



# Indonesian Parrot Project

## Eco-Expeditions

### Team Briefing

#### Financial Terms & Conditions

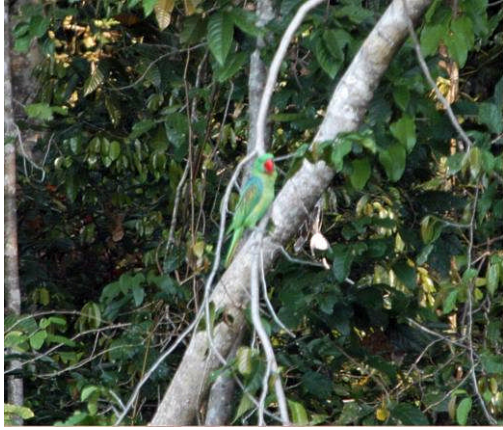
Prices for each expedition will be announced in February of each year due to fluctuations in the market and the exchange rate. International airfare from your destination city is not included in the trip price. We can offer you recommendations of travel agencies that may be able to help you find a good fare. The prices are based on shared rooms. Single rooms will be charged at a slightly higher rate. Please be aware that single rooms are only an option when we are staying at certain hotels, and we will do our best to accommodate your needs. Joining us on an eco trip also provides each guest a lifetime membership in the Indonesian Parrot Project.

#### Additional Costs

Additional costs may include passports, tourist visa, (\$25 per person) airport taxes, travel insurance and the costs of any side trips made during your visit in Bali, (with the exception of scheduled day tours), any meals not specifically mentioned below, other services at the hotel (phone calls, laundry, room charges, etc.) and your shopping budget.

#### Method of Payment

To hold a space on the expedition, you must submit a 50% deposit with your reservation. The full amount is due 60 days before the expedition. Please send a check made out to Project Bird Watch, c/o Lorraine Otto, Chief Financial Officer, PO Box 1500, Amagansett, NY 11930



## Cancellation and Refund Policy

If you cancel 90 days or more prior to team departure all payments are refundable (less \$250 administration fee per person).

If you cancel between 45 and 89 days prior to team departure, 50% of your payment will be refundable.

If you cancel less than 45 days prior to team departure, all payments are non-refundable regardless of circumstance.

## Health Forms

Upon your reservation we will send you a series of forms, including a health form which needs to be filled out by your doctor. Please be advised that candidates must be in good physical condition or may be refused participation in the trip.

## Rendezvous

For both trips we will rendezvous in Bali. An IPP staff member will be at the airport to pick you up and get you to the hotel.

## Visa & Passport Information

American citizens require \$25 U.S. for a tourist visa to enter Indonesia. To make sure we can get your *surat jalan* (walking papers) for Maluku or West Papua, we request that you scan a copy of your passport and send it or email it to Bonnie Zimmermann. The address is Indonesian Parrot Project, 1111 Deputy Drive, Pope Valley, CA 94567 or you email to [bonniez@hughes.net](mailto:bonniez@hughes.net)

Please be sure your passport is up-to-date (U.S. passport must be valid for 6 months beyond stay and must have at least **four blank pages** for immigration).

Carry at least 2 copies of the cover pages of your passports, and additional passport photos of yourself.

## Travel Insurance

Travel Insurance is mandatory, and offers an added sense of protection. It can be purchased online in advance. We have used three different companies and they are all good. Visit [www.travelguard.com](http://www.travelguard.com), [www.specialtyrisk.com](http://www.specialtyrisk.com), and [www.globaltravelinsurance.com](http://www.globaltravelinsurance.com)

### Outside Communication

Phone service is not available in Seram or West Papua. You will be able to make regular calls in Bali, Ambon and Makassar. Some cell phone companies provide international roaming and do work in Bali. Check with your supplier.

### Currency – The Key is in the Details!

Currency exchange and ATMs are available in the Denpasar and Makassar Airports. Traveler's checks are not accepted in most banks or stores in Indonesia; it is probably not worth bringing them. We don't recommend the use of credit cards except in major hotels or larger stores; however, you should bring one for emergencies. Plan on either using your ATM card for money (ideally bring two), and bring American money, preferably \$ 100 bills. (If you are traveling from outside the U.S., please contact Bonnie for currency details.) Any bills dated 1996 or 1999 will not be accepted anywhere in Indonesia due to counterfeiting problems in the past. They will **only accept** the 2001 or the very new 2003 issue of \$ 100 bills and **will not** take the following series: CB, DB, and DH. You can locate that number on the upper left hand of the bill. **We will obtain the newest information on what bills are acceptable in June of this year and will forward to you.** Allow at least several weeks for your bank to obtain these for you. Also throughout Indonesia, people will not accept bills that are worn or ripped. A rip of only 1/16<sup>th</sup> of an inch can make a bill unusable. If you are planning on exchanging more than a few hundred dollars (which in all likelihood you will), please be aware that Indonesian money is bulky, so bring an appropriately sized waist-pack or purse to carry it in. Depending on your shopping plans, we can advise you how much cash to bring.

### Physical Conditioning

Participants must be healthy and able to walk over uneven terrain on forest trails. We routinely hike several hours during the day and up to 90 minutes through the dark to arrive or return from canopy platforms. Hikes may traverse deep mud or dense roots; some are uphill climbs or involve walking through some dense rattan vine with sharp, cutting barbs. (Of course, our guides will help clear the way). Besides hiking, we will be traveling by long boat sitting on hard wooden seat-less plank seats, possibly dugout canoes, inter-country air flights, and hydrofoil. Our

platforms are up to 150 feet above the rainforest floor. You will not be required to climb up to these platforms, but will be hauled to the top in a climbing rig.



Volunteers allergic to bee stings must bring their epinephrine shots as stinging bees, wasps, and ants are common. It is very important that you talk to your doctor, or if possible, visit a Travel Clinic, about immunizations and malaria prophylaxis at least 4-6 weeks prior to departure.

The team leaders carry a well-stocked first aid kit, but participants are encouraged to bring a small supply of personal medications, including pain killers, anti-diarrhea medicine, and Cipro (a broad spectrum digestive system antibiotic.). Talk to your doctor about other potential medicines.

There is no official physician, nurse or EMT on the team and the time to reach the nearest hospital can be up to seven hours. That is why we require Travel Insurance which includes coverage for Emergency Evacuation. In case of emergency, prior to departure we will need the contact information for company you have chosen and your policy number. We also suggest that you check with your health insurance company regarding coverage, policies and procedures for any emergency care delivered in outside of the United States.

## Accommodations

The Sawai yet comfortable. the Indian Ocean, the provide the simple and mandi. The toilet you rinse debris out water and a mandi is a There is a faucet with bucket. To bathe or rinse you dump ladles of water over your head. You can also wash your clothes in the same bucket and hang outside to dry. Meals are served outside on the veranda and laundry service will be available for a nominal fee.



guesthouse is simple, Perched on stilts over small shared rooms necessities and toilet is not flushing, but of it with ladles of simple way to bathe. cold water, a ladle and

Our jungle camps are very unique places to view the birds will leave you with incredible memories about your experience, but please understand they are primitive.

These outdoor facilities offer very little privacy. Near the canopy platforms or when in West Papua we will be sleeping in elevated wood huts or tents; all you will need is a good sleeping pad (not a sleeping bag itself) and a light sheet or blanket. Jungle camps we have primitive latrines, but be prepared that you may have to use the forest as a bathroom. We will teach you the proper way to do this so as not to impact the environment. On the platform we will have a simple portable toilet and modesty screen, and on the ground we will have a portable tent which can be used as an outhouse.

For those who choose to spend the night at Api Lima, we will be sleeping under a stone outcropping. There is a simple, low, wood platform which we will share with our guides. On this overnight trip we ask that you travel as light as possible.

There is no power, running water or latrine and we go to bed early and rise early. As it is at a slightly higher elevation it can be cool at night.

At our jungle camps in Seram and on Batanta, bathing can be done in the stream, but in Sawai and in other parts of West Papua we take a “mandi” or shower. In a private area (our portable restroom) or in a forest enclosure, you will get a medium sized bucket of water and a ladle to rinse with. It’s simple, but effective.

## Meals

In the tourist areas most types of food and drink will be available, but meals will become simpler as we move into the forest areas. Except in Bali, diet drinks are not available. We can accommodate vegetarians and special dietary needs if we know in advance.



Most meals are based around rice and fish, noodles and a few vegetables. Due to the lack of refrigeration, dairy products and ice are not common. Also cold drinks and beer are usually not available except in the big cities. We suggest you bring your favorite snacks or protein bars to supplement your diet (and its fun to share things with the local people!) Candy is a rare treat for the local children.

### Respect for Culture

Please be aware that we are traveling to a complex culture that is very different than the United States, so we must be aware that what might be viewed as normal public behavior in the U.S., may offend or clash with the sensibilities of local residents in Indonesia, or potentially violate local laws.

Beyond practicing cultural sensitivity and showing common courtesy, please be mindful of the following limitations.

Please take care not to make off color jokes or comments. Likewise, some discretion should be used in choice of clothing. When in tourist areas such as Bali, you are free to dress as you wish, but when we are visiting areas outside of the large cities we ask that women **avoid wearing low cut tops, short-shorts, revealing clothing, bikini bathing suits, low rise jeans, tank tops, etc.**

Indonesia is a strict country and offers the death penalty for those possessing illicit drugs. Possession, use, or purchase, and/or sale of illegal drugs is strictly forbidden while on a JPP expedition. Prescription drugs may only be purchased and used by the individual indicated on the prescription, in keeping with the intended-use guidelines.

### Facts About Fears

We have made many trips to Indonesia, and we love it so much we can't wait to go back. Many of your friends and family will think you're crazy and talk about all the scary things you'll encounter. So let's talk about them and what the chances actually are. After all, knowledge is power.

## Civil Unrest

Not surprisingly, we're sure you have heard concerns about safety issues with respect to the political situation in Indonesia. We imagine these questions will cross the minds of just about everyone on the trip.

If you read all the US State Department travel advisories, there's a good chance you'll never leave the country. Perhaps that's why only 4% of Americans hold a passport, and even a smaller fraction use them. Just rest assured that the millions of Europeans, Aussies and Japanese that continue to travel to Indonesia each year will tell you it's perfectly safe to travel to the areas where we are going. Despite years of ongoing political "emergencies", we assure you that we have never once felt at personal risk. Please keep in mind that Indonesia is a Muslim country: it is NOT a country of terrorists! To put things in best perspective, we honestly feel safer here than in the big cities in the US.



On the other hand, having said that, please understand that you will be traveling to some of the most remote places on earth. Part of the fun is treating the whole trip as one big *petaluan* (adventure). Things WILL undoubtedly go wrong! "Tidak apa-apa" (or as they say on Seram: "Moolamoolakoa")—which are both local equivalents of "NO WORRIES, MATE!".

## 10 Meter Man-eating Pythons

Such things are rumored—at least one film crew has scoured Seram in search of the world's longest snake. We, however, can consider ourselves lucky if we spot a little 5-meter guy. As it turns out, people find pythons quite tasty. Fortunately (or unfortunately?) the feeling isn't mutual.

Pythons only very rarely eat people. Pythons much prefer pigs and deer. The snake's three-week sedentary digestion process makes a worthy tourist spectacle.

In case you're generally adverse to slithery serpentine things, you're in luck. As an oceanic island, Seram has kept most snakes at bay.

### Headhunting Cannibals

Yes, they still exist – at least we know for sure on Seram. But the instances of head-hunting are few and far between. To be safe, consider wearing stiff collars and long hair, and don't pick any fights. If the timing is right when we're in Masohi (for those on the Seram Trip) we'll make a visit to a very unique headhunter museum. Ladies, don't worry, they are looking for men, not the fair sex. (Gosh and I was going to get my hair done!)



### Bugs

Not much problem at the coastal guesthouse in Sawai. Nor up in the trees, which is one of many splendid reasons to climb them. But on the forest floor, in certain areas, mosquitoes and sand flies can be a nuisance. It's best to move through these areas quickly and to protect yourself with lightweight clothing and repellent, and always wear long pants and

socks (ideally, tuck the former into the latter) when walking through grass or underbrush. Please see the Packing List for more details about clothing.

On clothing, you might consider an investment in some of the space-age jungle outfits available through most outdoor retailers these days. The best ones are the thin, soft nylon varieties that might pass for cotton. You'll be a very happy camper in these as they're loose-fitting, fast-drying (a VERY important feature), and simply help you look and feel the part of the swashbuckling jungle adventurer. **AVOID** cotton which dries agonizingly slowly if at all in the tropics. (and it gets stinky!) The khaki and olive tones of most of these clothes blend well in the forest and cause birds the least possible alarm. **Please avoid bright colors – we're trying to blend into the forest.** Three to six changes of shirts, socks and underwear (for example) are ideal. One can be hand-washed and solar dried as you wear the other.

While still thinking about clothing, remember that "happy feet means happy people". Choose lightweight, comfortable hiking boots. Thin Capilene (or polypropylene) liner socks make a nice, soft wicking layer between your feet and regular socks. If you're prone to blisters, bring along Second Skin, Mole Skin, or the like. Better yet, hike around lots in your shoes before coming. Bring LOTS of fresh socks, foot powder, and some camp flip-flops. Or go all out with Teva's or Chaco Canyon sport sandals. Any guest who says he/she is "gellin' like Magellan" will be roasted in a pit over embers!!!!"

But back to bugs! As well as protective clothing, there are times you'll want repellent. I like some of the great botanical (Citronella-based) mixture (which work most of the time; Stewart says that studies show it to be nearly useless), then curse it out and resort to DEET when necessary. It has been shown that 20-35% DEET works just about as well as up to 100%. The little dropper bottles are far easier to keep handy than those big spray bottles (which are also not welcome on planes). For those of you who are really sensitive, you might want to bring a mosquito net for sleeping. We have a few of these already in Seram and if you let us know ahead of time, we'll make sure we bring them. You want to hear something really scary? After five years of time in the field, I rarely use bug repellent or nets – I'm just used to it.

Other than the mosquitoes and sand flies, Seram and West Papua don't boast much excitement in the creepy-crawly realm. If you're anticipating run-ins with deadly assassin bugs, excruciating bola ants, or maggots that burst out of your skin, make a detour to Central and South America. There are some large Golden Orb Web spiders with big webs (the largest in the world) occasionally crossing the trail; the guides will remove the webs or we just walk around (after taking photos, of course). They are not dangerous to humans, except for the usual concussion or broken leg or two sustained trying to get out of the way of them. Also we may run into a few leeches now and then, (but that's why you're wearing long pants – right?)

### Diseases

Surprise! Malaria is endemic to Seram and West Papua. Indonesia has some falciparum, the nastiest of the malaria bugs. Legally, we cannot make any more than suggestions about your medical care. However, it's a good idea to give some personal consideration to your choice of prophylaxis – we suggest malarone, and not Larium. We strongly recommend that you are positive that both your tetanus and polio immunizations are complete and up-to-date; polio is now being reported in Java (albeit far from where we are going). Aside from anti-malarials, you'll

probably want a typhoid vaccine—now oral and painless. Hep A will probably be recommended. Discuss other possibilities with a Health Care Professional trained in Travel and Wilderness Medicine.

## The Water

Indonesians are quite sensible about water. In developed areas, bottled water is readily available. Elsewhere, and in private homes and smaller restaurants, drinking water is boiled and when served, is often still quite warm. Such purified water is known as air putih (eyer-r poo-teh).

Ice in the larger hotels and restaurants should appear as the little cubes you're used to. This means the ice was made on the premises and is generally safe.

When jungle-camping in Seram or West Papua, we will collect water, mostly out of springs, but will treat it with water purification tablets to be safe and offer it to you to fill your water bottles.

## Shopping

We'll have the opportunity to do some shopping in Bali and there are incredible items to be had for very little money. You'll find wood and stone carvings, batik clothing and linens, artwork, sarongs, jewelry, and all kinds of wonderful local crafts. When in Ambon we'll visit the Mother of Pearl Dealers. These incredible artisans hand carve the shells into birds and animals and make amazing pieces of art. They're a little hard to travel with, but well worth the effort.

## Eco-Tour Packing List

Note: There are an increasing number of garments available in the BUZZ-OFF brand, meaning that that are pre-bound with permethrin, an excellent, broad-spectrum repellent of biting insects. We have been pleased with these, although they are on the expensive side.

- 2-3 pair of lightweight shorts, ideally fast drying nylon. Particularly useful are the nylon pants which zip off at the knee to become shorts, leaving the leggings to be washed separately
- 2-3 pair lightweight long pants, fast drying nylon
- 2-4 lightweight long-sleeved shirts, avoid cotton, use nylon where possible. A compromise is Cool-Max polyester blend, although not nearly as fast-drying as nylon.

- 6-8 other shirts and tank tops
- Socks (get the hot weather kind; consider BUZZ-OFF)
- Underwear (micro fiber is best in rainforest climates)
- Lightweight jacket
- Lightweight hiking boots (these should have already been broken in)
- Sports sandals (for example Teva, Chaco)
- Flip flops
- Swim suit (modest please)
- Hat, preferably broad brim and quick dry
- Sunglasses
- Bandannas (you'll want some sort of sweat band and these always look cool)
- Flashlight(s) at least two, one a strong headlamp, one handheld, and maybe one more backup.
- Package of 10 - 20 AA batteries and some AAA (depending on your two flashlights) if needed. This is not too many – they will come in handy.
- Binoculars – best you can afford
- Camp towel – largest you can find and quickest drying
- Small pillow for sleeping, a flat form one for sitting on in the boats (optional)
- Biodegradable camp soap, for body, hair and clothes
- Thermarest or other – sleeping pad Note: sleeping bag NOT needed
- Silk sleeping bag liner, light blanket or sheet -- used as blanket
- Backpack big enough for overnight treks
- Insect Repellent
- Sunscreen
- Over the counter medications, i.e., aspirin, Tylenol, Imodium, Benedryl, Pepto Bismol
- All your prescription medications including Malaria and seasickness pills
- Second set of eyeglasses
- Water bottle and holder.
- Camera and precharged backup batteries. Access to power is very limited, and if you are traveling with a digital camera or other equipment – please be sure to bring extra batteries. We'd hate to see that you missed that fantastic shot because you were out of power.
- Personal entertainment--strongly suggest you bring 2-3 books or a supply of music. An iPod is perfect for this kind of trip.

- Sturdy waist pack or purse large enough to conveniently and safely carry passport, credit cards, airline tickets, and a thick stack of Indonesian cash (rupiah)
- **Optional**
  - ✳ Protein bars, dried fruit, nuts, vitamins, etc. to supplement your diet
  - ✳ Pens, mechanical pencils, erasers, note book
  - ✳ Gifts or small items for the children at the villages
  - ✳ Dry bag, especially good for protecting valuable items such as cameras and binoculars. Several large packets of desiccant and/or a Pelican-style humidity and shock-proof camera case are recommended
  - ✳ Alarm clock
  - ✳ Pocket knife (do NOT pack this in your overnight airline bag!)
  - ✳ Pocket English-Indonesian phrasebook

## Reading List

\*Paul Jepson Fielding's Birding Indonesia Periplus Editions

A Neotropical Companion, John C. Kricher, 1989. A good introduction to general tropical ecology. Written in a simple, easy-to-read style.

\*Birds of Indonesia Field Guide, Morten Strange

\*Maluku – Indonesian Spice Islands, Periplus Adventure Guides

Tropical Diversity, John Terborgh, 1992. This is a nice mix of coffee table book and scientific treatise. Interesting and readable scientific style text describes a wide variety of complex rainforest interactions and is richly illustrated throughout with photos, graphics, and charts.

\*The Malay Archipelago, Alfred Russel Wallace, paperback published by Periplus  
[www.periplus.com](http://www.periplus.com)

\*Ibu Maluku, W. Ronald Heyneman, paperback published by Temple House Pty, Ltd.  
Australia

Nathaniel's Nutmeg, Giles Milton, paperback published by Penguin Books.

**NOTE:** several of these, marked \*, are usually available in the Indonesian airport