



## MOUNTAIN WATERS OF THE CZECH REPUBLIC

Dr. Josef Krecek Czech Technical University (Czech Republic)  
Dr. Zuzana Horicka Charles University in Prague (Czech Republic)  
Dr. Jana Novakova Czech Agricultural University (Czech Republic)  
Dr. Petr Navratil Forest Management Institute (Czech Republic)



# 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, including Water-Based Projects section
- Travel Form

European volunteers can download forms on: [earthwatch.org/europe/volunteerforms](http://earthwatch.org/europe/volunteerforms)

US/North American volunteers can download forms at: [earthwatch.org/volunteerforms](http://earthwatch.org/volunteerforms)

Australian volunteers can download forms on: [earthwatch.org/australia/expeditions/volunteer\\_forms/](http://earthwatch.org/australia/expeditions/volunteer_forms/)

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

# Mountain Waters of the Czech Republic

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# General Information

<b>Project title</b>	Mountain Waters of the Czech Republic	
<b>Earthwatch scientists</b>	<b>Josef Krecek</b> , Ph.D., Associate Professor, Department of Hydrology, Czech Technical University in Prague <b>Zuzana Horicka</b> , Ph.D., Institute of Environmental Studies, Charles University in Prague <b>Jana Novakova</b> , Ph.D., Institute of Applied Ecology, Czech Agricultural University in Prague <b>Petr Navratil</b> , Ph.D., Forest Management Institute	
<b>Expedition Dates</b>	<b>Team 1:</b> May 26 – June 9, 2012 <b>Team 2:</b> June 16 – June 30, 2012 <b>Team 3:</b> July 7 – July 21, 2012	
<b>Expedition length:</b>	15 days	<b>Minimum age of participation:</b> 18 years of age*
<b>Team size max:</b>	8 participants	
<b>*Note:</b> It may be possible for 16- and 17-year-olds to participate on standard teams if accompanied by a parent or guardian. Contact Earthwatch for more information and see <i>Volunteers Under 18 Years of Age</i> in the <i>Passports and Visas</i> section for traveling advice for minors.		

## 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.

### Emergency medical and evacuation assistance provider:

To contact International SOS in the event of an emergency, dial:

- For assistance **within the US:** ISOS Philadelphia, +1 (215) 942-8459
- For assistance **outside the US:** ISOS London, +44 (0) 208-762-8008
- For assistance **within Australia:** ISOS Australasia, +61 (0) 2-9372-2468

State that you are on an Earthwatch expedition. The following information must be provided:

1. The Insured Person's name
2. The Assured is **EARTHWATCH**, the Certificate No: **GP 0010214** and SOS reference **#14ACPA000075**
3. The telephone number and facsimile number where the Insured Person can be reached
4. The Insured Person's address abroad
5. The nature of the emergency





## EXPEDITION UPDATE

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March 15, 2012

Dear Earthwatch Volunteer,

We are writing to let you know about important changes to the insurance coverage, the emergency medical assistance, and the evacuation assistance that is included in your Earthwatch expedition. We have changed the insurance provider for all included coverage and all volunteers from Axiom, brokered by Sutton Winson, to Axis, brokered by Willis. We have also changed emergency medical assistance providers from International SOS to CEGA Medical, and emergency evacuation assistance providers from International SOS to Henderson.

Please take the time to familiarize yourself with the details of this coverage, which you can find on our website.

For volunteers who signed up through the US office: [earthwatch.org/insurance](http://earthwatch.org/insurance)

For volunteers who signed up through the UK/Europe office: [earthwatch.org/europe/insurance](http://earthwatch.org/europe/insurance)

The information below provides some general information about these changes, and replaces the information found in the *Emergency Contacts* and *Insurance* sections of your Expedition Briefing.

## EMERGENCY CONTACTS

### **Medical and Security Assistance Helpline Numbers (for assistance while in the field)**

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.

Henderson Risk Security Assistance and Advice:

**+44 (0) 20 3059 8772**

[axisenquiries@hendersonrisk.com](mailto:axisenquiries@hendersonrisk.com)

# 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](http://earthwatch.org/europe/insuranceinfo).

Please refer any queries regarding this policy to Earthwatch's Operations Department at +1 978 450 1232 or [insurance@earthwatch.org](mailto:insurance@earthwatch.org)

You can find information about additional insurance available to UK residents for coverage before or after your Earthwatch project at [earthwatch.org/europe/insuranceinfo](http://earthwatch.org/europe/insuranceinfo). Should you have any questions about whether you require coverage for your travel plans, please review the policy summary and the FAQs at the website above.

## **If you signed up through Earthwatch US:**

Details of the US insurance policy can be found at [earthwatch.org/insurance](http://earthwatch.org/insurance).

Please refer any queries regarding this policy to Earthwatch's Operations Department at +1 978 450 1232 or [insurance@earthwatch.org](mailto:insurance@earthwatch.org)

You can find information about additional insurance available for coverage before or after your Earthwatch project at [earthwatch.org/insurance](http://earthwatch.org/insurance). Should you have any questions about whether you require coverage for your travel plans, please review the policy summary and the FAQs at the website above.

## **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.

For non-emergency information from CEGA, such as advice on visa and vaccine requirements, you may call the CEGA Non-Emergency Medical & Travel Advice helpline at **+44 (0) 20 3059 8770**.

If you have questions as you prepare for your expedition, contact the appropriate Earthwatch office:

### Australia Office

T: +61 (0) 3-9682-6828

[earth@earthwatch.org](mailto:earth@earthwatch.org)

### Japan Office

T: +81 (0) 3-3511-3360

[info@earthwatch.jp](mailto:info@earthwatch.jp)

### UK Office

T: +44 (0) 1865-318-831

[info@earthwatch.org.uk](mailto:info@earthwatch.org.uk)

### US Office

T: +1 800-776-0188

[info@earthwatch.org](mailto:info@earthwatch.org)

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 stylized flourish at the end.

Ed Wilson  
President and CEO



**Department of Hydrology  
Czech Technical University in Prague**

Dear Volunteer,

Welcome to the *Mountain Waters of the Czech Republic* expedition! We continue with the 22nd year of our Earthwatch project to rehabilitate the acid-rain damaged headwaters in North Bohemia (the western part of the Czech Republic). The range of the Jizera Mountains is a part of the so-called “Black Triangle”—the epicenter of air pollution and acid precipitation in Europe.

The urgent need for freshwater control and recovery has already been widely recognized: UNESCO proclaimed the year of 2003 as the “International Year of Freshwaters.” Mountains are supposed to be the water towers of the world; therefore, the revival of fresh water resources is not possible without the rehabilitation of mountain ecosystems.

The aim of our project is to contribute to the recovery of mountain ecosystems: first, to provide a long-term monitoring and scientific verification of the effects of acid rain and forest practices on the soil, plant, and water interactions; and second, to support multi-resource land use practices and to find compromises between specific land uses and air pollution control.

Over the last 21 years, more than 350 volunteers have helped us to investigate processes of forest decline and hydrology in headwater basins and the limnology of water reservoirs. Recently, a recovery of surface waters has appeared, following the reduction in air pollution and more environmentally oriented forestry practices. This new situation deserves attention.

We are aware that we are dealing with long-term processes. However, our extensive fieldwork (study of the atmospheric deposition, run-off, chemistry and biology of waters, soil and vegetation, and documentation of soil erosion and sedimentation) makes a base for an evaluation of short-term experiments (i.e. episodic acidification, reintroduction of fish, and liming of reservoirs).

We continue to need your help, and we look forward to working with you at our research site.

Yours sincerely,

Josef Krecek

# The Research

## Mountain Waters of the Czech Republic

This project aims to identify optimal strategies to rehabilitate the headwater areas of North Bohemia damaged by acid atmospheric deposition and commercial forestry, and to verify the environmental effects of these strategies in the Jizera Mountains. This long-term, multidisciplinary research includes monitoring the water quality of precipitation and surface waters (reservoirs and streams), and detailed studies of hydrological and bio-geo-chemical processes in watersheds. The results will contribute to the assessment of critical atmospheric loads, the evaluation of trends in environmental processes related to the decreased level of pollution, the suggestion and verification of alternative watershed management, and to national and international action plans for rehabilitation and protection of mountain ecosystems.

The impact of the acid atmospheric deposition on mountain watersheds is a long-term process. The first significant loss of spruce needles in the Jizera Mountains was observed in the 1960s, and the acid atmospheric deposition culminated in the late 1980s. The sulfate load was increased by the effect of spruce plantations (under the canopy of spruce stands, the deposition of sulfate exceeded several times the load measured in the open field). Surface waters had been extremely acidified, which led to drastic changes in water chemistry and biota. In the upper plain, water courses and reservoirs had been fishless since the late 1950s. The improved quality of the water in streams and reservoirs observed since 1992 (elevated pH and alkalinity values, reduced content of sulfate and aluminum) is the result of lower acid deposition, the liming of catchments (structures that collect water), and a reduced canopy area due to the harvest of spruce stands. Since 1995, the reservoirs in the Jizera Mountains were successfully restocked with brook char. Current forestry practices in watersheds of the Jizera Mountains are oriented to traditional environmentally friendly techniques (skidding the harvested timber by horses or cable-ways, and reforestation with stands close to the native species composition of trees).

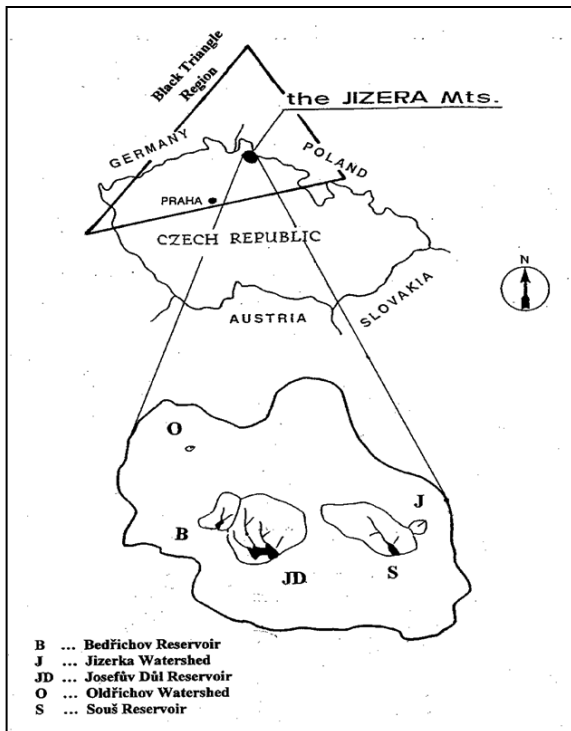
In 2012, volunteers are needed to collect samples of water, soil, and vegetation to evaluate the re-growth and vitality of forest stands; to identify morphology, discharge, and habitat of streams; and to measure physical and chemical parameters of the water. You may also assist in the program of soil erosion control or in the study of restocked fish populations, depending on weather conditions.

### **Goals of the research**

Our goal is to evaluate environmental effects of reforestation practices (namely, their impacts on the quantity and quality of water resources), and to analyze trends in the atmospheric pollution (for example, decreasing sulphur content in the air, but an increase in emissions of nitrogen) and the climate stress (extreme air temperatures, rainstorms, windstorms etc.). Attention will be given to the effects of climate change on processes of episodic acidification (affected by a rapid snowmelt or intensive summer rainstorms) and the life in water reservoirs.

Besides the traditional long-term research on both the quantity and quality of rain, stream, and lake water, additional project aims are:

- The long-term monitoring of the climate, water cycle, atmospheric deposition, and water quality in selected headwater stream profiles (mainly inflows into drinking water reservoirs).
- To evaluate effects of different liming strategies and techniques (relatively expensive aerial liming of water reservoir, low cost "point" liming of reservoir inflows, watershed liming, and a control site without liming).
- To evaluate the environmental benefit mixed stands of native tree species.
- To assess the self-sustainability of the reintroduced fish populations.



*Jizera Mountain and research sites.*

### **Jizera Mountains**

The Jizera Mountains, situated in the humid temperate zone of the Northern Hemisphere, has gentle slopes and almost complete forest coverage (83%). Although forest stands of common beech and silver fir dominated the region at the beginning of the 18<sup>th</sup> century, Norway spruce became dominant during the 19<sup>th</sup> century due to the the harvest of native forests.)

Surface run-off dominates the Jizera Mountains. Groundwater bodies occur only in shallow subsurface layers because of shallow soils and almost impermeable bedrock. After catastrophic floods in the summer of 1897, water reservoirs were constructed there to protect the lowland cities and villages. The system of drinking water supply in the mountains was built in the 1960s. The Jizera Mountains were proclaimed a Protected Landscape Region by the Czechoslovak Ministry of Culture in 1967. In 1978, a decree by the Czech Government established the Protected Headwater Area of the Jizera Mountains to control the quantity and quality of water resources.

### **Research Achievements**

During the past 21 years, we have contributed to the long-term monitoring of water quality, run-off formation, and catchment-lake relations upon the level of the acid atmospheric deposition and the status of soil-vegetation complex in headwater catchments. The results were published in scientific journals and presented in international conferences.

In 1995 and 2001, project results were used in two national debates organized under the Food and Agriculture Organisation of the United Nations (FAO) and involving governments, the private sector, non-governmental organizations, and the public. The round-table discussions concerned a possible self-sustainable reconstruction of headwaters in the Jizera Mountains, and the main aim was to find a compromise in their protection and management.

The outcomes of this study are regularly submitted to both national (Czech Ministry of Agriculture, Ministry of the Environment) and international (European Forestry Commission, FAO Working Party on the Management of Mountain Watersheds, European Observatory of Mountain Forests, and the International Association on Headwater Control) bodies. The results are implemented into national and international action plans.

On the scientific level, the results are of great interest because the headwater lakes and catchments in the Jizera Mountains are some of the most acidified sites in the world. Results are submitted to several international scientific networks, including the ICP on Waters (EEC/UN project), MOLAR (FW4 program of EU), and EMERGE (FW 5 program of EU).

The project is also beneficial to the educational community at the university level, as the Earthwatch scientists teach undergraduate and graduate courses at Charles University, Czech Technical University, and Czech Agricultural University, and at the secondary level through the participation of high school teachers in field expeditions. The project data are also used in the course on environmental hydrology, which forms part of the Lifelong Learning Programme of the EU.

## **PROJECT STAFF**

## Earthwatch scientists

**Dr. Josef Krecek** has a background in hydrology and climatology, landscape ecology, and water resources management. Josef is associated with the Czech Technical University in Prague; and also experienced with several international projects (for example, on the conservation of the Maharlu Lake in Iran, and on water circulation in the Yellow River watershed in China). His responsibilities on this project include logistics of the field research activities, hydrological survey, and experimental watersheds. Dr. Krecek will be present for all 2012 Earthwatch teams.

**Dr. Zuzana Horicka** has a background in limnology and ecology, and will be responsible for the detailed laboratory analyses on chemistry and biology of sampled surface waters. She is employed by the Institute of Environmental Studies at the Charles University in Prague, and has experience with field research at small distant mountain lakes in Slovakia and Poland. Zuzana will be in the field only few days, depending on her availability.

**Dr. Jana Novakova** has a background in botany and plant ecology, and will be responsible for ecology of herbaceous vegetation on clear-cut areas. She is employed by the Institute of Applied Ecology at the Czech Agricultural University in Prague. Jana expects to join Teams 2 and 3.

**Dr. Petr Navratil** has a background in forest ecology, and he is responsible for inventory and planning of forests in the Jizera Mountains. Petr is employed by the Forest Management Institute, which is based in Jablonec (in the Jizera Mountains). Petr expects to join all the teams, but only for couple of days on each.

## Earthwatch field staff

### *Graduate students:*

**Petr Puncochar** has a background in GIS applications and landscape engineering. Petr intends to join all three teams, and will concentrate on mapping stream network and stream ecology applications.

**Jiri Vrtiska** has a background in hydrology and watershed management and will work on climate change impact on dendrochronology of spruce trees. Jiri will be in the field with all three teams.

**Vlastislav Krcmar** has background in remote sensing. Vlastislav is responsible for applications of the Landsat Project in watershed analysis. He will join all three teams.

### *Undergraduate students:*

**Ladislav Palan** is an undergraduate student at the Czech Technical University in Prague, and is writing a thesis on the environmental aspects of the fog in the Jizera Mountains. Ladislav will join Teams 1 and 2.

### *Visiting scientists:*

**Myslibor Chalupa** is visiting from the Foundation on Forests and Water in Prague, and specializes in forest ecology.

**Sato Yoshinobu** is visiting from the University of Kyoto in Japan, and specializes in catchment modeling.

**Belen Carro Espada**, from the University of La Coruna in Spain, specializes in water biology.

## Staffing Schedule (Subject to Change)

<b>Staff Member Present</b>	<b>Team 1</b>	<b>Team 2</b>	<b>Team 3</b>
Dr. Krecek	X	X	X
Dr. Horicka			
Dr. Novakova		X	X
Dr. Navratil	X	X	X
Petr Puncocar	X	X	X
Jiri Vrtiska	X	X	
Vlastislav Krcmar	X	X	X

# Daily Life in the Field

## VOLUNTEER TRAINING AND ASSIGNMENTS

### Training

Volunteers will learn about the aims of the research and the methods to be used. Staff members will instruct volunteers before and during fieldwork, laboratory work, and data processing. Lectures by staff members and visiting scientists are planned on topics which include changes of the chemical climate and its monitoring on remote sites, landscape ecology, watershed management, applied hydrology, bio-geo-chemistry of watersheds, limnology, ecology of fish, and alternative forestry.

On Day 2 (Sunday), the Earthwatch scientists will talk about give an introduction to the project, and introduce the history and culture of the region you'll be studying.

The Earthwatch scientists will give the team a more detailed onsite project briefing when you arrive.

### Assignments

Team members will hike in the mountains to take samples from rain gauges and fog gauges installed at several different sites, from about thirty stream sections and six reservoirs. In the three drinking water reservoirs, you will measure temperature, pH, conductivity, and oxygen content of the water in vertical profiles, estimate water transparency, and sample the water, phytoplankton, and zooplankton from a boat. You will help professional fishermen to fish out, measure, and weigh individual fish, sample fish scales, analyze gut content, and sample muscles, liver, and reproductive organs for further analyses of heavy metals and other organic/inorganic pollutants. You will also collect benthic organisms (dominant food of the fish) from streams and the littoral zone of reservoirs, and divide them into main systematic sub-groups.

Additionally, you will sample the soil and herbaceous vegetation at several transects in watersheds and underground biomass of the plants and grass, dry and weigh it, and measure the leaf area. Finding selected streams, skid-roads and erosion rills by Global Positioning System (GPS) units, you will assess the drainage networks: how stable they are, and their ecological characteristics. You may also help dig soil profiles or evaluate and remove sediment from gauging stations.

Finally, you will compare visual characteristics of forest stands with the measured electric resistance in conductive layers of tree stems, and evaluate the vitality of different forest stands and plantations. Canopy density will be recorded with standard geometric equipment and estimated by measurements of the light penetration. If necessary, volunteers may also help with some of the manual work urgently needed at research sites.

Fieldwork will be conducted for five to seven hours per day, and laboratory work, including computer time, will take about one to three hours per day. You will be trained in all research techniques and will be assisted by staff members, so no specialized experience or skill is needed for participation. All field and laboratory duties will require team effort.

If you'd like, we encourage you to contribute a brief informational presentation on your professional, Earthwatch, or travel experiences during informal sessions (slide shows are most welcome). The Earthwatch scientists intend to organize trips for the recreational day, but there will also be time for evening socializing.

# 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.

## Day 1:

Time of Day	Activity
5:30 p.m.	Meet with Josef Krecek
6:30 p.m.	Dinner
7:00 p.m.	Cultural program

## Day 2:

Time	Activity
8:00 a.m.	Breakfast
Morning	Individual sightseeing in old Prague
12:00 p.m.	Meeting with Josef Krecek at the reception of the hostel, depart for the field (130 km journey to the Jizera Mountains by minibus)
1:00 p.m.	Lunch
4:30 p.m.	Arrival in Bedrichov
6:00 p.m.	Dinner
8:00 p.m.	Introduction to the project

## Days 3-8 and 10-13:

Time	Activity
8:00 a.m.	Breakfast
9:00 a.m.	Departure for the field
9:30 a.m.	Fieldwork
12:00 p.m.	Lunch in the field
Afternoon	Fieldwork
5:00 p.m.	Return from field
6:00 p.m.	Dinner
8:00 p.m.	Data processing and laboratory work
9:00 p.m.	Lectures, round-table discussions or recreational time

## Day 9: Recreational day

Time	Activity
8:00 a.m.	Breakfast
9:00 a.m.	Departure for the trip
12:00 p.m.	Lunch
5:00 p.m.	Arrival in Bedrichov
6:00 p.m.	Dinner

## Days 10-13:

Will be similar to Days 3-8 (above).

## Day 14:

The team will return to Prague from the field on Friday (the day before the departure). On Friday night, the team will have a farewell dinner/party. Volunteers will stay in the Komenskeho hostel again, and the breakfast on Saturday morning (departure day) will be included.

Time	Activity
8:00 a.m.	Breakfast
9:00 a.m.	Departure for the field
12:00 p.m.	Lunch
Afternoon	Packing
4:00 p.m.	Departure for Prague
6:30 p.m.	Arrival in Prague and at accommodations ( Kolej Komenského)
8:00 p.m.	Farewell dinner/party

## Day 15

Volunteers can depart whenever is convenient after breakfast.

**Please note:** According to the weather conditions and the progress of planned field activities the team may return to Prague a day early. If this occurs, Josef will arrange visits to the old weather station (Prague-Klementinum) or the historical building of the Charles University, and highlight the research outcomes.

**Recreation time:** During recreational time, trips in the Jizera Mountains and neighboring areas will be organized. These may include visits to castles, museums, botanical/zoological gardens, concerts, hiking, or bicycling. Please note that all recreational time activities will be at your own expense (admissions, purchases, etc.). Fees should not be more than CZK500 (about US\$30).

## 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

## In Prague

You will spend the first and last nights of the expedition in Prague, at Kolej Komenskeho, Charles University's student hostel, near the Prague Castle. The hostel has both single and double bedrooms with simple but modern facilities. The project staff has reserved these rooms through the university.

Kolej Komenskeho  
Parlerova 6, CZ-160 00 Prague 6  
Telephone:  
8am – 6pm, (420)-220516816  
24 hours (420) - 220388111  
Email: [kolej.komenskeho@kam.cuni.cz](mailto:kolej.komenskeho@kam.cuni.cz)

## In the field

During the rest of the expedition, the team will stay in the village of Bedrichov, which has only 200 inhabitants. Bedrichov is 700 meters above sea level in the western part of the Jizera Mountains and 20 kilometers from the city of Liberec. Volunteers will stay in a small mountain pension and former farm (Statek U Rajtru, tel: +420 483-380-453). Volunteers of the same gender will share twin or double rooms. It may be possible to accommodate couples in a private room, but this is not guaranteed. Please note such preferences on your volunteer forms submitted to Earthwatch.

At both locations, it may be possible to accommodate couples in private rooms, but this is not guaranteed. Because most rooms accommodate two people, it is unlikely that single rooms can be arranged. Please note your preferences on the volunteer forms you submit to Earthwatch.



*The pension*

**The pension is a non-smoking house;** smoking is not allowed anywhere in the complex (rooms, facilities, lecture room, field laboratory).

### **Bathrooms**

At the pension, two rooms share one bathroom. Hot showers and conventional toilets are available. Bedding is provided, but you will need to bring your own bath towel and house shoes/slippers (you will be asked to wear these when indoors).

### **Electricity**

The pension has reliable electricity (220 volts).

### **Internet and Communications**

There is WIFI Internet available in the pension for those who bring a wireless-ready computer. Free Internet access is also available in the Information Centre in Bedrichov.

### **Facilities and Amenities**

The pension has central heating, a color television, a DVD player, and a telephone.

### **Distance to Field Site**

The team will walk or be transported to the field sites by a minibus, which will take between fifteen and forty minutes each day.

### **Services and Restaurants in Walking Distance**

Bedrichov boasts several restaurants, two shops, a Catholic church, and a post office. You don't need a car to get around the village comfortably. Everything (harbor, supermarkets, taverns, bars, post office, etc.) can be reached by foot within minutes.

## **FOOD**

Buffet breakfast is served in the pension at 8:00 a.m. In the morning, volunteers will be also provided with sandwiches for lunch in the field. Dinner will be served in the nearby restaurant at 6 p.m. The food will be prepared by a professional cook.

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.

<b>Breakfast:</b> Cereals, fruit, jam, honey, bread, rolls, a variety of cheeses, salami, juice, tea, coffee
<b>Lunch:</b> Sandwiches, cake, fruit, nonalcoholic drinks
<b>Dinner:</b> Typical three-course Czech meals (hot soup, main dish, and dessert). A variety of Czech cuisine, including meat (typically pork or beef) served with dumplings, potatoes or rice in a sauce and/or with sauerkraut.
<b>Snacks/Other:</b> You are advised to bring along your own packaged snack foods (may be purchased in Prague)
<b>Beverages:</b> Soft drinks, caffeinated tea and coffee, orange juice, milk, water

<b>Special Dietary Requirements</b> 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.
<b>Special note to vegans and strict vegetarians:</b> Please be aware that it is often difficult to accommodate strict vegetarians and vegans. It may be possible to get meatless meals but vegans may have a problem avoiding animal products altogether.

# Travel Planning

**Note:** Earthwatch Institute's international emergency medical and evacuation assistance provider, International SOS, has a wealth of useful information available at their website, including visa, passport, currency, medical, etc. information for the country in which this project takes place. See [internationalsos.com](http://internationalsos.com) and enter Earthwatch's member identification number: **14ACPA000075**. Under "Select Resource" choose "English Country Guide," and then select this project's country from the list.

You are encouraged to register your travel itinerary with your embassy. For information on embassies around the world, see [embassyworld.com](http://embassyworld.com).

- Citizens of Australia may register online at: [orao.dfat.gov.au](http://orao.dfat.gov.au).
- British citizens may register online at: [fco.gov.uk/en/travel-and-living-abroad/staying-safe](http://fco.gov.uk/en/travel-and-living-abroad/staying-safe).
- Citizens of the United States may register online at: [travelregistration.state.gov](http://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 and Japan **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

<b>Type of Visa</b>	Volunteers requiring a visa must get a <b>TOURIST VISA</b> .
<b>Where to Get a Visa</b>	Contact the nearest <b>Czech embassy or consulate</b> to find out how to apply for your visa. Please note that this process can take weeks or more. We strongly recommend using a <b>visa agency</b> , which can both expedite and simplify the process. See below for a list of visa agencies.
<b>Required Information</b>	You will need to send your <b>passport</b> (valid for at least six months beyond your stay), a <b>Visa Application and Immigration Form</b> , <b>2-4 passport-size photos</b> , and <b>payment</b> to the embassy or visa agency (if applicable). Please be sure that your passport is valid for at least six months beyond your stay.
<b>Contact Information</b>	You may be required to list the following contact information on your Visa Application and Immigration Form:  Dr. Josef Krecek Czech Technical University at Prague Czech Republic, Thakurova 7, CZ-166 29 Prague (420) 721-657753 josef.krecek@fsv.cvut.cz
<b>Cost of a Visa</b>	Generally between US\$40-100, but varies from country to country and can potentially cost <b>up to US\$180</b> . 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: <a href="http://trivisa.com">trivisa.com</a> (*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: <a href="mailto:info@uk.cibt.com">info@uk.cibt.com</a> Web: <a href="http://uk.cibt.com">uk.cibt.com</a> (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](http://rainbowt.jp/travel/visa_top.html)
- For Australian citizens: [passports.gov.au](http://passports.gov.au) and [dfat.gov.au/visas/index.html](http://dfat.gov.au/visas/index.html)
- For US citizens: [passportvisasexpress.com](http://passportvisasexpress.com)
- Travel Document Systems: [traveldocs.com/index.htm](http://traveldocs.com/index.htm)

# INSURANCE

MedEvac assistance, advice and insurance are included in the contribution you pay to Earthwatch. It covers your travel medical risks, including medical expenses and emergency medical evacuation, while you are traveling, as well as trip cancellation and baggage and personal money insurance. It doesn't provide personal liability insurance. This coverage is valid in the country of your Earthwatch expedition and during travel to and from your expedition (**Note:** For US volunteers, the coverage is valid only when the expedition is over 100 miles from your place of residence). Please see [earthwatch.org/europe/downloads/Insurance/post15Jan\\_FAQs.pdf](http://earthwatch.org/europe/downloads/Insurance/post15Jan_FAQs.pdf) for information about when coverage starts and ends, and answers to other frequently asked questions.

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 Sutton Winson.

**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 this insurance policy are included in your expedition briefing pack and can be found at [earthwatch.org/europe/insurance](http://earthwatch.org/europe/insurance). Please refer all queries regarding this policy to Sutton Winson in the UK at +44 (0) 1444 251 164 or on [earthwatch@swib.co.uk](mailto:earthwatch@swib.co.uk).

Information about additional insurance available to UK residents can be found at [earthwatch.org/europe/insurance](http://earthwatch.org/europe/insurance). Should you have any questions about whether you require additional coverage for your travel plans, please contact Sutton Winson. 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](http://earthwatch.org/insurance). Please refer any queries regarding this policy to Sutton Winson in the UK. From the US, dial 011 44 1444 251 164, or email [earthwatch@swib.co.uk](mailto:earthwatch@swib.co.uk). Please note the time difference between the US and the UK and call during UK business hours, which are from 08:45 to 17:00 GMT (from November to April) and GMT +1 (from April to November).

Information about additional insurance can be found at [earthwatch.org/insurance](http://earthwatch.org/insurance). Should you have any questions about whether you require additional coverage for your travel plans, please contact Sutton Winson. Earthwatch is not authorized by the FSA to give advice on any additional travel insurance you might require.

**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](http://ec.europa.eu/social/main.jsp?catId=509&langId=en) or [ehic.org.uk/Internet/home.do](http://ehic.org.uk/Internet/home.do) (for UK residents) for more information.

### **Emergency Medical and Evacuation Assistance (for all volunteers)**

Emergency medical and evacuation assistance is available for all Earthwatch participants from International SOS (ISOS), a twenty-four-hour, independently operated international emergency medical and evacuation service. Please see the contact information and card on the *General Information* page. Participants should carry the card with them on the expedition.

## **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:* Czech crown (CZK). See the International SOS website and [xe.com/ucc](http://xe.com/ucc) for currency information and exchange rates.
- *Personal funds:* Volunteers should bring approximately CZK3,000 for snacks, additional activities, etc. Generally a 5-10% tip is expected for service. Currency can be exchanged at all bank branches, but is best if done in Prague or the airport prior to going to the field site. There are no exchange facilities near the field site, but the team will periodically visit the local cities of Liberec and Jablonec, which may provide exchange opportunities. Credit cards are **not** widely accepted at small businesses or around the field site, but are accepted at most major hotels in Prague.

## Your Destination

- *Language:* The official language is Czech. German and English are also spoken. You will have ample opportunity to interact with local people who speak Czech. Past volunteers stated that they wished they had used a Czech language home-study (on tape or CD) prior to their arrival to learn pronunciation of basic words. The following are some helpful phrases:

Hi/Bye: *Ahoj!*

How are you?: *Jak se máte?*

I am cold: *Je mi zima*

I am hungry: *Mám hlad*

Help!: *Pomoc!*

Please: *Prosim*

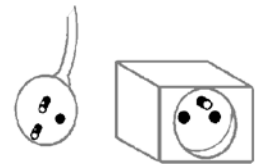
Beer: *Pivo*

Thank you: *Dekuji*

- *Electricity:* 230 volts, 50 Hz, round-pin plug and receptacle with grounding pin. For additional information, see [kropla.com/electric2.htm](http://kropla.com/electric2.htm).
- *Time zone:* UTC/GMT +1 hour (Central European Time). For time worldwide with GMT/UTC, see [worldtimeserver.com](http://worldtimeserver.com).
- *Telephone Dialing codes:* calling the Czech Republic from another country, dial the country's international dialing code, followed by **420** and the number. When calling within the Czech Republic, omit the 420. When calling another country from the Czech Republic, dial 00, followed by the other country's country code and the number. **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](http://kropla.com/dialcode.htm).

## Country Information

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

## Books

- Brocksen, R.W. and J. Wisniewski (eds). *Restoration of aquatic and terrestrial systems*. Dordrecht: Kluwer Academic Publishers, 1988.
- Cooper, N.S. and R.L.J. Carling. 1996. *Ecologists and ethical judgments*. London, Chapman & Hall, 1996.
- Dobson, A.P. *Conservation and biodiversity*. New York: Scientific American Library, 1995.
- Elsom, D. *Atmospheric pollution*. Oxford: Basil Blackwell Ltd., 1989.
- Krecek, J. and M.J. Haigh. *Environmental role of wetlands in headwaters*. Dordrecht: NATO Science Series 63, Springer, 2006.
- Likens, G.E. *Long-term studies in ecology: approaches and alternatives*. New York: Springer-Verlag, 1989.
- McCormick, J. *Reclaiming paradise*. Indianapolis: Indiana University Press, 1991.
- Outwater, A.B. *Water: a natural history*. New York: BasicBooks, 1996.
- Williams, M. *Deforesting the Earth*. Chicago: The University of Chicago Press, 1996.

## Articles

- Krecek, J. and Z. Horicka. "Forests, air pollution and water quality: influencing health in the headwaters of Central Europe's 'Black Triangle.'" *Unasylva*, 224 (2006): 46-49.
- Krecek, J., Novakova, J. and Z. Horicka. "Ellenberg's indicator in water resources control: the Jizera Mountains, Czech Republic" *Ecological Engineering*, 36: 1112-1117

## Project-Related Websites

- Prague tourist information and travel guide: [pragueexperience.com/](http://pragueexperience.com/)
- Prague public transport information: [dpp.cz/eny](http://dpp.cz/eny)
- Map of Prague: [www.mapy.cz/](http://www.mapy.cz/)

# 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](http://earthwatch.org/volunteerresources)

Volunteers who sign up through our UK office, visit: [earthwatch.org/europe/volunteerresources](http://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 Jizera Mountains are situated in the humid temperate zone. During the first team, the temperatures might drop to 5-10 °C (41-50 °F) and in the second or third team, temperatures might rise to 20-25 °C (68-77 °F). However, all the teams may experience serious rain showers and a couple of relatively cold days.

The terrain is hilly to mountainous with steep and uneven, rocky sections, and mostly covered by forests. Mean annual precipitation in lower areas of the region is about 800 millimeters (32 inches), while in some areas of the upper plain it exceeds 1,600 millimeters (63 inches), the highest in the country.

Weather is variable and unpredictable, and may include cold rainy days as well as relatively hot sunny periods. All teams may experience days of rain and somewhat cool weather. Be prepared to dress in layers and carry additional gear in your backpack/rucksack.

**The weather is expected to vary within the limits below.**

Conditions during May, June & July			
Humidity	60 %	to	80 %
Temperature range	5 °C (41 °F)		25 °C (77 °F)
Rainfall	4.7 in/120 mm	per	month
Altitude	700m	to	1,124m

## 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 in all types of weather (see above), in the potential presence of wild animals and insects, for periods of 5-7 hours a day.
- Tolerate cold and hot, humid, and sometimes wet conditions with temperatures that range between 5-25°C (41-77°F).
- Hike on and off-tracks through forest for approximately 1-7 km (0.6-4.3 miles) a day in often steep and uneven terrain **at a moderate pace**.
- Get low to the ground at regular periods during research for plant identification.

- Get oneself down into and up out of a small row boat, and be comfortable in it for 2-4 hours, if they wish to take part in the research that is conducted from boats (3 expedition days). Participants who wish to do this **must be able to swim** for safety purposes.
- Remain stationary for periods of 2-4 hours a day while conducting laboratory work.
- Carry up to 2 kg (4.4 lb) of personal daily supplies such as lunch, water, and some field equipment.
- Get oneself up into and down out of a minibus and ride, seated with seatbelt fastened, for a total of approximately 4.5 hours for transportation between the rendezvous and the project site, and for up to 30 minutes daily during field research.

## Water Conditions

The information provided is as accurate as possible, but please keep in mind that once in the field conditions may change.

Typical water temperature at working depths	10 °C (50 °F)	to	20 °C (68 °F)
Typical water visibility	2 m (6.5 ft)	to	4 m (13 ft)
Typical maximum water depth in area	0.3 m (1 ft)	to	118 ft (36 m)
Types of water environment:	rivers, lakes and streams		

## POTENTIAL HAZARDS

Hazard Type	Associated Risks and Precautions
Transportation	The usual risks associated with driving apply, and the roads in the area are quite narrow and have pot holes. A minibus will be used to transport volunteers. Volunteers must wear seatbelts when the vehicle is in motion, and only experienced drivers will drive. All vehicles will have first aid kits and communications available. No night driving will occur.
Walking/Hiking/ Climbing	<p>While a well-marked and mapped forest road and path system exists in the area, there is a possible risk of volunteers getting lost while in the mountains. Volunteers must hike in groups of 2-4, always with a staff member, and will usually work in relatively small areas. Staff members carry compasses and maps, and groups will have a GPS device and a mobile phone and will be training in how to use them. Whistles, and appropriate clothing for changing weather conditions, should be carried and worn. First aid kit will also be carried on hikes and during field work. There must not be any unaccompanied walking in the dark. Precautions for these risks will be covered in the orientation.</p> <p>Past volunteers have expressed the wish that they had improved their physical condition in preparation for the fieldwork on this trip. It is strongly recommended that you spend time prior to this expedition hiking in your boots (to ensure they are broken in) and strengthening your cardiovascular fitness. A regular exercise program that involves walking outdoors is important to ensure you are prepared and have sufficient strength to stabilize your joints when hiking on uneven surfaces.</p>
Terrain	Most of the hiking lines follow paved paths. In only two sites (Jizerka and Oldrichov) volunteers will hike in relatively difficult terrain within forest stands or plots covered by herbaceous vegetation. At these site volunteers will encounter unstable hiking surfaces; and the group could be quite a distance/time to full medical attention. There is a risk of strains, sprains, slips, trips or falls. Volunteers should wear appropriate footwear (see

	packing list) and clothing. A maximum of 5 miles hiking per day is required. Volunteers who suffer neck, back and knee injuries should consult their doctors regarding their participation.
Ticks and Insects	Tick-borne encephalitis exists in rural forested areas during summer months. Volunteers must wear long sleeves and pants/trousers, and use insect repellent. To reduce risk of bites, trousers should be tucked into socks. Volunteers should check themselves thoroughly for ticks at the end of each day. Mosquitoes and black flies are also present and volunteers with known allergies should carry an Epi-pen and antihistamines, and inform the staff of where they keep their medication.
Allergens	During June and July, grass and tree pollen could be a problem for those with allergies. It is recommended that volunteers come prepared with remedies that they have found effective, and inform staff of where these are kept.
Vipers	The only venomous animal in the region is the viper (or common adder), a native snake that enjoys stony places exposed to the sun. However, it must be noted that the research team has not encountered a single viper during the last 20 years of this project.
Climate/Weather	There is the risk of sunburn. Volunteers should drink plenty of water and wear sunscreen, sunglasses, and a hat. Regular shade breaks should be taken. Conditions can also be changeable, with thunderstorms a possibility. Volunteers should be prepared with waterproof clothing. Field research activities must stop if storms commence due to the risks of falling branches and lightning.
Project Tasks	Volunteers will be working with chemicals for sample analysis. They will be fully briefed on the safe handling of these and must follow instructions at all times. These chemicals will be kept in a secure location when not in use.
Personal Security	There is no evidence of criminality in the upper plain of the mountains; however, volunteers must take care of any valuable items when staying in Prague and the larger cities. Pick pocketing and petty crime are commonplace, and volunteers should never leave valuables unattended in vehicles or their accommodation.
Working on a boat	Risks may include wet deck surfaces, unplanned immersion leading to cold-related injuries, and sprains/strains/breaks from falling on the boat. Volunteers will receive full safety briefing regarding working from boats. All volunteers who will be involved in boat work must be able to swim. You must wear a life jacket at all times when in the boats, and appropriate footwear to avoid slips and trips. All staff members are swimmers. Volunteers will be trained to row, and spare paddles are kept on board. If you suffer from motion or seasickness and intend to treat this with either over-the-counter or prescribed medication, please discuss the use and side effects with your physician. Boat work is not compulsory, but does form a key part of the research.  A first aid kit, mobile phone, and a torch/flare are on board. All boats are checked regularly and in good condition. Plastic bucket for bailing are available.
Traveler's diarrhea	Traveler's diarrhea affects 20-50% of all international travelers. Always wash your hands with soap and water or a hand sanitizer before eating, drink only 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 the ISOS or CDC websites for advice on avoiding this condition.
Distance from Medical Care	The nearest hospital is 20 km/12.5 mi away from the project site, and it may take up to 1 hour to arrange transport and reach the hospital when in the field. If you have a chronic condition which could require immediate medical care (e.g. heart conditions, kidney problems, severe asthma, etc.), or if you are pregnant, please discuss your participation on this expedition with your physician.

# HEALTH INFORMATION

See [internationalsos.com](http://internationalsos.com) for information on the current health conditions in the Czech Republic. At the homepage, enter Earthwatch's member identification number: 14ACPA000075. Under "Select Resource" choose "English Country Guide," and then select the Czech Republic from the list.

## 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](http://cdc.gov)), the World Health Organization ([who.int](http://who.int)), and International SOS (see above) 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.

Vaccination chart available on ISOS member site (English Country Guide, medical summary).

	Required for Entry	Recommended for Health Reasons
<b>Yellow fever</b>	Yes, if traveling from countries or region where it is endemic, a Certificate of Vaccination is required.	
<b>Hepatitis A</b>		Recommended for all travelers and expatriates.
<b>Hepatitis B</b>		Recommended for long-term or frequent travelers, expatriates and anyone who will travel to more remote areas.
<b>Tickborne Encephalitis</b>		May be recommended for those visiting forests, fields, or pastures during the summer tick season.
<b>Rabies</b>		Recommended – see below

## Advice Regarding Diseases

- *Rabies* vaccinations are recommended for this expedition given the potential contact with wildlife. The rabies pre-exposure vaccination consists of three doses over a 28-day period. Please be sure to consult your physician or travel health clinic well in advance to ensure you have time for the full vaccination series. If you have previously been vaccinated, you must have a medical professional check your antibody levels; a booster shot may be required. Rabies is a fatal disease. Treatment after rabies exposure requires immediate care (within 24 hours), and this type of rapid response will not be available to volunteers on this project due to the remote locations. Pre-exposure vaccination does not eliminate the need for post-exposure medical attention and treatment, but it does provide additional protection against the disease in event of a delay in treatment. In addition, any bites or scratches should be immediately and thoroughly washed with soap and clean water, and a topical povidone-iodine solution or ethanol.
- *Tuberculosis*: The WHO estimates that one-third of the world's population is infected with the bacterium (*M.tuberculosis*) that causes tuberculosis (TB). Incidence of tuberculosis is higher in developing countries, particularly in Asia, Africa, the Caribbean and Latin America. In general, approximately 10% of persons infected with *M. tuberculosis* are at risk for developing active TB during their lifetimes. TB is considered highly

treatable with medications that are of relatively low toxicity and cost. Volunteers returning from developing countries are encouraged to have a (PPD)-tuberculin skin-test to screen for potential infection.

- *Tick-borne encephalitis* is mainly transmitted to humans by the bite of an infected tick. Ticks are usually found at the edge of forests and in clearings, long grass, and hedges and are most common in the summer months. Often, the bite goes unnoticed. Infection can also be acquired by consuming unpasteurized dairy products from infected cows, goats, or sheep. About 14 days after the tick bite, the patient suffers fever, headache, muscle aches, nausea, and fatigue. The symptoms usually resolve in a week or so, but up to one third of patients develop a second, more severe illness. Symptoms may include severe headaches, decreased mental state, convulsions, weakness and/or coma. These symptoms indicate that the virus is affecting the brain. About one percent of cases are fatal. Fortunately, only one out of 250 people who get infected with the virus actually becomes ill. To prevent infection, it is important to prevent tick bites, especially as most travelers have not been vaccinated. Wear long pants with tight cuffs, and tuck pant legs into socks. Use insect repellent containing DEET. Consider soaking or spraying your clothes with the insecticide permethrin. (Do not apply permethrin directly to the skin.) After visiting a forest or pasture, search for ticks on your body and clothing. If a tick is found, remove it gently using tweezers. A safe, effective vaccine is available in Canada, Europe, and the UK. It is not available in the US. The vaccine is given routinely to populations living in infected areas of Europe and Russia. However, the CDC does not generally recommend its use for travelers. Travelers at high-risk of exposure should consult their doctors for an individual recommendation on vaccination.
- *Lyme Disease* occurs in North America, Europe and Asia. It is transmitted to humans by the bite of a particular species of tick. Lyme disease can cause an expanding rash at the site of the bite, fever, arthritis and nerve problems such as facial palsy. To prevent tick bites, avoid tick habitats, use insect repellents, and check daily for ticks. A Lyme disease vaccination is no longer available. If you develop a rash at the site of a tick bite or other symptoms of Lyme disease, seek medical attention. A course of antibiotics can cure Lyme disease.
- *West Nile Virus*: Primarily a disease of birds, [West Nile virus](#) (WNV) can infect humans. The most common route for a human infection is via mosquitoes. The mosquito feeds on an infected bird or other animal, then bites a human and introduces the virus into their body. Most people who get WNV develop no symptoms. Of the 20 percent who do get ill, most develop mild symptoms 3-14 days after being bitten: fever, head and body ache, nausea, and vomiting. Sometimes the lymph nodes swell or a rash appears on the trunk. In fewer than one percent of all human cases, the person develops a serious, possibly fatal, infection. Symptoms may include high fever, headache, stiff neck, disorientation, muscle weakness, tremors, and paralysis. The brain and membranes surrounding the brain and spinal cord may get inflamed, which can cause coma and death. Patients who recover from a serious WNV infection may suffer permanent brain damage. There is no specific treatment for the disease, or vaccine to protect against it. To avoid infection, prevent mosquito bites in areas where the virus circulates. Wear long sleeves and long pants, and use insect repellents.

## Additional Health Information Resources

- Travel health website: [mdtravelhealth.com](http://mdtravelhealth.com)
- The Travel Doctor: [tmvc.com.au](http://tmvc.com.au)
- Australian Department of Health and Aging: [health.gov.au](http://health.gov.au)
- Hospital for Tropical Diseases: [thehtd.org](http://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

A vehicle will always be available for emergency transportation while the team is based in Bedrichov. When working in the field, volunteers will be part of groups of 3 or 4 people. In the case of an emergency, carrying a person to the vehicle might take a maximum of 30 minutes. Then he/she would be transported to a hospital in an additional 20 minutes.

In the event of a personal emergency requiring a volunteer to leave the expedition early, he/she will be transported by minibus from the field camp to the bus station of the nearby city Liberec. They will have to go to Prague by bus (about a 1.5-hour ride). Volunteers may leave early **ONLY** in emergency situations.

### Proximity to Medical Care

Physician, nurse or EMT on staff	Project staff are not medical professionals.
Staff certified in safety training	CPR (Cardiopulmonary Resuscitation): Zuzana Horicka First Aid: Zuzana Horicka
Nearest hospital and/or clinic	The research camp is situated about 20 km/12.5 mi from hospitals in Liberec (+420 485-311111) and Jablonec (+420 483-345111).  Transport to a hospital is possible via the expedition minibus or by the local emergency service, after the team has gotten the injured person to a road.
Distance	20km/12.5 mi from research camp; approximately 20 minutes.

## COMMUNICATIONS

### Emergency Communications in the Field

Mobile phones can be used in the research area and will be used in the event of an emergency. **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

For urgent communications, volunteers can be reached in the field by telephone, or via the Earthwatch scientists' email addresses (see below). From any place in the Czech Republic, a United States operator can be reached (tel: 00420-00-101), as well as operators of other countries. This service is free. There is mobile phone reception in and around Prague; contact your service provider regarding rates.

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

If necessary, volunteers can be reached via the contact information below.

<b>Address</b>	Statek U Rajtru CZ-468 12 Bedrichov 21	Mail will take 4-5 days to reach volunteers from European countries, and 6-8 days from the US
<b>Phone</b>	+420 483-380-453	This number is for emergency communication <b>ONLY</b> .
<b>Email</b>	<a href="mailto:jkrecek@email.cz">jkrecek@email.cz</a> <a href="mailto:zhoricka@cesnet.cz">zhoricka@cesnet.cz</a>	These are the Earthwatch scientists' email addresses for emergency communication.

# 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)
- EHIC Card (for European travelers)
- Certification of vaccination (if necessary)
- 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
- Lightweight, quick-drying pants/trousers
- Well worn-in and comfortable walking shoes or hiking shoes/boots
- Waterproof and windproof rain suit (jacket, pants/trousers, and hat)
- Warm hat
- Scarf
- Gloves
- Thermal underclothing
- T-shirts
- Shorts

## Clothing/Footwear for Leisure

- One set of clothing to keep clean for end of expedition and recreational time activities
- House shoes or slippers for the field accommodations
- One set of nicer clothes to be used for if visiting the opera or a concert in Prague

## Field Supplies

- Small daypack/rucksack
- Drybag 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)
- Hand lens/magnifying glass with hard case and string for wearing
- Whistle (for wearing while in the field)

**Bedding and Bathing Note:** Linens, blankets and pillows will be provided by the project.

- Towels (only a small one is provided by the accommodation)

### **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
- Eye mask, as rooms do not have curtains and the sun rises at 4:00 a.m.

### **Miscellaneous**

- Spending money
- Camera, film/memory card(s), extra camera battery (it will also be possible to buy film and camera batteries in Bedrichov)
- Partial roll of duct tape (always handy)

### **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
- Photos to present on your own travel/research/previous Earthwatch experiences
- Snacks (available for purchase in Prague)

**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](http://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](http://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](http://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](http://www.earthwatch.jp)

Phone: +81-(0)3-3511-3360

Fax: +81-(0)3-3511-3364