

Extensive information:

Project Sea Turtles
Zakynthos Greece



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Note: This document will be updated annually. Although Global Spirit will do its best to keep the information as current as possible, please be aware that changes that will inevitably take place at the projects described below may not be outlined in this document.

Join the project with an open mind, and a flexible attitude and you will leave Greece with unique, special and unforgettable memories!



1. Sea turtle introduction

Sea turtles are reptiles that have totally adapted to sea life. Like all reptiles, they have lungs and need to surface occasionally to breathe, their skin is covered in scales and they lay eggs. Although they spend most of their lives at sea, they are dependent on land for reproduction. Unfortunately, all seven species of sea turtles are threatened by extinction due to the degradation of their nesting habitats, pollution and human interaction (such as fisheries).

1.1 Anatomy

The Loggerhead (*Caretta caretta*) is one of three species of sea turtles that can be found in the Mediterranean Sea and the only one that nests in Greece. The loggerhead is one of the most widespread of all the marine turtles. Its common name comes from its relatively large head, which contains powerful jaws. The carapace (top shell) and flippers of the adult turtle are reddish-brown in colour, whilst the underneath (or plastron) is more yellow in appearance. Adults can reach a length of 80-100 cm and weigh about 80 kg.

1.2 Reproductive behaviour

Loggerhead turtles are pelagic animals. This means that they travel in the open sea but approach the coast when they are ready to reproduce.

They reach sexual maturity when they are 20-30 years old. The eggs have the same shape and size as a ping-pong ball and are laid in a dry part of a sandy beach. The eggs are placed in an egg chamber, which is usually dug in an undisturbed area and is about 50-60 cm deep. The female comes ashore and climbs up towards the back of the beach. She then makes a shallow hole in the sand called a body pit. Then she digs the egg chamber using her hind flippers, lays the eggs inside, and covers the nest with sand. There are usually 120 eggs per clutch, and each female lays approximately two clutches every 15 days. The females only come ashore to nest at night from the end of May until the end of August. The females usually nest every 2-3 years with 3-4 nests per season.

The nests must remain undisturbed in the warm sand for about 60 days before the eggs hatch. The hatchlings remain in the nest for several days before emerging to cross the beach and enter the sea.

Hatchlings can be seen emerging from their nests from late July until the end of October. They dig their way out of the nest in a joint effort and usually emerge during the night. They then make their way down to the sea by heading for the brightest source of light - in undisturbed beaches this is usually the reflection of the stars and moon in the ocean. This race from their nests to the sea is crucial for the turtles' survival. Although a female sea turtle may lay hundreds of eggs each summer, it is estimated that only a few hatchlings out of a thousand will survive to adulthood.



1.3 Diet

Loggerheads turtles are carnivorous and feed mainly on jellyfish, crustaceans such as sea urchins, and other slow-moving organisms. They have very powerful jaws which enable them to easily crush the hard shells of their prey.

1.4 Endangered species

Sea turtles have been swimming in our oceans and seas for over 150 million years. Contemporaries of the earliest dinosaurs, they appeared long before mankind. After having survived climatic and geological changes, sea turtles today face extinction due to uncontrolled human exploitation. Although sea turtles spend the majority of their time at sea, their survival still depends on the condition of specific beaches. Amazingly, females will return to the beach where they were born to lay their eggs. Sadly, most of the beaches that sea turtles use for nesting have been destroyed or are under intense human pressure.

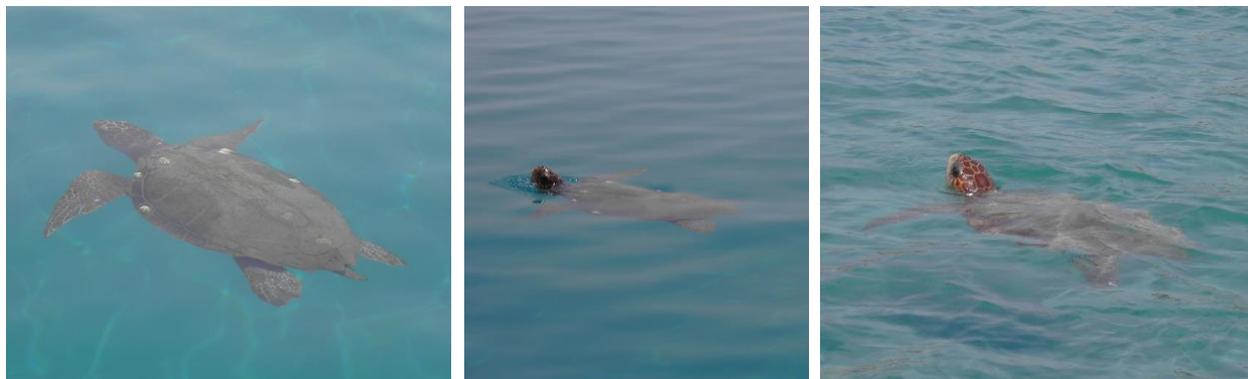
Greece is home to the last significant concentration of Loggerhead nesting sites in the Mediterranean with the most important area being in Laganas Bay on the island of Zakynthos. Here, on 5,5 kilometres of beaches, an average of 1185 nests is dug per year.

Threats to sea turtles today include the destruction of their nesting habitats, their accidental capture in fishing gear, the illegal wildlife trade and pollution.



2. The project

The Sea turtle project is a non-profit organisation founded in 1983 with the aim to protect sea turtles and their habitats in Greece through monitoring and research, developing and implementing management plans, habitat restoration, raising public awareness and rehabilitating sick and injured turtles



The project has a branch office on Zakynthos to promote, on an annual basis, its objectives for the conservation of marine turtles and their habitat. Every year, since 1983, extensive field work is carried out by the project during the nesting season, and since 2000 this is done in cooperation with the Parks' Management Agency. The fieldwork consists of turtle and beach monitoring, active beach management, and raising public awareness. The volunteers that participate at the project assist the Park wardens monitor the nesting beaches, contribute to public awareness of visitors, and operate Information Stations.

The Information Stations are operated seasonally since 1987 on Zakynthos, in cooperation with the local authorities. Every year, around 70,000 visitors are informed at the Information Stations, at live presentations held at hotels and tour boats, as well as on the nesting beaches where the project's volunteers cooperate with Park wardens which guard the nesting beaches and ensure compliance to the regulations on a 24h basis.

2.1 Legal Protection of Nesting Beaches on Zakynthos

Due to the importance of Zakynthos as a reproduction area for the loggerhead sea turtle in the Mediterranean, the state introduced measures for its protection since 1984. The purpose of the legislation was to control and regulate development while maintaining the quality of the nesting beaches so that the sea turtles can continue visiting Zakynthos for generations to come. The 1984 measures were further strengthened in 1990 with the signing of a Presidential Decree. Based on this legislation, in addition to specific limitations relative to visitor numbers and the use of sun beds and umbrellas, the following are mentioned:

1. Tourist developments are not permitted behind nesting beaches and the building of residences is strictly regulated
2. Artificial lighting is not permitted to affect nesting beaches
3. Vehicle use is not allowed on the beach

In 1988, by Ministerial Rule two marine zones were established. These occupy a large proportion of Laganas Bay. Within zone A, no boats or fishing activity are allowed. Accordingly, in zone B the speed limit is 6 knots, while anchoring is not allowed. Fish farms are prohibited in both zones. In 1994, after sustained effort by the project and other environmental organizations a third zone was established, zone C, in which anchoring is allowed but the speed limit of 6 knots applies.

Consequently, speed boats were almost completely prohibited from the Bay of Laganas.

In 1994, night flights were also prohibited into and out of Zakynthos airport, as the airway for landing and take off passes over the beach of East Laganas. The lights and noise of the aircraft disturbs nesting turtles.



Unfortunately, legislation was poorly enforced, allowing illegal umbrellas and sun beds to occupy vital nesting grounds or illegal buildings (tavernas and holiday homes) to sprout on Daphni. The legislation did succeed though in halting large hotel development on certain beaches. Marathonissi islet was not touristically developed thanks to concerted reaction by conservationists, local communities and the local Church.

The long-standing struggle of the project and other NGOs, eventually urged the Greek government to proceed with the establishment of the National Marine Park of Zakynthos in December 1999. This is the first National Park to protect the loggerhead sea turtle in the Mediterranean Sea. It was the first protected area in Greece with a designated Management Agency. The project, WWF-Greece, and Mom are members of the Management Board of the Park's Agency.

2.2 Nesting beaches

There are six nesting beaches in the Bay of Laganas, with a total length of 5.5km. These are Marathonissi, East Laganas, Kalamaki, Sekania, Daphni, and Gerakas. Every year, from the beginning of May until mid-August, loggerhead females lay their eggs on these beaches. On average, 1,200 nests are laid every year.

Marathonissi, the uninhabited islet is in the west of the Bay of Laganas. It has a small, 370m long beach made of pale thick sand on its north-west end. There are sand dunes on the back of the beach, which at some locations reach more than 50m inland. The steep hill behind the beach is covered by Mediterranean vegetation. The remains of an old monastery, belonging to the Church of Lithakia, is the only building on this islet. Tourists visit the beach during the day, on organized boat trips and by rented or private boats. Lights and noise from the residential areas of Laganas and Lithakia affect the beach during the night. Organized tours are allowed between 7:00am to 7:00pm from the 1st of May to the 31st of October. Visitors are only allowed to remain on the first 5m from the sea, as sea turtle nests are located on the back of the beach.



Marathonissi

While most beaches within the Bay of Laganas mainly produce female hatchlings, the small beach on Marathonissi, with a mere length of 370 metres, produces mainly male sea turtles. This is caused by the slightly lower temperature of the beach sand on Marathonissi. The sex of sea turtle hatchlings is determined by the average temperature of the eggs during incubation. If the incubation temperature is above 29°C, the hatchlings will be females, while if it is below 29°C, they will be male. Indeed the pale colour of the sand on Marathonissi strongly reflects solar radiation, causing slightly lower sand temperature at the egg clutch depth. So while the beach of Marathonissi only receives 9% of the nests in Zakynthos, the fact they exclusively produce male turtles raises it to a crucial reproductive habitat for the survival of the Mediterranean loggerhead sea turtles.

East Laganas beach stretches eastwards from the last hotel of the developed part of Laganas, up to the Rock of Hipsolithos. East Laganas is characterised by fine sand mixed with small-sized pebbles and a landward extensive dune field. Visitors are allowed on the beach between 7:00am and 7:00pm from the 1st of May to the 31st of October.



East Laganas

Kalamaki beach with a length of 500m, is the eastward extension of the East Laganas beach, separated from it by the cliffs of Hipsolithos. Behind the beach there are low clay cliffs. A hotel has been constructed above the western part of the beach. The area has an easy access and it is visited by many people during the day. Visitors are allowed between 7:00am and 7:00pm from the 1st of May to the 31st of October. Visitors are only allowed to remain within a 5m distance from the sea, as sea turtle nests are located on the back of the beach.



Kalamaki

According to legislation only 150 umbrellas and 300 sun beds are allowed on the nesting beaches of E. Laganas and Kalamaki. These are to be removed every night. Despite this progress in legislation, problems with sun beds and umbrellas still exist.

Sekania beach (650m) is the one that stands out for its natural beauty and the highest nesting density for loggerheads in the Mediterranean. Sekania supports well over 50% of the total number of nests made in the whole Bay. Due to its importance, the project has been urging the Government to expropriate or buy the private land behind the beach, in order to declare it a site of absolute protection. Finally in 1994, WWF Greece, following recommendations by the project, purchased a large part of the land behind the nesting beach. This was achieved with partial funding from the EU and the support of the Greek Ministry of Environment. According to existing legislation public access is prohibited.



Daphni stands out as the beach with the most problems. All 15 illegal buildings constructed behind the beach of Daphni have not been removed. Following recommendations by the Council of Europe, the removal of illegal buildings at Daphni has been an obligation of the Greek Government since 1986, when only two prefabricated buildings existed. Unfortunately, nothing has been done so far towards this end on behalf of the state. Illegal embankments, street laying, planting of exotic species, and corrosion of the beach have destroyed the beach profile on many locations. Since 2006, the Management Agency of the Park came into agreement with the owners and imposed measures on the operation of the buildings and the beach management. Visitors are allowed from 7:00am to 7:00pm from the 1st of May to the 31st of October and must not exceed 100 at any one time. Visitors are only allowed within the first 5m from the sea, as sea turtle nests are located on the back of the beach.



Daphni

Gerakas is a 15-30m wide beach, with fine and soft sand, and a length of 600m. The beach is backed by clay cliffs which shield off the lights of the two tavernas and the few houses that have been recently built further inland. A paved road comes very close to the beach and vehicles are parked there. There is only one access to the beach by a trail coming down through the cliffs. Due to its fair access, Gerakas attracts hundreds of visitors every day during the summer season. According to legislation only 60 umbrellas and 120 sunbeds are allowed at the western end of Gerakas, and the number of visitors on the beach at any one time should not exceed 350. Visitors are allowed from 7:00am to 7:00pm between the 1st of May and the 31st of October. They have to remain within the first 5m from the sea, as sea turtle nests are located on the back of the beach.



Gerakas

2.3 Sea turtle spotting in the sea

Zakynthos has the privilege to host a very large number of sea turtles in the Bay of Laganas every summer. They migrate thousands of kilometers to reproduce within the bay. Turtle spotting by beach visitors and tour boats is a compatible ecotourism activity with positive prospective, as it empowers public awareness about sea turtles and therefore their protection, as long as this experience takes place under certain conditions that primarily respect the sea turtles.

On every encounter with a sea turtle in the water, it is very important to seek the least possible disturbance of the animal (as in every other wildlife encounter). This can be achieved when turtle spotting fulfils at least some basic standards that guarantee the calmness of the sea turtle, such as:

- doesn't exceed 10-15 minutes near the same turtle,
- holds a distance of 10-15 metres from the animal,
- avoids crowding near it (by beach users or boats, with no more than two boats at any one time) and the observers remain calm (e.g. Low-voiced conversation),
- observations are made at a low speed in order not to disturb the animal (no more than two knots),
- any physical contact with the animal is avoided,
- the animal is not approached from the front (and the boat does not pass over it)
- the observers move away on the first indication that the animal is disturbed (e.g. Sudden change of direction, acceleration, sudden diving while basking, often emergences to breathe)
- observations are made during the day (and not during the night).

However, sea turtle observation activities carried out in the Bay of Laganas do not always follow the above basic rules of sustainable observation, nor do they follow the regulations for this special area (e.g. the speed limit of 6 knots to avoid collision with a sea turtle), often placing the turtles in danger.

All visitors of the National Marine Park of Zakynthos should be fully informed about the existing regulations to ensure the well-being of this important sea turtle population concentrated in the Bay of Laganas. Because these regulations have been set to ensure the coexistence of humans and sea turtles to the benefit of both.

3. Volunteers

3.1 Period / duration

Volunteers are welcome on the island of Zakynthos from 07 May – 15 October.

You are free to choose your own arrival date.

Your stay must be 28 days or longer, but the recommended duration is 6 weeks. Long-term participation is highly appreciated.

(Ideally it is recommended to stay about 3 months to have a broader experience and understanding of the environmental issues dealt and a deeper personal contribution on the project).

3.2 Requirements

No prior experience in animal care or welfare is required to participate in the project.

However, the following ARE required:

- Minimum age of 18 years.
- Volunteers must be able to communicate in English.

3.3 Fees (included and not included)

Participation fees are specified on the Global Spirit website.

These fees include:

- Accommodation (volunteers have to bring their own camp gear)
- Training and supervision
- Volunteer T-shirt and Turtle biology booklet (received upon arrival)
- Administrative costs

These fees do not include:

- Flight/travel to and from Zakynthos, Greece
- Transfer to and from the project
- Passport / ID-card
- Travel insurance (compulsory for all participants) and cancellation insurance
- All meals
- Personal expenses such as telephone bills, internet, souvenirs, etc.
- Any excursions undertaken by the volunteer

3.4 Internship and research opportunities

Research opportunities are available for students interested in conducting undergraduate or postgraduate research during their stay as a volunteer. Research applications must be completed well in advance in order to receive the necessary information and complete a research agreement form. If you are interested please indicate this in the section of the booking sheet that reads ‘possible or additional general remarks’.

It is also possible to do your internship.

In case of an internship the volunteers should inform us with all the requirements of the University well before hand. If you are interested please indicate this in the section of the booking sheet that reads ‘possible or additional general remarks’.

Please note that the daily tasks and work at the project always comes first! Interns will also have the same tasks as the regular volunteers and are treated the same.

Please note that due to the amount of work, the paper work arrangements for internships might take some time. The interns are asked to give to their project leader all the paper work that need to be filled in from them upon their arrival to the project.

Please note that no project data can be used for any report you may have to write.



3.5 Accommodation

Accommodation is provided at campsites on Zakynthos. The campsite is 'homemade' and thus very basic. Everything you need is available on the camp: cooking facilities, showers, toilets. The project is constantly trying to improve living conditions for volunteers but money is a limiting factor. It takes the responsibility and effort of every single volunteer to maintain and run the campsite.

The sanitary facilities are very basic and include cold-water showers and toilets. The cooking facilities are also very basic. Volunteers have access to gas stoves, fridges, cooking pots and pans, cutlery and crockery. You will share these facilities with the other volunteers.

Volunteers must have a positive attitude towards working and living in a group and will have to accept the responsibilities that group living entails. Volunteers are also responsible for housekeeping duties. In a weekly rotating schedule every volunteer is supposed to help with the cleaning of the camp, toilets, kitchen, etc.



3.6 The work

Volunteers who arrive at the beginning of the project (May) are helping to build up the campsite, turning an olive grove into a home for the volunteers who will join the project throughout the summer. During the first two weeks the project prepares for the oncoming nesting season and carry out beach clean ups.

An important part of the work you will do as a volunteer is helping gather scientific data through monitoring all turtle activities.

Nesting season normally starts mid May and lasts till about mid August. Monitoring work during nesting season includes:

- Morning surveys to look for adult turtle tracks and locate nests, 'caging' or relocating threatened nests
- Night surveys to observe and tag nesting females
- Dealing with injured or dead turtles

Hatching season starts about mid July and lasts till the end of October. Monitoring work during hatching season includes:

- Morning surveys to look for baby turtle tracks and locate nests, marking of hatching nests, dealing with any hatchlings that are still on the beach
- Excavations of hatched nests to determine the hatching success
- Dealing with injured or dead turtles



The main threat to sea turtles nowadays is the rapid tourist development, which destroys the suitable nesting beaches. Zakynthos is a very popular holiday resort and most of the nesting beaches are heavily used by tourists. In order to protect the nests and the beaches the Zakynthos project is running a large Public Awareness (PA) programme. As a volunteer you will help to inform as many visitors as possible about the turtles and about the ways they can help to save the *Caretta caretta*. You will also take part in fundraising to collect money for covering the running costs of the project.

The Public Awareness (PA) work starts from the beginning of May till the end of the season. It includes:

- Beach patrols where you inform beach users how to behave on the nesting beaches in order not to harm the nests
- Safe guarding of nesting beaches at night to prevent people from entering the beaches and therefore disturbing turtles
- Running of information kiosk
- Giving slide shows at hotels and on all day boat trips.
- Informing tourists on Turtle Spotting Boats (endorsed by the National marine park of Zakynthos)

Volunteers who are here at the end of the season are helping with dismantling the campsite, packing everything up and storing it so it's ready to use for the following season.

You will work 7 days a week (about 6/8 hours a day) and are entitled to 3 days off during a 28 day period.

Please note: The work includes long working hours in the heat (sometimes 6 hours), and that we get to some of the shifts by walking, some paths up-/downhill. With an average level of fitness this is manageable, but please be prepared that the work can be hard and exhausting. With the right attitude and the right team it is still fun!

The volunteers' interns are responsible of giving any paper work to the leaders upon arrival if they want to get them on time before they leave. The interns are considered as regular volunteers and the tasks of the project always comes first.

Please note that no project data can be used for any report you may have to write.

(For all internship rules, please contact info@globalspirit.nl)



3.7 The project staff

The project is run by a seven-member Board of Directors, which is annually elected by the General Assembly of Permanent Members. The Board has overall legal responsibility and makes decisions concerning policies and strategies for protection. These policies are implemented by the Director and a staff of 11-14 employees. Each project has a coordinator who is assisted by seasonal personnel (field leaders). Field leaders and other experienced members of the project are responsible for allocating duties as well as training and supervising volunteers.

The Official language of communication on the project site is English. Knowledge of other languages such as German can also prove to be very useful for public awareness purposes.

4. Zakynthos, Greece

4.1 Geography

Greece is a mountainous peninsula located in Southern Europe, on the Mediterranean Sea, between Albania, Bulgaria, Turkey and the Former Yugoslav Republic of Macedonia.

Zakynthos island is situated in the Ionian Sea off the west coast of the Greek mainland. The climate is warm with a lot of sunshine. The island covers an area of about 40,600 ha and its coastline is approximately 110 km long. However, only a small part of the beaches is sandy. Surveys carried out since 1982, have proven the Bay of Laganas on Zakynthos to be the most important loggerhead rookery in the Mediterranean. Sea turtles, *Caretta caretta*, nest mainly on the beaches of Laganas Bay, which is situated at the southern part of the island. For this purpose a National Park was established in 1999.

4.2 Project camp location

The project camp is in walking distance from the beach of Kalamaki.



4.3 Climate

Greece has a temperate climate. Dry, hot summer days are often relieved by seasonal breezes popularly called "meltemia". An outstanding feature of the Greek climate is its ample sunshine, estimated to be 3,000 hours per year. Winters are mild and the rainy season is between November and March.

The weather in Zakynthos is a typical Mediterranean climate consisting in hot, sunny summers with temperatures sometimes exceeding 40°C. During the night it can get cooler and humid. Known to be one of the sunniest places in Greece, rainy days in summer are very rare in the island of Zakynthos. It rains usual in September/October.

In the beginning and the end of the project season it can get cold during the night at the project.

4.4 Culture

Greece has a diverse culture that has been influenced by its location at the junction between the East and the West and by the many occupations endured by the Greek people throughout history.

Greeks are particularly proud of their culture and celebrate it with great passion; their culture helps to define their national and ethnic identity.

5. Travel information

5.1 Flight arrangements

Volunteers are responsible for their own flight arrangements. We advise you not to reserve your flight before we have confirmed your participation at the project (unless you are for example planning to include your participation as a part of a longer journey).

However, if you are unable to arrange your flight for any reason, please let us know on the booking sheet and Global Spirit will do what it can to help.

5.2 Passport and visa

To visit Greece, EU citizens will need a valid passport (or ID-card). The passport must be valid for at least six months after the date of your arrival. If you are not an EU citizen, please check whether a visa is necessary at the Greek embassy in your country.

Note: Passport and visa requirements are liable to change at short notice. All volunteers are advised to check their entry requirements with their own embassy or consulate!

5.3 Insurances

Every volunteer is required to have a travel (medical) insurance policy and cancellation insurance is highly recommended. You will not be permitted to work at the sea turtle project without travel (medical) insurance. Global Spirit can help you to arrange travel (medical) and cancellation insurance. If you'd like our help, please indicate this on the booking sheet. If you already have insurance(s) (or if you are a participant outside the Netherlands, Belgium or Germany) please send a copy of the policy to Global Spirit.

5.4 Arrival in Zakynthos, Greece

You will be responsible for arranging your own transport to Zakynthos, Greece as well as to the project camp.

Specific directions describing how to get to your project location will be sent to you after your booking.

Please note that you need to be in the project one day before your first day of participation and you can stay one day after the last day of participation in the project except for the day and the last day of the project, where you should arrive on the same day (07th May / 15th October).



6. Medical advice

6.1 Advice

As Global Spirit is not a professional medical service, we advise you to go to a local clinic or medical authority in your own country for the appropriate medical advice.

This document is provided for informational purposes only

As a participant at this project you are responsible for your own actions. Global Spirit is not held responsible/liable for any unexpected casualties.

6.2 Required vaccinations

No vaccinations are required for working at this project.

6.3 Recommended vaccinations

You are recommended to be vaccinated against:

- D(K)TP
- Hepatitis A

These vaccinations are not required, but are still very important to have.

For the latest up-date we advise volunteers to contact your local clinic concerning vaccinations and other travel advise.

6.4 Medical services in Greece

Good medical services are available in Zakynthos (in the public hospital).

If you should need medical attention, please contact an project staff member.

If you need any medication there is a pharmacy nearby the project camp.

7. Personal equipment

7.1 Essential items

The following is a list of items that you should bring with you:

- Valid passport (or ID-card)
- A tent and camping mattress (please for May, September and October bring with you a good rainproof tent, because nights can be quite cold and rainy)
Please note: that you definitely need to have your camping gear with you before you come in Zakynthos because there is no camping shop there!
- Sleeping bag (in May and October the nights can be quite cold)
- Head torch with red light
- Robust clothes for working on the beach
- If you come during nesting season: robust, dark coloured clothes (long trousers and long sleeved shirt or jumper) for night surveys
- Appropriate clothes for working with the public (e.g. presentations at hotels) note that the project camp is in an olive grove so any white or very light coloured clothes can get dirty quite easily
- Warm and comfortable clothes for the beginning and end of the project season (May, June, September, October)
- Waterproof clothes (especially for May and September/October)
- A raincoat or poncho (especially for May and September/October)
- Strong, good walking shoes
- Shoes or sandals suitable for off road walking along with socks
- A backpack
- A hat or cap
- Sunglasses
- Watch and alarm clock
- Insect/mosquito repellent (which can also be bought on the island)
- First-aid kit with plasters and disinfectant, painkillers, for blisters, etc.
- Bathing/swimming suit
- A towel
- Sunscreen (it's recommended to use for at least SPF 20)
- All necessary personal medication (e.g. inhaler for asthma)
- Water bottle
- Drivers licence (if you have one)

7.2 Optional items

The following is a list of optional items you may choose to bring with you:

- A hammock (it is not essential to bring a hammock, but definitely makes your life easier to bring)
- A torch and spare batteries
- Binoculars
- Wellies (for May and October)
- A lighter
- A notebook
- A compass
- A camera (and underwater camera, the sea is crystal blue in Zakynthos)
- Toiletry articles
- Snorkelling equipment
- Something against dehydration like ORS (we advise you to drink a lot of water)

- Imodium or other anti-diarrhoea medication
- Books and magazines
- CDs or iPod ... if you want to enrich the variety of music available on camp a bit.
- Games
- Snacks
- Sense of Adventure
- You smile ☺

You don't need to bring any cooking stuff such as cutlery ... everything (of the basics) is available at the campsite –but you can always enrich the project's kitchen equipment.



8. General information (Zakynthos, Greece)

8.1 Food

Greek cuisine is famous for its high-quality products and the amazing taste of its food and wines. Some dishes are prepared similarly everywhere in Greece, whereas others are local culinary specialties or may be cooked in different styles depending on the region (in islands like Zakynthos, etc...).

On the campsite they run a communal food system that helps to keep the living expenses for everybody as low as possible (not more than 4,50 euro per day or 30 Euro per week). The money you pay to the 'food fund' once a week covers all essential food needs and provides you with drinking water, basic breakfast, lunch and dinner, and if there's some money left at the end of the week, with ice cream and chocolate cake..... maybe. Volunteers will do the shopping and cooking in rotated shifts.

This food system is not obligatory, it is recommended though as it is cheaper and helps the communal living and storage of food. There are super markets in walking distance where you can do your own shopping..



8.2 Supermarkets and markets

There are supermarkets and markets in walking distance of the campsite. Once you arrive at your project, a staff member will show you where supplies can be purchased.

8.3 Laundry services

There are basic washing facilities on camp (washing by hand). Also there are laundry services within driving distance.

8.4 Telephone

Volunteers will have to make their own arrangements when contacting their family and friends at home. The office phones are only to be used for emergencies.

Mobile phones can be used and network coverage is generally good. Please contact your home phone company for the most updated information.

8.5 Internet access

There are some Internet cafes close to the campsite if you want to stay in touch with the outside world and Wi-Fi access outside the office after 18.00.

8.6 Electricity

Greece's electricity system has a voltage of 220 Volt (50 Hertz). Round two-pin plugs can be used. North Americans will require a transformer and British volunteers will need to bring an adaptor. These can be purchased in specialised shops in your own country.

8.7 Transport during your stay

The project covers the costs of transportation to and from work shifts when needed.

8.8 Excursion arrangements

Zakynthos is a nice island. Although you won't have much free time, you can arrange excursions on your own or through travel agencies.

Here are some examples:

- **Zakynthos Town**
Location: The town is located on the eastern part of the island
Description: The new town was built on the ruins of the ancient one in an attempt to preserve the traditional architecture but this was only possible in a few areas, like the spacious Solomos Square, due to great poverty the disasters of the earthquake caused above the population.
- **Shipwreck**
Location: In the eastern part of the island, close to the Anafotiria village
Description: The beach of Navagio or Shipwreck or even Zakynthos smugglers cove is the most famous of Zakynthos beaches and one of the most famous of all Greece.
- **Blue caves**
Location: West coast of the island
Description: The blue caves have also interesting arches created by erosion along thousands of years, which allow for going through these caves and get actually surrounded by this surreal environment.
- **Askos Stone Park**
Location: In Volimes village
Description: A place where 170.000 self-sown plants (bushes and trees) grow and a lot of stone and wood constructions that are in perfect harmony with the natural environment.
- **Church of Avia Mavra**
Location: This church is located in the village of Macherado
Description: It was built during the 14th century and is considered one of the most important and famous churches of the Zakynthos Island.

And of course make some fun around the camp site.



8.9 Valuables

Valuables like passports can be stored in the office, but as storage space in the office is limited, storage of laptops is the volunteers own responsibility.

Camp is generally safe, but the project takes no responsibility for volunteers' property. So please consider if you really want to bring a computer.

8.10 Currency

The monetary unit of Greece is the Euro.

ATMs are found nearby the project camp in walking distance.

Credit cards such as American Express, Master Card and VISA are accepted in big hotels, shopping malls, and at most shops and restaurants. However, many shops do add an extra charge for paying with a credit card. They can be also used at most banks to obtain cash directly (also for an additional charge).

