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# Sainte Luce Reserve

Volunteer Handbook for the season November 2016 to April 2017

Sainte Luce Reserve  
Tolagnaro • Madagascar • November 2016 Edition

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Sainte Luce Reserve volunteering is managed by: Association FILANA (Fikambanana Fandrosoana Iombonona ho Lova sy Andrin'ny Ala Tahiry)  
Registered malagasy non-profit association N° 095 DIST/TOL/AG/ASS in partnership with DADAMANGA SARL Travel Services Madagascar.



Welcome!

Sainte Luce Reserve depends on you for our success. We want you to have a life-changing positive experience while doing serious work for our reserve. We hope this document helps you to understand the place and the process...

Although our reserve is only 8 years old, we have nearly two decades of experience welcoming volunteers to Madagascar through previous work. This volunteer guide has been prepared in a kind of hard-hitting way, to help you better understand volunteering at Sainte Luce Reserve and Madagascar before you decide to join our project. We know, volunteers are happier if expectations are managed from day one, with clear information about the place, the workload, and the policies.

At some points while you are reading this, you might think we are trying to put you off. Nothing could be further from the truth, we need you to volunteer with us, but, we want to give you clear information and answer most of your questions before you need to ask them, ensuring that you really have heard about what it is like to volunteer in a rural area of a developing country, warts and all...

We have tried to cover as much as we can here, most of which, particularly the latter parts of this document, will be really helpful once you have decided to volunteer and are planning your trip, but if you have a question that has not been answered please do not hesitate to ask us.

Please ensure that even if you don't read the whole guide now, you get around to reading it all once you have been accepted as a volunteer, because there is a lot of information here to help you to prepare for your trip and to understand what to expect in Madagascar.

## So, why do I have to pay to Volunteer?

You're reading this because you are willing to contribute to a better cause by volunteering abroad and after browsing through various programs we hope you like ours, but, we know, you start asking yourself: Why do organisations charge program fees? Why do I have to pay if I'm working for free?

To make it short: paying to volunteer with us enables Sainte Luce Reserve to engage with local people through directly employing them, and, the program fees will cover all costs that will arise with your arrival, keeping you safe and fed and housed.

What those costs are, are summed up here below:

### Operations

- Administrative tasks such a project development
- Local employment for guides and forest guards onsite at the reserve

### Resources for volunteers

- Pre-program assistance (helping volunteers to get ready for their experience)
- Transport to the reserve and back
- Board & lodging while at the reserve and on your first night in town
- On-site support from a team of local staff
- Maintenance of facilities and buildings for volunteers

### Program related resources

- In country support 24/7
- Equipment to keep the work moving along at the reserve
- Training for you, and for our staff who support you
- Supervising your work and preparing follow-up to make use of it after you have gone

Contributing to Sainte Luce Reserve and paying the required program fees doesn't just support the project that you are working on itself. Through your financial dedication you can ensure that we are able to focus on our actual work to protect this amazing place.

### What you will get for your money

Because the volunteer experience should provide mutual benefit, you're not just paying to support the maintenance of the project, you're supporting yourself as well. Besides a bunch of new experiences and skills that you will develop, we organise and manage your daily routine so that you don't have to worry about board and lodge or getting help if you find yourself in a tricky situation.

#### ● Supervising and training for volunteers

Whether you'll stay two days or twenty weeks at the project site – you do cost money. Therefore, it doesn't matter if you're a first time volunteer or an experienced one. You'll definitely need some training and advising, which is especially geared to the actual tasks that you'll be doing.

#### ● Meals, Accommodation, Local Transport

To make your arrival and your overall planning less stressful, we supply all of your food, accommodation and local transport. Meals are provided three times a day. The type of accommodation varies from person to person depending on your choice to either camp

or stay in one of our little forest camping bungalows. So, you can entirely focus on your volunteer experience and don't need to prepare a meal after an exhausting day at your project site.

#### ● Benefits for the volunteer

So, yes, you will contribute to the work of our organisation in a financial and physical way, but no worries, you'll get lots of things in return. Because volunteering should be a mutually rewarding experience, your dedication will be paid in experience. A volunteer trip with us can be seen as an exchange of knowledge and experience with an environmental and social cause. You'll offer your expertise in certain situations, and our local staff will too. You will learn how to handle things with limited resources and creative approaches. If you're still not sure where your future career might lead you, volunteering is a great way to gain experience in a field of your interest. Even if you're not directly looking for career experience yet, it gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, project planning or task management. The other thing you get cannot be measured. For many people this is their first experience in a pristine wild place like our reserve, and the incredible closeness of the personal experiences that you will have with real wild nature cannot be purchased any other way.

To give you some relief: the longer you stay, the cheaper it gets. As it's always better to welcome long-term volunteers, the first week it's more expensive than the following ones. But even if you just like to stay one week, there are various opportunities for you to fund the required program fees for your social & environmental journey.

We have set our goals high and we will only reach them by also setting high standards, adopting a user-pays approach, and working hard.

So, we encourage you to come join us, in Madagascar, or from home. If you can't volunteer right now, you can make a donation directly to the reserve to help us to continue to support conservation and local people. There are many other ways you can help from home, so if you have some spare time that you would like to commit to helping us, please be in touch.

So, now, we (hope we) have convinced you to volunteer with us, our lemurs and the other wildlife at Sainte Luce Reserve, on the edge of the Indian Ocean in southern Madagascar, please read on:

#### What will I actually be doing?

During this volunteering season we are aiming to complete the following tasks:

- Lemur habituation. It is vital for future research that our lemurs are well habituated to humans. This means that the lemurs do not flee when they see humans approaching. This helps us to more easily monitor population size and health, and it enables researchers to more easily study their behaviour. Lemur follows usually should occur once daily, either in the morning or in the late afternoon. Their behaviour (and how easy they are to find) varies depending upon season (and what is in ripe fruit, and where) so this activity is modified according to need. We collect basic data each time we encounter our lemurs.
- Lemur troupe monitoring. We need to constantly keep our eyes on the number of lemurs passing through our forest. This may seem very basic, but it is still largely insufficiently known. This helps us to understand the carrying capacity of the forest at different times of the year, whether the primate populations are stable, growing or diminishing, and will provide valuable clues to forest health. We combine this activity with the lemur follows mentioned above.

- Propagation of lemur food plants through droppings. Many of the plants that our lemurs eat have large seeds that are not digested and pass with the lemur droppings. When we are observing the lemurs, whenever possible we collect droppings and examine them for seeds, which we then plant in our nursery. This can give valuable information about the most important food plants for the lemurs and helps us to plan our ongoing reforestation program.
- Sea turtle monitoring. When we have volunteers keen to do this work, we aim for two people to walk the beach looking for nesting or hatching sea turtles. Sea turtles were once common in this area, but even though they are totally protected, due to their ease of capture and the local trade in both animals and eggs for food, numbers coming up onto the beach to lay have really been reduced. During the nesting season we aim to monitor the beach each night, mark any nests that we witness, and try to protect found nests until hatching. Do please note, this is a seasonal activity (October to February) and can only be completed if we have adequate volunteers interested in doing the work (a minimum of two). Please be clear on this, the likelihood of seeing sea turtles nesting or hatching is possible but low.
- Completion of tasks laid out in the reserve Master Plan (Plan d'Amenagement). This job involves a lot of different activities. Using mobile devices & mapping apps, we continue the detailed mapping of the whole site including siting future facilities, mapping the permanent transects (paths to follow through the forest for research and tourism purposes), we continue to improve our research & volunteering station (& other facilities) and we are working on the design and budget of a small eco-lodge to allow tourists to enjoy the reserve too. We continue border demarkation by planting coconuts on the beach and native species (depending upon appropriateness of location). There are other tasks to complete but this summary gives you a rough idea.
- Maintenance and expansion of our tree nursery. We continue the development of our tree nursery for propagation of native species and fruit and nut trees. Native species will be planted to restore degraded areas in the reserve with a particular focus on food-plants for wildlife, and, in already-cleared areas, we want to plant a combination of fruit, nut and spice trees, to provide a source of food and income for ongoing sustainability of the reserve. This work will involve some simple construction, filling hundreds of pots with compost, seed collecting (which entails long days spent hiking through the local forests), and site selection for reforestation and plantations.
- Development of food gardens. The reserve hosts staff and visitors, and we need to feed them. To help with sustainability of the reserve and to reduce transport of food to the bare minimum, we aim to grow as much of our own food onsite as possible. We need to select sites, select species to trial, create a composting system, and get as many food plants into the garden as possible. We grow only open-pollinated old-fashioned plant varieties, so that we can leave part of our harvest to set seed, save that seed, and use it to plant our next season's crop. This method results in vegetables that become well-adapted to the local conditions and able to survive and thrive without the use of chemicals. All of our gardening is fully organic. We trial various methods of composting and look for local resources that might help us, such as dealing with local cattle herders for manure, and perhaps using seaweed from the 20-km-long beach.
- Expanding our vanilla & other plantations. Vanilla is the seed pod of an orchid. Madagascar provides much of the world's vanilla crop, and we have already trialed it and we know it does well at the reserve. Planting vanilla does not require any cutting or damage to our beautiful forest, the young vanilla plant cuttings are simply planted up against trees on the edges of the forest where the canopy is lightest. The orchids grow up the trees, and within a few years will hopefully be providing us with a cash-crop to aid sustainability. The vanilla plantation needs careful mapping. We also plant

other fruit, nut and spice trees to further add to sustainability options.

- Conservation incident reporting. During your stay, you will be the eyes and ears of the reserve, in terms of observing local activity. We maintain an incident report book, and any incidents that you witness, such as hunting, or tree cutting (very very rare occurrences) are logged and reported by management to the appropriate authorities.
- Creating of our own field guide. This is why keen photographers love our reserve. We want to list every species in our forest. Obviously, that is a huge task, but it needs to start somewhere. So, we ask that all volunteers capture as many images and videos as possible of all wildlife in the reserve, from insects to primates and everything in between. You will then use existing field guides to try to identify the species, and we then upload the photos to our Facebook page where we have some specialist members who can help with species identification. It is very likely that new species will be encountered. Building this list over time will give us a really good picture of the health of our forest and to have this information compiled in one place will aid future research work no end. This also helps us to identify species that require further investigation by specialists. At the end of the program, time will be allocated to poring over the images, discarding duplicates, and getting a really good concise snapshot of the animals active in the forest during the period that you were present.
- Conservation education materials. When there is nothing to do, there is something to do. We have various small projects always in development such as developing conservation education tools for schools and broader community.

### Orientation in Fort Dauphin

The orientation period is designed to get you ready to work and to allow you a brief time to acclimatize to us, to Madagascar and to Fort Dauphin. We go over every step of the work in a methodical fashion, explaining the problems, the solutions, and the work that we are going to do to implement the solutions. You will meet and spend time with all of the people that you are going to be working with, and as well as work, we meet socially too to expedite the getting-to-know-you process.

When you arrive, we collect you from the airport and bring you to your hotel. Our volunteering starts on a Tuesday and ends on a Tuesday, so, in fact, our weeks are 8 days. You need to have arrived in town and be ready to work on a Monday, we transfer you to the reserve the following day, the Tuesday, and you will also return to town on the Tuesday when your volunteering is finished. The reason for this is **ONE CAR PER WEEK** to the reserve. We help you to book your accommodation on the Monday night of your first day of volunteering (but this is not an included cost). When you return to Fort Dauphin after volunteering, we do not provide accommodation, but again, we help you to book your ongoing arrangements.

There may be rare times when we need to keep you in town a few days longer than the 24 hours mentioned above, this is mainly for long-term volunteers working on complicated projects.

### Transfer to the reserve

You will be working with an English-speaking Malagasy counterpart, under the general supervision of the director of the reserve, and often other specialists who have been brought in to direct the various projects. You will be accompanied to the reserve by your counterpart and sometimes other staff. Once a month the director will also travel to the reserve and stay for a number of days. You will have a super experienced team around you at all times. From day one, we begin with geographical, social, cultural and project orientation. We do a walking tour of the whole site, and we give you more detailed information about life in an Antanosy village. The village is a canoe-ride away from the

reserve, but, you still need to know the do's and don'ts about life in the Malagasy countryside. Once you are accustomed to the reserve and have your bearings, we begin project activity. We have work plans and completion targets so we can tell you in general the activities that will be going on during your stay.

### Breaks

Every Sunday is a day off. You might prefer to stay on the reserve and continue your activity or you may want to go to the beach and relax, the important thing to know is, Sunday is also our guides day off, so, activities need to be planned and consensual if you want to hang out with the staff on a Sunday. We recommend that you use it as a day to relax and catch up on reading, there are a number of books at the reserve that explain more about our wildlife.

### Reporting

You are required to complete detailed daily activity logs during your stay. At the end of your program, all of that information needs to be typed up if it isn't already, and produced as a report for use by reserve management, and, as a handover to the next group of volunteers.

### Demobilisation

At the end of your time with us, you will return to Fort Dauphin and we will give you a feedback form for you to complete at your leisure and return to us. We hope you will discuss in detail the good, the bad, and the ugly. We want to know all about your experience with us, and we give you every opportunity to tell us about it. We will always have someone available to help you to plan the end of your journey in Madagascar and your trip back to Antananarivo.

That was a brief summary and we hope it gives you some idea of what you will be doing while you are with us at Sainte Luce Reserve during the coming volunteering season.

## ABOUT THE RESERVE

Sainte Luce Reserve is actually one small (around 50 ha) piece of land that dissects a 450 ha protected coastal forest and wetlands area. The land was privately annexed by local people prior to the new protected area being established, so it is excluded from the government protected area, yet geographically it forms part of it. Sale for development could have severely diminished the integrity of the entire protected area by for example making it available for hotel development. We purchased the land and declared it a reserve following the guidelines for an IUCN Category V Protected Area, to ensure that the protected area remained one continuous piece of protected forest.

We are currently working on achieving all of the aims set out in the management plan that is required by the Malagasy government to admit the reserve to the System of Protected Areas of Madagascar (SAPM), but this is a long slow process. The reserve is a social enterprise rather than a profit-making enterprise, and conservation management is done by a local association set up especially for the purpose and it is us, Association FILANA, for whom you are volunteering.

It is our aim to work together with all stakeholders, to manage the reserve, to protect the flora and fauna (of not just our own 50 hectares but to support conservation of the entire fragment of 350 hectares plus mangroves and wetlands), and very importantly, in fact critically, we are challenged to find sustainable economic activities that will fund this conservation work and support employment of local people. We must ensure direct benefits to locals, to guarantee local support for the reserve.

As part of our ongoing work to complete the conservation management plan, the perimeter of the reserve needs to be tidied regularly, trails need to be made, renewable energy provided, facilities built, staff paid, protection managed, food gardens planted, transport provided, all at considerable cost, particularly due to the spectacular but remote location of the site. And, to put this into context of time, this has all happened just since late 2009. We are only just now beginning to market ourselves, look for supporters, and open the reserve to the wider world, in stages.

In 2011 we teamed up with award-winning Malagasy researcher and primatologist Dr Josia Razafindramanana (PhD Oxford Brookes) to research the lemurs in the reserve and employed a highly experienced team in Fort-Dauphin to manage operations and administration, and for two years we concentrated on researching our collared lemurs. We began the first formal research season lead by Josia in August 2011, we did significant studies, and importantly we worked on habituation of our resident collared brown lemur population. Now, our work is mainly habituation of our lemurs, keeping them accustomed to humans by visiting them daily.

## ABOUT OUR LOCATIONS

Sainte Luce Reserve is based at two sites:

Sainte Luce (the reserve), and Tolagnaro (the office).

The reserve is situated approximately 3 hours drive north of Tolagnaro, over quite rough roads (in 4WD vehicles). The village itself has no power or running water, and people live very simply in homes predominantly made from forest materials. Here, on the edge of the lake, we board a pirogue (dug out canoe) to travel through the shallow inland waterways. The journey by canoe takes around one hour from the village across one of the most beautiful lakes in Madagascar where you are likely to witness local people working to find food, fishing, collecting crabs. Water birds are often seen flying overhead.

The edge of the lake is surrounded by forest, and this is the only site in south-eastern Madagascar where this sort of habitat still exists intact. The camp site itself is simple yet spectacular situated on the north-western edge of the forest clearing, with simple wooden furniture on a stone floored open building, the sitting house.

Next to the sitting house is the kitchen and guards house. The camping area and bungalows are approximately 20 metres away, under the shade of native trees in an old clearing.

There is also a river house on the north river landing, and a beach house (yep on the beach) where you can relax and recharge your energy.

Our office in Fort-Dauphin is based at our residence in the area known as Faux Cap, on the south facing beach.

There at the office you are able to access wireless internet connection (usually, when it is on) and general office equipment to assist with your work and with communication with home. The internet may be accessed for work related activity, but computers are not always available and bandwidth is not good so it's for work only. You can most conveniently connect with friends and family if you bring a Wi-Fi enabled device such as laptop or iPhone or iPad with you and pick up a sim card from the local mobile service provider.

## ABOUT MADAGASCAR

Madagascar is a diverse and fascinating country and we could write a whole book describing the country and her attractions, but others have already done that, and there are many websites that can give you lots of information before you travel. We recommend that you do some reading and join travel forums such as lonely planet and trip advisor to get advice from recent travellers and locals.

### Climate

You will be living and working in the south east of Madagascar, where the climate is not as arid as in the north and west of the country. The climate in Madagascar varies across the country, with desert plains and savannah in the south and west, mountains in the central regions and tropical rain forest in the north and east. You will be camping and working in a sub-tropical rain forest, which is warm and humid. Weather patterns are changeable and it is advisable to bring lightweight rain gear with you, at any time of the year.

### Language

The language of your volunteer program is English. Most of the people that you will encounter in developed areas of Madagascar are bilingual Malagasy and French. An increasing number of people can understand some English, but a minority are Anglophone. Our staff are usually trilingual Malagasy French & English, with the exception of our guardians, who mainly speak only Malagasy with a basic understanding of French and a few words of English. Key staff working directly with you will have a high level of English. In addition to French and English, there are 18 main dialects of the Malagasy language and most Malagasy speak at least a few of those. We don't expect to you to be able to communicate in Malagasy but if you can learn some basics while you are with us, it will be greatly appreciated by our team! Staff always enjoy your help with improving their English too!

## HOW TO VOLUNTEER

It is possible to volunteer as a single person from anywhere in the world as long as you can speak English. But, we love it when volunteers come as a couple or a group of friends who choose to volunteer together. This is because, to have volunteers at the reserve we must provide camp security, a cook, a guide / project assistant, transport to and from the reserve, communications equipment for your safety, etc, etc, etc. It's really only possible for us to provide all of this, and also provide enough money to achieve your project, if there are a minimum of two volunteers paying the costs. Four is ideal really. But please, if you are traveling alone, apply anyway.

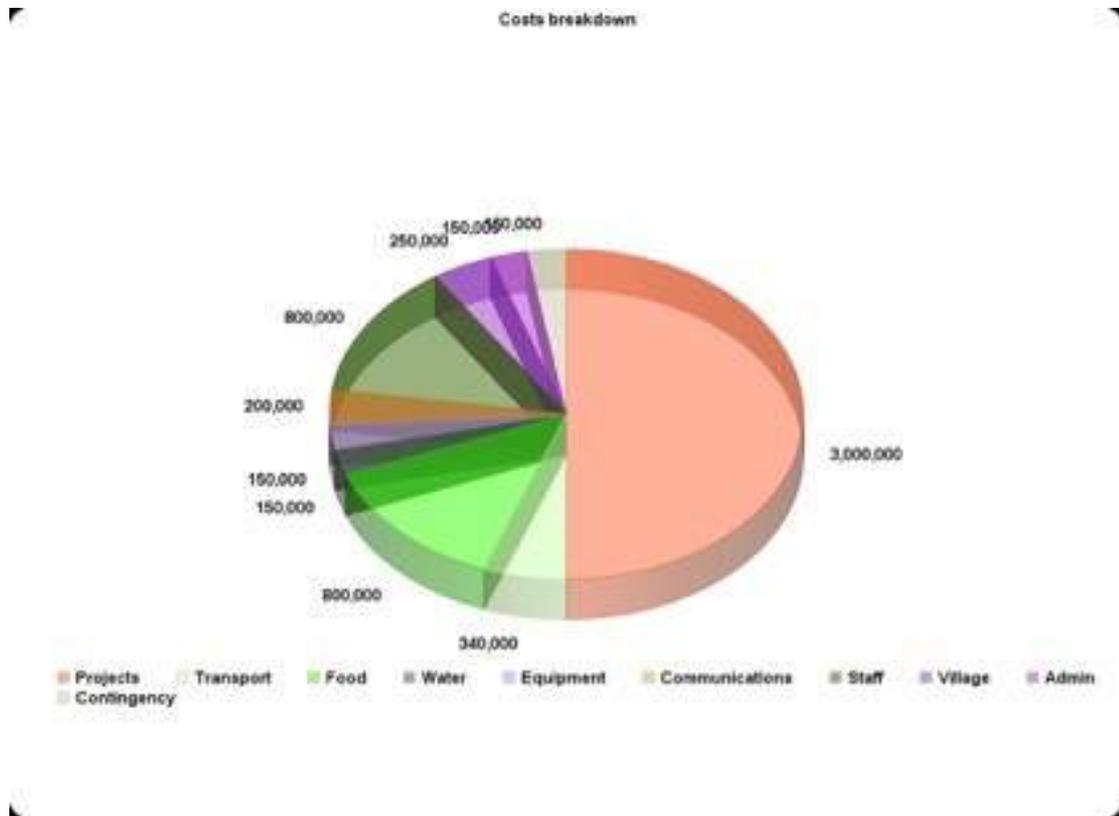
You can download an application form from our website, or, send us a message if you can't download the form and we'll email it to you. The form has a number of health questions and there are a number of deal-breaker questions. Sorry. We do really need to know that you are healthy and reasonably fit and able to handle the job, and that you are going to be insured.

Once we have received your completed form, we will assess your application and get back to you as soon as possible. The reserve is administrated voluntarily, so please be patient with us. If there are any health questions that require clarification, you may be required to provide further information. If you are accepted, we will ask you to pay a deposit to secure your place.

### The costs and refunds policy

We ask all volunteers for a contribution to our costs for all of the reasons explained in the opening paragraphs of this document.

Please see the graph below as an example of how your money is spent.



If you are successful at application, we ask for a non refundable registration fee of 20% of your total fees to secure your place. We cannot reserve a place for you until we receive your registration fee. The balance of the contribution is payable at least 40 days before you are due to arrive in Madagascar, or immediately if your placement begins within 40 days. Once paid, your fees are non-refundable but are transferable to other dates if you have any hiccups and cannot go on the chosen dates, upon negotiation. We will always do our best to help you come at another time if for some reason you have to change your dates but four weeks before your arrival we have already started to make arrangements and purchases for your visit, so although we will always try to be accommodating, we may only be able to offer free date changes for legitimate reasons up to four weeks before your booked arrival dates.

Changes less than two weeks prior to arrival will mean you sacrifice all of your fees, because staff will already have been contracted to work and must be paid regardless, and project materials and supplies will mostly have already been purchased.

If you leave the project before the agreed end of your placement, we do not offer any refund.

Other costs to budget for are your flights, visa, insurance and vaccinations – these vary depending on your country of origin, so you will need to research these costs yourself.

There is not a lot to spend money on in the forest so once you have paid your

contribution, additional living costs should be minimal. If you would like things such as soft drinks, beer, cigarettes etc, you will need to bring additional money with you to cover the cost of these items. You will also need reserve funds in case you need any medical treatment. We find that \$40 a week is on average way sufficient for most people. Some people spend much less, others spend more.

The website always has the most recent information about program costs so if the prices quoted in this handbook differ from those on the website, it is the website which is accurate [www.sainte-luce-reserve.org/volunteer](http://www.sainte-luce-reserve.org/volunteer)

### Preparing for your trip / flights / getting there

Because we are partnered with a Travel Services company, which is our main donor, we are able to help you with your internal flights. Please let us know if you would like any assistance with travel in Madagascar and we will pass this over to our partners at Dadamanga Travel Services, and their agent will be in touch with you.

You need to arrive and report to us in Tolagnaro (airport code FTU) at least the morning of the start-date of your program to lodge all of your paperwork and for us to push the “start” button for your project. We will meet you at the airport and transfer you to your hotel or to our office. For your homeward reservation, we recommend that you give yourself at least one or two days in Tolagnaro to rest and prepare for your homeward journey. Many people stay around for a week or so to really relax in our beautiful town and soak up the local ambience. We are happy to help with flight changes and onward travel on your way home.

### Key points of interest regarding travel

International flights into Madagascar with few exceptions land in the capital Antananarivo (airport code TNR) which is in the central highlands of Madagascar. Our site is based in the south east of Madagascar, in the town known variously as Fort-Dauphin or Tolagnaro (airport code FTU). So, you need to ensure that your international flight arrival leaves sufficient time for you to catch an ongoing flight to Fort-Dauphin.

There are a number of carriers flying into Madagascar, and two domestic carriers, Air Madagascar, and Madagasikara Airways. Air Madagascar offers significant discounts on internal flights if you fly long haul with them too. It is perfectly reasonable for you to decide to travel to Fort-Dauphin from Antananarivo by road instead of flying. You will need at least 3 days for this journey, 6 if coming via Tulear, and we recommend that you contact us so that we may advise you on current road conditions. If you arrive in Fort-Dauphin some days prior to starting your volunteering time, you still should immediately contact us. It helps a lot for us to know where you are.

### Visas

Everyone entering Madagascar needs a visa and you can have your visa issued from an embassy or at the airport upon arrival in Madagascar. The absolute maximum visa length for tourism is 90 days, so if you plan to travel before or after your time with us, please take that into account. Wherever your visa is issued, you will need the appropriate visa fee, a minimum of six months validity in your passport, one full blank page available, and your return airline ticket. On the application for your visa, the purpose of your visa is tourism, your address in Madagascar is Chez Dadamanga, Lot IVBL020, Rue Circulaire (BP 319), Tolagnaro 614. The last time we checked, visas for less than 30 days were €25, more than 30 days up to 90 days €65 euros (we recommend you take 150 euros in cash with you in case of price rises).

For visas from embassies, there is significant form-filling and passport photographs are required. At the airport, you do not need photos, you just show your outbound ticket, pay

the fee and get your visa. Australian dollars are not accepted for visa fees nor at any bank. Euros, pounds-sterling and USA dollars are the most accepted currencies.

## Health

Madagascar is a developing country and a tropical environment. Most places in Madagascar could be described as “pathogen rich”. Volunteers cannot begin placements without adequate insurance. We ask lots of questions about your health in our application form because we really need to know if you have any pre-existing conditions that may impact on your ability to work in our environment.

It is essential that you take responsibility for your own well-being and check with your doctor about all health matters before leaving for Madagascar.

We recommend that you bring lots of paracetamol, ibuprofen, anti-diarrhea tablets and antihistamines, plus some antiseptic and adhesive dressings (plasters, bandaids). Please talk to your doctor about what you should bring.

Maintaining good hygiene and washing your hands regularly will help to prevent a lot of tropical illnesses especially tummy bugs. For the good health of the primates in the reserve, and the other volunteers and workers, good personal hygiene is essential. This is not always easy but it is important that basic hygiene rules are followed to prevent cross contamination and sickness. This includes keeping areas clean and tidy and food and utensils stored as sensibly and clean as possible. We recommend you bring some antibacterial hand wash with you.

We know that some people are conscientious objectors to vaccinations and we do not insist you be vaccinated, but, we ask you to consider the following: There are many diseases that can be transmitted from humans to other primates. As you can understand, we are extremely careful to ensure that we do not risk the health of the lemurs in our forest.

The following are highly recommended requirements before volunteering at Sainte Luce and are good common-sense precautions for travel in any developing country.

The following vaccinations really should be up to date:

Tetanus, Polio, Yellow Fever (ONLY if arriving from a country where Yellow Fever is endemic), Hepatitis, Typhoid, Meningococcal meningitis, Measles, Mumps and Rubella.

Please consider not only the health of our staff and animals, but also take seriously the fact that failure to obtain appropriate vaccinations may in some cases be seen as negligent by your insurer and may nullify your insurance policy.

If there is any primate capture planned during your time with us (it is extremely rare that we would need to capture animals), we will let you know in advance, because you would not be allowed to work with or be in contact with the animals or enter the forest during capture if you did not have certain vaccinations. This is for your protection as well as theirs.

## Malaria prophylaxis and treatment information is mandatory

Malaria in a couple of forms is endemic to Madagascar. Prophylactic medication such as Mefloquine, Malarone or Doxycycline is mandatory. Please check with your doctor to make sure that you are taking the most suitable malaria preventative treatment. The most effective prevention for malaria is taking your prophylaxis without fail, wearing long sleeved shirts, long trousers and socks to keep skin covered, using insect repellent especially from dusk until morning, and using mosquito nets sprayed with insecticide.

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Malaria is easy to treat and is not yet resistant to the treatment regimes in Madagascar.

Sorry but this is one area where we do not budge, we do not accept volunteers not taking any prophylaxis nor do we accept homeopathic prophylaxis. We ask to view your medicine before you are allowed to leave for the field. Not having any is grounds for removal from the program with no refund. Malaria is normally very easy to treat and the very best medicines are easily available locally.

### The following are worth mention

#### HIV test

If you think you might be at high risk, we recommend that you consider having an HIV test prior to your arrival to ensure that your immune system is competent to ward off malaria and the other potential diseases prevalent in Madagascar that may have serious complications in an immune-compromised person. HIV prevalence is low in Madagascar.

#### Rabies

As far as we know, there have been no instances of rabies in Fort-Dauphin or in the surrounding villages in the last ten years. There are many dogs in Fort-Dauphin, several dogs in the local villages, and rabies can also be transmitted by flying foxes, so we therefore recommend that you consider being vaccinated against rabies. If we are planning on lemur capture we will let you know in advance as rabies vaccination is mandatory for anyone working on capture.

#### A note about your health

Please be aware that none of the reserve staff are medically trained. We outsource all medical work to the South African-run Clinic Medical in Fort Dauphin. All, and we mean all, medical situations are referred to them, and you are responsible for payment of all medical bills for consultation, treatment, medicines, and transport of medicines to the field, so, please bring a well-stocked medicine and first aid kit.

#### Responsibility for Self

The application form and this document refers a number of times to you taking responsibility for yourself. This is an attitude that we expect from our volunteers with regard to their personal safety and behavior. You must check all the health information with your doctor to make sure you are getting the most recent advice and medication. It is your responsibility to make sure that your vaccinations are complete and up to date.

If you are on specific medication, you need to make sure that you bring sufficient for the duration of your placement, as supplies of your medication may not be available in Madagascar. We also need to know about any pre-existing medical conditions in case you may need emergency treatment whilst in Madagascar. This should be discussed with us before you leave for Madagascar as, whilst we make every effort to help people during their stay with us, we may only be of limited help if you do not disclose pre-existing medical conditions to us before you leave your home country.

#### Insurance

Volunteers cannot begin a placement without travel insurance that includes cover for emergency hospital treatment for medical and accidental risks and medical evacuation and repatriation costs. You are asked to state that you will obtain insurance on your application form, we will require a photocopy of your insurance documents upon arrival, and you will be required to complete a form with insurance details, emergency contact

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details and any medical issues that we need to be aware of. Failure to have adequate insurance is grounds for us to refuse you to join the program, without refund. We highly recommend that your insurer knows you are volunteering.

### Packing

We have given you some idea of things to bring with you in other sections of this document. There will be very limited opportunity to purchase items once you are in Madagascar and we cannot always organise for parcels sent from home to reach you (and they usually take four weeks plus to arrive unless sent by express courier), so please ensure that you bring everything you may need. Please also try to minimise the packaging you bring with you to reduce your impact on the environment in both town and forest. Fort-Dauphin has only very basic waste management system and no recycling facility. It helps to repack items into ziplock bags which can then be used for other purposes and ultimately carried home with you.

### Keep in touch

If you are not sure of anything before you leave, please contact us. Please also make sure that we have your contact details if you are traveling before arriving at Madagascar so that we can contact you up to the date of departure if required. Please keep on top of checking your emails wherever you are, in case there are important messages. Please let us know your Fort Dauphin arrival flight details so we can meet you at the airport.

### In Madagascar: Airport arrival

Arrival and customs is simple. When you arrive at the airport in Antananarivo, the first step is to get your visa if you do not have one, once you get off the plane and as soon as you enter the building, that's your first job. You will need your cash to pay for your visa and your outbound airline ticket. Next step is to queue for passport control which is simple. Next is baggage claim which is easy. From baggage claim you move on to customs checking, which sometimes means your bags are searched. After your baggage search, you have to show your passport one more time to the officer at the exit door into the terminal building. Once you have passed him, you are in Madagascar. TONGA SOA!!! Welcome!!!

To your immediate left when you exit the controlled area into the terminal building you will find cash machines that take visa and mastercard. Only the BNI and BVF banks take mastercard. There will be taxi drivers a-go-go waiting there, but just resist them until you are ready to go.

Resist changing money on the black market here when you are tired and new to the country. It is illegal and apart from that, it is very easy to be tricked when you are tired.

Taxis are waiting in abundance nowadays normally in an orderly queue outside the terminal building (although the drivers are everywhere). Check the price before you get into a taxi and it's really best for you to watch your bags at all times until they are locked into the boot of the car, and be wary of anyone trying to assist you. Don't be shy to bargain, BEFORE you get in the car or hand over your bags. Trying to bargain once your bags are in the boot and you are sitting in the car is IMPOSSIBLE...

Do keep your wits about you especially at night. Some people may watch you carry your bag to the car, then rush over and help to lift it into the boot, then ask for money for their assistance. We recommend that you do not encourage these guys. Just politely say "no". It is easy also to make an advance reservation at a hotel and ask the hotel to send a car to collect you. The driver will be there waiting with your name on a sheet of paper. It is often cheaper, and hotels usually send reliable people. In Tana, we recommend

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Madagascar Underground as our preferred accommodation supplier. You can find them on facebook and trip advisor and please tell them that we sent you :)

Please ask us if you need any assistance, we are happy to help you to make your arrangements, or book a taxi to pick you up, all care given no responsibility accepted. We also offer a meet and greet service should you need it, so please ask if you need.

### Orientation

What you do in Tana is entirely up to you. Upon arrival in Fort-Dauphin, if you have given us your flight details, you will be met at the airport by one of our volunteering gurus.

The gurus will give you local orientation and further explanation of our health and safety policy, and various other orientation information and you must make sure that you fully understand them for your health and safety and the successful completion of your work.

Our staff will also ask to see your flight and insurance documents. As noted above, you will be asked to complete a form with any medical issues we need to be aware of, details of emergency contact details and insurance policy details.

When you are happy and have understood everything that the staff have explained to you, you will be asked to sign your MOU (Memorandum of Understanding - already sent to you when you pay your deposit) to confirm that you have read and understood the project policies.

We will also ask you to agree when you fill out your application form to allow us to use your images. This is very important to us, and before you go to the reserve we will let you know if there are any types of images that we are presently really in need of. We always need fresh video.

### The work

Life is likely to be very different to anything that you are used to. The work is physically demanding, it can be emotionally draining and the days are long and hot so this is definitely not a holiday. Volunteering for us requires flexibility, resilience, patience, enthusiasm and a lot of dedication. However, the rewards from working in this beautiful site far outweigh the difficulties that you will encounter. Volunteers usually work 6 days a week with some small duties around the camp on day 7.

Please be aware that we have rationalised our pricing to make it as inexpensive as possible for you, and, for that reason, we do not provide transport back to Fort Dauphin mid program. You are welcome to take days off in Fort Dauphin, and we will help you to arrange your trip, but the cost of transport is up to you.

If you wish to leave the project a few days early to go traveling, you should discuss the date of your departure with the staff at the start of your placement. If you want to leave early for personal travel, again, the cost of the car to collect you at the reserve is up to you.

The staff will go through your work program with you. The work allocated to you will depend on the needs of the project at the time. However, your program is not set in stone and can change on a regular basis. You must be adaptable and able to respond to the needs of the project at any given time.

You will be working with a maximum of six other volunteers (plus local guides).

Night walks can be very fruitful, with many of the nocturnal lemurs and other creatures

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particularly reptiles being very easy to spot at night, due to their nocturnal activity, or thanks to eye shine (so make sure you have a good head torch and plenty of batteries).

### A typical day might be:

07:00 - 09:00 breakfast and planning  
 09:00 - 10:00 track lemurs  
 10:00 - 12:00 work on trails  
 12:00 - 14:00 lunch and rest  
 14:00 - 17:00 work on tree planting and a late afternoon lemur follow  
 17:00 - return to camp and clean up  
 18:30 - help set up for dinner

This is not a timetable - these hours are a guide and are only intended to illustrate how a days work can be and just gives you some idea of how your day could be planned. Please note that working in rural areas and or with animals is unpredictable and we expect all our volunteers to be flexible in their approach to the work required.

### Relaxation

At the end of the working day and before dinner, volunteers usually have a shower and relax. Dinner is usually served around 19:00. We have a canoe going to the village and back daily so drinks and supplies can be ordered from there too.

Volunteers are asked to remain in the immediate vicinity of the camp after sunset apart from nocturnal walks in the forest.

You will see from looking at the photographs in our Facebook albums, opportunities for daytime recreation are abundant.

### Alcohol, drugs and smoking

Neither staff nor volunteers are allowed to drink alcohol during working hours. In the evening after work has been completed for the day, volunteers can drink alcohol in moderation. We work in a wild and isolated site and evacuations due to accidents are difficult and expensive to effect, and you must be able to follow safety protocols and react quickly at all times. We therefore cannot allow volunteers to be really drunk or using drugs on site. Moderate alcohol consumption outside of working hours is fine, for both staff and volunteers, but, volunteers or staff who are excessively drunk or are under the influence of drugs at any time of the day or night may be asked to leave the project immediately. Using, buying or distributing illegal drugs or any other controlled substance is strictly prohibited and any such activity will result in immediate dismissal from the project without compensation.

Smoking is not allowed in any of the private buildings. Smoking is allowed outside and in the river house, but please dispose of matches and cigarette butts carefully, particularly in the dry season. Cigarette butts are a real eye-sore and must not be thrown around the site or left in the forest, but must be disposed of carefully along with the other camp waste. An empty film canister is a good portable ashtray for smokers to carry in their pocket. Smoking is also prohibited around or in tents (even if it your tent) for your own safety.

### Accommodation

Volunteers live in tents in a clearing on the edge of the forest. You may bring your own tent or rent one from us. Tents are so easily damaged in the windy, humid and hot climate and freight to Madagascar is so expensive that we constantly have struggled to maintain tents in good condition, so we have now given up and we are forced to charge

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a fee for using our tents, sorry. You will need to bring your own camping mattress and bedding. The camp has a flush toilet like at home, but only one, so there is a pit latrine for staff and for emergencies, and a bush shower that you will get used to quickly.

There is also an option to stay in one of our bungalows. Please see prices at the end of this document.

The camp is your living environment for the duration of your stay with us so please help everyone to enjoy the surroundings by rolling up your sleeves and sharing the responsibilities. Please remember that the staff are there to work with you to achieve a project outcome, you are volunteering to achieve that outcome, you are not a tourist but rather a member of a team. Typically we suggest that a rota is put into place so that everyone takes his or her turn with all duties around the camp such as washing dishes. Please also bear in mind that we are in the forest and so at times things may not operate as they should. We ask that you take as much care as you can with our buildings and equipment and please bear with us as we will try and mend/replace anything that breaks as quickly as possible.

A small solar panel supplies light at night and small amounts of phone charging, but it is small and can't provide enough phone charging for the whole team. You will need a torch and we recommend you bring your own solar phone charger suitable for your phone (Apple products can be hardest to charge).

It is up to you what time you go to bed at night, but the days are long, the work is hard, the climate is tough and you will need to be fresh for work early the following day. We also ask that you be respectful of other volunteers who may be choosing to go to bed. Candles are totally prohibited in the camping area or in or around your tents or in the bungalows.

### Food and water

Food is simple but nutritious and is based mainly on local ingredients, with rice and beans being the staples. Seafood and eggs are featured occasionally when available, although beans and other easily stored items are most often used.

We do not have the luxury of regular transport to the site, or refrigeration, so we must do the best we can with locally available ingredients. We can order fruit and eggs when available from the nearby village.

### Meals will typically be

Breakfast: tea/coffee, local camp bread baked over a fire every night before bed

Lunch: rice with vegetables and peanut or curry sauce or rice and beans

Dinner: potatoes, spaghetti, omelette, etc

Meat is rarely available due to refrigeration issues, and even though we are right on the ocean, the beach is nearly 20 km long and there are rarely fishermen working near us, so please be aware that your diet will be mainly vegetarian. Please remember that we are in a sub-tropical rain forest, on an island, in the west Indian Ocean, there is no supermarket around the corner, so we provide nutritious food using the resources available to us. Volunteers sometimes like to bring some food items with them to the reserve so that they have treats to supplement the food we provide. If you bring food, we recommend that you bring solid plastic storage containers with tight lids, or ziplock bags, to avoid attracting ants.

We drink chlorine-treated tap water shipped to the reserve from Fort Dauphin. If it runs out before the next delivery, it will be replaced with chlorine-treated well water from the village. Bottled water is available to buy at the village and if you want to exclusively drink

bottled water you should budget around \$2 for a 1.5 litre bottle. You will probably need two of those per day at least. There are very good personal water filters available that you might like to bring and we do recommend that they are very useful.

### Clothes and laundry

You will need clothes for work and clean clothes for after work. We recommend that you always wear long-sleeved shirts or t-shirts, long trousers and long socks. This is particularly important at dawn and dusk to minimise mosquito bites. You should wear sturdy footwear during the day in order to prevent scratches. Although it is a sub-tropical climate, it can get cool at night so we recommend that you bring a couple of sweaters or sweatshirts, particularly from May to October. You should bring a lightweight, good-quality waterproof raincoat and waterproof boots or sandals. Flip flops are useful for around camp and sandals or old trainers will come in useful in the evenings. We also recommend that you bring a hat to shade you from the sun.

So in total, for work, you will need about 4 or 5 pairs of lightweight trousers and 4 or 5 long-sleeved t-shirts. We recommend dark coloured clothes that will dry easily.

Sometimes it is very hard to dry clothes in the forest due to the high humidity so it is important to bring sufficient clothes with you and to keep on top of washing your laundry!

You are responsible for doing your own laundry by washing your clothes in the traditional way – bucket, soap and lots of scrubbing! Soap powder is available to buy in town or from the village, it is really inexpensive, and it's useful to take a laundry bag with you or some method of separating your dirty clothes from your clean ones. Just a plastic bag works. We provide a clothes line. You can ask us to arrange for a local lady to do your laundry if you prefer, it is not expensive. If you are the type to want to go out on the town when you are in Fort-Dauphin then do bring something nice to wear, because Malagasy people love to dress up and you will feel great putting on something that you have not been wearing in the forest when you go out. There are no religious taboos about clothes but people are naturally modest and you should not wear anything too revealing in town (but it's fine on the beach) or expose too much flesh, and for men, you should not wander around shirtless. Be a little more modest than you are at home.

### Personal belongings

You will have time in the evenings to read, write and listen to music so bring with you what you think you will need for your leisure time.

Please bring some ziplock bags and silica gel sachets for storing your electronics and papers safe and dry. Think about the humidity and the risk of water splashing when you are traveling by canoe.

Remember that everything electronic will require batteries and there is very little electricity in the reserve. Batteries are poor quality and expensive in Madagascar and you will need them for your torch, camera etc. so please bring plenty with you.

We HIGHLY recommend that you bring an external battery (a power bank) with at least 20,000 MaH capacity. This will really help you to keep your gear charged.

A very good quality solar charger is invaluable if you can afford it, but if you are going to buy one, and you have apple products or other "high drain" electronics, please ensure that you buy a quality charger that is appropriate for your device. The electricity in Madagascar is 220 volts and the sockets are the French 2 pin round.

If you wish to give unwanted items to staff at the end of your time with us, please either do it equally trying to share between all staff, or, if you wish to reward particularly good

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service, please do so so openly at a round table in front of all staff. Make it clear that you are making the gift to the individual (rather than to the group or to the reserve in general) and point out the specific things that the staff member did that you liked that made you want to “tip” them by giving the gift. For security reasons, it is useful if we are aware of all gifts given to staff so please inform us if you make any gifts, especially valuable gifts. Feedback from volunteers on the performance of our staff is used as part of their annual evaluation so we appreciate your comments.

### Communications

The camp has good mobile phone reception most of the time but there are some areas in the forest and most of the beach where there is limited mobile phone reception, sufficient sometimes for text messages, but generally from the forest or the beach the signal is not good enough to make calls. Please make your family aware that if they ring you and do not get you, it is probably because you are in the forest or on the beach where the signal is sketchy, and they should simply try again a few hours later. And if they still do not get you, they should call us on the numbers that we provide, rather than panicking and contacting your embassy with a missing persons report (lol, it happens). Please also explain the time differences to your family and friends who are most likely to want to call you (or us).

You will need to bring an unlocked mobile phone with you if you want to use a phone, or, it is possible for us to arrange for one to be bought for you in Madagascar. Simple phones just for sms and calls are not expensive (around \$25) but if you want internet and email by phone, bring your own or be prepared to pay around \$60 for the simplest. Keep in mind that it may not be possible to arrange this as soon as you arrive (particularly on weekends) so this may lead to a delay before you can contact people. We can organise for you to purchase a Malagasy sim card if you bring your own unlocked phone. We have daily phone contact with the reserve, and can pass on messages in emergencies. During orientation in Fort Dauphin when you first arrive, there is ample opportunity for you to contact family and tell them that you have arrived safely.

The postal service to Madagascar is poor – parcels will be opened and items are sometimes stolen. If the goods are not stolen, the tax required to receive the parcel is usually more than the value of the goods. We don't always have the time and resources to recover packages for you so we cannot arrange delivery of letters or parcels to volunteers unless it is prearranged or it is something essential like medicine.

### Money

The local currency is the Malagasy Ariary (MGA) which is not available to purchase outside Madagascar. We recommend that you use an ATM debit or credit card or a prepaid travel money card as your principal source of funds. Whichever type of card you choose, it must have either the VISA or MasterCard logo. Sorry no other type of card works.

As your secondary source of funds, please bring sufficient cash money (in either US\$, Euros, or £ Sterling) to cover your initial arrival (should ATMs not be working), and for emergencies. Please note, to avoid difficulty, the three currencies mentioned above are the only ones worth bringing. Australian dollars for example, are NOT accepted (but of course your Australian VISA or MasterCard will be welcomed). It is important that you have sufficient cash with you, particularly if you arrive on a weekend, because there are times when cash machines (ATMs) do not work (particularly on weekends!!) so you will not be able to withdraw cash from the machine and that could cause you (and ultimately us) cash-flow problems. Travellers-Cheques attract very poor exchange rates and are rarely accepted. Credit cards have very limited acceptability apart from at cash machines, so mainly you will be using your cards to withdraw cash from ATMs.

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Life in the forest is not expensive but you might like to be able to buy drinks, biscuits etc. If you need something from town while you are in the forest we may be able to get it for you but whether we can deliver it will depend entirely on availability of transport.

Additional items such as this are not included in your board and lodgings. Some typical prices:

1.5 litre coca-cola 3,500 ariary  
 Cheapest cigarettes 2,000 ariary  
 Individually wrapped chocolate biscuits 300 ariary  
 250 ml rum 2,000 ariary  
 750 ml beer 3,000 ariary  
 Packet of Pringles 8,000 ariary  
 Small tub of flavored yoghurt 2,000 ariary

A phone plan is available that gives you 20 local sms, 500 ariary of local calls and 20 megabytes of data for 500 ariary. You can refresh this as many times a day as you like. If you use Facebook a lot, you may find yourself refreshing say four times a day, costing you a total of 2,000 ariary or \$1 per day. There are also plans for data only if you don't want the local calls or sms for around 25,000 ariary for 1 gig of data.

Please check current rates to give you some idea of prices in Madagascar. We find that <http://www.xe.com/ucc/full/> is a good site to use. Please make sure that you take sufficient money with you for your entire stay and do not put our management in the difficult situation of refusing to loan money, because all requests, except for absolute emergency, will be refused.

In money emergencies we will help you to obtain a Western Union cash transfer from friends or family abroad.

### Safety and security

Here, we re-emphasise that you are expected to take responsibility for yourself, and do everything that you can to avoid risk for yourself, fellow volunteers and our staff.

Most of our volunteers spend nearly all of their time in the forest and we have not had any safety or security issues. Local people traverse the reserve at times as it is the only route between village to the north and to the south. Minor thefts can occur and you should take care of your personal belongings and do not leave things unattended. We repeat here, it is not our guard's job to take care of your personal belongings if you leave them laying around the camp. Make sure that your belongings are secured inside your locked tent when you are not there. When you are in town, we encourage you to be aware of your personal safety just like you would anywhere.

Statistically, Madagascar is a very safe and peaceful country, the risk of theft or assault is low, but, it has been known on rare occasions to happen. Don't make yourself a statistic by wearing conspicuous bling, by flashing wads of cash, or by wandering around alone at night.

### For your own safety

The main thing that you can do to protect yourself is communicate. The golden rule is, "never go anywhere without letting someone know where you are going and when you expect to be back". Keep your phone on you, well charged, when going out, and make sure the staff have your number. When leaving the camp to go to the beach, or for a

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walk, it is really simple and potentially life-saving to inform the staff which direction you are heading in and your approximate time of expected return.

When in town, if you go out in the evening, do not go out alone. Volunteers do so at their own risk and we cannot be held responsible. If you are wandering in town day or night you should keep all money and expensive items such as mobiles, etc out of sight. Wherever you travel in Madagascar you must take your passport (or legalised photocopy) with you. The police can and will stop and search for no reason and if you do not have it with you, you will be liable to a fine (preceded by brief imprisonment).

Sainte Luce Reserve cannot be held responsible for such fines. We help you to obtain a legalised copy of your passport upon arrival so you can store your original safely.

### Relationships with project personnel

It is very important that you maintain professional relationships and appropriate boundaries with staff, villagers and security guards. It is incredibly disruptive for staff if relationships are anything but professional and problems often continue long after the volunteer has returned home. This applies to both male and female volunteers. Intimate relationships between volunteers and Sainte Luce Reserve employees or local villagers are simply not allowed.

This may sound quite draconian but we know of major problems occurring when such relationships have developed during a volunteer placement. The staff know that it is a disciplinary / potentially sackable offence for them to have a relationship with a volunteer, so we respectfully ask that you conduct yourself appropriately with our staff. Anyone found to be having a relationship with our staff or the villagers during a volunteer placement will be asked to leave the project with no refund and the worker will be sanctioned and possibly dismissed. Sorry but it's that serious.

### What to bring with you

#### Clothing

Clothes must be practical and easy to wash and dry. It is advisable to avoid light colours.

- sturdy boots (such as light walking boots) or trainers
  - flip flops/sandals. Great for boat wear, camp wear, and stream hikes. Waterproof types with good, sturdy soles and some sort of straps work best
  - long socks
  - waterproof jacket with hood (raincoat)
  - sun-hat / baseball cap
  - long trousers
  - long sleeved shirts/t-shirts
  - lightweight sweaters or sweatshirts
  - underwear
  - beach wear (such as a bathing suit)
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### Bedroom / tent

- impregnated mosquito nets are usually cheaply available in Madagascar should you need one for private travel so don't bother to bring one with you. They are about \$3 in Madagascar for an excellent quality impregnated net. You do not need one if you are only camping because your tent will have insect mesh. We provide one in the bungalows.
- light sleeping bag
- torch – head torches are particularly helpful around the camp at night (and are almost essential for nocturnal work in the forest)
- pillow (your fleece can double as pillow stuffing if you just bring a pillow case)
- sleeping sheet / sheet to cover the mattress (we supply for bungalows)
- earplugs (if you need them, useful sometimes in cheaper hotels)

**NOTE: if you are staying in our bungalows we supply a mosquito net, a mattress, a sleeping sheet, and a pillow case. We do not supply blankets or pillows for hygiene reasons.**

### Personal care

- laundry bag (another pillow case?)
- 'quick dry' towel – try to avoid thick terry-towelling towels as they take days to dry in the humidity especially if it is raining
- anti-bacterial hand gel
- shampoo (please buy a biodegradable type if possible)
- shower gel (please buy a biodegradable type if possible)
- toothpaste and toothbrush
- razor
- deodorant
- moisturiser
- sunscreen 30+
- tampons and other feminine care products (although basics are available in the local stores in Tolagnaro)
- any other personal toiletries you regularly use

### Medication

- You must bring all essential medication with you and bring sufficient supplies for the duration of your stay. Useful items to include in your personal first aid kit include:
  - painkillers such as Paracetamol and/or Ibuprofen
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- antihistamine tablets
- anti diarrhoea tablets
- insect repellent (at least 45% DEET)
- sun burn cream
- lots of plasters / band aid (possibly the most useful thing in your kit, bring plenty)
- multi vitamins
- eye wash (ask your chemist)
- sterile dressings and bandages
- thermometer
- rehydration powder

#### Other items

- cheap leather gardening / work gloves can really protect your hands when doing dirty work - really very useful - you will thank us if you bring them
  - waterproofing materials for your gear, zip lock bags, a couple of large plastic bags (e.g. bin liners)
  - water bottle
  - sunglasses
  - spare contact lenses and liquid
  - adaptor plug
  - camera, memory cards, spare batteries or charger
  - mobile phone and charger
  - books to read
  - French dictionary / language books
  - notebook, pens
  - mini sewing / repair kit
  - scissors / pen knife / Swiss army knife
  - duct tape – useful for emergency repairs
  - small pack / day-pack for use on hikes, at beach, in forest
  - If you play a musical instrument and have room to carry it with you, please bring it. Staff are usually very happy to join in a bit of impromptu music in the evenings.
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## Departure

There will be sufficient time in town at the end of your volunteering time to write up the results of your work. This is a vital part of the volunteering experience, the data that you collected will be used by our research team and you may even find yourself credited in a publication! So all of your work must be collated into a report.

There is no departure tax to pay when leaving Madagascar, all taxes are already included in your ticket. We hope that our volunteers will enjoy participating on our reserve Facebook page where they can share photos and receive updates on what is happening in Fort Dauphin and at the reserve.

## And finally... thank you!

We hope that you enjoy your stay with us and we want you to have a memorable experience with Sainte Luce Reserve and the biodiversity in our care. We really appreciate the time that people give to our project and the money that is raised by our volunteers. The work that you will do and the contribution that you will make to conservation is valuable and appreciated by everyone at Sainte Luce Reserve, both human and non-human primates...

Thank you!

## Volunteering Costs (correct November 2016)

Volunteer Period (Weeks)	Basic Volunteer Fee (\$USD)	Supplement Tent Hire (\$USD)	Supplement Bungalow (\$USD)
90 DAYS MAXIMUM VISA	Camping in your own tent with your own bedding	Camping in our tent with your own bedding	Camping in our bungalows with a mattress, mattress cover, sheet and pillow case provided once + solar light and solar USB charger.
1	500	10	40
2	550	20	60
3	810	30	80
4	1060	40	100
5	1300	50	120
6	1530	60	140
7	1750	70	160
8	1960	80	180
9	2160	90	200
10	2350	100	220
11	2530	110	240
12	2700	120	260

## ABOUT IUCN CATEGORY V:

We consider the reserve to be an IUCN Category V Protected Area. Some details of the attributes of a Category V Protected Area are summarised below from the IUCN website. If you would like to know more about protected areas, particularly private protected areas, there are some excellent publications on the IUCN website and we provide direct links to the documents on our website, for download, however the information below is quite clear and comprehensive.

### Category V Protected Area - A Protected Landscape or seascape.

A protected area where the interaction of people and nature over time has produced an area of distinct character with significant ecological, biological, cultural and scenic value: and where safeguarding the integrity of this interaction is vital to protecting and sustaining the area and its associated nature conservation and other values.

#### Primary objective

To protect and sustain important landscapes/seascapes and the associated nature conservation and other values created by interactions with humans through traditional management practices.

#### Other objectives

To maintain a balanced interaction of nature and culture through the protection of landscape and/or seascape and associated traditional management approaches, societies, cultures and spiritual values; To contribute to broad-scale conservation by maintaining species associated with cultural landscapes and/or by providing conservation opportunities in heavily used landscapes; To provide opportunities for enjoyment, well-being and socio-economic activity through recreation and tourism; To provide natural products and environmental services; To provide a framework to underpin active involvement by the community in the management of valued landscapes or seascapes and the natural and cultural heritage that they contain; To encourage the conservation of agrobiodiversity and aquatic biodiversity; To act as models of sustainability so that lessons can be learnt for wider application.

#### Role in the landscape/seascape

Generally, category V protected areas play an important role in conservation at the landscape/seascape scale, particularly as part of a mosaic of management patterns, protected area designations and other conservation mechanisms:

Some category V protected areas act as a buffer around a core of one or more strictly protected areas to help to ensure that land and water-use activities do not threaten their integrity; Category V protected areas may also act as linking habitat between several other protected areas. Category V offers unique contributions to conservation of biological diversity. In particular: Species or habitats that have evolved in association with cultural management systems and can only survive if those management systems are maintained; To provide a framework when conservation objectives need to be met over a large area (e.g., for top predators) in crowded

landscapes with a range of ownership patterns, governance models and land use; In addition, traditional systems of management are often associated with important components of agrobiodiversity or aquatic biodiversity, which can be conserved only by maintaining those systems.

As people are the stewards of the landscape or seascape in category V protected areas, clear guidelines are needed about the extent to which decision making can be left to local inhabitants and how far a wider public interest should prevail when there is conflict between local and national needs.

Recommended reading:

We cannot possibly list the many many books published on Madagascar. If you require a specific recommendation, please contact us. This is a short list of some of the books available.

#### Madagascar Guides

We recommend you purchase a guide book if you will do private travel before or after Sainte Luce. The book that we recommend was written by former US Peace Corps volunteer and Madagascar aficionado Sara LeHoullier. The book is available from the Other Places Publishing website on <http://www.otherplacespublishing.com/Madagascar.html> and if you buy the print version, you get a kindle version for free!!

#### General

- Madagascar - A World Out of Time. Lanting, Frans. Jolly, Alison. Durrell, John. Aperture, 1990.
- A World Like Our Own. Jolly, Alison. Yale University Press, 1980. An overview of Madagascar and its diversity and challenges it faces.
- The Eight Continent. Tyson, Peter. Harper Collins, 2000. Life, Death and Discovery in the Lost World of Madagascar.
- Ark on the Move. Durrell, Gerald. Coward-McCann, 1983. A look at the plight of endangered species of Madagascar and the consequences for life and the future of the planet.
- Madagascar-A Natural History, Ken Preston-Mafham, full of photos and enlightening text.
- Lemurs of the Lost World, Wilson, Dr. Jane. An informative and entertaining description of and expedition to the crocodile caves of Ankarana Massif.
- History of Madagascar. Brown, Mervyn. Excellent coverage of history and culture. Field Guides
- Guide to the Birds of Madagascar, Langrand, Oliver. Yale University Press, 1990.
- Guide to Madagascar. Hilary Bradt, Bradt Publications, 2002.
- Mammals of Madagascar. Garbutt, Nick. Pica Press 1999.
- Lemurs of Madagascar. Mittermeier, et alia. Conservation International. 1994.
- Amphibians and Reptiles of Madagascar. Glaw, Frank and Vences, Miguel. Vences, 1994.
- Lemurs of Madagascar, Glaw, Frank. 1994.