

**The *Protective Turtle Ecology*  
Center for *Training, Outreach, and*  
*Research, Inc.*  
(ProTECTOR, Inc.)  
**Intern and Volunteer Handbook**  
**2021 - 2023****



**International Integrative  
Marine Turtle Research**

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## A Letter from the President

*Dear Friend,*

*Thank you so much for taking this opportunity to consider an intern or volunteer position with the Protective Turtle Ecology Center for Training, Outreach, and Research, Inc. (ProTECTOR, Inc.). We are grateful for people like you, who give of their time, talent, and resources to help make the lives of both people and animals better around the world.*

*Our ProTECTOR, Inc. projects make it possible for you to become involved in some great sea turtle research, conservation, outreach, and community development opportunities. In so doing, these projects can literally revolutionize a community and facilitate a deep, shared community conservation spirit.*

*As a ProTECTOR, Inc. Intern or Volunteer, you're going to make a difference in the lives of people and sea turtles in the community you choose to work in. You're in for some tough, but rewarding work, but we hope it will be an experience you treasure and hope to repeat throughout your life. After all, what could be better than knowing your work makes the difference!*

*Thank you again, for joining us as a ProTECTOR, Inc. Intern or Volunteer.  
Sincerely,*

*Stephen G. Dunbar  
President and Founder,  
ProTECTOR, Inc.*



## **A Letter from the Country Director, Honduras**

*Bienvenidos, es de mucho agrado contar con su participación como voluntario de Protective Turtle Ecology Center for Training, Outreach, and Research, Inc. (ProTECTOR, Inc.). Para nosotros es de mucho valor y de suma importancia su disponibilidad de involucrarse en el mundo de la conservación de tortugas marinas en cual se encontrara con diferentes experiencias que cambiaran su vida y lo motivaran a continuar conociendo más acerca de la investigación de las tortugas marinas y las comunidades , en las cuales tendrá la oportunidad e interactuar y ser parte integral de las actividades cotidianas que en ellas se realizan y disfrutando a su vez del contacto directo de la belleza de la naturaleza ,teniendo una experiencia enriquecedora tanto de conocimiento científico como emocional.*

*Nuevamente bienvenidos y muchas gracias por formar parte de esta experiencia única. Atentamente.*

*Welcome, it is very rewarding to have your participation as a volunteer of ProTECTOR, Inc. For us, it is very important that you are making yourself available to be involved in the sea turtle conservation world. Among this group of researchers, you'll find many experiences that will change your life, and motivate you to continue to learn more about sea turtles. Moreover, in the communities in which ProTECTOR, Inc. works, you'll have the opportunity to interact with local community members and be part of their daily activities by caring for the natural beauty surrounding these communities. This will be a satisfying experience with regards to the scientific knowledge you'll gain, and the emotional connections you'll make through this new adventure. Thanks for your support and also for being part of this wonderful experience.*

*Sincerely,*

*Lidia Salinas  
Honduras Country Director.*



## **A Brief Introduction to ProTECTOR, Inc.**

ProTECTOR, Inc. is an organization with the goal of expanding our understanding of the conservation of sea turtle biology and ecology through research.

The organization was formed because we recognized that there is great need for research on sea turtles in the Caribbean and Southeast Asia regions and that research, linked with educational outreach and community involvement, can strongly influence management decisions about these valuable marine residents.

To do this, ProTECTOR, Inc. has overseen the establishment, continuance and completion of numerous sea turtle research and outreach projects in Honduras since 2006 and in Thailand since 2018, with the aim of facilitating better decision-making for marine area management, as well as awareness of sea turtles on the part of both local residents and the visiting public. Projects have included the Turtle Awareness and Protection Studies (**TAPS**), satellite tracking (**SatTrack**), the development of a national Nesting Beach Monitoring Network (**NBMN**), and a series of Honduras Sea Turtle Active Research workshops (**HSTAR**) and Gulf of Thailand Nesting Recovery Network (**GoTNRW**) workshops.

ProTECTOR, Inc. has expanded into the country of Thailand to perform similar research studies that will benefit both the marine turtle population as well as the local community. We are currently developing the ProTECTOR, Inc. Intern and Volunteer programs for Thailand, and plan to launch these programs in 2022.

### **Our Mission and Vision**

Our mission is to ensure the conservation, protection and management of all sea turtle species through educational outreach, ongoing training, and scientific research.

We envision a world in which sea turtles and all marine life are valued as essential, integrated units of biodiversity, protected by national and international communities, and enjoyed by residents and visitors.

For more information about ProTECTOR, Inc., please visit our website at:  
[www.turtleprotector.org](http://www.turtleprotector.org).

You may also keep up to date with ProTECTOR, Inc. through our Facebook page at:  
<https://www.facebook.com/ProTECTOR-199247040225339/?ref=hl>

Our YouTube channel at:  
<https://www.youtube.com/channel/UCZDMGcFHrvYpigPf5IHgR3Q>

And our Instagram feed: [@protectorinc](https://www.instagram.com/protectorinc)



## **Who is a ProTECTOR, Inc. Intern or Volunteer?**

YOU, your mom, sister, aunt, uncle, cousin or friend can be a ProTECTOR, Inc. Intern or Volunteer!! Each intern or volunteer must meet minimum health requirements [e.g. good physical health; can lift up to 20 kg (approx. 44 lbs. of weight) and walk up to 1 km]. Interns and volunteers must have a desire to protect and conserve sea turtles, and in doing so be willing to get their hands dirty. Anyone with a passion for sea turtle conservation is encouraged to take some time out of their busy lives and intern or volunteer with ProTECTOR, Inc.

ProTECTOR, Inc. Interns and Volunteers can choose the length of time they want to volunteer. From one week to two months - you choose. Interns and Volunteers may work directly with ProTECTOR, Inc. Project Directors and Coordinators, as well as other volunteers from around the globe. Interns and volunteers may vary from individuals to teams of 6-10 people.



### **Individuals**

Under direct supervision from the Project Director and/or Coordinators, individual interns and volunteers will be involved in various projects during their stay, including but not limited to: monitoring beaches at night for turtle nests, working at egg hatcheries, assisting in tagging sea turtles to determine migration patterns, cleaning up debris from beaches, helping track turtles in the water, or participating in underwater behavioral observations using SCUBA.

### **Teams**

Teams are made up of 6-10 people who volunteer with ProTECTOR, Inc. for 1 to 3 weeks. Teams engage in the same activities as individual volunteers, but also play a critical role in our service to the communities where we are conducting research by preparing and leading out in conservation related educational projects and providing much needed services and activities. For example, volunteer teams may facilitate a beach clean-up day, teach classroom conservation lessons, or assist the

community in recycle programs. ProTECTOR, Inc. Project Director and Coordinators will provide each team with the information and encouragement needed in order to prepare for this life changing experience!

Teams can be organized through schools, community, and religious organizations, or through a group of friends who share the same passion for making a difference in the conservation of sea turtles worldwide! Ideally, teams should meet regularly before traveling in order to prepare educational activities and to prepare for an unforgettable experience. Teams are encouraged to choose a name for themselves that is representative of all its team members that will be used for the duration of their stay.

### **Team Leader**

If volunteering as a team, one adult per team should be deemed the “Team Leader.” This person will take the role of communicating with ProTECTOR, Inc. personnel before, during, and after your arrival; including resolving all unanswered questions team members may have, as well as circulating information and forms to all team members. It is the Team Leader’s responsibility to complete the application process and arrange payment to the ProTECTOR, Inc. Volunteer program. Team leaders are further in charge of ensuring that all team members have proper forms of identification (e.g. passports) and money for incidentals while travelling and in-country.

### **Interns**

We have a growing ProTECTOR, Inc. Intern Program for those wishing to spend a longer period doing research work in the country. We require Interns to be committed to a minimum of one month of fieldwork, but prefer if Interns can commit to two months or more.





## We've Been Featured



In October, 2013, ProTECTOR, Inc. was featured in the newest MOON travel guide for volunteer vacations in Latin America. In personal interviews with ProTECTOR, Inc. President, Stephen Dunbar, travel guide author, Amy Robertson praised ProTECTOR, Inc. for carrying out badly-needed sea turtle research in Honduras, and for opening opportunities for interns and volunteers to be involved with the research and conservation efforts. *“That you're working in Honduras, where there is a dearth of this type of work, makes you one of my favorites in the book!”* Robertson stated.

### Things to Know

- ProTECTOR, Inc. Interns and Volunteers may apply and be involved with projects as individuals, or as groups. If organizing a group, it's imperative to contact ProTECTOR, Inc. at the outset to receive specific instructions and assistance in planning your group experience. We want to help you have an experience of a lifetime!
- Individual and team itineraries will be planned from Sunday-Sunday. Additional planning for weekend excursions or travel should be done in consultation with ProTECTOR, Inc.
- In-country costs for ProTECTOR, Inc. Volunteers vary with the selected project, since costs are dependent on the research site. While the cost for some projects includes lodging, food, transportation, and an unforgettable week, some projects require the extra cost of accommodation. In addition to the in-country costs, **there is a required fee of \$550 per week per individual ProTECTOR, Inc. Volunteer.**
- The fee **for Interns** is based on the longer commitment Interns make to undertake research work with ProTECTOR, Inc. and is **currently \$600 per month**. This fee does not include accommodation. Depending on the location of the project, we may be able to arrange basic accommodations for Interns with in-country project partners. However, alternative accommodations may be arranged by the Intern with the assistance of ProTECTOR, Inc. Expenses for alternative accommodations are the responsibility of the Intern. If you plan to dive for an Intern or Volunteer project, **there is an additional fee of \$180/week for diving expenses and an equipment security credit card swipe required.**
- To secure your individual or team's dates, please contact the ProTECTOR, Inc. Volunteer Coordinator at: [sdunbar@llu.edu](mailto:sdunbar@llu.edu) . ProTECTOR, Inc. requires a **\$250 non-refundable individual** deposit, a **\$700 non-refundable group** deposit, and a **\$250 non-refundable Intern** deposit at the time of final confirmation of your trip dates.
- Please contact the ProTECTOR, Inc. Intern and Volunteer Coordinator, at: [sdunbar@llu.edu](mailto:sdunbar@llu.edu) or call +(909) 558-1000, 48903 to learn more about ProTECTOR, Inc.'s Intern and Volunteer Program and begin planning your individual or team trip to an exciting research site.

## **Chaperones**

Teams or Volunteers which include minors are **REQUIRED** to have one chaperone for every three team members under the age of eighteen. All team members need to be at least fifteen years of age upon arrival. Younger teens may be included if their parent makes a request and accompanies the younger teen as a member of the team. Chaperones should be in an existing role of responsibility over the minors (e.g. their teacher, religious leader, or parent).



Additional chaperone responsibilities include:

- Accompanying the team for all activities, unless a minor is ill, in which case a chaperone would need to stay back to care for the minor.
- Take responsibility for the health, safety, and behavior of minors in the group.

## **Booking Process**

**Reservations:** Interested teams or individuals should contact the ProTECTOR, Inc. Intern and Volunteer Programs at [sdunbar@llu.edu](mailto:sdunbar@llu.edu) . A representative will email the Team Application to be filled out electronically using Microsoft Word and returned via email. Slots will be given on a first-come, first-served basis. ProTECTOR, Inc. hosts only one team per week. Please note that the ProTECTOR, Inc. office is closed on weekends.

After two weeks, if the deposit has not been received the slot will be opened to other teams. Reservations can be changed with approval from the ProTECTOR, Inc. Intern and Volunteer Office, assuming space is available, until two months prior to scheduled arrival date. At that time, a team's member list needs to be finalized.

**Alternates:** Once a time slot has been designated to a specific team, other teams interested in that time slot may request to be listed as alternates, should the team cancel. If a team cancels and your team is offered the time slot as an alternate, the non-refundable deposit of US\$500 must be paid within 14 days of notification to secure the time slot.

## **Projects for Interns and Volunteers**

### **IMPORTANT!**

There are a number of projects in which ProTECTOR, Inc. is involved and opportunities to volunteer or intern can fall into the following general categories:

1. Turtle Research and Monitoring
2. Sustainable Community Development
3. Conservation and Environmental Education Outreach

The following information on volunteer and intern opportunities in each of these categories is provided for you.

### **Turtle Research and Monitoring:**

The idea of working to help save endangered sea turtles is a very romantic one. The reality is a very different experience. When deciding if this is the type of work you would like to be involved in, please remember:

1. Most nesting beach work is at night working between the hours of 8PM and 4AM.
2. While on night patrol, you may walk up to 10 km in the dark on soft wet sand.
3. There may be times when interns and volunteers will be asked to work both during the day and at night. Work could include both a night patrol and daytime hatchery monitoring.
4. Night patrols will still take place during the rain. There will be some nights when there are few or no turtles nesting - (especially early or late in the season) - patrols will still take place. We cannot be sure when or if turtles will nest.
5. Some projects are on the Pacific Coast. This means it is hot with 100% humidity, it rains frequently and sometimes heavily. There are mosquitoes and sand flies in the area, but no Malaria or Dengue fever.
6. Accommodations at the Pacific Coast projects are basic local accommodation, as is the food.
7. Past comments from our turtle projects include “The work was too hard”; “There was nothing to do during the day”; “Too many mosquitoes”; “Didn’t realize how hard it is to walk on the beach”; and “Too hot and couldn’t sleep”.
8. Projects in the Caribbean include in-water monitoring of turtle foraging grounds. We conduct in-water monitoring and habitat assessments using SCUBA. Our SCUBA work is supported by our local partner dive shop. These projects require significant time on small boats.





Each project is different, but interning or volunteering on a sea turtle conservation project usually involves patrolling the nesting beach with a group of researchers and other volunteers, or may involve tracking turtles at sea. When the group finds a turtle, volunteers will help collect data and tag the turtle, and either hide the nest by moving it to a safe location or marking its location. Researchers collect data such as length and width of the shell, where it

nested, its tag number, and the physical condition of the turtle. Some studies at the nesting beach also require the collection of turtle blood or skin samples, flipper tagging, or satellite tag attachment. All of these activities require interactions with turtles and will be carried out only by project researchers and trained research staff.

Patrols generally last 4-8 hours and run from 8 pm to midnight, or midnight to 4 am. Some projects also have shifts in an egg hatchery, where the eggs are protected from poachers and animals. Other jobs can include maintaining the equipment, cleaning the beach of driftwood, debris, and trash, and participating in educational programs. At projects where most of the work is doing night patrols, volunteers generally have the daytime free to swim, explore the rainforest, visit local towns, or get to know the other volunteers and researchers.

While volunteering for a week or two can seem like a romantic getaway, it involves hard work and long hours. If that doesn't appeal to you, you might be better suited for a group or team project. Interns and volunteers are a huge boost to conservation efforts, but also involve a lot of time and effort for the local organizations in training. Patrols happen every night, regardless of weather, and the projects need people who are committed to working their shifts regardless of conditions.

It is estimated that if the current rate of decline is not stopped leatherback and hawksbill turtles may be extinct within 20 years.

Working with the turtles is a brilliant and unforgettable experience, and we really need your help.

### **Sustainable Community Development**

Projects involving sustainable community development may include assisting with small building projects, such as the installation of a rainwater catchment system, or the installation of plumbing facilities, or the painting of schools or homes. Other areas involved in community development may be teaching English or basic skills classes to local community members. In most cases, this will not require professional competence in that specific topic. However, if you do have professional skills in a particular subject area, we would be happy to have you use those skills.

This work can be tiring and hard, especially in the hot, humid conditions of the project countries. You must be fit, and able to work alongside the people that live in the community.

### **Conservation and Education Outreach**

Conservation and environmental education outreach opportunities usually involve outreach to school-aged children and young people, although these efforts may also be provided to adults in the community. In most instances, these involve helping community members understand more about the importance of caring for their environment, and finding sustainable ways to protect their natural resources. This may include ways they can attract visitors to see their unique natural environments and animals, and to pay for the experience, thus helping to support the local community.



### **Please consider all these points before interning or volunteering!!**

### **General Information**

**Travel and Emergency Evacuation Insurance:** All ProTECTOR, Inc. Interns and Volunteers are required to have their own travel and emergency insurance for their stay in Honduras or Thailand. Individual and team volunteers must secure insurance at the time of booking their flights and at least 3 weeks before finalizing their departure on their trip. Interns and volunteers must also forward the insurance provider's confirmation email to [sdunbar@llu.edu](mailto:sdunbar@llu.edu).

Please note that most health insurance policies do not cover travel insurance, therefore travel insurance needs to be purchased even if you already have health insurance. Travel insurance covers changes to your itinerary, emergency evacuation and repatriation, hospitalization, and medical care in case of illness. Insurance companies, travel agents, and travel websites provide information about travel insurance. Choose a company that offers a 24-hour emergency number. Some providers that volunteer may use are: Travelex Insurance Services, AIG Travel Guard, Access America, and CSA Travel Protection. Your travel insurance MUST stipulate that Emergency Evacuation is included in the coverage.

**Visas:** You will only need a tourist Visa. This is the stamp that will be placed in your passport upon arrival in either Honduras or Thailand. For volunteer teams or individuals carrying a U.S. or Canadian passport, no additional paperwork will need to be filled out prior to arrival in either Honduras or Thailand. Mark “tourism” as “reason for traveling to country” on all forms. **If travelling from outside the U.S. or Canada please check with your local Consulate to determine what, if any, restrictions each country has for visitors from the country that issued your passport.**

## **Project Placement- Honduras or Thailand**

### **Honduras**

ProTECTOR, Inc. projects span the length of local shores. Choosing the project that suits you best is equally as important as choosing to intern or volunteer in the first place. Varying projects take place in different areas of the country throughout the year. The following explains the projects taking place in the Bay Islands on the Caribbean side. Currently, we do not have active projects on the North Coast or the South Coast, although these may be reactivated in the future. Choose your project wisely!

In some instances, you may be selected to take part in an ongoing study into which you will be placed. Placement of individuals or groups is done with the individuals, groups, and available times in mind, and for the benefit of the various projects.

### **Bay Islands**

There are a number of projects underway in the Bay Islands of Honduras. These include beach monitoring for nesting turtles in Utila, beach pollution studies in Utila, Roatán, and Guanaja, flipper tagging, satellite tagging, monitoring juvenile turtles in Roatán, and projects involving general sea turtle ecology in protected areas of Guanaja, Roatán, and Utila. Additional projects may include monitoring and turtle studies in Cayos Cochinos. Environmental education projects are always needed in these areas. These projects may require accommodation and meal costs due to their locations, and due to accommodation availability.

### **North Coast**

Projects along the North coast of Honduras may include nesting beach monitoring, in-water follows, beach and reef habitat assessments, and pollution impact assessments. The development and implementation of environmental education projects is always needed in these areas. These locations may be rural and may sometimes be in poorly developed areas with little modern infrastructure.

### **South Coast**

In the South coast, we have mainly worked in the communities of Punta Ratón, and El Venado along the Gulf of Fonseca. These projects include nesting beach monitoring, hand and net capture of turtles for assessment, satellite tagging, flipper tagging, hatchling studies, and habitat assessments. The development and implementation of environmental education projects is always needed in these areas. These locations are rural and are sometimes in poorly developed areas with little modern infrastructure.

## **Preparation**

Here are some suggestions in order to maximize the success of your project(s); we recommend that you or your team should try to do as many of the following in preparation:

- It may be helpful to have a practice run of the activity prior to arrival. The practice run will help ensure that the project(s) function as imagined and within the time frame you will have to work.
- We recommend that you have a language “cheat sheet!” It is nice to know that “Pollo” means Chicken not Ball! Having a vocabulary list of words you will plan to use in your activity is a good idea.
- Individuals and team members with little or no Spanish should practice a list of common Spanish phrases and become familiar with terms used in their project(s) prior to arrival in Honduras. We strongly suggest learning as much Spanish as possible. The better your proficiency in Spanish the more meaningful, rewarding, and productive your time with the ProTECTOR, Inc. projects will be. Common Spanish phrases are listed in the back of this handbook.
- **Not to Worry!** You WILL be able to help implement the ProTECTOR, Inc. project(s) - there is plenty to do!

## **Information for Travelers**



**Safety:** Honduras is home to a profoundly inequitable society where the majority of its citizens live in poverty. Because poverty breeds insecurity, and the communities we work among are some of the poorest in the country, the area in which the program is located suffers from crime. ProTECTOR, Inc. takes seriously its responsibility to make visitors as safe as possible, but there is inherent risk in visiting our program. Current information on travel safety to Honduras can be found on the U.S. Department of State website at:

[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1135.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1135.html)

We take a number of measures to ensure that all ProTECTOR, Inc. Interns and Volunteers remain as safe as possible during their visit. Interns and volunteers travel in private transport.

ProTECTOR, Inc. maintains strong relationships within the community, other organizations, and municipality aiding in the trust and respect of the community. Ultimately, however, you are a visitor and the safety of each individual or team is the responsibility of the individual or team members.

### **Some Safety Tips to remember:**

- While in Honduras, ProTECTOR, Inc. Interns and Volunteers are directed to take only official taxis, if required. This is especially true if travelling after dark.
- Carry only enough money for your immediate needs and do not carry your passport or

unnecessary ATM or credit cards.

- ProTECTOR, Inc. Interns and Volunteers should carry a copy of the photo page of their passport on them at all times (aside from work times on the boat or on the beach).
- Do not wear expensive jewelry, and do not show large amounts of money in public. Dressing modestly may help to avoid unwanted attention.
- Carry photography equipment and other electronic devices discreetly. Bags should be carried in front in crowded areas if they contain valuables, as pickpockets may take advantage of obvious merchandise. If robbed, do not fight for your possessions; they are not worth your life or the pain and expense of injuries.

**Health:** A current list of suggested inoculations for travelers to Honduras can be found on the World Health Organization’s website at: <http://www.who.int/countries/hnd/en/>. While in Honduras, **drinking only bottled water, washing your hands frequently, and refraining from buying food from street vendors are the best ways to avoid bad stomach bacteria.**



Restaurants in Honduras cater to tourists and thus are generally safe. However, small restaurants in rural communities may be less accustomed to regular hygiene practices. ProTECTOR, Inc. Interns and Volunteers may wish to bring a supply of Imodium, Pepto-Bismol, and a general-purpose antibiotic, such as Cipro, for intestinal problems if they occur. The best rule of thumb is to be careful what you eat.

## **Thailand**

ProTECTOR, Inc. Intern and Volunteer opportunities are scheduled to begin in the Summer of 2022. Travel to Thailand entails a long-distance journey that may take anywhere from 18-30 hrs. (including transit stops and depending on where you’re coming from). However, the long trips to and from Thailand are well worth the experience. Travelers to Thailand are rewarded with a country of scenic beauty, as well as amazing varieties of ethnic cuisine, and, best of all, wonderful, friendly people. The culture of Thailand is both ancient and rich, and provides a unique background for wonderful experiences in the country. As a ProTECTOR, Inc. Intern or Volunteer, you’ll be involved with turtle research and conservation projects that are tightly linked with both local government officials, as well as local community members.

## **Preparation**

Interns and volunteers should bring plug converters for power outlets. SIM cards can be purchased in Thailand for local cellular service. While packing, keep in mind that Thailand has a tropical climate that may include torrential rains during your stay.



## **Information for Travelers**

Once in Thailand, it is likely you will run into street dogs at some point. Although you may be tempted to pet and care for these dogs, it is best to avoid them as they may carry fleas or diseases. Many monkeys also roam beaches and urban areas. Avoid feeding them. The more they associate humans with food, the less capable they will be of finding their own and the more likely they will try to steal your belongings.



Bartering is common in Thai markets. If an item has no price tag, feel free to barter respectively for a lower price than immediately asked for. It is wise to bring a few rolls of toilet paper while away from your accommodations, as some bathrooms may only include squat toilets or provide no toilet paper.

## **Safety:**

### **Some Safety Tips to remember:**

While Thailand is a relatively safe country overall, certain precautions should be taken during your trip, especially since tourist scams are a common occurrence. To avoid being scammed, do not accept offers from strangers on the street or hand your passport to non-government officials (often scammers will ask to hold your passport for security purposes). It is also wise not to travel alone and to separate important items between members of the group, such as cash and credit cards. Pickpockets and bag snatchers are common so secure your items and bag as you travel and avoid carrying around more than what you need. Most importantly, be critical of any situation and be aware of your surroundings.

Under Article 112 of the Criminal Code of Thailand, it is illegal to make defamatory comments about members of the Thai Royal Family. In general, such comments should be avoided but especially in public, as you could be imprisoned in Thailand for doing so.

The vast majority of Thai people identify as Buddhist. To respect Buddhist culture, there are certain behaviors Thailand visitors should avoid and be aware of. If you visit a Buddhist temple during your time in Thailand, it is important that you remove your shoes before entering the temple and generally act and dress respectfully. It is also important that you do not mock or deface the Buddha as this is considered extremely disrespectful.

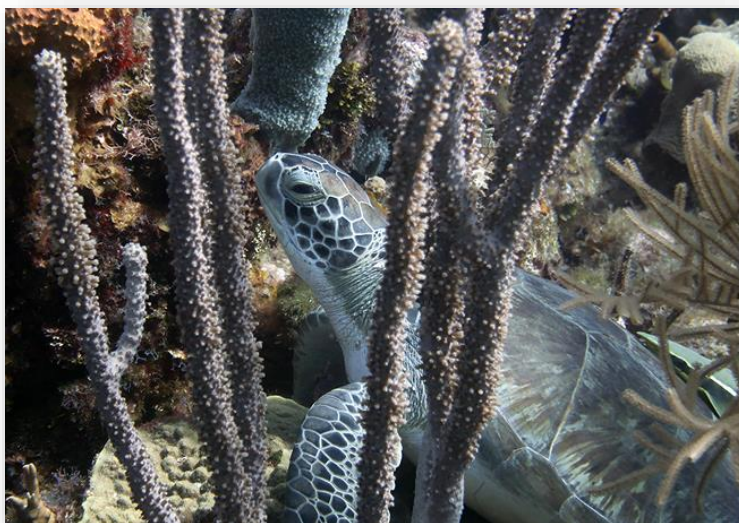
### **Health:**

When an intern or volunteer in Thailand, remember to be careful and selective about where and what you eat. Almost all restaurants are clean and meet minimum health safety standards. However, this does not hold true for small, roadside stands, especially when it comes to eating local meats. It is possible (and, in fact, likely) that if you consistently eat at small roadside food stands or stalls, you will become sick with stomach illness. However, if you stick to restaurants you should not usually encounter any stomach problems. Never drink the tap water, even at hotels. Purchase and carry your own bottle of water for personal consumption. One of the best things about eating in Thailand is the price. Many places offer excellent meals for just US\$2-4.



### **What to Bring? You are getting closer - the fun part - PACKING!**

- You will need your passport and a copy of the identification page of your passport.
- We recommend wearing modest, light-weight shorts or skirts – the weather is usually HOT! However, many projects require walking beaches during the day or at night. For this we recommend lightweight trousers, with lightweight, dark-colored, long-sleeved shirts to keep the bugs out.
- ProTECTOR, Inc. will supply each ProTECTOR, Inc. Intern and Volunteer with one t-shirt to be worn while participating in the research project.
- Bring closed-toed shoes to wear at the program sites, as well as a sweater or jacket, as it can be quite cool in the evenings.
- If traveling in August through October, pack a rain jacket and umbrella as this is the rainy season.
- Some odds and ends: You may also wish to bring stomach discomfort pills, motion sickness pills, hand sanitizer, insect repellent, sunscreen, a refillable water bottle, a cell phone, an inexpensive watch, **personal toiletries (e.g. shampoo/conditioners, hand soap, toothpaste, etc.)** and/or snacks you enjoy from home.
- Remember, to check the guidelines of the airline that you will be traveling with, as many have strict limits on the number of checked luggage each person can bring.



**Money Matters:** Review this document to see what is covered in the package price of your visit. For in-country costs, there are several options for obtaining local currency. The most convenient way to get cash is by using an ATM card that bears the Cirrus or PLUS system logo on its back, preferably with a VISA logo on its front. ATM cards for small local banks that do not bear these logos will **not** work. Contact your bank and ask them if your card will work in Honduras or Thailand. VISA credit cards are much more widely accepted than MasterCard. The use of a credit card in Honduras often carries a surcharge, and credit cards are not widely accepted for many of the purchases interns or volunteers may wish to make during their stay. Cash advances from credit cards are generally available from ATM machines but are also subject to charges both in your destination country and back at your home bank.



Interns and volunteers should not purchase pre-paid gift-cards to fill their money needs. Pre-paid debit cards do **not** work in Honduras. Contact your bank or credit card provider with the dates you will be in Honduras or Thailand to avoid emergency stops on your accounts. Cash in U.S. dollars (USD) can be changed at a bank or at the airport for Honduran Lempira or Thai Baht. Traveler's checks in USD can be cashed in any bank for Lempira or Baht, but usually cannot be used for direct payment of goods or services. You will need your original passport (copies will not be accepted) to change money or traveler's checks at a bank. However, bank lines and times can be extremely long and frustrating, more so in Honduras than in Thailand.

**Photography:** While travelling and while at ProTECTOR, Inc. research sites, we encourage you to take lots of photos. However, during nesting and hatching events, you may be asked not to take flash photos at certain times. Please respect these requests from the Project Coordinator. To respect the dignity of the people who live in the communities and neighborhoods surrounding our projects, you should always ask individuals from the community if you may take their picture and respect the answer you are given. This also helps us uphold our strong relationships in the community, which serve to keep the projects in good standing in the eyes of the communities ProTECTOR, Inc. works with. When riding in buses, do not lean out of the windows or place your camera outside of the shuttle, as this is dangerous in traffic and your camera may be stolen. Carry cameras discreetly wherever you go.

## **What will it cost? – Thailand updates**

Costs for internships and volunteerships differ, as outlined below. Both interns and volunteers pay a ProTECTOR, Inc. fee, as well as room and board costs.



### **ProTECTOR, Inc. Volunteer Fees:**

**US\$700/week for individual volunteers.**

Team costs vary depending on the number of members but start at

**US\$430/week per member.**

### **ProTECTOR, Inc. Intern Fees:**

Interns pay a ProTECTOR, Inc. fee of

**US\$800/month**, and accommodations may be extra (depending on the project location).

If you choose to leave your research site before the end of your agreed

commitment, you will forfeit the remainder of the fee covering your intended stay period.

**Non-Program Costs:** Not included in the program costs are air travel, travel insurance, leisure-activities, and incidentals. Transportation to/from Honduras or Thailand is the responsibility of the Volunteer, Volunteer Group, or Intern. In addition, meals and food costs are generally the responsibility of the Volunteer, Volunteer Group, or Intern. Travel, Medical, and Emergency insurance are the sole responsibility of the Volunteer, Volunteer Group, or Intern. Damage, loss, or theft of valuables, are the responsibility of the Volunteer, Volunteer Group, or Intern. If you plan to dive as part of the Volunteer project, all dive costs will be the responsibility of the Volunteer, Volunteer Group, or Intern (a separate dive safety and waiver package will be provided). **These costs are NOT covered by ProTECTOR, Inc.**

**Payment Methods:** All individual ProTECTOR, Inc. Interns or Volunteer payments may be organized through the ProTECTOR, Inc. office. ProTECTOR, Inc. Volunteer Team payments should be organized through the Team Leader. ProTECTOR, Inc. accepts payment by bank or personal checks or credit card for Teams coming from the United States.

Payment by check is our preferred form of payment. We prefer one check for all expenses, but we will accept individual checks if the Team Leader sends them together in one envelope. Please write the name of your ProTECTOR, Inc. Volunteer Team on the “for” line of all checks. Checks should be made out to “ProTECTOR, Inc.” and sent to:

ProTECTOR, Inc. Intern and Volunteer Program  
Loma Linda University,  
Loma Linda, CA 92350  
Phone: (909) 558-1000 ext. 48903  
Fax: (909) 558-0259

For ProTECTOR, Inc. Intern or Volunteer Teams paying by credit card, we prefer to charge the total expense to one credit card, as this reduces surcharges and administration. If each team member pays separately, a surcharge of 10% will be added to the total package price. To pay by Visa, MasterCard, or American Express, contact the ProTECTOR, Inc. office at (909) 558-1000 ext. 48903 with your credit card details and the name of your team.

International banking is constantly changing, so please be sure to contact your U.S. office for the latest international payment methods information. Note that some forms of payment may carry a surcharge.

**Payment Schedule:** A non-refundable deposit of US\$200 per Volunteer/Intern is due two weeks after confirmation of your time slot. Payment in full for trip expenses is due thirty (30) days prior to the scheduled arrival date. Once paid, these costs are non-refundable. Please plan at least 10 days for the processing of your payments. We greatly appreciate your efforts in keeping to the payment schedule so that ProTECTOR, Inc. can plan accordingly for your arrival with outside agencies.

**Cancellation and Substitution Policy:** We recognize that changes sometimes occur during the planning of group trips. If an alternate team accepts your time slot, the \$500 deposit will be refunded up to 90 days prior to the arrival date. We are unable to refund the deposit and all costs paid for cancellations made thirty days before the scheduled arrival. The list of individuals or team members needs to be finalized 60 days prior to the scheduled arrival date in order to reserve the appropriate accommodation make up. If an individual or team member cancels within thirty days, the individual or team will not be refunded the member's costs. If an individual or team member must cancel or if there is any change in the makeup of your team please contact ProTECTOR, Inc. Office to assist you with any cost or planning changes that this may affect. If an individual or team member leaves early for any reason, no refund will be issued for this member's costs. If for any reason ProTECTOR, Inc. deems it necessary to cancel your individual or team trip after payment has already been received, all costs including deposit will be refunded or applied to a rescheduled trip.

### **How ProTECTOR, Inc. Will Assist You**

The Director and Staff Members of ProTECTOR, Inc. will:

- communicate with volunteers in a timely fashion via email before their arrival;
- offer guidance and advice regarding any questions or concerns volunteers have regarding the activities they will be participating in;



- deliver an itinerary for each volunteer’s visit;
- arrange accommodations for the length of the volunteer’s visit;
- arrange all transport while in-country;
- greet each volunteer at the airport;
- accompany the volunteers to the project sites;
- coordinate your visit with the staff at the program sites;
- provide a wealth of information about ProTECTOR, Inc. before and during your visit.



## **Your Continued Support of ProTECTOR, Inc. Inc.**



The U.S. office and local Friends of ProTECTOR, Inc. are eager to work with you upon your return home to help channel your powerful experience working with the endangered sea turtles of Central and North America and Southeast Asia into continued opportunities and support.

Some ways that previous Team participants have stayed involved are:

- Working with or establishing a ProTECTOR, Inc. Volunteer Team or individual Intern or Volunteer experience.
- Speaking to groups, raising awareness, and sharing their experience.
- Fundraising through fun events, tournaments, and turtle adoption drives.

To learn more about any of these opportunities you are welcome to contact: [sdunbar@llu.edu](mailto:sdunbar@llu.edu) for more information and ways to help.

## **Back Home**

Once you have unpacked, finished your laundry, taken a hot shower, and eaten some good old American food - take a moment to reflect and remember – you are now a voice for the safety of endangered sea turtles. You alone can make a difference! That’s a powerful thing! Welcome to the ProTECTOR, Inc. Inc. family and thank you for your help and support!

## Volunteer/Group/Intern Timeline

### Initial Contact

- Intern or Volunteer application emailed

### Time Slot Confirmed

- US\$500 non-refundable deposit due
- Begin dialogue with Intern or Volunteer on possible project(s) or service

### 2 Months before arrival

- Group members or individual interns and volunteers finalized
- Member application emailed

### 30 Days before arrival

- Payment due in full

**Your trip with ProTECTOR, Inc. (Yes, you did it!)**



## Useful Spanish Phrases and Vocabulary

Honduras is primarily a Spanish speaking country. The locals of the islands off Honduras also speak Creole and English, however, understanding a few basic Spanish phrases and words will be helpful during your visit to the country.

### **Encouragement**

Good job, Good work/ very good	Buen trabajo/ Que bueno, muy bien
I like this.	Me gusta esto
It's very pretty/ cute/ well made	Es muy bonito/ lindo/ bien hecho
You can do it	Puedes hacerlo
I trust you (I have confidence in you)	Confío en ti

### **Helpful Phrases—and always remember to say “por favor” (please)**

(Your) attention, please	(Su) atención, por favor
Sit down, please	Siéntate por favor
Thank you for being quiet	Gracias por su silencio
May I have that?	¿Puede prestarme eso?
Share it/them	Compártelo/ compártelos
A softer voice, please	Un voz suave, por favor
Do it like this	Hazlo así
We don't do that here	No lo hacemos aquí
Listen	Escucha
Help me clean it up	Ayúdame a limpiar esto
Look	Mira
Is your homework difficult?	¿Es su tarea difícil?
Let me see it	Quiero verlo
It's his/her turn	Le toca a el/ella
It's your turn	Te toca
Come here, please	Ven aquí, por favor
Don't fight	No luches
Easy/ slowly/ tranquil	Tranquilo

### **Vocabulary**

Term of respect (female)	Seño
Term of respect (male)	Profe
Playground	Campo
Snack	Refacción
Drink	Refresco
Pencil Sharpener	Sacapuntas
Pencil	Lápiz
Glass	Vaso
Plate	Plato
Glue	Goma
Homework	Tarea/Deberes
Scissors	Tijeras
Rubber/Eraser	Borrador
Notebook/Exercise Book	Cuaderno



## **Volunteer/Group/Intern Application and Information Form**

The following information helps us to get a better idea of your interests and background. Thank you for your interest in ProTECTOR, Inc. This form must be filled in and returned to the ProTECTOR, Inc. Intern and Volunteer Coordinator no later than 90 days prior to your planned arrival in Honduras. Please respond to the questions in both Part I and II of this information sheet and return to us at:

E-mail: [sdunbar@llu.edu](mailto:sdunbar@llu.edu)

Phone: (909) 558-1000, 48903

Fax: (909) 558-0259

### **Part I: Personal Information**

Name:

Date of Birth:

Home Address:

Telephone Number:

Fax Number:

E-mail Address:

Languages:

#### ***Person to contact in case of emergency***

Name:

Relationship:

Address:

Telephone Number:

### **Part II: Project Interests and Background**

What are the dates in which you would like to participate in a project (the days you will actually spend in the project and not your travel dates)?

In order for us to pick you up at the airport, we will need your flight details. You can include your flight details now or send them later.

How did you hear about ProTECTOR, Inc. and the ProTECTOR, Inc. Intern and Volunteer Programs? This is very important to us!

Do you have any knowledge about Sea Turtles and the issues that threaten them?

**Please give us an idea of what you have been doing for the last 2 years. In addition to this summary, please be sure to mention any other experience that you think might be relevant to the project. Please do not attach a resume instead of this summary.**

**If you plan to Intern with ProTECTOR, Inc., please provide a potential project idea that you might like to pursue for your research. You may not be able to do what you are imagining (time, funding, logistical constraints), but it will give us an idea of potential projects we could work with you on developing.**