

Cetacean Sanctuary Research



Info for participants

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Research cruise focusing on:
fin whales, sperm whales, bottlenose dolphins,
striped dolphins and other cetaceans
of the Pelagos Sanctuary
Ligurian Sea, Italy



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Presentation

Tethys Research Institute

Founded in 1986, the Tethys Research Institute is a non-profit and non-governmental organisation that has promoted research and conservation activities on marine mammals, in particular cetaceans (whales and dolphins) and the critically endangered Mediterranean monk seal, although investigations have also extended to devil rays and marine turtles. Research activities have taken place mainly in the Mediterranean Sea, but also in the Black Sea, the North Atlantic, the Caribbean, the Red Sea and Antarctica. Over almost three decades of work, Tethys has generated one of the largest datasets on Mediterranean cetaceans ([available online](#)), and communicated the results of its research activities during the most diverse range of meetings, workshops and conferences, as well as in hundreds of scientific publications.

Research methods used include population studies based on distance sampling (from aircraft and surface) and photographic capture-recapture, remote sensing, bioacoustic research, behavioural sampling, remote collection of biopsy samples for genetic and toxicological analyses, the combined use of laser range-finding binoculars and GPS to record the movements of whales, and historical studies.

Based on its Statute, the main goal of Tethys is the conservation of the marine environment, achieved through the provision of scientific knowledge to conservation policy, and the participation in the international conservation process as affiliate or collaborating body with organisations such as the Convention on Biological Diversity (CBD), the Convention on Migratory Species (CMS), the Barcelona Convention for the Protection of the Mediterranean Sea, the Agreement on the Conservation of Cetaceans in the Black Sea, Mediterranean Sea and Contiguous Atlantic Area (ACCOBAMS), and the International Union for the Conservation of Nature (IUCN), the International Whaling Commission (IWC). Accordingly, Tethys first conceived and proposed the creation of an iconic protected area, the Pelagos Sanctuary for the Conservation of Mediterranean Marine Mammals (in 1991), which was also the world's first marine protected area established beyond national jurisdiction. Another important element of Tethys' contribution to marine conservation is public awareness, achieved through the institute's presence on the social media, on popular media and public television, as well as through the involvement, as research volunteers, of thousands of people from all over the world in its conservation activities (cruises and field bases). Started in 1987, Tethys' involvement of volunteers in its research is amongst the world's longest standing programmes of citizen science.

Funding to Tethys derive from government grants, private donors, European Commission programmes, and contributions from research volunteers. The work of Tethys is based on the collaboration of approximately 30 associates and assistants. Tethys is also partner of the CMS/UNEP Agreement on the Conservation of Cetaceans in the Black Sea, Mediterranean Sea and Contiguous Atlantic Area (ACCOBAMS) and Cetacean Alliance.

For more information about Tethys please consult: <http://www.tethys.org>











The project

PELAGOS SANCTUARY FOR MEDITERRANEAN MARINE MAMMALS

On November 1999, France, Italy and the Principality of Monaco signed a joint declaration in Rome, hence creating the Pelagos Sanctuary for Mediterranean marine mammals, the first marine protected area in international waters. The 90,000 km² Sanctuary was established on the basis of the extensive research and conservation actions carried out by Tethys. The first proposal was presented in 1990 by Tethys together with the Rotary Foundation for the Environment. <https://www.tethys.org/activities-overview/conservation/pelagos-sanctuary/>

THE CETACEAN SANCTUARY RESEARCH PROJECT

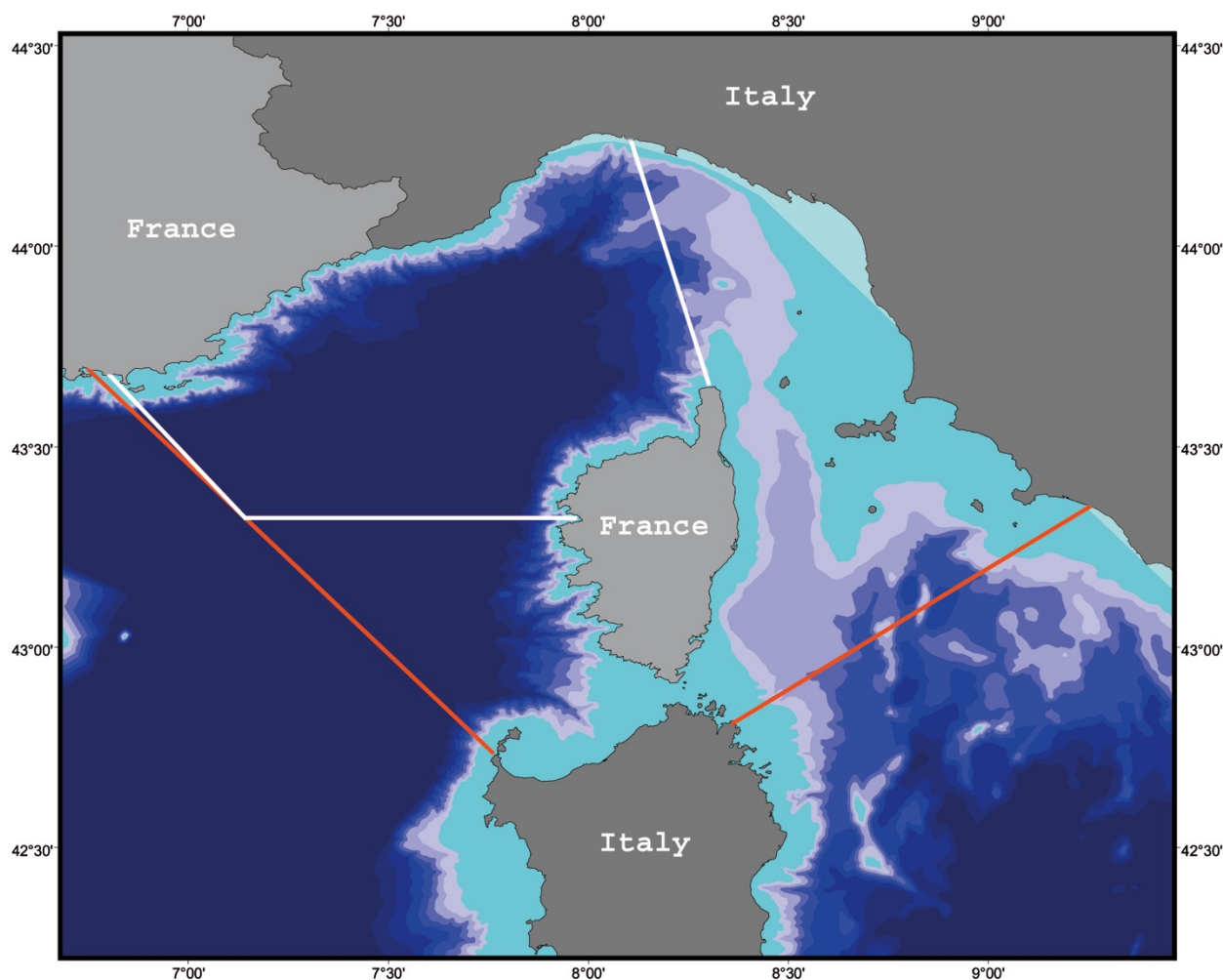
	Species	Scientific name	Preferite habitat
	Striped dolphin	<i>Stenella coeruleoalba</i>	Pelagic and slope area
	Short-beaked common dolphin	<i>Delphinus delphis</i>	Pelagic and slope area
	Common bottlenose dolphin	<i>Tursiops truncatus</i>	Coastal area
	Risso's dolphin	<i>Grampus griseus</i>	Slope area
	Long-finned pilot whale	<i>Globicephala melas</i>	Pelagic area
	Cuvier's beaked whale	<i>Ziphius cavirostris</i>	Slope area
	Sperm whale	<i>Physeter macrocephalus</i>	Slope area
	Fin whale	<i>Balaenoptera physalus</i>	Pelagic area

The Cetacean Sanctuary Research (CSR) — established in 1990 — is a long-term project focusing on the ecology, behaviour, feeding habits and conservation of the cetacean species living in the Pelagos Sanctuary, including fin whales, sperm whales, striped dolphins, long-finned pilot whales, and Risso's dolphins.

Research is conducted on board the research vessel "Pelagos" owned by Flash Vela D'Altura (<http://www.flashvela.it>), a comfortable 21-meter motorsailer that cruises around the Ligurian Sea between Italy, France and Corsica from May to October, departing weekly from Sanremo, Italy. The Ligurian Sea presents both a deep-water and a shelf-slope habitat, suitable for the breeding and foraging needs of eight commonly occurring cetacean species. It has one of the highest concentrations of whales and dolphins in the Mediterranean.

THE STUDY AREA AND THE CETACEAN SPECIES

The study area covers about 25,000 km² between Genoa, Porquerolles islands, and Cape Corse on the island of Corsica.



The shallow waters of the continental shelf (0 to 200 m deep) are the preferred habitat of the common bottlenose dolphin (*Tursiops truncatus*).

Some of the most intriguing marine mammals of the Mediterranean Sea inhabit the continental slope, i.e. the area where the sea bottom declines abruptly from 200 to 2000 m. This is the preferred habitat of sperm whales (*Physeter macrocephalus*), Risso's dolphins (*Grampus griseus*) and Cuvier's beaked whales (*Ziphius cavirostris*). The sperm whale is the largest living odontocete (toothed whale). Cuvier's beaked whales and Risso's dolphins, despite their wide geographical distribution, are among the least studied cetaceans in the world.

The pelagic area is defined as the open-water area where depth exceeds 2000 m. This is the main habitat of fin whales (*Balaenoptera physalus*), and long-finned pilot whales (*Globicephala melas*). The fin whales, growing up to 20 m long and weighing up to 70 tons, are the largest living animals encountered here. Genetic analysis, initiated within the project, has shown that the fin whale population of the Mediterranean Sea is genetically different from its Atlantic counterpart, suggesting that the Mediterranean population is well established and largely isolated from the Atlantic one.

Striped dolphins (*Stenella coeruleoalba*) and the now rare short-beaked common dolphins (*Delphinus delphis*) are other fascinating creatures to study, and may be found in each of these habitats.

HOW THE RESEARCH IS CARRIED OUT

The CSR project needs enthusiastic people willing to help with the collection of data and various other aspects of the fieldwork, as well as to perform some preliminary data analysis onboard. Participants must also be willing to share housekeeping duties and space on the boat. The contributions of the participants over the years represent the main funding source for the research.

Research activity at sea requires great logistic organisation and effort in order to collect high-standard data.



Direct involvement in field activities will provide you opportunities to obtain first-hand information about the following research techniques:

- ✓ photographic and photo-identification techniques
- ✓ methods for conducting visual and acoustic surveys
- ✓ insight into cetacean behaviour
- ✓ methods for conducting population studies
- ✓ use of personal and palmtop computers and dedicated software
- ✓ use of research equipment including binoculars, GPS (Global Positioning System), chronometer, acoustic array, laser-range-finder.
- ✓ basic navigation techniques
- ✓ useful information and contacts for beginning a career as natural scientist

RESEARCH TECHNIQUES

Visual and acoustic surveys

A survey consists of a standard navigation in search of cetaceans in order to obtaining data on animal presence and abundance. This may be achieved both visually, by constantly having observers on watch, and acoustically, by listening to the sounds captured by a towed hydrophone array. Once spotted, cetaceans are approached and followed for a period that may last up to several hours. Geographic position, group size, group composition and environmental data are always recorded, together with other variables.

Every thirty minutes, while searching for cetaceans, a “sampling station” is performed by recording navigation data (position, speed, course), environmental data (sea state, weather, visibility) and qualitative acoustic data (acoustic pollution and cetacean vocalizations), onto field forms and a computer. Human activities are also monitored (counting the number and type of boats, ships and fishing activities). The presence of other marine animals is also reported: sea turtles, tunas, swordfish, sunfish, giant devil rays (Mediterranean manta rays), other fish schools and sea birds are often among the various sea life recorded. In some cases, once detected, cetaceans may be tracked using dedicated software.

Photo-identification

Most cetacean species present natural, long-lasting features that enable individual recognition. By taking pictures of these morphological characteristics, like the trailing edge of dorsal fins or flukes, or the scars on their body, researchers may identify specific individuals. A photo-ID based monitoring system provides crucial information on cetacean distribution, habitat use, population estimate, social structure, seasonal presence, movements and association patterns.



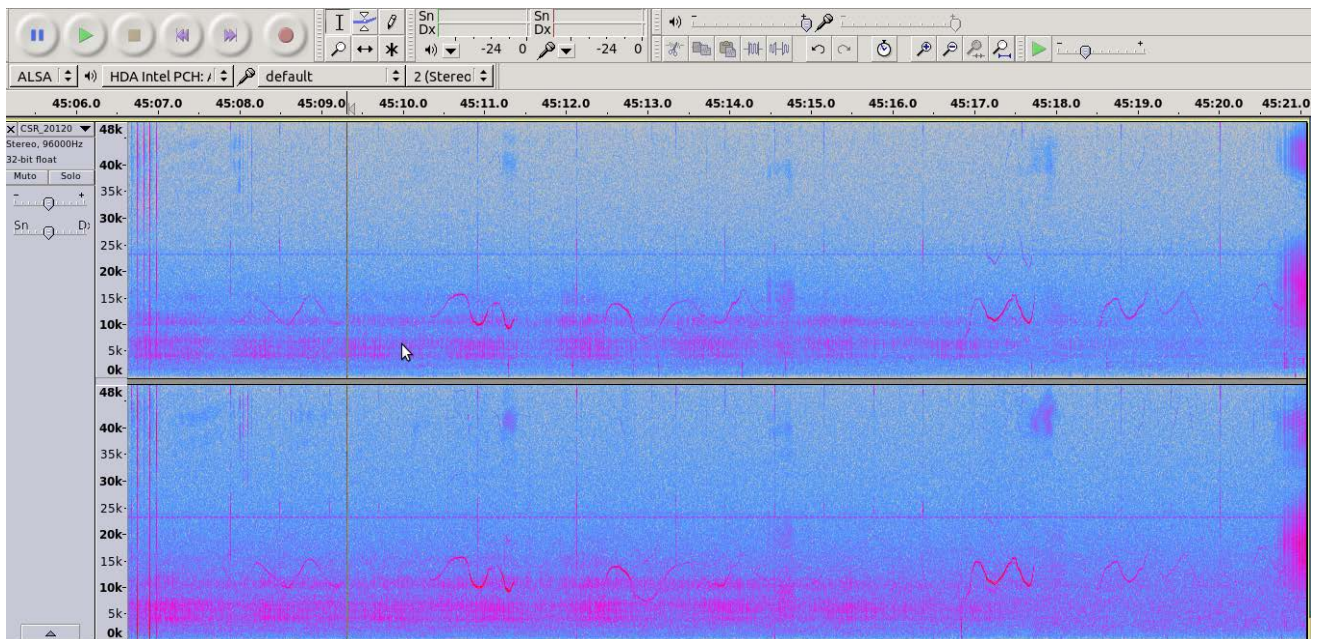


Photogrammetry

This technique allows to estimate the length of single individuals by simultaneously using a photographic camera and laser range finder binoculars. From a biological and ecological perspective, knowing the length of an animal is of great relevance; length measurements of individual whales can provide information on stock structure and geographic forms for widely distributed species and allow estimation of population parameters.

Vocalizations and acoustic data

Recordings of the sounds emitted by cetaceans are regularly collected. These data can be used to improve our knowledge about behaviour, ecology, abundance and distribution of cetaceans.



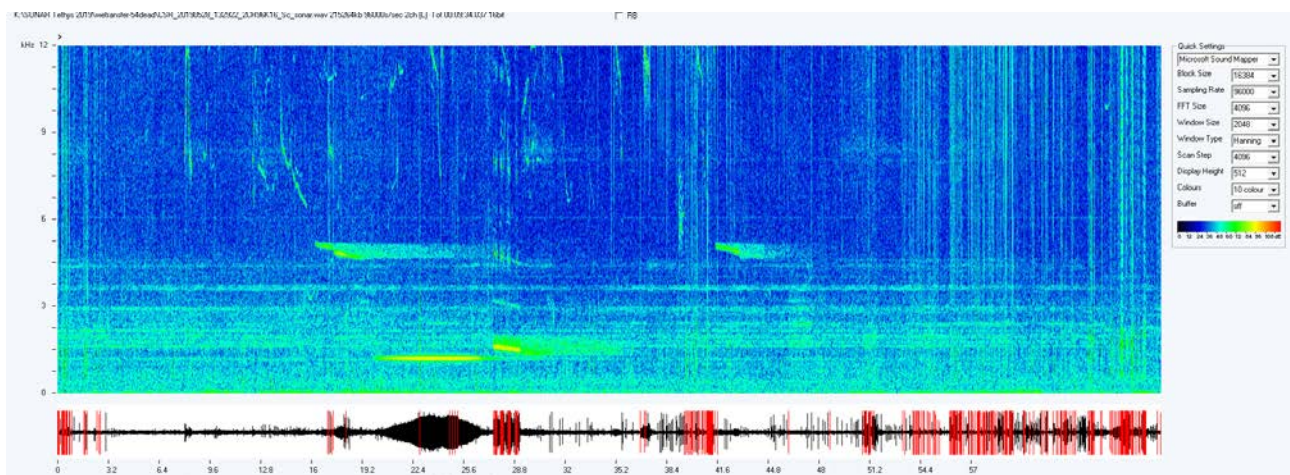
Behavioural sampling and respiration patterns

Cetacean behaviour can be investigated through a series of sampling techniques. Respiration patterns, surface and aerial displays can be recorded, and enable researchers to gain significant information about different aspects of the animal's biology. Underwater behaviour is investigated by means of Time-Depth Recorders (TDR), attached to the animals' back with a suction cup.



Noise pollution

This is caused by a series of anthropic activities such as maritime traffic, seismic surveys, and any other constructions along the coast line. Noise pollution is monitored by performing acoustic recordings (sampling stations) throughout the day.



Faecal sampling

Faeces samples of different species are collected to study their eating habits and obtain important information on their health through bacteriological, virological and parasite analyses. In some cases it is also possible to carry out genetic analyses.

More details about our research can be found on our web site

<https://whalesanddolphins.tethys.org/cetacean-sanctuary-research/csr-research/>

THE TETHYS STAFF

The Cetacean Sanctuary Research Project is composed of highly qualified international team members. The fieldwork is usually conducted by an experienced Principal Investigator, one or two researchers, and one research assistant and/or intern students, with the help of project participants. Team members stay on board for variable periods of time, and share their knowledge and experience with participants. The assistants are generally university students conducting fieldwork for their theses in collaboration with the Institute.

Short CVs of Cetacean Sanctuary Research project team members are available online

<https://whalesanddolphins.tethys.org/cetacean-sanctuary-research/csr-team/>

Life in the field

Please be aware that the schedule may vary depending on the sea state, weather conditions and research priorities. Also, please try to be flexible and understand that work with wild animals at sea cannot be 100% predictable.

OUTLINE OF THE WEEK'S ACTIVITIES:

- Monday:** Rendez-vous Day - Arrival (after 6:00 pm) and meeting on board the research boat, ice-breaking session, introduction to the project and presentation of all staff and team members, information about safety measures.
Dinner at a pizzeria o restaurant in Sanremo.
- Tue-Sat:** Visual and acoustic monitoring during navigation surveys in daylight hours; possible nights spent out at sea in favourable weather conditions; lectures on cetaceans and related topics.
- Sunday:** Pack-up, boat cleaning and departure (all participants should leave the boat by 11:00 am).

DAILY ACTIVITIES

Every day will be spent at sea as long as the weather conditions allow it. Wake-up time is usually between 7:00 and 8:00 am, but it can vary depending on the weather and the scientific research needs. We will depart after breakfast and spend the day navigating and conducting research. Both researchers and participants will be assigned sighting shifts in order to ensure constant sighting effort. Time lapses between sightings vary from a few minutes to several hours. This means that meal times are flexible.

Once sighted, cetaceans may be followed for up to several hours, while a series of variables and information is recorded.

In some cases, when weather conditions are optimal, a night may be spent at sea for research purposes or in a sheltered bay. However, less favourable conditions will force us to spend the night in the harbour. If the conditions are deemed unsuitable for data collection, the boat will remain in the harbour.

During the day, there is also time to relax when you are not on shift, and when weather conditions and research needs allow, even stop for a swim break.

For particular research or navigation needs the departure or any activity can however be anticipated or postponed.

Please note that although the boat is a motor-sailor, for several reasons the surveys are made exclusively by motor.

LECTURES AND TEACHING

In-depth information about the different aspects of cetacean research will be given during the week spent on board through interactive lectures and open discussions with the support of videos and Power Point presentations.

Direct everyday involvement in field activities and possible preliminary data analysis (in case of bad weather) will provide you with opportunities to practice and learn about research methods.

Presentations will focus on topics like:

- Cetacean's ecology
- The Pelagos Sanctuary
- Threats faced by cetaceans worldwide
- Use of basic research equipment, including binoculars, timers, GPS (Global Positioning System) and dedicated software
- Dolphin and whale photo-identification techniques
- Marine Bioacoustics
- Cetacean conservation strategies and how to use cetacean data for management purposes

The number of presentations that will be held by researchers will depend on several factors, such as the number of hours spent at sea, the commitment by researchers to the collection and management of scientific data and any periods of unfavorable marine weather conditions for the surveys.

On board, participants will also find a selection of scientific literature on cetaceans as well as popular articles and books. Participants are encouraged to request information on any topic that may be of interest to them, and these can be discussed informally with the researchers.

INVOLVEMENT OF PARTICIPANTS IN RESEARCH AND OTHER ACTIVITIES

Participants are of valuable assistance to the researchers and they are expected to help in all aspects of fieldwork, noting that they are a part of a scientific project, with the challenges and uncertainties it entails. Quality data collection will be ensured through careful training and by communicating the importance of collecting and recording unbiased data. If participants feel uneasy with a given task, or find it too demanding, they will be assigned to another task or given more specific training, depending on circumstances. No particular skill or scientific and nautical experience is necessary. It takes only good will and enthusiasm to make a difference.

Thanks to the training received onboard, participants will be able to carry out the following tasks:

Sighting shifts (60') — Every hour, two participants in turn and a researcher will scan the horizon from the sighting platform to search for marine life.

Night navigation shifts — In case of night navigation, participants must help researchers during night watch shifts. This involves looking out for other boats in order to avoid collision.

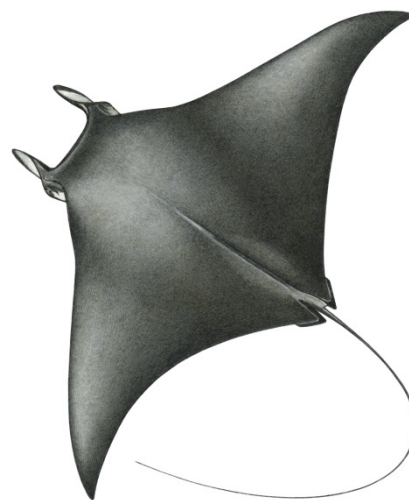
Although the efforts of the Tethys team will be directed primarily towards research, boat-keeping and cooking are also important. On the first day of the cruise the galley will be stocked with food and beverages for the whole week. All the crew will be asked to contribute to boat-keeping activities. Cooking and cleaning shifts will be assigned to ensure that the communal spaces will always be tidy and clean. On the last day before departure, participants will be asked to leave their cabins as clean as they found them upon their arrival, as a sign of appreciation for the next team.

Cooking shifts — two participants in turn and a staff member will cook breakfast, lunch and dinner and wash up every day.

Cleaning shifts — two participants in turn collect the rubbish and unload it from the boat every day. On the last day, participants are required to clean their cabins and bathrooms, along with the common areas.

Participants are encouraged to report any specific problem and their particular needs so that the staff may accommodate them.

The atmosphere on board is casual and relaxed, yet please remember that Tethys researchers are not on holiday. They have to balance a number of responsibilities and since they may spend long periods of time in the field, they need some privacy and rest from time to time. Living and working for long days at sea can be demanding, and sometimes it may be challenging to find some privacy on a boat. Participants are welcome to ask the crew about anything, but must bear in mind that they are not tourist entertainers. However, the right "team spirit", good food, interesting discussions, some relaxation and a good laugh will make things easier and more pleasant for everybody.





IN CASE OF BAD WEATHER

In case of unfavourable weather and/or sea conditions for the data collection, the boat stays in the harbour or in a sheltered bay. This is not only for the safety of the crew but also because it is not possible to conduct valuable fieldwork in windy days and with rough seas (Beaufort >3). Participants may decide to stay on board assisting the researchers with data analysis and computer work (e.g. photo-identification of cetaceans) and attending the lectures held by the staff, or they may visit the surrounding area. Along the "Riviera" there are many nice villages for shopping and sightseeing. One may choose to visit one of the many places of interest. Tethys is not liable for periods of inactivity caused by unfavourable sea state conditions or weather.

PRELIMINARY DATA ANALYSIS

Project participants will be asked to help the researchers in preliminary data analysis. One of the main tasks is working with the photos of the different cetacean species sighted at sea. There will be the opportunity to learn how digital photo-identification works. The first stage of the process consists in preparing the images using specific software. Once the photos have been selected and cropped, the matching can begin by comparing the "unidentified" cetacean with the catalogue of known individuals.



CULTURAL, SOCIAL AND NATURAL ENVIRONMENT

Liguria is one of the smallest regions of Italy. Its capital is Genoa. It is popular with tourists for its beautiful beaches, picturesque little towns, and delicious food. Italy's famous *pesto* sauce is originally from this region.

Liguria borders France to the west, Piedmont to the north, and Emilia-Romagna and Tuscany to the east. The coastal strip forms the Italian Riviera. Further inland are situated the Ligurian Alps, on the west, and the Ligurian Apennines on the east. Thanks to its geographic position and to the morphologic and orographic characteristics, the Ligurian coast enjoys a mild Mediterranean climate throughout the year.

The region of Liguria is rich in natural beauties. It boasts a national park, eight regional parks, three natural reserves, one national reserve and eighteen mountain communities, protecting 12% of the Ligurian territory. Other attractions such as the “Alta Via Dei Monti Liguri”, a cultural, historical, natural and gastronomic itinerary, running through the region from the Italian-French boundary to the regional boundary with Tuscany, add further interest to the already rich allure offered by the area.

The Ligurian economy is based on tourism, olive oil production, wine making, fisheries, as well as a variety of industries. Locals are friendly and curious about foreigners, despite the well-established international tourist industry. Most residents speak French, and many may also communicate in English. Therefore, language issues can be solved easily in most cases.

PLACES OF INTEREST

Sanremo

Sanremo (sometimes spelled San Remo) is a city with about 57,000 inhabitants on the Mediterranean coast of western Liguria. San Remo enjoys special weather conditions throughout the year due to its vicinity to the Mediterranean Sea and the presence of the Maritime Alps, making it one of the most attractive tourist destinations on the Italian Riviera. There are two tourist harbours: The old Porto Vecchio and the modern Portosole. There are many boutiques and local shops in the town centre. The colourful market, held on Tuesday and Saturday mornings in Piazza Eroi Sanremesi, is famous among the people living in the Italian and French Riviera.

Monte Carlo

Monte Carlo, 43km from Sanremo and is one of Europe's leading tourist resorts. If you plan to visit this city before or after boarding on Pelagos, you should not forget to visit the Monaco Cathedral, the Napoleon Museum, the Prince's Palace and the Oceanographic Museum and Aquarium. The Oceanographic Museum, created in 1910, is a monumental structure with an impressive façade towering above the sea. The museum houses remarkable collections of various marine species and a large section is dedicated to cetaceans, not to mention the renowned aquarium.

Nice

Nice is a city in southern France. A major tourist centre and a leading resort city on the French Riviera (Côte d'Azur), it is the historical capital of the County of Nice. It is situated roughly 55km from Sanremo. If you are planning to visit the city, you should not miss the Cours Saleya, with its colourful flower and food market and all its fantastic pedestrian streets for a spot of shopping. The Colline du Château, through the labyrinthine alleyways of Vieux Nice, offers a wonderful view of the city from the top. Nice also has excellent museums like the Matisse museum or the Mamac Museum of modern art.



Practical information

ACCOMMODATION

Research by Tethys in the Ligurian Sea is conducted from a comfortable vessel, "Pelagos" — a 21m motorsailer with two masts built in 1990. The deck is covered with teak wood and is particularly comfortable.

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Below deck, accommodation is entirely finished with teak. The comfortable dining room has leather seating, a music player, a computer with a large monitor, a bar and a fridge as well as air conditioning (for use in the harbour or when necessary). The galley is small but comfortable and equipped with three refrigerators. The kitchen is equipped with three fridges and is located in a separate cabin. There are five cabins hosting up to 16 people (up to eleven participants, four researchers and the skipper): 2 four-bed cabins (one for the researchers), and a very large and comfortable cabin for 6 people (2 double and 2 single beds), and a small cabin at the bow with two single beds (for the skipper and one researcher). Each cabin has its own private bathroom, equipped with hot water. In order to preserve the boat's wood panelling in the bathrooms and control the humidity levels below deck, it is our custom to take hot water showers on deck at the stern while navigating. Otherwise, we benefit from access to the showers in the harbour, 24/7 and free of charge for boat guests.

Project participants live and sleep on board Pelagos throughout the duration of the cruise, sharing the same cabins and bathrooms. Internet access is not available onboard, but there are Internet cafés in Sanremo.

General specifications on the 'Pelagos' vessel

Builder: C. N. Eurosebina
Year: 1990
Hull Material: GFRP (Glass Fiber Reinforced Polymer)
LOA: 20.41m; Beam: 5.44m; Draft: 2.20m
Displacement: 48 tons
Ballast: 10 tons
Engines: Twin Volvo Penta mod. TAMD61A
Fuel: 4,000 l

Onboard equipment

Generator Onan 16 kW, inverter DC 24 Volt to AC 220 Volt, boiler, electric anchor-winch, air condition

2.80 m Zodiac with 8 HP four-stroke outboard engine

Navigation & communication equipment

GPS, sonar, radar, autopilot, VHF, AIS

More information:

<https://whalesanddolphins.tethys.org/cetacean-sanctuary-research/csr-accommodation/>

SMOKING

For safety reasons it is strictly forbidden to smoke below deck or on the RIB (Rigid Inflatable Boat). The cigarette butts and ash **MUST** be disposed in the provided ashtray and not thrown into the sea. Smokers must bear in mind that cigarettes can damage the boat and are considered fire hazards.

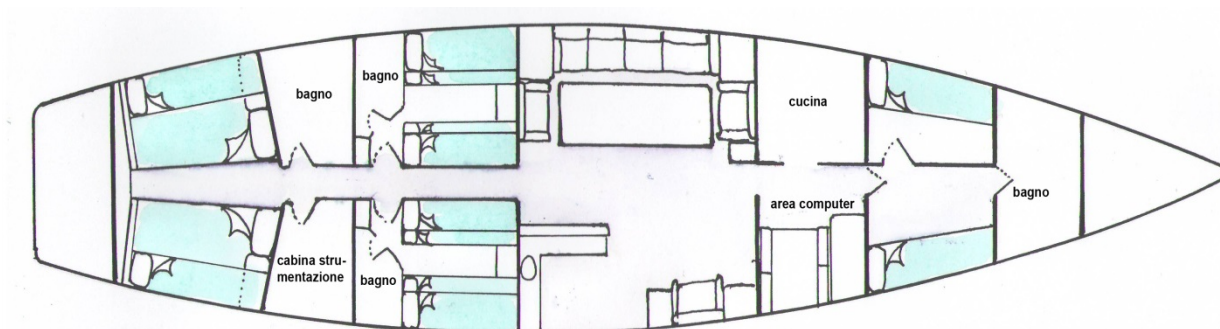
TELEPHONE

You may obviously also use a mobile phone, but signal reception is limited when the vessel is offshore.

ELECTRIC PLUGS

12 V DC electricity is available at any time. 220 V AC electricity is only available during navigation, or when the boat is moored in the harbour. European Standard connection is a two-pinned plug (no ground plug). Equipment requiring ground plugs will need adapters.

To contain health risks, every week, at the change of shift, a sanitation of the entire boat will be carried out with an ozone generator (model SANY MED 80 (<https://www.sanitysystem.it/sany-med-80/?lang=en>), usually used to sanitize places such as medical clinics, veterinary clinics, dental offices, analysis laboratories. Unlike most sanitizers in commercial, SANY MED 80 is equipped with the "Safe System", a device that, at the end of the program, captures the residual ozone and converts it back into oxygen, allowing you to return to normal activity within the sanitized environment in complete safety, as required by Italian Legislative Decree 81/2008 Consolidated Law on the protection of health and safety in the workplace.



Trip information

Language

Italian is the official language spoken in Italy; along the Ligurian coast most people know at least some French or English, and German is also spoken in hotels and restaurants. On the other side of the border and in Corsica, people speak French and some Italian or English. All Tethys researchers and assistants can speak English, and English is the language used for lectures and research work when people from different countries are present. However, it is natural that researchers and participants from the same country may also want to communicate among themselves in their native language from time to time.

As some participants may not speak fluent English, everyone is expected to be patient and be aware of the implications of working in a multinational team, with people from different cultures.

Bank, money and post office

The Italian, French and Monegasque currency is the Euro (€). All banks can change travel cheques and non-European currencies. In Italy banks are open from 8:30 am to 1:30 pm and from 2:30 pm to 4:30 pm. Post offices are open Monday to Friday, from 8 am to 1:30 pm, and on Saturday from 8:30 am to 12:30 am.

Phone

It is obviously possible to use the mobile phone and recharge the battery on board, however, it should be considered that there is no coverage in the open sea, therefore it is impossible to make and receive calls, nor to use the internet.

Time zone

GMT+1/UTC. In summer, continental Europe adopts Daylight Saving Time (from the end of March to the end of October) and is one hour ahead.



Climate and clothing

Weather conditions in the summer months are generally good, dry and warm. However rainy days may always occur, and we recommend you bring some warm and waterproof clothing.

Italian laws

Carrying or using drugs will lead to severe punishment. It is also prohibited to take any historical objects out of the country.

Emergencies

There is a hospital in Sanremo (tel. +39 0184 5361). If you require special medicines, bring them with you, together with a declaration from your doctor, indicating what medicines you use and for which purposes. This applies to all medicines that may be difficult to obtain locally, for injections and for all drug-containing medicines. Non Italian citizens must make sure they have a valid health insurance for Italy and France.

Customs

EU citizens only require a valid identity card in order to enter Italy. Yet in any case, we advise you to bring a valid passport with you.

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Citizens from many other countries, including all EU countries *inter alia*, Andorra, Argentina, Australia, Brazil, Brunei, Canada, Chile, Costa Rica, El Salvador, Guatemala, Honduras, Hong Kong, Israel, Japan, Malaysia, Macao, Mexico, Monaco, New Zealand, Nicaragua, Panama, Paraguay, South Korea, Singapore, Switzerland, USA, Uruguay and Venezuela can stay in Italy for up to 90 days without a visa, provided they have a valid passport. The 90-day limit applies both for tourism and business.

A visa may not be required for citizens of many other countries, who can stay in Italy up to either 90 or 60 days. Please check with your local Italian Embassy, Consulate or any other relevant Authority well in advance of your departure.

All other citizens/nationals will require a visa. Requirements for other countries vary substantially and should be checked well in advance with the local Italian Embassy or Consulate in that country.

Reminder: If you need to apply for a visa, the purpose of your visit should be listed on the visa form as “vacation”, “holiday” or “travel”.

Information for project participants requiring a visa:

Type of visa	You must get a TOURIST VISA
Where to get a visa	Contact the nearest Italian embassy or Consulate to find out how to apply for your visa. Please note that this process can take weeks or more. If you have less than six weeks left before you travel or wish to save yourself some trouble, we strongly recommend using a visa agency, which can both accelerate and simplify the process. Visa Agencies in Europe include The Visa Service (www.visaservice.co.uk) and Thames Consular Services Ltd (www.visapassport.com).
Required information	You will need to send your passport, a Visa Application and Immigration Form, 2-4 passport-size photos plus payment to the embassy or visa agency (if applicable). Please be sure that your passport is valid for at least six months after your stay.
Contact information	You may be required to list the following contact information on your Visa Application and Immigration Form: “Pelagos” boat, Portosole, 18038 San Remo, Imperia, Italy

Packing advice

Please bear in mind that space on board is limited, therefore please only bring what is necessary. No hard suitcases are allowed on board and only soft ones are admitted. If your bag is deemed unsuitable to remain in the cabin, it will be stored in the bow hold. The Institute does not take responsibility for any possible damage incurred.

Please consider the checklist below and remember to take this briefing with you.

Essential items

- Passport and/or Visa
- **A pillowcase, a bottom fitted single sheet (both mandatory even if you use the sleeping bag), and a top sheet or sleeping bag** (strongly recommended in May, June, September and October, as nights can be quite chilly). A limited number of pillowcases and bed sheets are available on board in case you forget them, but you will be asked to pay € 6 for each sheet and € 3 for each pillowcase for laundry service.
- Photocopies of your passport, flight itinerary and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents

Required items

- Clothing suitable for navigation: shorts, T-shirts, long-sleeved shirts, sweatshirt, windbreaker
- Waterproof clothing or a storm jacket for spring or autumn
- Warm clothing for a chilly day or night, such as a pair of jeans and a warm sweater and socks (anti-slip socks, such as those used by children, if you do not wear boat shoes)
- Lightweight, quick drying, long-sleeved shirts and pants/trousers
- Warmer tops and bottoms for boat work and evenings in May, late September and October
- Hat or cap
- Boat shoes with rubber soles (only if you don't want to walk barefoot), flip-flops
- Jacket or sweater/sweatshirt (even in the warm season)

Clothing/footwear for leisure

- Set of casual clothing to be kept clean for recreational time and end of cruise
- Swim suit if you wish to swim

Field supplies

- Sunglasses, along with security strap
- Sunscreen lotion (high protection, 20 - 30 SPF or total sun block) and moisturiser
- Binoculars (7x50 or 8x50 enlargement suggested)
- Small daypack/rucksack in case of excursions
- Insect repellent spray or lotion
- Writing materials/notepad for taking notes
- Watch with alarm clock

Personal supplies

- Bath and beach towels
- Personal toiletries (biodegradable soaps and shampoos are available onboard)
- Medicines against seasickness
- Personal First Aid kit (e.g. anti-diarrhoea pills, antibiotics, antiseptic, insect bite relief, pain-relief pills, plasters, bandages, blister covers, etc.) and personal medications (e.g. anti-histamines).
- The crew is not allowed to provide any kind of medical supplies.



Miscellaneous

- Pocket money (personal expenses, possible onboard expenses, optional excursions)
- Camera, memory cards, extra battery, mobile phone, chargers
- Flashlight

Optional items

- Small battery powered book light or a small torch with extra batteries
- Earplugs for light sleepers
- Mask and snorkel (we suggest you don't bring the fins with you because of their size and limited use during the cruise)

- USB key
- Music CDs or MP3 player

Participants wearing glasses may want to bring a spare pair.



CSR GOES GREEN!

The project aims to be as eco-friendly as possible.

*On board you will find biodegradable soap and shampoo BIOLU',
kindly offered by the company that produces them.*

Getting here

Sanremo is a small town on the Italian Riviera, a few kilometres from the Italian/French border. It can be reached easily using different means of transport.

Car - The national highway A21 runs along the coastline from the border with France (Ventimiglia) to Genova. The suggested exit is Arma di Taggia, then follow the signs for Sanremo Station/Harbour (Stazione/Porto). There is limited free parking close to Portosole harbour (on the left of the entrance of the marina). You may also leave your vehicle in the marina car park by paying a fee for the duration of the cruise. In any case, we suggest you enter the harbour

with your car (the first hour is free of charge), leave the luggage on the boat, and then move the car into the external free parking.

Plane - The closest international airports are Nice (France), about 60 km to the west, and Genova (Italy), about 140 km to the east. Both airports offer shuttle services to the local train station.

Train - There are frequent trains connecting the French Riviera with Genova and northern Italy, which stop in Sanremo. Portosole is located 750 m from the station and is easily reachable on foot (please refer to map below).



Arrival

The Portosole Marina is located on Via del Castillo n°17 Sanremo (Imperia). Our boat *Pelagos* is moored at Pier B n°22.

The town center, with shops, bars, banks, post office, etc., and the old town are only a 15-20 minute walk from the harbour.

Boarding occurs on Monday after 6:00 pm (please do not anticipate your arrival before the meeting time, as researchers will be committed in equipment maintenance, research planning and boat cleaning during the preceding hours). Please board before 7:00 pm in order to be present for the briefing and icebreaking session.

Once everyone has arrived and settled into their cabins, a welcome briefing will be held. On the first night dinner (pizzeria or restaurant) is scheduled in town (everyone pays for his/her own). The cruise starts on the following morning.

Departure

The cruise will end the following Saturday. The disembarkment will be Sunday morning by 11:00 am.

More information and maps of the area: <https://whalesanddolphins.tethys.org/cetacean-sanctuary-research/csr-travel/>

EARLY ARRIVAL - LATE DEPARTURE

For logistical and other reasons, it is impossible to welcome volunteers onboard before the rendez-vous time or for them to remain after 11:00 am on the last day. However, for those who arrive earlier or leave after one or more days, we recommend to book in advance a hotel through a travel agency or web sites.

Conditions for participation

Due to the kind of activities carried out by the Cetacean Sanctuary Research, participants should:

- be **18 years old or above**. In particular cases minors from 12-15 years old may be accepted if accompanied by a parent or guardian, who will be able to look after them during the research cruise. **Exceptionally** girls and boys aged 16 and 17 may participate unaccompanied, but parents must delegate the skipper for the minor's responsibility. In the event of minors, it is always mandatory to contact the office by e-mail before registering;
- be in **good health**, fit, steady on their legs and reasonably agile (for example be able to climb and get down the sighting platform ladder or disembark from a small inflatable craft, occasionally used to move from the boat to the harbour);
- be physically and mentally able to cope with hot weather and spending relatively long periods of time in the sun and on board in open sea;
- be able to speak enough English to communicate with other project participants and team members;
- be able to swim, if not you must inform the skipper and the principal investigator on board;
- be highly adaptable, an essential requirement for life on a boat;
- be willing to share a cabin with people of the opposite sex, if necessary, and to share a double bed with a person of the same sex;
- follow all the safety instructions provided by the captain;
- accept responsibility to pay for individual damage caused to the boat or to research equipment;
- read all the information about the project and accept the conditions mentioned in this brochure;
- read the application form and sign the enclosed declarations.

Please be aware that the captain or the researcher in charge has the right to expel a participant at any time, should his/her behaviour and/or attitude hinder the normal research activities or the well-being of other participants.

Project participants must inform Tethys of any possible physical/medical problem before coming to the field. Moreover, when boarding *Pelagos*, participants must inform the researchers and the captain of particular problems (such as allergies, asthma attacks, intolerance to particular food items, back aches, diabetes, etc.), particular food requirements and confirm they are able to swim. We may request that participants provide a doctor's certificate for some specific medical conditions. The Tethys Research Institute or the captain may turn down applications from participants who do not meet these requirements.

The Cetacean Sanctuary Research project is almost exclusively supported by the financial contribution of participants. The money you pay to participate in the programme will be used to cover the project's running costs (boat rental, boat fuel, equipment, upkeep, etc.). The financial contribution made by participants is essential to allow Tethys' research and conservation activities to continue.

Contacts

Tethys office in Milan

Ph. +39 02 72001947

Open from 2:00pm to 5:00pm, Monday, Wednesday and Friday from October to December. Every day (Monday-Friday) from January to September

E-mail address: istituto.tethys@gmail.com

Research boat "Pelagos"

If necessary call the researchers in the field: +39 393 0661802 or send a message to csr.tethys@gmail.com

CSR project director, Sabina Airoidi

In case of an emergency, call: +39 3486948813

Or write to: sabina.airoidi@iol.it

Portosole harbour

Ph: + 39 01845371; fax: + 39 0184537411 / +39 0184504251

via del Castillo 17, 18038 Sanremo (Imperia)

Contribution to the research

What is included:

Food and beverages (breakfast, lunch and dinner, except for alcoholic and soft drinks) for the duration of the cruise,

Accommodation on board

Mooring expenses in Sanremo harbour

24h harbour showers

Electricity, water heating and cooking costs

Fuel for the research vessel and the inflatable craft

Lectures and training by Tethys researchers

Scientific supervision

Certificate of involvement in the Cetacean Sanctuary Research

Not included:

Travel expenses to and from Sanremo

Personal travel insurance covering the whole participation period (HIGHLY RECOMMENDED)

Mooring expenses outside of Portosole (approximately € 80-100 per night, to be divided between all the crew with the exception of the skipper); applies only occasionally

Personal expenses (phone, *souvenirs*, etc.)

Tethys Research Institute - Cetacean Sanctuary Research - Programme

Meals other than those served on board, such as the dinner at a restaurant in town on the arrival day

Soft drinks and alcoholic beverages (beer, wine, spirits)

Students

The project offers special price for university students under 26 years old (see price table, student card required).



Drawings by Massimo Demma.