Utila Iguana Conservation, HONDURAS
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Iguana project, Honduras
Project presentation

History

Since 1994, the Frankfurt Zoological Society and the Senckenberg Nature Research Society have worked jointly to preserve the Utila Spiny-Tailed Iguana (*Ctenosaura bakeri*), which lives only on the island of Utila. Several other organizations, including Honduran NGOs, joined their efforts and in 1997 the Iguana project was founded. Since 1994 more than 2000 volunteers joined and helped the project.

Preserving the Utila Iguana and its critical mangrove habitat is not the project’s only goal which is also working on:

- Promoting the sustainable development of Utila (a popular destination for divers) to protect the island’s natural resources.
- Conducting several wildlife research projects, including: endemic species such as the Utila Spiny-tailed Iguana, *Ctenosaura bakeri*, and the Roatan island Agouti, *Dasyprocta ruatanica*; as well as invasive mammal species such as raccoons, *Procyon lotor*, and white-nosed coati, *Nasua narica*;
- Monitoring of mangrove health and coastal erosion.
- Mangrove restoration
- Sea turtle conservation project (including the Hawksbill and Green sea turtle monitoring and their nesting ground conservation)
- Monitoring of migratory and resident bird diversity and abundance,
- Promoting environmental awareness among the people living and working in Utila, including working with schools and educating children and young people on the island about their environment.

As a local organization, the Iguana project buys all its materials from local businesses and hires local labour as far as possible in order to support the Utilan economy. Volunteers are also encouraged to make their purchases in local shops.

The Utila Spiny Tailed Iguana, locally called Wishiwilly or Swamper, has become emblematic for the conservation of the mangrove, which the ecological significance and endangered status is often underestimated compared to rainforest and coral reefs.

Since 1998 the Iguana project has provided a home base for environmental education efforts, iguana breeding and ecological research. Most of the work has been done thanks to the help of volunteers who spent between 4 and 12 weeks at the research station each year.

Scientific and/or conservation goals

The main aim of the protection and research project is the preservation of the Utila Spiny-tailed Iguana in its natural habitat and breeding areas. This Iguana project is successful in local environmental education awareness, discussion with decision-makers on environmental and development matters of Utila or Honduras, and finally outdoor research and sustainable development.

A combination of experience and careful planning has ensured the continuous improvement of the breeding program at the Station, which help to increase the numbers of the wild population of the Utila Iguana. Another breeding program, in cooperation with international zoos, also ensures that there is an external genetic pool of Utila Iguana available in many countries.

Worldwide, the Utila Iguana "Swamper" is naturally found only in the mangrove swamps of Utila, an area less than 10km². This fascinating animal is endangered by threats such as unsustainable development of the mangroves and beaches, over-hunting or increasing pollution.
The Iguana project’s efforts are focused on enhancing the understanding of the natural history of the Swamper by carrying out scientific research. This involves the monitoring of the Swamper wild populations using the latest technologies.

Moreover, the project has a local breeding program that supports the wild population in the mangroves: more than 200 hatchlings have been bred and released every year since the project started. The project has also an environmental education program in the schools of Utila and support a program of sustainable development and tourism.

Much of the conservation work in Utila is undertaken by volunteers from all over the world.

For over 20 years, the project has been monitoring wild populations of swampers and their habitat. He shared its findings with the municipal stakeholders and the scientific community. As scientific advisors, the municipal stakeholders have integrated the project recommendations in their development plans, minimizing the impact of a fast growing island population. As mentioned before, the breeding program has been up and running for more than twenty years, providing nature a steady support for the survival of a critically endangered and endemic species.

**Ecovolunteers’ usefulness**

The Iguana Conservation project is supported by a Honduran non-profit and non-governmental organization. The foundation is actively searching for support, and coordinates partnerships with national and international charities and conservation organizations. The kind of support provided varies from practical assistance, equipment donations and financial help. However, the project still lacks funding.

Your help as a volunteer is greatly valued. With your time and expertise, the different programs continue to succeed. Your financial contribution goes directly into the project’s budget. Actually, the project has been completely self-financed since the beginning of 2007.

**Species & natural environment**

**About the animal**

The Utila Spiny-tailed Iguana (*Ctenosaura bakeri*) is a large, tree-dwelling black iguana. This rare endemic reptile lives in the mangroves and nests on the beaches of Utila. Adult iguanas are light grey to dark grey, brown and often slightly turquoise. They can reach up to 70 cm in length. Males are bigger than females, with longer spines on their back and bigger heads. At first, the juveniles live on the ground at the edge of the mangroves, but when they become older they prefer to live in old trees within the mangroves.

**Where they live**

The island of Utila belongs to an archipelago called the Bay Islands (Las Islas de la Bahía), a few miles north of the Honduran coast, in Central America. Utila is just 42km² and is the only place in the world where you can find the Utila Spiny-tailed Iguana. The Utila Iguana lives in the mangrove forests that cover roughly 8 km² of the island. The females don’t lay their eggs in the mangroves, and have to migrate to the beaches. They lay their eggs in the sand, where they are incubated by the heat of the sun.

On the island, there are also 33 species of reptiles and amphibians and a high diversity of flora and fauna; some of which are endemic species.

**Why they need protection**

The increasing level of tourism in Utila is in conflict with nature conservation, especially because the breeding areas of the Utila Iguana (beaches) are endangered by human development. The survival of the species depends on the protection of the beaches that are not currently used for tourism. The Utila Iguana is a protected species in Honduras since 1994. While hunting the Utila Iguana is prohibited, authorities unfortunately are not equipped to properly enforce the law.
Environmental awareness of local people is improving but many people move from the Honduras mainland to Utila hoping that tourism will provide them with work. The new arrivals are often unable to find work, live off the natural resources of the island and destroy the habitats.

A protected area, including mangroves and sandy beaches, is the only chance of survival for the Utila Iguana. As the major part of the mangroves is state-owned, and would be easily protected, most of the beaches are privately owned, which complicate matters.

**The island of Utila**

The island of Utila, with an area of 42 km², is the smallest of the Bay Islands but the richest in biodiversity. It offers contrasting ecosystems such as coral reefs, coastal vegetation, mangroves, a semi-deciduous broad leaf forest (known as hardwood forests), a tropical rain forest and a neo-tropical savannah—an entire ecosystem that is endemic to Utila.

The swampers inhabit the mangrove forests, but the Roatan island Agoutis, an endemic mammal of the Bay Islands, frequent the higher elevation ecosystems, sometimes bordering the rainforests and the hardwood forests. Another species that is worth mentioning is the Utila Chachalaca, an endemic subspecies of bird that inhabits the savannah of Utila. Chachalacas were thought to be extinct, but a recent study has confirmed their existence in the island.

**Ecovolunteers role**

Since the beginning of the project, volunteers have been crucial for its settlement and development. Although volunteers can participate to all the activities, depending on the needs, their role at the Iguana Conservation Project may depend on their skills and interests.

- Volunteers with experience in teaching can focus on environmental education, which involves working with local youth in an active learning program with a strong STEM approach.
- Volunteers students or working on conservation, can participate to field work for the wildlife research program as well as for the iguana breeding program. This involves expeditions in the mangroves and other terrestrial ecosystems, with a particular focus on the Turtle Harbour Wildlife Refuge, one of Utila’s protected areas.
- And finally, people with an open agenda, could assist in the station’s repair, tending the visitor center, guiding tourists around the station and assist with the purchases.

**Of course, everyone is welcome to participate in any of the activities!**

At the end of their term, volunteers may receive a certificate of completion attesting for their participation in the conservation project - a plus for students pursuing internships, scholarships or work in a conservation oriented organization.

**Volunteer tasks**

Volunteer’s tasks are various, public relations, environmental education, animal care, gardening, station maintenance and ecological research, are just a few examples. The following programs are currently taking place at the station:

**Breeding Program**

The breeding season is one of the most interesting periods for the volunteers. At this time females lay their eggs and the project carefully collect them to be incubated artificially under optimal conditions (temperature and humidity). In addition the project collects iguana females from different beaches around the island and brings them to the station to lay their eggs, and then females will be released back to the mangroves. This allows increasing the genetic pool of the iguanas in the station and gives the females an opportunity to lay their eggs before a hunter catch them.
Breeding season is from February to August. Activities carried out by volunteers during this time include:

- Preparing the females’ cages,
- Collecting gravid females from the beaches,
- Marking and inventorying the females collected in the wild,
- Releasing the females collected after they have laid their eggs,
- Preparing our breeding groups with nesting boxes,
- Collecting eggs,
- Taking care of the eggs in the incubators,
- Making an inventory of the hatchlings,
- Releasing the juveniles from the previous year,
- Releasing hatchlings into the wild,
- Monitoring the growth of the hatchlings (year round).

Research Program

For five days every month the project monitors the wild iguanas in different parts of the island, including the Turtle Harbour Wildlife Refuge.

Volunteers also carry out researches on other species of flora and fauna of the island. Volunteers who wish to carry out their own field work in the area are also welcomed.

Research projects involve:

- Population monitoring of the Roatan island Agouti, *Dasyprocta ruatanica*; as well as invasive mammal species such as raccoons, *Procyon lotor*, and white-nosed coati, *Nasua narica*, using camera traps.
- Mangrove health and coastal erosion monitoring.
- Swamper population monitoring using pit-tags - microchips to identify with precision an individual in a transect, an area which covers a significant length of mangrove forest.
- Sea turtle conservation project (including the Hawksbill and Green sea turtle monitoring and their nesting ground conservation)
- Mangrove restoration. This includes soil preparation, seed collection, and plantation of the five species of mangroves present in the island
- Migratory and resident bird diversity and abundance monitoring.
- Coastal erosion monitoring. This involves monthly survey of the beach erosion around different parts of the island.

Environmental Education Program

This program is important as it improves environmental awareness of the local population and tourists. The Iguana project is open to visitors every day from 9am to 5pm, Monday to Saturday. During these times volunteers give tourists a guided tour. Moreover, every Monday, Wednesday and Friday school groups receive environmental education lessons, either at the project or in their classroom.

The project also visits the local kindergartens and schools periodically and encourages the children to preserve Utila’s natural resources through games or other thematic activities. It also takes older children for outdoor excursions where they can discover nature. The project invites in a regular base the kindergartens and other schools to visit the station and to get involved with the volunteers’ activities.
Volunteers that have experience in environmental education or in working with children are more than welcome to contribute new ideas, games and activities in which the children learn about the importance of conservation and protection of natural resources.

The project also participates to the Recycling Program that is conducted by the municipality. It collects plastic bottles that will be taken to the compacting plant and shipped to La Ceiba to be recycled. It also carries out weekly beach clean-ups on beaches that are nesting sites for iguanas and sea turtles.

**Other activities done at the project:**
- Feeding the iguanas,
- Organic garden maintenance (preparing the soil, sowing the seeds, weeding, harvesting...),
- Collecting crabs and termites for the iguanas,
- Periodical inventory of the iguanas,
- Enclosures maintenance, which includes cages cleaning, trees trimming, enclosures repairing...,
- House maintenance: kitchen, visitor center, bathrooms, and garden cleaning,
- Garden maintenance: lawn mowing, trimming, collecting leaves and burning branch piles,
- Animal feeding in terrariums: anolis, geckos, skinks, tarantulas, scorpions, praying mantis, mosquito fish,
- Butterflies and other insect collection,
- Guided recreational tours around the island.

**Program schedule**

**Working hours:**
Monday to Friday: 8:00 am – 12:00 pm and 13:30 pm – 4:30 pm
Saturday from 8:30 am – 12:00 pm

**Program schedule (21 days participation)**
- Day 1: Arrival to Utila, meeting with the project. Resting
- Day 2: Welcome, induction and tour around the island (for purchasing groceries, locating the ATMs, municipality, restaurants, etc.)
- Day 3: start working at 7:30 am with Iguana feeding.
- Day 3 to 20: Depending on the time of year, the weekly planning will vary. The activities will also depend on the volunteer’s abilities and skills as well as their particular interests.
- Day 21: Departure

**Useful skills / requirements**
The Iguana project is open to anyone willing to volunteer, no specific skills are asked to participate.
Several of the volunteers are students in biology, ecology or veterinary medicine; but assistance from people with other skills would be of great assistance. For example:
- Educators,
- Marketing or "media specialist",
- Accounting,
Research expeditions: The project conducts a number of research expeditions, including mangrove and coastal ecosystems monitoring, where participating volunteers have to bring a note book, a light lunch and light weight clothes. In general, no heavy weights have to be carried, but volunteers may expect to walk 1.5-2 hours in the forest. Depending on the site, transects may be dry (for the coastal erosion program or the sea turtle nesting patrolling) or semi-wet (for the Swamper and mangrove monitoring).

To register to this project

- You have to be 18 years old minimum
- You have to speak English. You don’t need to speak Spanish as English is widely spoken on Utila Island. However, it is cheap to learn Spanish on the island and you may wish to take lessons!
- No specific skills are necessary, but a good physical condition is recommended,
- You’ll have to send a cover letter to the project (in English or Spanish, one page). This will allow the project to know your motivations, skills and interests.
- A comprehensive travel insurance is mandatory.

Location

The Iguana Project is located in the island of Utila, Bay Islands, Honduras.

Utila Island is 11 km long and 4 km wide and surrounded by a coral reef that host a prolific undersea life. Utila is famous for its scuba-diving and snorkeling spots.

The social landscape of Utila is mixed. The island is inhabited by Honduran citizens of British descent whose main language is English; but also Honduran “ladinos” from the mainland whose main language is Spanish. Aside from them, the island is also home to a number of international expats who’ve come for the SCUBA diving or just to find a shelter from their busy lives in the Eastern world.

In general, Utila is a safe, charming and friendly island. Its local culture is vibrant and welcoming. Utila is a friendly, kick-back kind of place to visit. Just about everything you might want to do is within walking distance. Walking along the sandy paths, seeing the spectacular aqua blue ocean, and feeling the warm tropical air is about as good as it gets.

Travel information

Dates

Volunteers are welcomed all year long. The minimum participation length is 3 weeks.

Internships

The project accepts Students working on their Bachelor, Master, or Doctoral degree. An agreement between the project and the university/school is signed by both parties. Students seeking to conduct their study should present a formal letter from the university signed by their advisor, detailing the number of hours per week invested in the project and also highlighting their main objectives. Since they will have a specific plan prior their arrival, participation in daily activities or other research projects is not mandatory.
The length or participation will vary on the student’s own learning program, from several weeks to several months.

**Capacity**

The project accepts a maximum of 12 ecovolunteers at the same time.

**Children**

The project may accept volunteer from 16, this has to be accepted by the project, and the minor has to be accompanied with a legal guardian. The volunteer will have to send a motivation letter in English.

The project is not offering all the security conditions for children. Children will have to stay with their parents who will be solely responsible for their actions. The participation fee for minors is the same as for adults. For the participating minors, the parents will have to provide a liability waiver to Cybelle Planète.

**Join the project**

Volunteers have to organize their travel to Utila Island, by plane or by ferry. If you give the project your arrival schedule before your arrival, the project will arrange to meet you at your arrival on the Island.

**Language**

English is mandatory, Spanish is a plus.

**Communication**

WIFI is available at the project. Please bring your own laptop or cell phone.

**Clothing and equipment**

Your clothes should be cool (no tight or thick). There are sandflies and mosquitoes at the project and you will have to protect yourself. The best protection is to wear long-sleeved shirts and long trousers.

Mosquito repellent is absolutely necessary. On Utila the most common repellent is “Off – Spray”, very strong, very potent, but so poisonous, that it is forbidden in Germany! As sandfly protection you can use simple baby oil that you can buy on the Island.

**Equipment list**

- Cool, fast drying, long and short trousers,
- Cool, fast drying, long and short-sleeved shirts,
- Old working clothes should be included,
- Gloves - not only helpful for gardening,
- Trekking boots (for the mangroves) - they should be cheap or old, they will get totally wet, including inside!
- Sandals (waterproof is best, for walking in the sea on rocky beaches),
- Flip flops,
- A hat or something to cover your head,
- Swimming clothes,
- Mosquito repellent "Autan", "Zedan" are rare, but you can get "Off" and citronelle and baby-oil in Utila,
- Refillable drinking bottle,
- Backpack for trips into the mangrove forest,
- Flashlight,
- Penknife,
- Books and other accessories to relax in the evening,
- Sun protection (very expensive in Utila),
- Sunglasses,
- Photocopies of all important personal documents,
- If you are bringing electrical appliances, don’t forget an adaptor for Central American plugs,
- Towels
- A padlock
- A snorkel and a mask (they can be bought in Utila for approximately 30$)

The project provides some basic products, for example: sugar, salt, spices, sauces, vinegar, oil, soap, detergent. It also provides mosquito nets, bedding, and hats for expeditions.

**Accommodation**

Volunteers stay at the Iguana research station, which has living accommodation for 16 people. You’ll stay in 2 – 4 people shared bedrooms. There is two toilets and two showers (cold water only but it is too hot for a hot shower anyway!).

**Food**

Volunteers are responsible for preparing their meals and doing their grocery shopping. At the project, there is a fully equipped kitchen with refrigerator, gas stove, cookware and dishware.

**Daily chores**

Volunteers can use the washing machine for free or bring their clothes at a laundry house for a reasonable price. Volunteers are responsible for washing up the kitchen utensils and keeping the house tidy. They also participate in the overall station cleaning.

**Other activities**

The side activities have not related to their ecovolunteering at the project and are completely at the risk and responsibility of the volunteer.

Volunteers could rent or buy a bicycle to get around in the island. Taxis from the station to town are 2 $. Utila is one of the best places for diving in the Caribbean. Volunteers can do their Open Water Diving and Advanced Open Water course at a reduced price as part of an agreement between the project and the Utila Dive Center.

There are also a number of public beaches. Volunteers can also do snorkeling, participate to whale shark safaris, take a day trip to the beautiful Water Cay or take a SCUBA diving trip to the nearby & majestic Cayos Cochinos Natural Marine Monument.

Utila has a large number of bars and restaurants which are open until the early hours of the morning. There is also a small cinema which shows the latest releases. On the weekends, volunteers may choose to participate in any of the following activities:

**Half day/ 1 day duration:**
Kayaking trips on the Oysterbed Lagoon and paddle across the island to the north side through a mangrove canal.

- Snorkelling at Coral View Beach Resort
- Swimming off the dock at the Utila Lodge
- Hiking to Pumpkin Hill (Utila’s highest point)
- Visiting Quiebra Piedra organic farm
- Fun-diving in one of the numerous dive centers
- Fun-diving in Cayos Cochinos Natural Marine Monument
- Snorkelling/ Sunbathing in Water Cay

2-4 Days

- PADI’s Open Water & Advanced Open Water course (3-4 days)
- Free Diver (2.5 days)
- Advanced Free Diver (3 days)

Useful information

Currency
Honduran Lempira (HNL)

Obtain cash

Euros cannot be easily exchanged in Honduras, and particularly in Utila, therefore it is better to exchange your euros to dollars before coming to Honduras, or be sure to do it in a bank in San Pedro Sula or La Ceiba. You can pay on Utila with Lempiras and almost everywhere with US Dollar. Most of the time credit cards are not accepted but you can withdraw both Dollars and Lempiras in the ATMs on Utila.

Attention: Travelers Cheques cannot be changed on the Island and you will have difficulties getting them changed in Honduras as a whole. Instead the project recommend debit cards or cash passport, Visa debit cards are preferential although Mastercard cash passports do work.

For your safety the project recommend you to distribute your money on your body, for example a part in your shoes, your belt and so on..., and you should have some money in your bag, too!

Extra expenses

You’ll have to pay for your food supply (around 50 - 60 $ per week).

For the time spent on the Island, you should have some cash with you, about $250 should be enough.

Evaluating your budget

- Average meal at a restaurant (with a drink and tips included): L.200 ($9.85).
- Beer (Salva Vida, Por Favor): L.35 ($1.70).
- Snorkel rental (per hour): L. 35 ($1.70).
- Open Water SCUBA diving: L. 4515 ($300) with the Bay Islands College of Diving
- Entrance to the "Reef Cinema" movie theatre: L.45 ($2.40).
Bike rental per day: L.100 ($10).
Kayak rental per day: L.200 ($15).

**Voltage**

In Honduras the local voltage is 110V, but at the station there is both 110V and 220V

**Medical information**

**Before departure**

Please consult your doctor (and dentist if needed).

For medical details please refer to the French Foreign Affairs Ministry website:


Additional information can be found online on the World Health Organization website:


**Security measures**

Medical services are available on this island. In case of an emergency a private boat / plane can reach the mainland in 1 – 2 hours.

**Malaria**

There is no malaria recorded in Utila. The highest mosquito population occurs in September.

**Assurance**

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](http://www.cybelle-planete.org).

**Passeport et visa**

European volunteers don’t need to obtain a “visa” in advance to come to Utila. A passport valid for at least 6 months longer is enough. Most Europeans have residence permission for up to 90 days. The renewal of your residence permission is possible, but costs about 20 $ for a month.

If your stay in Honduras for more than 6 months, you’ll have to leave the country for a few days and then get a new residence permission.


**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...).

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:

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<td>Weight:</td>
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<td>Blood type:</td>
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<td>Allergies? (if yes please explain)</td>
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<td>Describe your allergic reactions</td>
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<td>Do you have a regular medical treatment to take?</td>
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<td>If yes for what medical condition?</td>
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<td>Do you often take prescription drugs (without needing to mention birth control and malaria prevention treatments)</td>
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<td>Do you have respiratory conditions (such as asthma)?</td>
<td></td>
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<tr>
<td>Are you a smoker? How many cigarettes/day?</td>
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<tr>
<td>Do you have high cholesterol?</td>
<td></td>
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<tr>
<td>Do you have heart problems?</td>
<td></td>
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<tr>
<td>Do you have abnormally high blood pressure?</td>
<td></td>
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<tr>
<td>Do you suffer from a chronic disease?</td>
<td></td>
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<tr>
<td>Are you diabetic (even if only controlled through dietary adjustments)?</td>
<td></td>
</tr>
<tr>
<td>Do you have gastro-intestinal problems?</td>
<td></td>
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<tr>
<td>Does your health require a specific kind of diet?</td>
<td></td>
</tr>
<tr>
<td>Do you have an eating disorder?</td>
<td></td>
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<tr>
<td>Do you have Crohn disease?</td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Answer</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>--------</td>
</tr>
<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>
<td></td>
</tr>
<tr>
<td>Have you had any head trauma or other head injury with loss of consciousness in the last 5 years?</td>
<td></td>
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<tr>
<td>Do you have arthritis?</td>
<td></td>
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<tr>
<td>Do you have orthopedic problems?</td>
<td></td>
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<tr>
<td>Do you have frequent back problems?</td>
<td></td>
</tr>
<tr>
<td>Do you have the capacity to do moderate physical exercise (such as 10 km of walking)?</td>
<td></td>
</tr>
<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>
<td></td>
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<tr>
<td>Have you had one or more surgical operations in the last two years?</td>
<td></td>
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<tr>
<td>Have you been hospitalized in the last two years?</td>
<td></td>
</tr>
<tr>
<td>If yes, please explain the raisons</td>
<td></td>
</tr>
<tr>
<td>Is there a specific detail about your health that Cybelle Planète 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>
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<tr>
<td>Capacity to walk</td>
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<td></td>
<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>
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<tr>
<td>State of your back</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Capacity to carry</td>
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<td></td>
<td></td>
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<tr>
<td>Energy and vigor</td>
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<td></td>
<td></td>
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<tr>
<td>Endurance</td>
<td></td>
<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>
<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/