Amazonian Wildlife, Tambopata National Reserve, PERU
Summary

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Project presentation

This project is conducted in a biological station in charge of the conservation of a 200ha national forest concession. The founders are enthusiastic Peruvian biologists working in different areas of conservation, more specifically with primates and bats...

The project aims to give as many people as possible the opportunity to: learn and understand the importance of the Peruvian amazon rainforest and wildlife; participate in a conservation project including education and research programs (for volunteers and interns); and promote sustainable activities with the support of local parties. In addition, this project represent a good alternative for strengthening volunteers and students skills, giving them the opportunity to learn and apply knowledges and to get a new personal and professional life experience.

The long-term conservation goals of this project are:

• To better understand the impacts of human activities on Amazonian Wildlife, including endangered species.
• To collect valuable information for decision makers and promote creative solutions to better conserve the rainforest.
• To have, as much as possible, a real and clear positive impact on the rainforest concession.

The project is a non-profit initiative, devoted to rainforest protection since 2016. All financial incomes are invested in the implementation, maintenance and development of conservation projects. In this early stage of its development, the project needs volunteers to help in the conservation and research studies, but also to enhance the scientific station and acquire more equipment and materials.

Methodology

The project follows several research and conservation studies in the Rainforest, mainly inside the conservation concession:

• Study of the behavioral seasonal variations of the spider monkeys, *Ateles chamek*.
• Behavioral study of the Dusky titi monkeys.
• Installation and mapping of the trail system.
• Phenology study of angiosperms.
• Mapping and monitoring of the main timber species within the concession.
• Identification of the timber species that have been illegally exploited.
• Installation and monitoring of vegetation plots.
• Behavioral and ecological studies of specific taxonomic groups of wild fauna.
• Organic farming
• Maintenance and development of the field station

Species / environment

The project is located in the buffer zone of the Tambopata National Reserve, a biodiversity hotspot. The particularly high levels of biodiversity are thought to be due to various geographical factors that make the Tambopata region unique:

• It lies in a transitional area between humid tropical and subtropical rainforest.
• Altitudes range from 200 m to 2,000 m (the Tambopata River reaches the Andes).
Rapid changes in temperature caused by annual cold fronts “friajes” coming in from the South.

Considerable changes in yearly annual rainfall.

Scientists have yet to agree but during several periods of the Ice Age, this is one of various patches of the Amazon thought to have become isolated and therefore able to resist drying up and evolve differently.

In the project area wildlife is abundant: jaguar, *Panthera onca*, puma, *Puma concolor*, tapirs, harpy eagle, *Harpia harpyja*, white-lipped peccary, *Tayassu pecari*, and several other species of monkeys, birds, frogs, bats, insect, etc… The flora is also luxurious, with numerous timber species. Studies of the regional biodiversity recorded more than 1500 plant species, 160 mammals’ species, 1200 butterflies’ species, and 100 amphibians’ species.

Among the amazing fauna, the project runs projects on primates, especially on spider monkey, *Simia paniscus*, as the biological station’s director is specialized on this species. The long term study on spider monkey is concentrated on a group that has been reintroduced 7 years ago. The aim is to understand the behavioral and adaptation patterns of the group compared results with wild populations, and the importance of spider monkey for the natural regeneration of the rainforest. This study is unique in this area as spider monkeys are considered locally extinct, and as this is the unique successful reintroduction experience reported in Peru.

Volunteers role

Volunteers are helping the project’s team with scientific research and long term monitoring. As a volunteer, you may use this opportunity to learn new valuable research and identification skills than can be useful for your studies, career or personal development.

Activities on site include patrolling the conservation area, wildlife monitoring, habitat evaluation, assisting researchers and other activities to maintain and develop the biological station.

The project’s team is qualified and experienced in conservation biology. They will share their knowledge with volunteers throughout on-site teaching and training sessions. Volunteers will learn a lot about local wildlife, rainforest threats/impacts, deforestation, conservation solutions, climate change, outdoor orienteering, survival, rainforest ecosystem... Special courses will be given every Friday.

Volunteers participate to all the activities conducted at the biological station, these include:

- Patrolling the area and design trails.
- Collecting data on the ecosystem health.
- Recording any evidence of illegal activities.
- Collecting data on biodiversity and wildlife.
- Assisting in the maintenance and development of the field station

Volunteers may also accompany and help interns and researchers in their fieldwork. Biologists often come to study bats, rodents, birds, reptiles, amphibians, insects, etc. Volunteers have a real contribution with the project and new creative ideas to improve the project are welcomed!

Some of the work is seasonal and as a volunteer you will work on a variety of tasks during your time at the reserve. There will also be time to process the information and data collected.

Volunteers follow a daily schedule and usually work an average of 6-8 hours in the field each day, some days more depending on activities. While some morning tasks start early, you will have is plenty of time in the evening to relax after work. A moment of rest usually occurs to avoid the midday heat. Volunteers have one and a half free day per week.

Useful skills / requirements

All training and supervision will be provided, so no prior qualifications, skills or previous experience are required. To participate to this volunteering project, you will have to:
- Be 18 years old minimum,
- Have a real interest for conservation biology,
- Be able to work in a team
- Be in good physical condition, (i.e. being able to walk 10 km - 5 hours - in the rainforest, carrying a back pack will daily supplies
- Speak English (working language) and/or Spanish,
- Have a comprehensive travel insurance,

Volunteers have to really enjoy being outside all day long and under all type of weather conditions. Life and work in the project are in the jungle, here you should encounter rain, sun, mosquitos and insects... in a really basic accommodation and fairly isolated from civilization. You will have to understand and consider the potential risk of wild and possibly dangerous animals like jaguar, pumas, poisons snakes and insects.

The project’s team will speak every day about the importance to work and live in a responsible way in the forest, for avoid accident, missing people and other unfortunate events. All necessary explanations and supervision will be given on how to prepare any activity in the field, how to behave in the forest, and security protocols.

You’ll have to send a cover letter to the project when booking (English or Spanish, one page). This will allow the project to know your motivations, skills and interests.

**Program schedule**

Here is an example for a 2 weeks volunteer experience:

- Day 1: Pick up in the airport and transport to the station (Sunday afternoon)
- Day 2 - 7 : Activities and ongoing programs (a half day resting on Saturday)
- Day 8: Resting day (Sunday)
- Day 9-13: Activities and ongoing programs (a half day resting on Saturday)
- Day 14: Transport to the city (Saturday morning)

A normal day schedule: please considerer that it is an example, some days can be started earlier or need a night activities, or may depend on weather conditions.

- 7-8: Breakfast
- 8-11:30: Activities and ongoing programs
- 12-13:00: Lunch
- 13-14:00: Resting time
- 14-17:30: Activities and ongoing programs
- 19-20:00: Dinner
- >20:00: Social time, tables games, bar, movies, lessons, presentations, etc.

**Location**

The project is located in the Southeast of the Peruvian amazon, in a concession area of approximately 200ha designated for conservation by the Peruvian government. The concession is located in the buffer zone of the Tambopata National Reserve, bordering the right side of Madre de Dios River and can be reached from the city of Puerto Maldonado by a one hour boat ride. The project has also permission to conduct studies and monitoring within the Tambopata National Reserve.
Puerto Maldonado is a friendly city for foreigners. There are many tourists, volunteers, researcher’s and interns for different organizations and NGOs that you can see or meet around the mean square in the “Plaza de Armas” where there is restaurants, shops, bar, etc.

A big part of the people living in Puerto Maldonado are coming come from other parts of Peru, the city and the people are very friendly to foreigners.

**Climate**

It can rain at any time of the year in the Tambopata area, in Peru, or anywhere in the Amazon rainforest but it is driest from May until October. The rainy season is from November until April and the rainiest months are from December to February. The drier season is the more popular time of the year for visitors but both seasons can be considered.

Advantages of coming during the dry season are that rainforest trails can be much less muddy. However, it is hotter and travel times can be longer.

Upsides to coming in the rainy season are that it is cooler and transport times are shorter. However, there are more mosquitos and hiking trails will be muddier.

Considerer that between April and August there is few days (2-5 per month) of cold period where the temperature can go down between 9-13°C, if you come during this month’s better bring some clothes/change for the cold.

**Travel information**

**Dates**

Participation length:
- Minimum length: 2 weeks for volunteers, and 4 weeks for interns
- Maximum length: 24 weeks (6 months).

The project welcomes volunteers all year round. Arrival must be on Wednesdays or Sundays.

**Internships**

The project accepts interns.

Interns must be able to work independently and carry out their own research activities. If a volunteer don’t have a research proposal or a planned internship program, the project can either help in creating a research proposal or offer to participate to one of its main project. Interns will be given a “Scientist” supervisor.

Interns requirements:
- Be 20 years old minimum,
- Be in good physical condition, (i.e. being able to walk 10 km - 5 hours - in the rainforest, carrying a back pack will daily supplies)
- Speak English (working language) and/or Spanish,
- Have a comprehensive travel insurance,
- Stay for a minimum of 4 weeks

**Children**

The project doesn’t accept volunteers under 18.

**Capacity**

The project accepts a maximum of 10 ecovolunteers at a time.
Join the project

Volunteer must plan their arrival at the project on a Wednesday or a Sunday.

The project is located in Puerto Maldonado in the southeast of the Peruvian Amazon. You can join Puerto Maldonado by plane, from Lima or Cusco, or by bus from Cusco City. A project’s member will pick you up at the airport or in town, and you will directly travel to the biological station.

In town, the main square is at 15 minutes’ drive from the local airport by taxi. The harbor where you will take the boat is at 3 minutes from the main square. The biological station is at one hour by boat.

Language

English

Communication

Due to the remoteness of the Biological Station there is a low phone signal and no internet. However, there are some areas, near the river, where you can get some connection/signal for phone calls or internet. You will have to get your own local SIM number (Claro Company) or other international solution.

Volunteers have the opportunity to visit the city every 2 weeks, for 1 night over the week-end. Here you will find hotels, restaurants, laundry, shops and internet access (not included in the participation fee).

Clothing and equipment

The project provides bed sheets and mosquito net.

The following is a basic list of supplies that volunteers are likely to need while staying at the project. For your comfort you may want to bring additional items.

- **IMPORTANT EQUIPMENT:** personal laptop (optional), compass (brujula)....
- For Bed: most volunteers use a sleeping bag with a sheet as liner, you may prefer a blanket instead of a sleeping bag. Blankets can be purchased inexpensively in the City.
- Day pack and/or hip pack: Extremely useful, it must be large enough to hold a rain coat, binoculars, a camera, some snacks, a water bottle, insect repellent, sun block, notebook, etc.).
- Large backpack (and duffels): Suitcases will be damaged; a waterproof backpack is a good option.
- Waterproof/plastic bags: you may use bin/trash bags for clothes, sleeping bag, etc.
- Binoculars: 7-8x for mammal projects; 10x for birds.
- Camera: With flash, 1 or 2 spare camera batteries, 1 spare UV filter, 1 telephoto lens.
- Watertight container: “Dry bags” sold for water sports are recommended for protecting equipment; a watertight bag made of heavy plastic is an inexpensive alternative. Army surplus ammo cans are useful (but bulky) to protect electronics from water and jostling.
- **Silica gel:** To be included with items being stored in watertight containers, they usually can be re-dried by heating. Essential if you bring a notebook or camera.
- Sweater, fleece, or jacket: Warmer layers are occasionally needed because the temperature can drop during “friajes” to 10°C.
- Waterproof jacket and poncho: Take a good waterproof coat; cheap ones tend to seep or leak. A poncho is very useful when traveling on the boat to and from the station.
- Clothing: Durable, light-weight and quick-drying clothing is recommended. Cotton is inexpensive and comfortable. New synthetic and/or wool blends are also comfortable and will dry more quickly than cotton. Some (particularly older) synthetics are not comfortable in warm, wet environments where sweat is a part of daily life.
Pants: Bring at least three pairs of long pants suitable for fieldwork. Sweat pants are comfortable for around camp.

Shirts: Long-sleeved shirts are recommended because of mosquitoes.

Footwear: Do not skimp on this most crucial part of your clothing. Medium-heavy hiking boots are recommended for their snake-resistant qualities. In addition, you will need a pair of rubber boots. Sneakers, sandals, etc. are not recommended for use in the forest, but can be used around the camp.

Other clothing: Underwear, socks, bathing suit, warm hat...

Cap with visor/hat with brim: Very important for the river trip to cut exposure to sun and glare.

Towel: Absorbent but fast-drying is best.

Eyewear: sunglasses. Bring spares of glasses and contacts.

Hygiene items: The station provides toilet paper. Other items such as deodorant, shampoo, and female hygiene products are not provided.

Detergent for washing clothes: Biodegradable detergent is not available in Peru. If you can, bring some with you.

Flashlight/head lamp: Invest in a good one (with a directed rather than a diffuse beam of light) and bring some spare batteries.

Other items: Toothbrush and toothpaste, insect repellent, sun screen, water bottle, ear plugs, travel pillow....

Batteries: You will be able to recharge your batteries at the project.

Medicines: Although there’s a basic stock of medicines and a First Aid kit at the station, you must bring your personal medications. Also, bring antihistamine cream / tablets for insect bites.

PS. blankets, poncho and rubber boots can be bought easily in the city and are not expensive. Note that shoes sizing over 43 European are not available in Peru).

Accommodation

The Biological Station is designed for expedition-style research and learning programs. It has a rustic style. For those who love nature and raw wilderness, this is the perfect place for immersion into the wild. The station is located near the Madre de Dios River. It has a common area for living, dining and work, where volunteers can socialize and play games, meals are served, and data downloaded and entered. There are also some hammocks installed around the station.

Volunteers are in direct connection with nature and experience living in multicultural group in the jungle, under basic conditions.

Volunteers share 2-4 person dorms, and have one private bathroom/shower.

Electricity is provided by solar panels.

Food

All the people living in the station share the mealtime together. Volunteer participate in turn to meal preparation.

Breakfast: milks, eggs, fruit salads, bread, coffee, cereals, juice, etc...

Lunch: variation of typical daily Peruvian food (rice, pasta, beans, salads, etc...)

Diner: variation of typical daily Peruvian food (rice, pasta, beans, salads, etc...)

Vegetarians and vegans are welcomed. Vegans should bring their personal food supplement.
Daily chores
Volunteer are responsible of cleaning their rooms and their personal bathroom. They also participate to the cleaning of the common areas.

On weekends, they help the project unload the boat with all supplies and bring them to the station.

Volunteers can do their own laundry at the Station, or use a Laundry service in town every 2 weeks (around 2 USD per kilo).

Other activities
Volunteers will be able to visit the city of Puerto Maldonado every two weeks for one night over the weekend. Here they will find hotels, restaurants, laundry, shops and internet access. The river transportation is free if the project has a boat already scheduled (e.g. someone is arriving or leaving), otherwise, they have to pay for the boat transportation (around 100 USD).

Volunteers can have a daily tour and visit:
- The Sandoval lake in the Tambopata National Reserve: 30-40$ per person
- Rescue Center and Canopy Walkway: 15-20$ per person

Useful information

Currency
Peruvian Sol

ATM
There is ATM and some exchange places around the mean square of Puerto Maldonado.

Evaluating your budget

- A meal in a restaurant in Puerto Maldonado: 10 soles
- A 1,5 l. bottle of mineral water: 5 soles
- A package of cookies: 1 sol
- Transportation around the city: lineal Motorbike 1-2 sol, Tuk tuk 2-3 soles, Taxi 3-5 soles.
- Internet connections in local cybercafés: 2 soles / 1 hour
- International prepaid phone cards: 3-20 soles
- Hostel 25-40 soles

Voltage
220 V

Medical information

Before departure
Please consult your doctor (and dentist if needed). It is important to tell your doctor that you will be in a very remote region. Bring supplies of any medications you use regularly or occasionally.

Everyone should make sure they are up-to-date on all recommended vaccinations.

Contracting Dengue fever is a possibility. Wearing long sleeves and pants, and using repellent at dawn, dusk and night, will significantly reduce the chances of infection.
Chloroquine or other malaria prophylaxis is optional, though a US or European physician is likely to insist that you take prophylaxis as a precaution. The Amazon rainforest in Peru is within a malaria zone, and although it is rare in Tambopata the project still recommend anti-malaria pills when in the jungle.

Yellow Fever and Typhoid injections are also required, as outbreaks of Dengue have been reported in the past. Rare cases of Leishmaniosis are also known. However, it is best to consult your own GP to find out about recommended vaccinations and treatments before travelling, allowing enough time to complete your course of vaccinations.

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

The biological station has a basic medical kit, including antibiotics, first-aid supplies, but the station does not accept responsibility for having on hand any possible drug or therapeutic device that might be needed in an emergency.

In case of accident or emergency that need urgent medical attention the project will evacuate the volunteer as fast as possible to the nearest hospital in Puerto Maldonado (this will take at least 4 hours). Prospective visitors should be keenly aware of the station’s remoteness. In the event of emergency, a boat has to be chartered to go to the city.

Specific recommendations

Local wildlife / field

Wildlife

- Animals and plants should be disturbed as little as possible. Maintain an appropriate distance from wildlife and seek to learn how best to approach target species from researchers who have worked with them previously.

- No animal feeding. Please make sure that your personal snacks are stored appropriately.

- Do not handle any animals with which you are unfamiliar or untrained. This includes all invertebrates (spiders, caterpillars, scorpions ...).

- Don’t ignore cuts, bites, stings, scrapes, splinters, punctures etc. Any break in the skin must be attended with proper medications.

Field work in the jungle:

- Use the check-out/check-in system when going out to work on the trails. If you work far from camp, tell someone where you will be.

- Don’t use any equipment you are not trained to use properly. This includes tree-climbing gear, generators, outboard motors, chain-saws, etc.

- No climbing of trees unless this is required for research (for which you must have the appropriate equipment).

- Life jackets must be worn at all times when traveling by boat on the river.

- Don’t eat anything you do not know if it can be eaten safely by humans. Just because monkeys eat it, that is no guarantee that we can. There are fruits in the monkey diet that CANNOT be eaten by humans.

For bathing / swimming

- No swimming further than 3 m. from the river bank.
• No swimming alone (bathing near the river bank alone when others are nearby is permitted).
• STRICTLY no bathing at night (caiman are more active and may be more aggressive at night).

**Good practices**
• The project’s policy create and maintain a drug-free environment. Improper use of controlled substances is inconsistent with the professional and responsible behavior expected from researchers and staff. Use of illegal drugs is not tolerated.
• Excessive alcohol use is strongly discouraged, and inappropriate behavior resulting from alcohol abuse will result in loss of this privilege.
• Be considerate to others, and keep noise down.
• At all times be judicious with your use of resources, including power, water, and station supplies.
• The project doesn’t provide personal caretakers. Please tidy up after yourself (wash own dishes after every meal, clear tents, rooms sites and lab spaces regularly, etc.) and pitch in to help with camp chores in a spirit of camaraderie. Once a week, everyone is expected to dedicate time to cleaning / sweeping / dusting, etc.
• Volunteers and investigators resident are obliged to contribute a small amount of their time to station upkeep. By doing so, you are helping to keep the cost of running the station to a minimum.

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

**Passport/Visa and country information**

**Congés éco-solidaires**
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 a 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…).

À 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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</thead>
<tbody>
<tr>
<td>Height:</td>
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<tr>
<td>Weight:</td>
<td></td>
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<tr>
<td>Blood type:</td>
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</tbody>
</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>
</tr>
</thead>
<tbody>
<tr>
<td>Are you anemic?</td>
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<tr>
<td>Are you epileptic? If yes do you take a specific treatment for it?</td>
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<tr>
<td>Do you have neurological problems? If yes are you taking a specific</td>
<td></td>
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<tr>
<td>treatment for this?</td>
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<tr>
<td>Have you had any head trauma or other head injury with loss of</td>
<td></td>
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<tr>
<td>consciousness in the last 5 years?</td>
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<td>Do you have arthritis?</td>
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<td>Do you have orthopedic problems?</td>
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<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</td>
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<tr>
<td>km of walking)?</td>
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<td>Have you had any complications following surgery, an injury or</td>
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<tr>
<td>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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<td>If yes, please explain the reasons</td>
<td></td>
</tr>
<tr>
<td>Is there a specific detail about your health that Cybelle Planète</td>
<td></td>
</tr>
<tr>
<td>should know?</td>
<td></td>
</tr>
</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>
</tr>
</thead>
<tbody>
<tr>
<td>View (including correction if needed)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hearing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capacity to walk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capacity to walk on difficult terrain</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Swimming</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>State of your back</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capacity to carry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy and vigor</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Endurance</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Agility</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Balance and coordination</td>
<td></td>
<td></td>
<td></td>
</tr>
</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/