Wildlife rescue and rehabilitation, MALAWI
Vous pouvez librement télécharger ce document ainsi que les documents correspondant aux autres missions sur la page web réservée à chaque mission, sur le site www.cybelle-planete.org. Il est nécessaire que vous puissiez communiquer en anglais durant certaine mission, nous vous présentons donc certains documents en anglais. Le texte de ce document est développé en collaboration avec le projet. Chaque année il sera mis à jour, si nécessaire. Cela dit, vous risquez, une fois sur le terrain de constater des différences entre ce que vous avez lu et ce que vous vivez. Il faut comprendre que pour réaliser et suivre un programme lié à la faune sauvage, une certaine flexibilité est requise.

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Project presentation

The project has been established in 2008 as a wildlife rescue, rehabilitation and education facility. Since, it has grown into a world-renowned, award-winning organization that focuses on four key areas: wildlife rescue and welfare, conservation justice, research and education, and advocacy.

The project’s mission is to protect Malawi’s wildlife by helping wild animals in need, combating wildlife crime and empowering the guardians of the wild. It is working towards a future where every wild animal in Malawi is free from human-inflicted suffering. It works in collaboration with a range of partners, including the government of Malawi to deliver a number of wildlife management, justice, and advocacy initiatives.

As habitats disappear, wild animals are losing their homes and human-wildlife conflict is on the rise. Wildlife crime, such as the pet and bush-meat trades, is common in Malawi and, if the law is to be enforced, the ‘victims’ need somewhere to go. Elephants and rhinos are also targeted for their tusks and horns, through snaring in and around protected areas.

The Wildlife Sanctuary is home to on average 200 rescued wild animals, most of which have been rescued within Malawi, and every effort is made to release the animals back to the wild where they belong. For those that can’t be released, the sanctuary offers the best possible quality of life in large, natural enclosures where they can roam freely. Thanks to the Sanctuary’s vet clinic which is supported by volunteers, the majority of rescue callouts can be managed on site. The Wildlife Sanctuary is also an environmental education facility and protects an important urban wildlife reserve. It welcomes over 25,000 school children every year, who participate in environmental education programs. The Wildlife Sanctuary provides jobs for local employees, but international volunteers are critical to the sanctuary’s rehabilitation work.

The project also operates the country’s Wildlife Emergency Response Unit, which responds to calls for animals in distress in the wild and provides nationwide in-situ veterinary support.

The project is the Government of Malawi’s lead partner on wildlife legislative and policy updates, court monitoring and prosecutions. In 2016, Malawi was confirmed as Southern Africa’s principal transit hub for illegal wildlife products – a key link in a chain of poaching, trafficking and demand that is threatening some of Africa’s most iconic species with extinction. Some of the world’s biggest ivory seizures have been linked back to Malawi. The project believes that a strong legal framework underpins the enforcement of wildlife crime.

The project’s Protected Area Environmental Education Project has been developed to raise awareness about environmental issues, the importance of protecting wildlife within protected areas and the associated benefits for communities. The project’s team and international volunteers work with schools to deliver environmental education across the following topics: Wildlife Welfare & Conservation, Deforestation, Waste Management, Biodiversity, Wildlife Crime, Human-Wildlife Conflict, and Climate Change....

Malawi has high species richness and endemism but that remarkable biodiversity is under threat from the likes of wildlife crime, human-wildlife conflict and deforestation. The project’s team believes that a science-based approach, through wildlife research, is critical to effective conservation management. It’s wildlife research mission is: to work with local government and like-minded organizations to deliver applied conservation research and capacity building initiatives which inform the effective management and, in particular, re-introduction of wildlife.

The project research themes have been developed to fill gaps in knowledge. Current research focuses on: elephant research, Samango monkey research, Primate Research, conservation medicine (wildlife epidemiology), and illegal wildlife trade... Working in collaboration with the Department of National Parks & Wildlife and Conservation Research in Africa, the project established Malawi’s first Wildlife Research Institute in Vwaza Marsh Wildlife Reserve, and supports other satellite projects elsewhere in Malawi.

Species / environment

The Wildlife Sanctuary, is based in 200 hectares of woodland, and is home to on average 200 rescued wild animals including: crocodile, duiker, hyena, yellow baboon, vervet monkey, serval cat, and python....
At Vwaza Marsh Wildlife Reserve species that you may study include vervet monkeys, samango monkeys, baboons, elephants, servals, birds and antelope such as bushbuck and duiker.

Volunteers role

The project welcomes volunteers, interns and vet students to help to project Malawi’s wildlife, through a range of different role, which are outlined below:

Sanctuary Volunteers

**DURATION:** 2-12 weeks.

**LOCATION:** Wildlife Sanctuary

**QUALIFICATION REQUIRED:** None

**THE WORK:** This placement is for those who want to work with wildlife and are passionate about conservation. Most of the volunteers choose to focus on wildlife rescue and rehabilitation, but you’re also welcome to support other activities, which are listed below:

**Wildlife Rescue and rehabilitation:** Most volunteers choose to spend the majority of their time with the animal care team, where work covers the whole rehabilitation spectrum. Expect to get your hands dirty, work hard and sleep well! Duties include animal husbandry (cleaning, sanitation, feeding and enrichment), orphan care, vet clinic support, observations, integrations and reintroductions. You’ll also get the chance to learn more from lectures and presentations about specialist areas of work such as enrichment, observation and rehabilitation techniques.

**Orphan Care:** Orphans at the sanctuary need special attention and they may need round-the-clock care to ensure that they have the best possible chance of rehabilitation. The welfare of the animals always comes first, with care plans based on standard operating procedures that are adapted for each individual. In general, most volunteers will find themselves involved in the orphan care schedule, however in some cases animals may require interaction with volunteers that are there for longer periods of time (3+ weeks). Depending on how many orphans are present any one time, surrogacy work may be needed which can include looking after orphaned animals such as owls, jackals, vervets, baboons, serval cats and antelopes.

There is also a lot of other work involved in orphan care which everyone will muck in with such as cleaning, washing and preparing food or collecting browse for the animals.

**Animal Husbandry:** Welfare of the animals that are residents at the sanctuary is an absolute priority. Here volunteers can work alongside the animal care team helping with cleaning, feeding and caring for the animals.

**Enrichment:** Enrichment is an important part of the care of the adult animals at the sanctuary, especially those animals that are social but because of the stage of the release program, may need to be kept alone in an enclosure. Enrichment helps to keep the animal busy and interested and can help prevent stress. Volunteers can support with designing and producing the items used for enrichment, alongside observation and recording of the animals’ interactions with the items.

**Wildlife rehabilitation and release:** The sanctuary’s animal releases are highly acclaimed and it boast some of the world’s best success rates. This is due to the expertise and effort that goes into the releases and you are crucial to the process - helping with rehabilitation, observations, integrations and the final release and subsequent monitoring. Most of the rehabilitation takes place at the Wildlife Sanctuary and there are several release sites around the country where field teams occasionally need volunteer support.

**Education and Community Outreach:** You will also have the opportunity to join the environmental education team at the Wildlife Centre and in schools out in the community. The outreach team also welcomes help on their adult literacy and fuel briquette projects.

Research Volunteers

**DURATION:** 2-12 weeks.

**LOCATION:** Various wildlife reserves and National Parks, depending on time of year and needs of specific projects

**QUALIFICATION REQUIRED:** None
THE WORK:

The research projects cover a range of issues and locations. Joining a particular project will depend on your specific skills and interests, the time of year and the needs of the project. It’s best to get in touch and have a chat with the project team to explore the right fit for you. Below are a few examples of previous research projects:

- Monitoring elephant populations to investigate their population density, herd compositions and diet
- Assessing the effectiveness of primate releases by recording pre- and post-release behaviors and other welfare indicators
- Compiling a photo log of zebra herds to help us identify sick individuals, monitor health, inform genetic studies and support anti-poaching efforts
- Studying the risk of transmission of African Swine Fever from wild suids (e.g. bushpigs and warthogs) to domestic pigs

Combo sanctuary and research placement

The sanctuary and research volunteer placements above are often combined (e.g., participants spend 2 weeks at the Wildlife Sanctuary and 2 weeks in a Wildlife Reserve). The project generally asks participants to spend at least two weeks at each site as this ensures that they can get the most out of the training and learning opportunities.

Vet externships

This placement will give you a real insight into sanctuary-based vet work. The specific tasks will vary according to the types of animals we are caring for at any particular time, but you can expect to get involved in a mix of clinical work and wider welfare activities, including enrichment, integrations, observations and animal husbandry.

DURATION: 2-12 weeks

LOCATION: Wildlife Sanctuary, Kuti Wildlife Reserve

QUALIFICATION REQUIRED: Most suited to vet students. Please submit any course requirements with your application so the project can plan your placement appropriately. Qualified vets and vet nurses are also welcome.

THE WORK

Wildlife Rescue & Rehabilitation

This program is ideal for those looking to gain broad, real-world experience of sanctuary-based vet work that also includes other aspects of animal rehabilitation, as per the responsibilities of the sanctuary volunteer. Clinical work varies but can include diagnostics, lab work and procedures. Externs will also be expected to get stuck into the day-to-day care of our animal residents. Externs will always be expected to priorities the demands of the veterinary department at the Wildlife Sanctuary which ranges from incoming exams and emergency operations through to health checks and routine diagnostics. Depending on the staff available, a number of other theoretical and practical trainings can be made available. Clinical sanctuary work is understandably variable in comparison to a domestic animal clinic and so the program is perfect for those looking to gain a broad, real-world experience that spans other aspects of rehabilitation.

Clinical Projects

Splitting your time between the sanctuary and the field, you can learn new techniques and contribute to an important body of clinical research. The current project phase involves wildlife health surveillance and veterinary outreach in the villages surrounding the Kuti Wildlife Reserve. For those people interested in research, you may also be able to also support the project ‘Clinical Projects in One Health’ program at Kuti Wildlife Reserve, which focuses on wildlife health surveillance and veterinary outreach in the villages surrounding the reserve. Please note, participation in the ‘One Health’ program is dependent on time of year and availability of places.

Note:

All vet externs coming from June to August spend at least one week at Kuti Wildlife Reserve with the Clinical Projects in One Health program. The project encourage vet externs coming throughout the year to include time at Kuti Wildlife Reserve in their placements as this offers a unique learning opportunity and forms an important part of wildlife medicine.
Internships

Because the work of the project cuts across so many disciplines – from animal rescue and rehabilitation to research and justice – it can tailor an experience that is right for you. An internship with the project is particularly useful for people looking to fulfil specific requirements as part of a degree or course. So if you’re looking to gain certain knowledge, skills or opportunities get in touch to have a chat with the project’s team (please outline your goals and requirements as part of your initial enquiry)

DURATION: 4-24 weeks

LOCATIONS: Various, depending on internship content and structure

QUALIFICATIONS REQUIRED: None.

THE WORK

There is no set template or structure for this opportunity, but your internship experience could cover any – or all – of the following areas of work:

Wildlife rescue & rehabilitation

Join the project’s award-winning animal care team where duties include animal husbandry (feeding, cleaning, and enrichment), orphan care, vet clinic support, observations, integrations and re-introductions.

Wildlife research

Supporting one of the project research projects, you will be trained in critical research techniques such as behavioral observations, individual animal IDs, population census surveys, habitat assessments, data entry and GIS mapping. Depending on your specific needs, the project may also be able to provide support or supervision with your own research.

Education & outreach

The project environmental education team works from both the Wildlife Centre and in schools out in the community, and also runs small conservation and sustainable livelihood projects such as bee-keeping, briquette making and tree-planting.

Other disciplines

You can also apply to spend time working on other areas such as advocacy, campaigns, communications or justice.

Student Research Placements

Students wishing to conduct their industrial, PTY or professional training overseas placement are welcome to join the research team at the Malawi Wildlife Research Institute.

DURATION: 1-12 months

LOCATION: Various sites, depending on time of year and needs of specific projects

QUALIFICATION REQUIRED: BSc, MSc, MRes or DVM students

THE WORK:

Your time with the project will be directed by your research needs. Below are a few examples of research projects students have done with us in the past:

- Assessment of the release of rehabilitated vervet monkeys (*Chlorocebus pygerythrus rufoviciridis*) in Kasungu National Park.
- Stress and parasitism in translocated vervet monkeys (*Chlorocebus pygerythrus*) in Malawi.
- Factors influencing presence of blue monkeys (*Cercopithecus mitis*) in naturally fragmented Afromontane forest patches of Nyika National Park.
• Pre-release enrichment strategies to stimulate natural behaviour in common duiker and common genets.
• Surveillance for African Swine Fever vectors in pig kholas around Kuti Wildlife Reserve.

Wildlife veterinary medicine course
This intensive seven-day course is designed to give you a hands-on introduction to wildlife veterinary medicine. Vet students can count this towards their EMS (Extra Mural Studies).

This course can be combined with another placement.

DATES: see on www.cybelle-planete.org

LOCATIONS: Lilongwe Wildlife Centre, Kuti Wildlife Reserve

QUALIFICATION REQUIRED
Ideally studying for or holding a vet related qualification

COURSE CONTENT
Under the instruction of Malawi’s leading wildlife veterinarian, Dr. Amanda Salb, you will be taught through both lectures and wet labs. You’ll also help out with the annual health monitoring program which includes physical exams, patient monitoring, and sample collection and analysis.

• DAY 1: Arrival, sanctuary orientation and introductions.
• DAY 2: Lectures & wet labs in parasitology, haematology & observations in primate infectious & non-infectious diseases, emergency management.
• DAY 3: Primate health checks. Lecture/lab in avian exams & procedures.
• DAY 4: Primate health checks. Lecture/lab in avian small mammal rehabilitation, pharmacology and medication.
• DAY 5: Primate health checks. Lecture/lab in suture patterns in wildlife.
• DAY 6: Lecture and practical lab in remote capture systems. Travel to Wildlife Reserve. Game drive.
• DAY 7: Conservation roundtable discussion and game drive. Return to Lilongwe.
• DAY 8: Summary and departure.

Program schedule
Working hours and daily tasks are completely dependent on the specific role you are doing. At the Wildlife Sanctuary they are also dependant on the animals living here at the time, and on the level of care they need. Ideally, volunteers will work from 8am till 5pm, but this is not often the case as most orphans need feeding at unsociable hours and some even need round the clock care. Although the project will try its best to split this up between volunteers, be aware that there may be some long days or even some night shifts. However, a typical day at the sanctuary could look like this:

• 8am-11am: Orphan Care
• 11am -12pm: Enrichment activities
• 1pm: Lunch
• 2pm – 5pm: Community Outreach

Volunteers get one day off a week and one long weekend off a month.

Schedules are drawn up once a day and you will be allocated tasks depending on work priorities and skills and experience.

Important note:
Please know your own limits and let staff know how you are coping! Workloads and schedules will vary depending on the time of year, and can sometimes be physically tiring. For example there are likely to be more late evening and early morning shifts in orphan season (October - March), and between October and December it can get hot making physical work tough.

Volunteers are absolutely essential to the work and the project do ask a lot of you, but it is aware that everyone is different. Taking into account the wider demands of the charity, the project is always open to change schedules and if you feel that your workload is a bit much then please let it know. Whenever possible it will make changes to accommodate you, and rest and downtime are essential, so make sure you are looking after yourself! Whilst the team may seem very busy, management’s door is always open for a chat.

Please be respectful to everyone you work with. Any volunteer who becomes verbally or physically abusive towards a member of staff or fellow volunteers may be required to leave the program.

**Example of a two week placement at the Wildlife Sanctuary**

Day 1 – Arrive at airport, transfer to the Wildlife Sanctuary. Brief tour of volunteer house before resting.

Day 2 - Orientation from the Volunteer Coordinator, tour of the Wildlife Sanctuary, town tour and orientation, induction and training

Day 3 – Further induction and training from the Volunteer Coordinator and the Rescue and Rehabilitation Manager

Days 4-13 – Animal husbandry, orphan care, clinic support, integrations, observations. One day off.

Day 14 Transfer to airport for flight

**To register to this project**

Volunteers are given full orientation and on-the-job training when they arrive, and, when possible, the project placement is tailored to volunteers’ skills and experience.

Volunteers are required to be 18 years of age minimum and to have an average fitness (walk around 5 km daily).

Participants must have their own anti-malarial treatment, a rabies vaccination and a negative TB test.

Volunteers and interns must have comprehensive travel insurance (mandatory).

**Locations (dependent upon placement)**

**Wildlife Sanctuary**

The sanctuary is located within a 200-hectare reserve, home to wild animals such as antelope, crocodiles, small carnivores and hyena and over 100 species of bird. There are 4km of walking trails running through the forest and along the river, with a bar and café at the visitor center. It’s just 10 minutes to town with its restaurants, shops and markets, so you are never too far from “civilization” if you feel like a change of scene. The team is happy to organize movie nights, talks and nights out too and there is WIFI at the office.

**Kuti Wildlife Reserve, Central Region**

Kuti is located about 90 minutes’ drive from the sanctuary a few kilometers inland from Lake Malawi. The reserve’s habitats are diverse, ranging from brachystegia and miombo woodland through to grasslands, wetlands, and marshes. There’s diverse wildlife as a result, ranging from large mammals such as zebra, sable, kudu, giraffe through to primates and small carnivores as well as endemic species of butterflies and bats. Due to the lack of elephants and predators, it is possible to walk and cycle in the reserve.

The sunsets are quite spectacular - expect to spend many at the sunset deck with a drink in hand. Local communities are friendly, the market town of Salima is a bike taxi ride away and Senga Bay is an easy overnight or day trip.

**Vwaza Marsh Wildlife Reserve, Northern Region**
Vwaza is a national game reserve located in the Northern District of Malawi that covers an area of 1000 km². Habitats are dominated by miombo woodland, mopane woodland and wetland marshes and are home to many species of ungulates, carnivores, primates, reptiles (including crocodiles), hippos, elephants and birds.

It shares its western border with Zambia within the Tran-Frontier Conservation Area, making it a site of high conservation value. This was one of the reasons that Vwaza was chosen as a site for the Research Institute, which is a joint initiative between the Government of Malawi, the project and Conservation Research Africa.

**Climate**

Malawi has a reasonably temperate climate for Africa. Wet season is from November/December to February/March, but it is actually very pleasant as rains last only an hour or so in the afternoon plus it makes the country lush and green! It reaches around 32 degrees in the hot months of October and November, and the coolest month is July, at around 25 degrees but still bright and sunny.

Vwaza Marsh Wildlife Reserve tends to be a few degrees hotter than the wildlife sanctuary, while Nyika National Park has a more temperate climate, due to its altitude.

**December - February**

These months form the rainy season, during which 95% of the annual rainfall occurs. The weather is hot and humid and temperatures generally range between 20 and 35 degrees Celsius.

**March - April**

The tail end of the rainy season, temperatures are becoming slightly lower and rainfall becomes more intermittent. Temperatures can range between 16 and 25 degrees Celsius.

**May - August**

This is known as the cool, dry winter season. Temperatures in Lilongwe can drop as low as 10 degrees Celsius in the mornings and evenings (which is extremely cold when you become used to the warm days!), with mild days of around 25 degrees Celsius.

**September - November**

This is the hot, dry season. Temperatures begin to rise during the day, and peak in the month of November. With mild evenings and mornings of about 18 degrees Celsius, days can heat up above 37 degrees.

**Travel information**

**Dates**

Participation length:

- Minimum length: 2 weeks for volunteers and vet externs, 4 weeks for interns, and 8 weeks for research interns.
- Maximum length: 12 weeks for volunteers and vet externs, 24 weeks for interns, and 12 months for research interns.

The project welcomes volunteers all year round. Arrival and departure must be on Tuesday.

**Children**

Children under 18 are not allowed to participate.

**Capacity**

The project accepts a maximum of 12 ecovolunteers at a time.
Join the project
The Wildlife Sanctuary is based in the heart of Lilongwe, the capital city of Malawi, a 30 min. drive from Kamuzu International Airport.

The project will arrange your airport transfers and pick you up at the airport to the wildlife sanctuary.

Volunteer’s arrival and departure must occur on a Tuesday.

Language
English

Communication
At your arrival, the project will give you a local SIM card (included in the fee). There is no WIFI at the volunteer house, however data is cheap and readily available. WIFI is available at the Sanctuary café and office. Phone and internet service are available at Vwaza and Nyika bushcamps.

It is essential that you carry your local phone while volunteering at the wildlife sanctuary. This is so you can be contacted at any time, or in case of emergencies. All volunteers must bring an unlocked mobile phone with them. It is also possible to buy a cheap mobile phone for around $40, if necessary. All volunteers will be provided with a local SIM card and provided with a small amount of airtime. Additional airtime can easily be purchased in town. Please make sure all key and emergency contact numbers are saved into your phone.

Clothing and equipment
The project provides volunteers with all bedding and mosquito netting.

Essential items

For all participants
- Passport: You need at least 6 months between the end of your planned trip and the expiry date of your passport.
- Insurance policy including medical insurance/emergency and travel insurance.
- Vaccination certificate: Make sure that this includes all recommended vaccinations. If you plan to travel outside of Malawi, check the Yellow Fever status as Immigration will check your yellow fever book.
- Boots/closed shoes/trainers: Closed toe shoes/trainers are essential in animal care.
- Sandals: The days are quite warm so when you’re not working, it’s nice to cool down!
- Sunhat: Wide brimmed or peaked capped – essential against sunstroke and burnt heads.
- Shorts, t-shirts, Tank tops
- Working clothes: Bring at least 3/4 sets of clothes that you do not mind getting dirty for when you are doing animal/construction work. Please ensure that these have pockets for your phone.
- Working gloves: Useful for manual labour – chopping browse or animal feed, gardening gloves are ideal.
- Long trousers/long sleeved tops (to prevent mosquito bites in the evening)
- Long skirt / Sarong / Chitenge for women: Below knee length skirt for community outreach work.
- Underwear and socks: You wash these yourself so bring enough to last you between handwashes.
- Smart/going out clothes work: Living in a capital city means that we occasionally go out for meals or drinks. You will appreciate having something nice to change into after a hard day’s work
- Towel
• Wash kit/toiletries: These are readily available, although range is limited and they’re often more expensive.
• Sun cream: high factor, it’s not widely available and very expensive.
• Sunglasses
• A day small bag/backpack: medium sized backpack and/ or small shoulder bag
• A small padlock: to keep your valuables secured in provided lockers
• Torch/head torch: The sanctuary is very dark (especially during power cuts), and there may be late animal feeds.
• Unlocked phone
• Adaptor plugs
• Water bottle: essential
• Suncream
• First aid kit: Volunteers need to have their own personal first aid kit for daily use. As such it should be personalized – you know what you are most likely to suffer from better than anyone else! Don’t buy a pre-packed kit from the chemist – make your own and store it in a plastic box or non-rip bag. What follows are items that have proved useful in the past; you should check with your doctor and choose whatever he or she thinks you will need off this list and beyond. Obviously do not include anything in your kit that you have a known allergy to!

Personal Prescription Medications + prescription copy; Hydrocortisone Cream; Oral Rehydration Salt sachets; Melolin wound dressings; Antibacterial Gel; Saline Solution Eye Drops; Antiseptic Wipes; Canesten Pessaries or Cream; Anti-histamine cream and or tablets; Steri-strips; Adhesive plasters; Iodine (antiseptic/water purifier); Paracetemol and/or Ibuprofen; Triangular bandages & safety pins; Imodium or similar; Blister plasters; Insect Repellent; Zinc oxide tape or strapall; Tubigrip bandage for sprains; Latex gloves; Tweezers; Sterile needles (unlikely to need)

Vet externs only
• Watch : essential
• USB stick : To take home useful digital references from our library

Non-essential / recommended
The following items could be useful and make your stay more comfortable

• Warm fleece: Essential during winter months (May to August) and useful for the trip home!
• Cheap waterproof jacket: Rainy season is November to March.
• Swimwear: If you want to head to the lake or choose to take a dip at a hotel pool.
• Penknife
• Camera: Please insure & protect it from dust damage
• Laptop: Please insure it for loss/damage
• Adaptor Plugs: The volunteer house has UK square 3 pin plugs & uses 240V
• Mosquito net: Beds in the dorm and chalet have nets, but if you travel it could be handy.
• Sleeping bag: Linen is provided but you may require additional warmth in winter (May-August).
• Earplugs
• Entertainment: Movies or TV shows (DVDs or on a USB stick) are always very welcome (the project has a projector for movie nights!), as are games and any other suggestions to pass the evenings.

• Gifts for children: e.g. pens, small educational items for the Education team (not for handouts)

• Cheese/ Chocolate/nuts: As bizarre as this sounds cheese/ other snacks can be outrageously expensive in Malawi.

Accommodation

Wildlife Sanctuary, Central Region
The volunteer house is right in the heart of the sanctuary, so you are surrounded by animals. This means you can experience the wild side of Africa and yet still be close enough to the city to enjoy some of the benefits of civilisation.

The volunteer house consists of a mixed-gender dorm which sleeps up to 10 people, a chalet that sleeps up to 4 people and a second chalet that sleeps up to 2 people. Both chalets have an ensuite bathroom with a shower. There is also a communal lounge, kitchen, showers and bathroom in the main house, a garden with picnic tables and a lunch table.

Upgraded accommodation in the 4 or 2 people chalet is possible for an additional fee.

Belongings should be stored on the shelves and lockbox provided, and there is space for your luggage either under the bed or above the cupboards.

Kuti Wildlife Reserve, Central Region
The volunteer centre is located in the heart of the reserve. Each chalet can house four volunteers, with two beds in twin rooms. There is also a common area with a kitchen and this shared living space is equipped with solar power, showers, potable water and WIFI.

Vwasa Marsh Wildlife Reserve, Northern Region
The research camp is located on the edge of Lake Kazuni, close to the main gate of the park. Volunteers and students stay in large shared safari tents. There is a large built kitchen, dining and lounge area, a long-drop toilet, bucket showers (water is provided daily from a borehole, stored in camp and heated when needed), and office. There is solar power and although there is no WIFI, 3G coverage is available. An outdoor fire and seating area offers beautiful views of the lake and reserve.

Food

Wildlife sanctuary
Vegetarian meals and drinking water are included in the participation fee. There is also unlimited tea and coffee available. The cook takes Sundays off so you can alternate with the other volunteers to cook up a feast, or you can check out what the local restaurants have to offer.

The house cook provides lunch and dinner every day apart from Sunday. All meals are vegetarian, healthy and varied and include both western and local Malawian dishes. We can cater for vegans and those with allergies, so let us know in advance if you have any dietary requirements.

There is also a volunteer fridge should you want to buy meat or other personal luxuries.

Drinking water is available in the house for volunteer use. Tap water should not be used unless it is boiled or treated first. Please make sure you drink plenty of water to avoid dehydration - it can get very hot especially during the dry season.

Kuti wildlife reserve
There is an on-site chef who cooks three meals a day and specific dietary requirements can be catered for.

Vwasa Marsh wildlife reserve
Food for breakfast, lunch and dinner is provided and all meals are vegetarian. There is no on-site chef so cooking duties are shared communaly. Other dietary requirements can be catered for.
Daily chores

You’ll participate in meal preparation on Sunday – chef’s day off.

There is a cleaner who does basic cleaning and laundry apart from underwear & socks (which can be hand washed in the outside sink - and washing powder is provided). Volunteers are still responsible for cleaning up after themselves, and food & dirty plates should be cleaned up straightaway to avoid pests. Any food you purchase should be kept in the cupboards in the kitchen or in the volunteer fridge.

Please note that it is customary to tip the local staff at the end of your placement. This money can be given directly, or to your volunteer coordinator, and is divided between the cook and cleaner.

Other activities

Malawi is known as the Warm Heart of Africa for its friendly people and stunning landscapes, and it’s generally viewed as the “safest” country to travel in Africa. Volunteers take one day off a week and a long weekend off every month. It is possible to take off more or less time, dependent on emergencies and what projects you are working on.

The Wildlife Sanctuary highly recommends that you spend weekends off at the lake or on safari. It can help you with your booking and show you the best deals. Here are a few ideas:

- Zambia: Safari to South Luangwa valley
- Senga Bay: Boat trip, snorkelling, swimming.
- Liwonde National park: Game drives and boat trips
- Cape Maclear: Boat trips, paddle-boarding, canoes, booze cruise, hiking
- Kande: Horse riding
- Dezda: Pottery, paper workshop, hiking, cave paintings
- Kuti Wildlife Reserve: Wildlife viewing, cycling

By African standards, Lilongwe is a safe, clean and relatively quiet city with just the right amount of nightlife. There are craft and food markets and many lodges and hotels also have pools and spa facilities which are also worth taking advantage of!

As an idea of costs for extra trips, you will need about 7€-145€ if you want to take a trip to Lake Malawi, dependent on accommodation and activities. A 3 day safari to Zambia would be around 400€.

Useful information

Currency

Malawian Kwacha (MWK)

ATM

There are numerous banks and ATM machines available in Lilongwe, some within walking distance of the sanctuary. It is advised to take out all the money you need before going to the bush camp locations.

Please be aware that some shops do not accept debit card, but they are useful for emergencies. Inform your bank that you’re travelling to prevent security concerns. MasterCard is not widely accepted throughout Malawi, except at select ATM’s.

Extra expenses

If you arrive another day than a Tuesday, you will have to pay your transfert from the airport (around 40 € one way).
You should bring out a little extra to spend on drinks, meals out and souvenirs. 35 € a week should more than cover these, depending on your lifestyle.

Please note that it is customary to tip the local staff at the end of your placement. This money can be given directly, or to your volunteer coordinator, and is divided between the cook and cleaner.

A one-month tourist visa costs $75. This can be extended for up to three months while in Malawi.

Please also note students who work on non-Sanctuary projects must self-fund costs that fall out of the project existing operations (fuel, equipment, etc).

Evaluating your budget

- A meal in a restaurant: MWK 5,000-20,000
- A 1.5 litre bottle of mineral water: MWK 200-300
- A package of cookies: MWK 500-2,000
- Transportation (taxi, bus): MWK 2,000 from Wildlife Centre to town
- Internet connections in local cybercafés: MWK 1,000-5,000
- International prepaid phone cards: Airtime data: MWK 2,500 for 1GB one-week data bundle

Voltage

230 V

Medical information

Before departure

Please consult your doctor (and dentist if needed).

Malawi is in a high-risk malaria area. **Anti-malarials are essential** and must be declared on medical form.

VACCINATIONS

Please check with your local GP/Travel Clinic on the most up to date vaccination recommendations. These can take some time, so book an appointment as early as possible.

Volunteers are required to have a **rabies vaccination and a negative TB test**.

Rabies is prevalent in Africa, and as you will be working with animals it is important that you are protected.

Even if you have been vaccinated against TB you may still be a carrier of the disease and pass it onto our animals and one case of active TB could mean that all the primates at the sanctuary would have to be euthanized. An outbreak of TB would be devastating for the sanctuary so the project requires proof that you are not a carrier.

There are three types of test. If you have had a TB vaccination (BCG) then a Mantoux test is not a valid option & a chest X-Ray is preferred

1. Mantoux (only if you haven’t had a BCG/TB Vaccination previously).
2. Blood test
3. Chest X-ray

Other vaccinations recommended by are:

- Tetanus
- Diptheria
- Typhoid fever
- Hep A
For medical details please refer to the French Foreign Affairs Ministry website:
http://www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/

Additional information can be found online on the World Health Organization website:
http://www.who.int/countries/en/

In case of emergency
In case of an emergency, the closest hospital is 10 minutes’ drive.

Specific recommendations

Wildlife
There are wild bush pigs and hyenas that roam the Sanctuary at night. A night guard is situated permanently outside the volunteer house and can escort volunteers to the front entrance, after dark if needed. It is advised to always carry a head torch when travelling at night. Poisonous snakes may be present within the sanctuary grounds.

Bush camps in Vwaza and Nyika are not fenced, so volunteers are given strict safety briefings. Research teams are also accompanied by an armed scout.

Cultural considerations
Malawi is a conservative country and you may attract unwanted attention if you dress inappropriately. Women’s clothing: at the sanctuary, shorts and t-shirts are fine, but it is best to keep knees and shoulders covered when travelling or in town.

Animal contact
The wildlife sanctuary operates a strict hands-off policy as its goal is to release as many animals as possible back into the wild. It is highly important not to humanize the animals as this puts them at greater risk of being poached after release.

Drugs
Any volunteer found with drugs will be removed from the volunteer programme immediately.

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

Nor matter which program you chose, you’ll have to subscribe a cancellation, loss or damage of luggage, flight delay insurance as well. Neither Cybelle Planète nor its partners can be held responsible for the fees that could have been covered by cancellation insurance. You can find more information about insurance on our website: www.cybelle-planete.org.

Passport/Visa and country information
For border regulation details please refer to the French Foreign Affairs Ministry website:
http://www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/
**Congés éco-solidaire**

The project can welcome employees as ecovolunteers, thanks to the financial support of their employer*, within the framework of their agreed upon annual vacations. To enable this, the employer must have first established an Ecotime-off partnership (congé éco-solidaire) with the non-profit Cybelle Planète. The employers sponsorship donation** will allow the project to finance the necessary material and manpower to sustain itself as well as the hosting of the ecovolunteers. Thus one or more employees can participate. You can find more information about Ecotime-off partnerships on our website: [www.cybelle-planete.org](http://www.cybelle-planete.org)

By going to these projects alone or as a group, the employees will be able to bring their skills and motivation as well as learn new skills and know-how. It is a sustainable process that allows employers and their employees to implement their commitment towards biodiversity and the planet.

If you want to establish an Ecotime-off partnership please contact us : info@cybelle-planete.org or + 00 33 4 67 65 25 60.

* Every legal form of establishment can create an Ecotime-off partnership with Cybelle Planète: private business, business Foundation, non-profit or public establishment.

** Every donation made to Cybelle Planète gives the right to a tax deduction (for all establishments or people who are taxable in France).
Formulaire d’aptitude médicale écovolontaire

Ce formulaire doit être impérativement rempli, signé et renvoyé scanné à info@cybelle-planete.org

NE PAS IMPRIMER CETTE PAGE SVP

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

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

Bien que l’écovolontariat soit une expérience enrichissante et passionnante, il est important d’y prendre part dans des conditions optimales pour vous et pour le projet qui vous accueille. Votre condition physique et mentale va impacter les autres membres de l’équipe et le projet d’accueil, dans le sens où tous les participants partagent les travaux quotidiens et vivent ensemble. Afin de pouvoir éviter d’éventuelles difficultés, nous vous demandons de bien vouloir nous décrire, le plus honnêtement possible, votre état physique et émotionnel.

Les conséquences de déclarations médicales mensongères et/ou omises peuvent s’avérer très contraignantes pour toute l’équipe impliquée dans la mission, voire dangereuses dans certains cas (missions en haute mer, dans des sites très isolés…).

A savoir : Le participant n’a aucun intérêt à dissimuler ou travestir la réalité de son état de santé. Quelle que soit leur situation médicale, tous les projets ont vocation à accepter un maximum de participants. Pour cette raison, ils restent à l’écoute et se montrent très compréhensifs quant aux divers problèmes de santé que peut connaître un candidat. Toutes les solutions sont envisagées pour permettre au candidat de participer au projet, quel que soit son état de santé et dans la mesure du possible.

Avertissement : Toute fausse déclaration, omission ou information mensongère pourra être sanctionnée par l’exclusion immédiate et définitive du participant à ses frais et sur décision exclusive et unilatérale du projet.

S’agissant de la vie en collectivité et de la sécurité des personnes, le participant est dans l’obligation juridique et morale de communiquer clairement à Cybelle Planète toutes les informations nécessaires liées à son état de santé.
# Medical questionnaire

(To be filled by the ecovolunteer)

Last name, First name:
Name of the ecovolunteering project:
Country:
Participation dates:

<table>
<thead>
<tr>
<th>Age:</th>
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<tbody>
<tr>
<td>Height:</td>
<td></td>
</tr>
<tr>
<td>Weight:</td>
<td></td>
</tr>
<tr>
<td>Blood type:</td>
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</table>

Allergies? (if yes please explain)
Describe your allergic reactions

Do you have a regular medical treatment to take?
If yes for what medical condition?

Do you often take prescription drugs (without needing to mention birth control and malaria prevention treatments)?

Do you have respiratory conditions (such as asthma)?

Are you a smoker? How many cigarettes/day?

Do you have high cholesterol?

Do you have heart problems?

Do you have abnormally high blood pressure?

Do you suffer from a chronic disease?

Are you diabetic (even if only controlled through dietary adjustments)?

Do you have gastro-intestinal problems?

Does your health require a specific kind of diet?

Do you have an eating disorder?

Do you have Crohn disease?
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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</thead>
<tbody>
<tr>
<td>Are you anemic?</td>
<td></td>
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<tr>
<td>Are you epileptic? If yes do you take a specific treatment for it?</td>
<td></td>
</tr>
<tr>
<td>Do you have neurological problems? If yes are you taking a specific treatment for this?</td>
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<tr>
<td>Have you had any head trauma or other head injury with loss of consciousness in the last 5 years?</td>
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<tr>
<td>Do you have arthritis?</td>
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<tr>
<td>Do you have orthopedic problems?</td>
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<tr>
<td>Do you have frequent back problems?</td>
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<td>Do you have the capacity to do moderate physical exercise (such as 10 km of walking)?</td>
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<tr>
<td>Have you had any complications following surgery, an injury or fracture of your back, arms or legs?</td>
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<tr>
<td>Do you have any notable skin problems?</td>
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<tr>
<td>Have you had one or more surgical operations in the last two years?</td>
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<tr>
<td>Have you been hospitalized in the last two years?</td>
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<tr>
<td>If yes, please explain the reasons</td>
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<tr>
<td>Is there a specific detail about your health that Cybelle Planète should know?</td>
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</tbody>
</table>
**Please rate your degree of aptitude in terms of the criteria below**

<table>
<thead>
<tr>
<th></th>
<th>Good</th>
<th>Average</th>
<th>Weak</th>
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<tbody>
<tr>
<td>View (including correction if needed)</td>
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<td></td>
</tr>
<tr>
<td>Hearing</td>
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</tr>
<tr>
<td>Capacity to walk</td>
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<td></td>
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<tr>
<td>Capacity to walk on difficult terrain</td>
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<td></td>
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<tr>
<td>Swimming</td>
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<td></td>
<td></td>
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<tr>
<td>State of your back</td>
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<td></td>
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<tr>
<td>Capacity to carry</td>
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<tr>
<td>Energy and vigor</td>
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<tr>
<td>Endurance</td>
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<td></td>
<td></td>
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<tr>
<td>Agility</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Balance and coordination</td>
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</tbody>
</table>
Psychological and emotional evaluation

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

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

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

How would you globally rate your overall mental stability?
A remplir par votre médecin traitant

Depuis combien de temps suivez-vous votre patient ?

Date:

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

Nom du Médecin:

Signature

Tampon/cachet
Engagement médical écovolontaire :

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

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

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

Je déclare avoir fait et être à jour de tous les vaccins obligatoires, conformément à mon pays de destination, et avoir bien pris connaissance des traitements préventifs recommandés.1

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

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

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

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

Signature __________________________ Date _________________________

1 http://www.diplomatie.gouv.fr
http://www.who.int/countries/fr/