



Greece Giannitsochori

Safety and support for all program participants is paramount for Freepackers. This field manual serves as your go-to guide when preparing to depart on your adventure, including a packing list, further details on health and safety, arrival information, suggested preparatory reading (where relevant), and more.

Arrival

Please note that arrival logistics may be altered at short notice – check for updates regularly to ensure you are aware of any late changes.

Visa Requirements

It is your responsibility to ensure you have the correct visa for your trip.

For this program, you will need a Tourist Visa.

Field staff advises that if you are a non-EU citizen entering the country you need to enter the country on a **tourist visa**. For most nationalities, this must be arranged in advance. Check with the immigration authorities of the countries you intend to visit or see www.cibt.com for visa application advice and information.

Keeping in Touch

You will have limited access to long-distance communications whilst on the programme, so make sure friends and family know how often they can expect to hear from you. Participants typically use internet in the camp, to keep in touch, however, be aware that the internet at the campsite is very slow as it is shared between everybody. Mobile/cell phone reception is fairly good so you may want to buy a Greek SIM card in Athens if you arrive early and want to stay in touch with people back home regularly. Alternatively, the staff team can assist you with getting a phone SIM card whilst on project. SIM cards in Greece are 10Euros and for 12Euros you can make European calls.

If your bags go missing in transit, **don't panic!** This does occasionally happen, and you are usually reunited with your belongings within a few days. Consult airline representatives in the baggage claim area. You may be given a file/reference number; it is wise to also ask for a contact telephone number for follow-up.

Living Conditions

Facilities will be more basic than you are accustomed to – please travel with an open mind and a willingness to adapt to local conditions.

Accommodation is in shared tents, same sex, with shared (single sex) bathroom facilities within the camp site. There is running cold and hot water available for cooking and cool water taps for drinking only. Flush toilet facilities (shared, single sex) are available at the campsite, and participants share camp duties, including cleaning, cooking and other chores.

Food

Food will be cooked as a shared chore by all the participants in the camp site and it is a combination of healthy and varied Mediterranean local products.

Electricity

Supply: 240V 50Hz

Source: Electricity supply boxes

Sockets: Continental Europe only

Please be aware that there are not many plug sockets available at camp. So power banks are recommended if you need to charge your phone regularly.

Laundry

Giannitsochori camp site has washing machines that you can use for 5 Euros per load. Hand washing facilities are also available and washing powder and buckets are provided for hand washing.

Getting Around and Exploring Further

There is leisure time during the day. During this time you can enjoy the beach, relax, swim or play beach sports. Additionally, you will have weekends off where you can explore the area.

Finance

Local currency: **Euro**

Participants typically spend approximately 10-15 Euro per day for personal expenses (drinks, snacks, toiletries, calling cards, internet, buses, etc). We recommend that you travel with cash as your main source of funds, although having a credit/debit card as a backup is wise. ATMs are available in Zaharo and Kyparissia, both approximately 10km away from camp, so you can always take a taxi there to use the ATM if you need money urgently.

Background Check

A background/police check is required for this program

Health & Safety

A change of environment, climate, food and lifestyle often results in minor, and occasionally more serious, illness. Please inform staff if you feel unwell at any time. The nearest emergency medical facilities are located in Kyparissia, 15 min drive away from the project.

Pre Departure Training

Staff in the field will provide training on the skills required, but you may benefit from learning more about local history, culture and customs before you travel.

Greece (Lonely Planet Country Guide)

The Classical World: An Epic History of Greece and Rome by Robin Lane Fox

Troubles with Turtles: Cultural Understandings of the Environment on a Greek Island by Dimitrios Theodossopoulos

Travels in the Southern Peloponnese By Patrick Leigh Fermor

Sea Turtles: A Complete Guide to Their Biology, Behavior, and Conservation (Hardcover) by James R. Spotila

Voyage of the Turtle: In Pursuit of the Earth's Last Dinosaur (Paperback) by Carl Safina

Loggerhead Sea Turtles by Alan B. Bolten (Editor), Blair E. Witherington (Editor)

The Biology of Sea Turtles: v. 1 (Marine Science) by Peter L. Lutz (Editor), John A. Musick

The Man Who Saved Sea Turtles: Archie Carr and the Origins of Conservation Biology by Frederick R. Davis

Packing List

Essential Equipment

- Large Rucksack (Backpack) or suitcase: (65+ litres / 4,000+ cubic inches) for carrying the bulk of your gear to the project.
- Daypack (Backpack): (25+ litres / 1,500+ cubic inches) will be useful for daily trips, shopping and/or excursions.
- Camping Mat or Air Mattress: camping mats are not provided on site and the ground is quite hard to sleep on. Thick mats or air mattresses are preferred.
- Sleeping Bag: sleeping mats are provided but you will need a sleeping bag and pillow. A sheet may be useful as it can be very hot.
- Pair of walking boots / trainers / sneakers – they are necessary for night field surveys and useful for walking and or hikes. Also some people prefer this footwear during beachwork. Alternatively, you can also wear crocs as your feet may get wet on the beach during night patrols.
- A comfortable pair of trainers / sneakers are best and work very well with thin quick drying socks.
- 1 pair of sandals (flip-flops / thongs) you will be using these almost at a permanent basis, so even a second pair of sandals may come in handy
- Casual clothing lightweight, T-shirts/tops and shorts for those hot days during turtle surveys.
- Swimming trunks / costume / bikini it's always nice to cool off with a swim!
- Towel for the shower and the beach. A sarong is definitely a useful extra.
- Sunglasses make sure they offer 100% UV protection. Cheap glasses can cause more damage than good.

- Hat, wide-brimmed the sun gets very hot during the day when working on the beach so a hat is essential for most people.
- Insect repellent we recommend using a natural based product such as citronella and eucalyptus, as DEET-containing repellent is harmful and believed to be carcinogenic.
- Re-usable Water bottles / Camelbak / Platypus water bladder for short trips and for camp. The ones with a hose are useful for constant re-hydration whilst you walk on the beach. Keep in mind that the beach surveys can get to be very long, so make sure you have a 1L water bottle minimum.
- Any prescribed medication you need during your trip. Make sure it bears your name and description of reason and dosage.
- Sun cream high factor, at least SPF30+, preferably 50+. The sun is very strong in Greece. We may also have some spare supplies at base and it is possible to buy some at the project site.
- Torch/Flashlight a strong powerful flashlight/torch and/or a headlamp. You will need this at night as the lighting at camp is often limited. A small light to hang inside your tent would also be very handy. During night patrols only red lights are used. So if you are joining us during nesting season (June-end of July) ensure you have a head torch with a red light setting.
- Watch time-keeping is essential on all projects.
- Alarm clock for those early mornings!
- Electrical adaptor to convert both socket style and voltage if necessary.
- Raincoat/Water proofs for the occasional summer storm!

Highly Recommended Equipment

- Warm clothing a fleece or warm jumper or sweater is ideal. It sometimes gets a bit chilly at night or early in the morning (especially in June and September).
- Spare bulbs for your torch / flashlight (unless it is LED based light).
- Camera
- Binoculars to get a better look at the wildlife in the area. Birdwatchers in particular should definitely bring a pair

Optional Equipment

- Travel games / Cards
- Books
- CD players / MP3 player / World Service Radio remember headphones