information on embassies around the world, see embassyworld.com.

- Citizens of Australia may register online at: orao.dfat.gov.au.
- British citizens may register online at: fco.gov.uk/en/travel-and-living-abroad/staying-safe.
- Citizens of the United States may register online at: travelregistration.state.gov.
- Citizens of other countries are encouraged to check with their appropriate embassy or consulate regarding registration.

RENDEZVOUS

The rendezvous information for this project has been removed from this web version of the expedition briefing. It is only available in the printed version of the briefing. Please do not make any travel arrangements to join an expedition without having full and up-to-date rendezvous information from Earthwatch. Full rendezvous details, including places and times are available from Earthwatch upon request prior to registration for an expedition. Please use the “Contact Us” button on the top right-hand corner of the website to get in touch with an Earthwatch representative, who will be very happy to help you.

PASSPORTS AND VISAS

Visa Information

Citizens of the US, EU, Australia, Canada **do not** need a tourist visa for entry. Citizens of other countries should check with their travel agent or a visa agency for specific visa and entry requirements. Travelers are advised to check visa regulations well in advance of traveling.

Passport Information

Most volunteers traveling from outside the host country will require a passport valid for at least six months beyond the dates of travel.

For Volunteers Requiring Visas ONLY: Essential Information

Type of Visa	Volunteers requiring a visa must get a TOURIST VISA .
Where to Get a Visa	Contact the nearest UK embassy or consulate to find out how to apply for your visa. Please note that this process can take weeks or more. We strongly recommend using a visa agency , which can both expedite and simplify the process. See below for a list of visa agencies.
Required Information	You will need to send your passport (valid for at least six months beyond your stay), a Visa Application and Immigration Form , 2-4 passport-size photos , and payment to the embassy or visa agency (if applicable). Please be sure that your passport is valid for at least six months beyond your stay.
Contact Information	You may be required to list the following contact information on your Visa Application and Immigration Form: Nick Hodgson Arbeia Roman Fort and Museum Baring St. South Shields, NE33 2BB + 44 (0) 191 454 4093
Cost of a Visa	Generally between US\$40-100, but varies from country to country and can potentially cost up to US\$180 . A visa agency will charge an additional fee.

Note: The purpose of your visit is for vacation, holiday or travel. Foreign immigration officials do not always understand the concept of a “working vacation” or “volunteering.” Words such as “working,” “volunteering,” “research,” or “scientific expedition” can raise questions concerning the country’s foreign labor laws and/or prompt questions about official scientific research permits and credentials, etc., to which volunteers on their own will not be equipped to respond. All required research permits for the project are in place and have been approved by the proper authorities.

Visa Agencies

In the United States	In Europe	In Australia
Trivisa* 290 5th Avenue, 4th Floor New York, NY 10001 Tel: (212) 613-2223 Fax: (212) 613-2287 Hours: 9:00 AM to 5:00 PM EST Web: trivisa.com (*See the website for additional offices)	CIBT, Inc.-UK 25 Wilton Road Lower Ground Floor Victoria SW1V 1LW Tel: 0844-736-0211 Fax: +44 (0) 207-828-5411 Calling from Europe outside UK: +44 (0) 207-802-1000 Email: info@uk.cibt.com Web: uk.cibt.com (has alternate address for urgent requests)	Ask your travel agency if it can send your visa application on your behalf.

Volunteers Under 18 Years of Age

Entry to Foreign Countries

It may be possible for 16- and 17-year-olds to participate on standard Earthwatch teams *if* accompanied by a parent or guardian. However, in an effort to prevent international child abduction, many governments have initiated procedures at entry/exit points to protect minors. Thus, if a minor will be traveling with only one guardian, or if for any reason they will be traveling alone (such as for a Teen Team), it may be necessary to have a notarized letter from all legal guardians stipulating that they may travel unaccompanied or in the presence of a single guardian. This letter must give an explanation for why only one parent or someone other than a parent is signing the letter. For example, if one parent is deceased, only one parent has legal guardianship, or someone other than the parents are legal guardians, the letter should state that.

Airline Documentation Requirements

Airlines may also have documentation requirements for unaccompanied minors. Parents of minors are responsible for checking with each airline that their child will be flying to ensure that sufficient documentation is provided. This could include a copy of a birth certificate or a notarized letter stating that the minor has his or her parent’s permission to travel alone or with only one parent.

Note: Requirements by specific countries and airlines vary and change frequently. You **MUST** keep informed of the requirements on your own to avoid problems at immigration. If a letter is not available, the volunteer under 18 can be refused entry into the country or on a flight. There is nothing Earthwatch Institute can do to help in this circumstance.

Additional Passport and Visa Resources

- For Japanese citizens: rainbowt.jp/travel/visa_top.html
- For Australian citizens: passports.gov.au and dfat.gov.au/visas/index.html
- For US citizens: passportvisasexpress.com
- Travel Document Systems: traveldocs.com/index.htm

INSURANCE

MedEvac assistance, advice, and insurance are included in the contribution you pay to Earthwatch. This covers trip cancellation and your travel medical risks, including medical expenses and emergency medical evacuation, while you are traveling. This coverage is valid in the country of your Earthwatch expedition (**Note:** For US volunteers, as long as the expedition is over 100 miles from your place of residence) and during travel to and from your expedition. Please see the Earthwatch website for more information on insurance provision.

If you have additional vacation time before and/or after your Earthwatch expedition that forms part of your overall time away from your place of residence, this additional vacation time is not covered under this policy. If you are in any doubt as to whether your travel plans before and/or after your Earthwatch expedition constitute additional vacation time, please contact the insurance provider.

This insurance policy is secondary to your existing health insurance policy (e.g. the NHS in the UK).

If you signed up through Earthwatch UK/Europe, or Earthwatch Japan:

Details of the included insurance policy can be found at earthwatch.org/europe/insuranceinfo.

Please refer any queries regarding this policy to **Philipp Seel** at Willis, who can be reached at +44 20 70889182 or seelp@willis.com.

You can find information about additional insurance available to UK residents for coverage before or after your Earthwatch project at earthwatch.org/europe/insuranceinfo. Should you have any questions about whether you require coverage for your travel plans, please contact the policy provider. Earthwatch is not authorized by the FSA to give advice on any additional travel insurance you might require.

If you signed up through Earthwatch US:

Details of the US insurance policy can be found at earthwatch.org/insurance.

Please refer any queries regarding this policy to **Michael Smith** at Willis, who can be reached at +1 973 829 6397 or michael.smith@willis.com.

You can find information about additional insurance available for coverage before or after your Earthwatch project at earthwatch.org/insurance. Should you have any questions about whether you require coverage for your travel plans, please contact the policy provider. Earthwatch is not authorized by the FSA to give advice on any additional travel insurance you might require.

Emergency Medical and Evacuation Assistance (For All Volunteers)

Emergency medical and evacuation assistance is available for all Earthwatch participants from CEGA Medical, a twenty-four-hour international emergency medical and evacuation service. Please see the contact information on the *General Information* page.

Residents of the EU and UK: We strongly recommend that you apply for a European Health Insurance Card, which can simplify the process of receiving health care while traveling within the European Union. See ec.europa.eu/social/main.jsp?catId=509&langId=en or ehic.org.uk/Internet/home.do (for UK residents) for more information.

ADDITIONAL TRAVEL INFORMATION

Luggage

- *General considerations:* Do not bring more luggage than you can carry and handle on your own. If traveling by air and checking your luggage, you are advised to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost and/or takes several days to catch up with you. Many airlines have strict baggage policies. Please check with your airline(s) on baggage weight limits, liquid restrictions, fees for checked baggage, etc.
- *Checking luggage:* Please note that if you will be taking an international flight that has one or more connections within the country of your destination, it will be necessary to collect any checked bags at the airport where you first arrive in the destination country. After proceeding through customs, you will have to recheck your luggage before flying on to your final destination.

Money Matters

- *Local currency:* Pounds sterling. See xe.com/ucc for currency information and exchange rates.
- *Personal funds:* There is a foreign exchange office in the airport, but volunteers are advised to bring some cash, credit cards, and some pounds sterling or traveler's checks. There are plenty of cash machines/ATMs in the vicinity of the research site, as it is an urban area. Approximately US\$150 will be needed for evening socializing in pubs or restaurants, rail or bus travel on recreational days, museum entry, and possibly a pub lunch on the excursion day.
- *Tipping,* in the range of 10%, is usual in some restaurants with table service. Tipping is not expected in pubs.

Your Destination

- *Language:* English
- *Electricity:* 230/240 volts AC, 50 Hz, three-pin UK style plug. For additional information, see kropla.com/electric2.htm.
- *Time zone:* GMT. For time worldwide with GMT/UTC, see worldtimeserver.com.
- *Telephone Dialing codes:* When calling the UK from another country, dial the country's international dialing code, followed by (44) and the number. When calling within the UK, omit the (44) and dial (0). When calling another country from the UK, dial (00), followed by the other country's country code and the number.
PLEASE NOTE: You should check with your cell phone provider to obtain any carrier-specific dialing codes you may need; many providers have dialing procedures that may differ in whole or in part from these directions. For additional information, see kropla.com/dialcode.htm.



Country Information

- UK Foreign and Commonwealth Office: fco.gov.uk/en/travel-and-living-abroad/
- Country information from around the world: countryreports.org
- National Geographic Map Machine: plasma.nationalgeographic.com/mapmachine
- US State Department: state.gov
- Online unit conversions: onlineconversion.com
- Worldwide weather: wunderground.com or tutiempo.net/en
- ATM locator: visa.via.infonow.net/locator/global/ or mastercard.com/atmlocator/index.jsp

RECOMMENDED READING

Below are additional recommended materials for those interested in further preparing for the expedition. Some may be purchased online through popular vendors. See the *Helpful Resources* section for suggested vendor websites.

Scientific media

Books

- Bidwell, Paul. *Roman Forts in Britain*. Stroud, UK: Tempus Publishing, 2007.
- Frere, S.S. *Britannia: A History of Roman Britain, Third edition*. London: Folio Society, 1987.
- Breeze, David. *The Northern Frontiers of Roman Britain*. London: Trafalgar Square Publishing, 1982.
- Breeze, David and Brian Dobson. *Hadrian's Wall, Fourth edition*. London: Harmondsworth, 2000.
- Davies, Hunter. *A Walk along the Wall*. London: Orion Publishing, 1984.
- Mattingly, David. *An Imperial Possession: Britain in the Roman Empire*. London: Harmondsworth, 2006.

Children's Reading List – Archaeology

- Arnold, Nick. *Totally Awesome Archaeology, Second edition*. New York: Scholastic, 2009.
- Arnold, Nick. *Awesome Archaeology—The Knowledge*. New York: Scholastic, 2001.
- McIntosh, Jane R. *Archaeology*. New York: Dorling Kindersley, 2000.
- Wheatley, Abigail and Struan Reid. *Introduction to Archaeology*. London: Usborne Publishing Ltd., 2008.
- Pryor, Francis. *Now Then: Digging up the Past*. London: Batsford Publishing, 1993.

Children's Reading List – Roman

- *Ancient Rome Eyewitness Project Book*. New York: Dorling Kindersley, 2008.
- Connolly, Peter. *The Roman Fort*. Oxford: Oxford University press, 1991.
- Corbishley, Mike. *The British Museum Illustrated Encyclopedia of Ancient Rome*. London: British Museum Press, 2003.
- Dreary, Terry. *The Rotten Romans (Horrible Histories)*. New York: Scholastic, 2007.
- Dreary, Terry. *The Ruthless Romans (Horrible Histories)*. New York: Scholastic, 2009.
- James, Simon. *Ancient Rome*. New York, Dorling Kindersley, 2008.
- McDonald, Fiona. *I wonder why Romans wore togas and other questions about Ancient Rome*. London: Kingfisher Books, 1997.
- Roberts, Paul. *The Ancient Romans: Their lives and their world*. London: British Museum Press, 2009.
- Simms, Lesley. *Roman Soldier's handbook: everything a beginner soldier needs to know*. London: Usborne Publishing, 2006.

Popular media

Field guides

- Wilson, Roger J.A. *A Guide to the Roman Remains in Britain, Fourth edition*. London: Constable Publishing, 2002.

Project-related websites

- Arbeia Roman Fort: twmuseums.org.uk/arbeia
- Arbeia Society: arbeiasociety.org.uk/magazine.htm
- Tyne and Wear Museum Hadrian's Wall Ceramic Database: twmuseums.org.uk/archaeology/ceramic%20database/introduction.html
- Great North Museum: twmuseums.org.uk/greatnorthmuseum/
- Information on pottery and ceramics in archaeology, principally of the Roman period 1st Century BC–5th Century AD in Britain and western Europe: potsherd.uklinux.net

- Accommodations advice from South Tyneside Visitor Information and Services: visitsouthtyneside.co.uk/accommodation/visit_info.asp
- Accommodations and general information from official website for northeast England: visitnortheastengland.com/favicon.ico
- Rail travel within the UK: nationalrail.co.uk
- Coach Travel within the UK: nationalexpress.com/
- Travel information for the region including Tyne and Wear Metro: nexus.org.uk/wps/wcm/connect/Nexus/

HELPFUL RESOURCES

Please see Earthwatch's Volunteer Resources pages for additional information on:

- Travel agencies with whom Earthwatch volunteers can get preferential rates
- Recommended kit and clothing providers
- Recommended travel booksellers

Volunteers who sign up through our US office, visit: earthwatch.org/volunteerresources

Volunteers who sign up through our UK office, visit: earthwatch.org/europe/volunteerresources

Project Conditions

Please show this section to a doctor when he/she is completing the Health section of your Earthwatch Participation Form. Be sure to discuss vaccination requirements with the doctor well in advance of your departure date. See the Health Information section for vaccination information.

To the doctor: This patient has volunteered to join a field research team that has specific physical demands of which you and the patient should be aware. We need your accurate evaluation of this patient's ability to meet the conditions detailed below in order to care for his/her health and safety, and to assess that he/she can participate fully and effectively.

General Conditions

The research area lies 70ft / 21m above sea level. The climate is temperate and generally warm in the summer, but with a cooling sea breeze. However, as British summers are unpredictable, be prepared for hot, temperate, and chilly weather, as well as wind and rain. In all likelihood, it will rain at some point during your stay. The weather is expected to vary within the limits below:

Conditions during June–August	
Humidity	50% to 85%
Temperature range	58–77°F / 14–25°C
Altitude	70ft / 21m
Rainfall	4in / 10cm per month

Eligibility Criteria

All participants must be able, independently or with the assistance of a companion, to:

- Follow verbal and or visual instructions.
- Enjoy being outdoors all day tolerating temperatures ranging between 14-25°C (58-77°F) and highly variable weather, which while generally temperate with a cool breeze, can also be hot, rainy or chilly.
- Feel comfortable with intricate work which requires getting low enough to the ground to use trowel and brushes in excavating items for periods of 4-5 hours a day.
- Remain static in one place for periods of 3-4 hrs (morning and afternoon shifts) per day while drawing and processing finds. Volunteers may also choose to spend all day on this work if they are not able to do the more physically demanding tasks.
- Carry up to 5 kg/11 lbs over short distances when emptying buckets of soil.
- Push a wheelbarrow filled with excavated spoil up steep ramps from the excavation pit, for up to 10 times a day, alternating with other volunteers.
- Have strength enough to wield a mattock (similar to a pick axe) and a shovel for use in some excavation activities for periods of 1-2 hours a day (optional).
- Get oneself up into and down out of a coach and ride, seated with seatbelt fastened, for the optional recreational trips.
- Operate happily and safely for extended periods of time unsupervised or accompanied. Volunteers will be supervised during project time; however, they will not be supervised by project staff outside of planned research and recreational time. Volunteers must carefully consider this project if being unaccompanied at certain times of day and during the night cause concern.

POTENTIAL HAZARDS

Hazard Type	Associated Risks and Precautions
Terrain	<p>Due to rough and uneven terrain at the site, there is a risk of slips, trips, and falls. A site safety briefing will be given to volunteers on arrival. Appropriate footwear with good tread must be worn. No running is allowed on the site, and participants must be aware of where they are walking. Walkways must not be obstructed and tools, equipment, or personal bags must not be left in such a way that could cause a hazard to others. Across the site are metal grid pegs; they are painted yellow and have a protective orange or yellow cap. In wet weather many surfaces become slippery, including wooden planks (which will be sanded when wet).</p> <p>There is also the risk of strains and sprains; again, strong, sturdy boots must be worn to help avoid this. Participants should be aware of their own limitations.</p> <p>As the excavation takes place in a pit, volunteers must not walk or sit on the sides of the excavation area. Not only will this prevent volunteers from falling in, but it will protect those working alongside the walls of the pit, and also prevent dislodgement of materials that will confuse the stratigraphic layering of the site.</p> <p>You may encounter rough uneven ground, flagstones, potholes, and curbs in urban areas, especially while walking between the guesthouse and the research site. Care must be taken while walking, especially in conditions of low light in the evening and around museum excavation sites.</p>
Walking	<p>If you are joining the excursion out to Hadrian's Wall, there may be a 2–3 mile/3–5 kilometer hike, including some short steep hills. Some stretches of the Hadrian's Wall route are very steep and have deep rough steps which can be hard to climb if you have a knee condition. In inclement weather, these stretches can be slippery. Arrangements must be made to walk the lower, flatter stretches of the walk for volunteers who will have difficulty walking these sections. This hike is not mandatory; please inform the Earthwatch scientists if you are likely to experience any difficulty with the walk so that alternative arrangements can be made.</p>
Climate/Weather	<p>There is risk of sunburn and dehydration, so use sunscreen, wear a hat, and drink plenty of water when working outdoors. Rain is also likely at some point, so you should bring waterproof clothing. The weather in the UK can be very changeable from warm to cold and wet conditions within the space of a few hours. Bring clothing for all weather types. Shelter will be available on site along with hot and cold drinks as required. Contact lens wearers should note that the site can be dry and dusty in the summer. Volunteers wearing contact lenses may find it more comfortable to wear glasses while excavating at the field site.</p>
Accommodations	<p>There is a risk of fire in all accommodations. On arrival participants will be given a safety briefing and instructed in what to do in the event of a fire. There are also steep steps in some of the accommodations, and participants should take care when ascending and descending to avoid slips and trips.</p>
Project Tasks/ Equipment	<p>Volunteers will spend time bending and kneeling while undertaking fieldwork; therefore, those with knee or back problems should exercise caution on the research site. If your mobility is severely limited, participation may be difficult or impossible.</p> <p>There may be occasions where heavier excavation is required for which volunteers may</p>

	<p>be taught to use mattocks (similar to pick axes), and there will be shoveling of the excavated soil and rubble, together with the pushing of filled wheelbarrows up ramps and away from the excavation pit. Buckets and wheelbarrows must not be overfilled. The correct procedure for manual handling when lifting heavy objects will be demonstrated and participants must follow instructions. Participants must ask for assistance when moving large items. Safety goggles will be worn for some activities and the correct use of mattocks will be demonstrated and must be adhered to. Participants should use gloves and kneeling pads, and tasks may be rotated. Volunteers should ensure they stretch and take regular breaks if working in constricted areas or in uncomfortable positions.</p> <p>There is minor risk of cuts and abrasions from stones, tools, etc. You may wish to bring gardening gloves to minimize risk. Submersion of hands in water for long periods during washing of finds may cause discomfort, and you may wish to bring household rubber gloves to protect your hands. Volunteers will be instructed to follow site protocol to keep their tools and belongings tidy on site.</p>
Personal Security	<p>The area is urban, and there is public access to the grounds of the fort. You should be cautious regarding personal security/safety. Keep valuable belongings close by and in secure bags, even at the research site. The port-a-cabin will be locked when not in use. Participants will be briefed on personal security on arrival and should take care when walking around the town not to have valuables on display, avoid very crowded locations and quiet poorly lit streets. Participants will be given and should carry the phone number of the project scientists (and facilitators) at all times when not on site. Meeting points and actions to be taken if participants are separated from the group will be discussed prior to departure on recreational days.</p>
Road/Rail Travel	<p>On the recreational days you will travel by mini bus, coach, or train. The usual risks of road/rail transport will be present. All minibuses/coaches are fitted with seatbelts and all passengers must wear them whenever the vehicle is in motion. There is a fire extinguisher and first aid kit in the vehicle. The staff member leading the group will have a cell phone for communication. Coach drivers are fully qualified and experienced. Participants must only use recommended transport on the recreational days which has been checked for safety by the Earthwatch scientists. Pelican and zebra crossings (pedestrian crosswalks) should be used when available en route to/from the research site by the volunteers.</p>
Traveler's Diarrhea	<p>Traveler's diarrhea affects 20–50% of all international travelers. Always wash your hands with soap and water or a hand sanitizer before eating, and drink filtered or bottled water. You should also carry an over-the-counter anti-diarrheal medication in your personal first aid kit. Speak to your doctor about other options for treating traveler's diarrhea and see CDC website for advice on avoiding this condition.</p>

HEALTH INFORMATION

Routine Immunizations

All volunteers should make sure to have the following up-to-date immunizations: DPT (diphtheria, pertussis, tetanus), polio, MMR (measles, mumps, rubella) and varicella (if you have not already had chicken pox). Please be sure your tetanus shot is current.

Project Vaccinations

Medical decisions are the responsibility of each volunteer and the following are recommendations only. While Earthwatch can provide details regarding suggested vaccinations, we are not a medical organization and decisions about which vaccinations to receive should be made between you and a doctor. Health conditions around the world are constantly changing, so keep informed and consult your physician, a local travel health clinic, the US Center for Disease Control (cdc.gov), and the World Health Organization (who.int) for the latest health information for travelers. Please consult a physician for guidance on vaccinations if you intend to travel to other parts of the country.

If traveling from a country or region where **yellow fever** is endemic, a certificate of vaccination is required.

Additional Health Information Resources

- Travel health website: mdtravelhealth.com
- The Travel Doctor: tmvc.com.au
- Australian Department of Health and Aging: health.gov.au
- Hospital for Tropical Diseases: thehtd.org
- Traveller's Healthline Advisory Service Tel: (020) 7950-7799
- MASTA Travelers' Healthline (UK) Tel: (0906) 8-224100 (within the UK)

EMERGENCIES IN THE FIELD

As part of a local authority museum, the project site has a full health and safety program and regularly tested fire evacuation procedures. For minor injuries/illnesses that can't be dealt with at the site, several chemists/drugstores and doctor's offices are nearby. In the case of a more serious emergency, an ambulance would be called or the volunteer would be taken to the hospital by car. Should a volunteer have to leave the expedition early for emergency purposes, project staff would drive the volunteer to the airport or train station in Newcastle. Note that volunteers may leave early **ONLY** in cases of emergency.

Proximity to Medical Care	
Physician, nurse or EMT on staff	Project staff are not medical professionals
Staff certified in safety training	CPR (Cardiopulmonary Resuscitation): Eddie Dougherty; all museum attendants First Aid: Eddie Dougherty and all museum attendants
Nearest hospital and/or clinic	South Tyneside District Hospital Location/address: Harton Lane, South Shields, NE34 0PL Tel: +44 (0)191 404 1000 Website: nhs.uk/Services/Hospitals/Overview/DefaultView.aspx?id=RE9GA
Distance	10 minutes by car from the research site.

COMMUNICATIONS

Emergency Communications in the Field

Mobile phones will work in the area, and there are landlines in the research headquarters and site museum at Arbeia Roman Fort if emergency services must be contacted.

The emergency contact number at Earthwatch headquarters in the UK is +44 (0) 7900-895-752 (see *Emergency Contacts* for calling instructions). You may also call Earthwatch in the US at +1 (978) 461-0081.

Personal Communications

Free Internet access is available at the local South Shields Central Library and may be available at the guesthouse. The library's hours are as follows: Monday–Wednesday 9:30 a.m.–7:00 p.m.; Thursday–Friday 9:30 a.m.–5:30 p.m.; Saturday 9:30 a.m.–4:00 p.m.; closed Sunday. See: southtyneside.info/article/8842/Central-Library-South-Shields.

The area has mobile phone service. However, the staff requests that you do not use your mobile phone during project work. Volunteers can be reached in South Shields directly by mail (3–5 working days from the US), telephone, or fax.

Family and friends of Earthwatch volunteers should be aware that personal communication with outsiders is not always possible while participating in an expedition. Earthwatch encourages volunteers to minimize outgoing calls; likewise, family and friends should restrict calls to urgent messages only. Measures have been taken to ensure that appropriate communication tools are available in cases of emergency.

All volunteers are asked to remember that Earthwatch expeditions offer a rare chance to escape from hearing ringing phones and others' phone conversations, and to regulate their cell-phone use with respect for fellow volunteers and staff accordingly.

Contact Information

This information is available in the print version of the briefing only.

Earthwatch Institute Policies & Participant Rights and Responsibilities

This document contains important information concerning Earthwatch Institute policies and participant rights and responsibilities for inclusion on an Earthwatch expedition. Please read this document thoroughly and sign the Liability Release section of your Earthwatch Participation Form to indicate that you understand and accept the risks inherent to your expedition and the policies, rights, and responsibilities enumerated in this document. Participants will not be permitted to partake in an expedition until Earthwatch has received the signed release form.

Intellectual Property Rights

It is permissible to share photos, videos, and stories of your expedition with family, friends, local media, and in a public forum. Sharing your new perspectives and experiences is welcomed and encouraged.

However, please recognize that all information, data, and images shared or gathered in the course of your expedition's field work become the intellectual property of the Earthwatch scientist (ES). Co-opting or plagiarism of data, images or information gathered during an expedition for use in a scientific thesis, masters or PhD work, or for profit or for the academic or business use of a third party without the permission of the ES is strictly prohibited. Please be aware that data gathered during the interviewing of local people becomes the intellectual property of the ES. Earthwatch scientists have the right to place additional restrictions on your ability to share data or certain research-related images.

Conversely, an Earthwatch scientist may give written permission to use data and images for academic or profitable activity. Please be sure to ask what is acceptable to the Earthwatch scientist.

Fellows or scholarship recipients are sometimes required to submit a written report reflecting what they have learned on a project, sometimes as a step toward developing a curriculum. Earthwatch scientists have the right but not obligation to review and edit materials involving information gathered on one of their expeditions.

Discrimination

Earthwatch does not discriminate on the basis of race, religion, ethnicity, national origin, gender, sexual orientation, or any other reason prohibited by applicable law and respects participants' right to privacy. However, you must be aware that local laws in countries in which Earthwatch operates may not be anti-discriminatory and that the possibilities exist that local residents may not have an awareness of best practice regarding discrimination.

Discrimination on the basis of race, religion, ethnicity, or sexual orientation will not be tolerated on Earthwatch teams. Disruptive behavior, or verbal, physical or any other type of abuse or harassment will also not be tolerated. Violation of Earthwatch's non-discrimination policy is grounds for expulsion from the program without a refund.

Intimate relationships

Earthwatch scientists, their staff, their colleagues, and their associates are prohibited from becoming romantically involved with participants during the entire duration of the period that the team is in the field. Romantic relationships that may otherwise seem permissible may eventually create an unpleasant or unproductive work environment and are therefore strongly discouraged for the duration of an Earthwatch project.

Sexual Harassment

Please recognize that the relationship that exists between Earthwatch scientists and staff and participants is analogous to the student-teacher relationship. Therefore, please be aware of the following policies.

Sexual harassment of participants by the Earthwatch scientist or Earthwatch staff is prohibited. Likewise, sexual harassment of other participants, Earthwatch field staff, or local people by participants is also prohibited.

Sexual harassment infringes on an individual's right to an environment free from unsolicited and unwelcome sexual overtones of conduct either verbal or physical. Sexual harassment does not mean occasional compliments of a socially acceptable nature.

Sexual harassment refers to conduct which is offensive, which harms morale, or which interferes with the effectiveness of Earthwatch expedition teams; such conduct is prohibited. Lewd or vulgar remarks, suggestive comments, displaying derogatory posters, cartoons or drawings, pressure for dates or sexual favors and unacceptable physical contact or exposure are examples of what can constitute harassment. No one should be touched in areas that otherwise would be covered by a bathing suit. It is important to realize that what may not be offensive to you, may be offensive to participants, the local population, and Earthwatch field staff.

Any individual who feels subjected to sexual harassment or has any knowledge of such behavior should report it at once to his or her PI or to Earthwatch staff members. All Earthwatch scientists and Field Team Leaders (FTLs) will notify Earthwatch immediately when an accusation of sexual harassment or abuse is made or witnessed.

All reports of sexual harassment will be handled with discretion and will be promptly and thoroughly investigated. Any participant who is found to have engaged in conduct constituting sexual harassment will be immediately removed from the expedition at his or her own expense. If a minor is immediately involved in allegations of sexual harassment, his or her parents will be contacted.

Drugs

Laws on drug use in most countries are severe and may carry lengthy imprisonment or death penalties. I understand and accept that the manufacture, possession, use, purchase and/or sale of illegal drugs or other illegal substances while on an Earthwatch expedition is strictly prohibited. Prescription drugs may only be purchased and used by the individual indicated on the prescription in keeping with their intended use guidelines.

Alcohol

Local statutes, customs, practices, ordinances, and regulations with regard to the use, possession, sale, or purchase of alcohol are applicable to all participants and project staff in Earthwatch expeditions. Participants and project staff on Earthwatch expeditions must comply with the law of the country in which a project is located regarding the minimum age required to consume alcohol. In addition, restriction on the use, possession, sale, or purchase of alcohol may be set by the Earthwatch scientist. Any restrictions on the consumption of alcohol should be clearly outlined by the project staff in the briefing to participants at the start of the project, and in the Expedition Briefing.

Consumption or possession of alcohol or smoking is not permitted on any Earthwatch Teen Team, regardless of local law.

Excessive consumption of alcohol by staff or participants is not acceptable on any Earthwatch project. Intoxication can jeopardize personal safety, in addition to the safety of the team. It can also cause delay, and hinder response in the event of a crisis or emergency situation.

Earthwatch staff and the Earthwatch scientist have the discretion to remove individuals from the project who consume alcohol in a time and manner that endanger the safety and/or productivity of the expedition.

Minors

Earthwatch considers participants under eighteen (18) years of age to be minors. Minors are not permitted to participate on any of Earthwatch's standard teams unless accompanied by a parent or legal guardian in which case the minimum age is sixteen (16). Minors on regular teams do not receive additional guidance or supervision from Earthwatch beyond what is offered to the adult participants. The number of minors on regular teams is limited to two (2) per team. Earthwatch has developed teams specifically for 16 and 17 year olds ("Teen Teams") as well as teams specifically for families ("Family Teams") with children as young as 10 years old. These teams focus on the same research activities and have the same expectations as our regular teams, but with more facilitation and support. Exceptions for some projects are made at the discretion of Earthwatch and the Earthwatch scientist. Due to a more in-depth screening process for certain programs that select candidates based on school year rather than age, there may be 18 year olds fielding on the same team as 16 and 17 year olds. Please be aware that some Earthwatch projects do not allow participation by minors in any circumstance.

Participants and Driving

Participants are not allowed to drive project vehicles or aircraft during an expedition. In select circumstances, participants may be able to drive boats under the direct supervision by project staff. These circumstances are pre-determined by project staff in collaboration with Earthwatch. Participants must respect the restrictions for boat driving in place for each project.

If a project environment is such that participants can drive their own vehicles to the rendezvous, those who have driven themselves to the project may not drive their own vehicles to, from or for project activities, including the transport of project equipment after arriving at the site.

Participants who have driven themselves to the project may choose to utilize their own vehicle during recreational time, but project staff will brief them on the driving restrictions. All driving during recreational time is done at your own risk.

Please be advised that the only exception to the above driving restrictions is emergency situations.

Riding in other participants' vehicles is not covered under the participants' insurance policy for the expedition. Riding in another participant's vehicle is done at a participant's own risk.

In the Event of an Emergency

In the event of emergencies, judgments must be made by Earthwatch field staff and participants. While Earthwatch makes an effort to ensure that qualified people make the most informed decisions possible, occasionally first aid may be administered and other immediate steps taken by expedition participants who are not licensed medical providers.

Each Earthwatch expedition has safety protocols and emergency procedures in place. Earthwatch encourages team members (the field staff and participants) to exercise their best judgment with regard to their own safety and the safety of other team members. Other participants may perform "Good Samaritan" actions, or actions taken to assist fellow participants during emergency situations in the field. However, Earthwatch does not encourage or expect you to jeopardize your own safety or that of others in attempting to rescue or assist your fellow team members.

Right of Refusal

Earthwatch reserves the right to refuse an applicant's participation on Earthwatch projects at any time and to terminate any work being done by a participant and require the participant to vacate the project site if any of the Earthwatch Expedition Team in his or her absolute discretion considers it appropriate. In this event, the participant (and his/ her parent/ guardian, if appropriate) will be responsible for arranging and paying for any accommodation, travel or other arrangements which may be necessary following the termination of a participant's involvement in a project, for whatever reason and may not be eligible for a refund.

Earthwatch and the project staff may not refuse a participant for discriminatory reasons (race, religion, ethnicity, national origin, sexual orientation, or any other reason prohibited by applicable law). However, participants may be denied in the interest of team compatibility. Earthwatch will make reasonable efforts to accommodate participants with disabilities and the organization endeavors to find appropriate expeditions for those participants that have physical limitations. Refusal of a participant is an unusual event and is generally due to either an applicant's failure to meet the essential eligibility requirements of a particular project, or in the interest of team compatibility. In the event that an applicant is refused participation for health reasons, Earthwatch will refund in full any deposit or payment made toward the expedition.

Earthwatch scientists have the right to refuse special requests, such as media visits (film, photography or print), special groups or teams (students, donors, etc.), if they conflict with Earthwatch scientist schedules, safety, research objectives or general performance of the team.

Any participant found in violation of any of the policies described in this document ("Earthwatch Institute Policies & Participant Rights and Responsibilities") is subject to removal from the team at their own expense. By signing the Liability Release section of your Earthwatch Participation Form, participants are indicating that they have read and understand the policies in this document. Removal of a participant from a team is at the discretion of the Earthwatch scientist or Field Team Leader and Earthwatch staff. In addition, Earthwatch will support the right of the scientist to send participants away from a project once in the field should their behavior compromise the safety, research objectives or general performance of the team, or if the participant has violated a stated policy. In the event that a minor is dismissed from a project, Earthwatch will contact the participant's parents or legal guardian prior to their dismissal. Should a participant be removed from a team, he/she is responsible for any or all costs associated with departure from the team and will receive no refund of the share of costs of the expedition nor any expenses incurred in participation on the expedition.

(November 2010)

Expedition Packing Checklist

Required Items

- This Expedition Briefing
- Photocopies of your passport, flight itinerary and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (if necessary)
- Certification of vaccination (if necessary)
- EHIC Card if EU Resident
- Documentation for travel by minors (if necessary) (see *Volunteers Under 18 Years of Age* in the *Travel Planning* section)

Clothing/Footwear for Fieldwork

- Be sure to bring your Earthwatch T-shirt and remember to wear it, as appropriate, throughout your expedition
- Lightweight, quick-drying, long-sleeved shirts and pants/trousers
- Comfortable flat-soled shoes or sneakers/trainers for work indoors
- Well worn-in, sturdy, waterproof hiking boots
- Rain jacket/poncho
- Fleece jacket or jumper/pullover/sweater
- Gloves and hat for cold weather
- Sunhat

Clothing/Footwear for Leisure

- One set of clothing to keep clean for end of expedition and recreational use
- Comfortable shoes/trainers/slippers for the accommodations

Field Supplies

- Small daypack/rucksack
- Dry bag or plastic sealable bags (good for protecting equipment such as camera from dust, humidity, and water)
- Insect repellent spray
- Two one-liter water bottle(s)
- Light work or gardening gloves
- Household rubber gloves
- Bandana

Bedding and Bathing

- Blankets, pillows, and towels will be provided by the project.

Personal Supplies

- Personal toiletries (biodegradable soaps and shampoos are encouraged)
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g. anti-diarrhea pills, antibiotics, antiseptic, itch-relief, pain reliever, bandages, blister covers, etc.) and personal medications
- Sunscreen lotion with SPF 30 or higher

Miscellaneous

- Spending money
- Camera, film/memory card(s), extra camera battery

Optional Items

- Flashlight or headlamp with extra batteries and extra bulb
- Earplugs
- Hardware for sharing digital photographs at the end of the expedition
- Travel guidebook
- Books, games, journal, art supplies, etc. for recreational/rest time and travel
- Adaptor for electrical appliances
- Umbrella
- Walking poles

Note: *Required and Optional Items lists are accurate to the best of Earthwatch's knowledge at the time of publication.*



Our Mission

Earthwatch engages people worldwide in scientific field research and education to promote the understanding and action necessary for a sustainable environment.

We believe that achieving a sustainable future requires objective scientific data from the field—and that the scientific process must engage the general public if it is to change the world. To that end, we involve people from all walks of life directly in global field research.

We invite you to join us.

Earthwatch Institute

114 Western Avenue
Boston, MA 02134 USA
info@earthwatch.org
www.earthwatch.org
Toll-free: +1 (800) 776-0188
Phone: +1 (978) 461-0081
Fax: +1 (978) 461-2332

Earthwatch (Europe)

Mayfield House
256 Banbury Road
Oxford
OX2 7DE
UNITED KINGDOM
info@earthwatch.org.uk
www.earthwatch.org/europe
Phone: +44 (0) 1865-318-838
Fax: +44 (0) 1865-311-383

Earthwatch (Australia)

126 Bank Street
South Melbourne
VIC 3205
AUSTRALIA
earth@earthwatch.org
www.earthwatch.org/australia
Phone: +61 (0) 3-9682-6828
Fax: +61 (0) 3-9686-3652

Earthwatch (Japan)

Sanbancho TY Plaza 5F
Sanbancho 24-25, Chiyoda-ku,
Tokyo 102-0075 JAPAN
info@earthwatch.jp
www.earthwatch.jp
Phone: +81-(0)3-3511-3360
Fax: +81-(0)3-3511-3364