PEAT FOREST ECOLOGY AND WILDLIFE AT BORNEO, INDONESIA

Course ID: ARCH 380F
January 11- January 25, 2020

FIELD SCHOOL DIRECTOR:
Dr. Mark E. Harrison, Borneo Nature Foundation, Indonesia (m.harrison@borneonature.org)

This program is a short introduction to Environmental Science (ES) work. It is designed to present students with the basic fundamentals of field work and a taste for the rigor of field research. Students considering a full field school experience should apply to any of our standard 4-5 week-long programs.

INTRODUCTION

This course will provide an introduction to peat-swamp forest ecology and conservation, with a geographic focus on the island of Borneo.

The island of Borneo is renowned as one of the most biodiverse places on the planet, home to a large array of endemic species and unique ecosystems, such as peat-swamp forests. The Borneo Nature Foundation (BNF) is a not-for-profit conservation and research organisation. We work to protect some of the most important areas of tropical rainforest in Borneo, and safeguard their incredible wildlife. BNF’s field programmes include high-quality scientific research as a basis for protecting and managing tropical forests, and we have particular expertise in monitoring the distribution, population status, behaviour and ecology of Borneo’s flagship ape species: the critically endangered Bornean orangutan and endangered southern Bornean gibbon. Our wide-ranging biodiversity and forestry research is used to make the case for conservation and demonstrate the harmful impacts of logging and forest conversion. We provide training and capacity building for students, researchers and conservation-area managers, and work with a number of local partners to implement successful conservation projects.
Throughout our programmes, we support and empower long-term ecology research, which has been supported by volunteers since 2001.

This residential field school will be based in the Sebangau peat-swamp forest in Central Kalimantan, Indonesian Borneo, where BNF have been conducting research together with local partners since our establishment in 1999. Sebangau is of great importance as the largest remaining lowland forest on Borneo, home to the world’s largest protected orangutan and southern Bornean gibbon populations, and delivers a number of important benefits to human communities. Unfortunately, Indonesia also has one of the highest rates of deforestation in the world, placing these biodiversity and community benefits under huge threat. A relative paucity of ecological and social scientific data adds to the challenge of conserving these benefits.

In light of this, our field course will provide insight into the tropical peat-swamp forests of Indonesian Borneo, focusing on the ecology and biodiversity of these ecosystems; local livelihood needs and priorities; the impacts of human activities on biodiversity and social benefits; current conservation challenges; and local, national and international efforts to mitigate these threats. We will investigate the importance of Indonesia’s peat-swamp forests (in terms of biodiversity, carbon storage and other ecosystem services); the threats these face (deforestation, drainage, degradation, fire, wildlife trade, climate change); the drivers of these threats (agriculture and oil palm, peat drainage, international markets); the context of these within the local human communities and their relationships with the forest; their impacts on biodiversity and methods to understand and monitor this (from butterflies to orangutans); plus conservation efforts being undertaken (from international initiatives such as REDD+, to national and local community-led initiatives). Teaching will be through both lectures and fieldwork in the forest, drawing upon the Sebangau research projects led by BNF and others, to illustrate relevant topics and teach field research methods. This will provide practical experience with in situ scientific research and conservation efforts in the Indonesian rainforest environment.

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<thead>
<tr>
<th>ACADEMIC CREDIT UNITS &amp; TRANSCRIPTS</th>
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<td><strong>Credit Units:</strong> Attending students will be awarded 2 semester credit units (equivalent to 3 quarter credit units) through our academic partner, Connecticut College. Connecticut College is a private, highly ranked liberal arts institution with a deep commitment to undergraduate education. Students will receive a letter grade for attending this field school (see grading assessment and matrix). This field school provides a minimum of 80 direct instructional hours. Students are encouraged to discuss the transferability of credit units with faculty and registrars at their home institution prior to attending this field school.</td>
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<td><strong>Transcripts:</strong> An official copy of transcripts will be mailed to the permanent address listed by students on their online application. One more transcript may be sent to the student home institution at no cost. Additional transcripts may be ordered at any time through the National Student Clearinghouse: <a href="http://bit.ly/2hvurkl">http://bit.ly/2hvurkl</a>.</td>
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**COURSE OBJECTIVES**

This course will provide an introduction to peat-swamp forest ecology and conservation, with a geographic focus on the island of Borneo. The overarching themes are the key factors and principles underlying peat-swamp forest creation and maintenance, the incredible biodiversity and ecological importance of peatlands, and the way peat-swamp forest research is carried out and informs conservation strategies. Field-based activities and group projects will be complemented with lectures and discussion sessions, led by the school director and expert BNF scientists and local field team members. The two-week residential course will be based within the Sebangau Forest in central Indonesia, where BNF have been conducting research to support and empower local communities since 2001.
Indonesia Borneo. This is the largest unfragmented area of forest remaining in Borneo’s lowlands, which supports the largest remaining protected population of Bornean orangutans. Students will be introduced to and be provided with opportunity to develop field skills in various ecological research methods, including primate population density assessment, use of automated technology for biodiversity monitoring, insect surveys, vegetation assessments and peat-swamp forest restoration techniques.

**DISCLAIMER – PLEASE READ CAREFULLY**

Our primary concern is with education. Traveling and conducting field research involve risk. Students interested in participating in IFR programs must weigh whether the potential risk is worth the value of education provided. While risk is inherent in everything we do, we do not take risk lightly. The IFR engages in intensive review of each field school location prior to approval. Once a program is accepted, the IFR reviews each program annually to make sure it complies with all our standards and policies, including student safety.

We do our best to follow schedule and activities as outlined in this syllabus. Yet local permitting agencies, political, environmental, personal, or weather conditions may force changes. This syllabus, therefore, is only a general commitment. Students should allow flexibility and adaptability as research work is frequently subject to change.

Indonesia is situated on the equator, and therefore has a tropical climate consisting of a wet and dry season. In Borneo, the wet season is usually October to April, and the dry season May to September. The dry season is usually (but not exclusively) a little hotter than the wet season, and obviously not as wet. Both the wet season and the dry season can last longer than expected. Sudden downpours and tropical storms are to be expected.

As Sebangau is a peat-swamp forest, it is very different to a dryland rainforest. It can be extremely wet, and during the wet season it is flooded – the standing water can be waist deep in many places. Hummocks, tree roots and hidden holes mean that walking can be extremely hard work. Falling over is something of a rite of passage. On top of this the humidity and temperatures are very high. Typical daytime shade temperatures are 32°C at base camp or in the towns and 27°C in the jungle. In the late evenings the temperature can drop in the forest (by up to 7°C), so it can feel quite cool compared to town. To move around the forest some sections have single plank boardwalks, which may be slippery or broken in some places. The rest of the time is spent walking through the forest itself, which can be very muddy or wet. This makes it a rewarding, yet challenging environment.

Hazards and risks in the forest range from mosquitoes, tree stilt roots through to poisonous snakes, spiders and scorpions. Before entering the forest, students will have an induction to the forest and training.

If students have any medical concerns, BNF advises to consult with their doctor. For all other concerns, please consult with the project director.

**PREREQUISITES**

There are no academic prerequisites for participation in this field school. All the course inductions will be carried out in English, so students must have a good working knowledge of the English language, both written and spoken, for health and safety purposes. This is hands-on, experiential learning and students will study on-site how to conduct ecological research. This involves physical activities and exposure to the elements and thus, requires a measure of acceptance that this will not be the typical
university learning environment. You will get hot, sweaty, tired, bitten by insects, fall over logs and have to trek in the outdoors. You will be living in a basic forest camp in shared sleeping quarters, with relatively simple (yet tasty) food. It is therefore essential that students are physically and mentally fit and able to cope in such environment. Students must be adaptable and flexible: students will be working long hours (sometimes starting at 4am), with a multi-national team; and unexpected, potentially last-minute delays, modifications or cancelations to schedules or plans are unavoidable in a jungle research environment.

LEARNING OUTCOMES

Upon completion of the course, we expect that students will be able to:

- Demonstrate holistic knowledge of the tropical peat-swamp forest ecosystem and the importance of this understanding for wildlife conservation, with an emphasis on Indonesian Borneo;
- Carry out the research techniques used to understand and monitor the conservation status of tropical forest ecosystems;
- Evaluate the causes and importance of natural and human induced impacts on the ecosystem arising from climatic and land use changes;
- Understand the importance of ecosystem services for the community and explain the synergies and contrasts between conservation and local livelihood goals; and
- Be capable of using this knowledge to collect field data to undertake a short field study and present research findings to the group.

By the end of the course, participants will have acquired training on various ecological survey methods, complemented with knowledge about social survey methods and the importance of community outreach, livelihoods and engagement, to help understand and monitor the conservation status of tropical forest ecosystems. Participants will also learn the skills needed to create and administer their own research projects by undertaking their own short field study. This knowledge and the experiences gained during this two-week period will offer a window into a career in conservation biology and an unforgettable experience!

GRADING MATRIX

Student grades from the field school will be assessed based on the following weightings:

25%: Student attends and actively participates each scheduled day, including all lectures, group discussions and field work.

50%: Student maintains a field notebook that records lessons learned and insights gained, reflections related to assigned reading and lectures, plus consideration of wider implications of research. This to be done through daily diary entries and written answers to assigned short essay questions. This must be submitted at the end of the course together with a brief 1-2-page field report that summarizes and highlights key findings and lessons learned.

25%: Undertake mini-project, present to the group and write short report in field notebook.

TRAVEL & MEETING POINT

Hold purchasing your airline ticket until six (6) weeks prior to departure date. Natural disasters, political changes, weather conditions and a range of other factors may require the cancelation of a field school. The IFR typically takes a close look at local conditions 6-7 weeks prior to program beginning and make Go/No Go decisions by then. This time frame still allows the purchase of discounted airline tickets while protecting students from potential loss of airline ticket costs if we decide to cancel a program.
Students can book their international and domestic flight together through a travel agency or online flight search engine or fly into Soekarno Airport in Jakarta and then book a return domestic flight from Jakarta to Tjilik Riwut Airport in Palangka Raya. Tjilik Riwut Airport is not an international airport. At immigration in Indonesia, agents will require students to show a return ticket out of the country, so it is necessary to purchase a ticket to leave the country before starting your journey. For international flights, United, American or Asian airlines such as ANA, Japan Airlines are usually the cheapest flights flying from the US to Indonesia. These can be booked using a travel agency, the airline’s website or cut-price websites, like expedia.com, skyscanner.com or priceline.com.

Students need to book their flight to arrive into Palangka Raya on the start date of the course. For the outward journey, BNF requests students to book either the Garuda flight departing from Jakarta at 1455h or the Lion Air flight departing at 1140h. For the return journey, BNF requests students to book the Garuda flight from Palangka Raya to Jakarta departing at 8:20am or the Citilink flight departing at 9:25am on the day the course finishes.

Upon arrival, students will be greeted by the project director at the arrivals exit of Tjilik Riwut Airport. Please be advised, if students choose to book other flights, BNF will not be responsible from transport to and from the airport and hotel, and students will be required to arrange their own transportation to the hotel in Palangka Raya. BNF recommends ensuring at least four hours between your domestic arrival/departure time and international arrival/departure time for transferring at Jakarta International Airport. If students miss their connection or flight is delayed, BNF asks students to call the number listed on the Syllabus or contact join@borneonature.org. A local emergency cell phone number will be provided to all enrolled students. BNF requests all students send a copy of their itinerary to join@borneonature.org at least two weeks prior to their arrival to arrange meeting at the airport.

**VISA REQUIREMENTS**

For participation in the course, students are required to obtain an Indonesian Social Cultural Visa from the nearest Indonesian Embassy or Consulate in the student’s country of origin or residence. BNF will be in contact with students approximately two months prior to their departure to send over the Social-Cultural Visa instructions and documents required from BNF for the visa application. Under the conditions of the Social-Cultural Visa, students are only permitted to participate in activities related to BNF and travelling around the country after the course strictly as a tourist. This means that students are not permitted to travel before the course on this visa or volunteer/participate in activities with other organisations within Indonesia. If students wish to travel before the programme within Indonesia, students will need to enter Indonesia on a Visa-On-Arrival. Students would then need to leave the country to apply for the social-cultural visa sponsored by BNF’s Indonesian counterpart at an Indonesian Embassy in Singapore or Malaysia and re-enter Jakarta with this Social-Cultural Visa. If students do wish to travel after the course, BNF just requests your travel information for the duration of your stay within Indonesia to inform BNF’s Indonesian sponsor (sponsoring the visa) of further plans after the activities with BNF.

There is one Indonesian Embassy located in Washington DC and five Indonesian Consulates in the US, which are located in Chicago, Los Angeles, San Francisco, New York and Houston. Students should refer to this website to determine which embassy or consulate to apply through to obtain their visas based on the jurisdiction of each consulate: [http://www.embassyofindonesia.org/index.php/2016/01/24/list-of-consulates-general-of-the-republic-of-indonesia-in-the-united-states-of-america/](http://www.embassyofindonesia.org/index.php/2016/01/24/list-of-consulates-general-of-the-republic-of-indonesia-in-the-united-states-of-america/). After students have been accepted on the course, BNF will need the students to send over a copy of their passport and CV for the Indonesian support letter and confirm which embassy/consulate they will be applying to prepare the appropriate support letter from BNF’s Indonesian counterpart. BNF are responsible for obtaining
and sending the support letter from BNF’s Indonesian counterpart and KTP photocopy of the Indonesian sponsor for the visa applications. In addition to these two documents, students will need to provide:

- Passport with at least 6 months validity for single entry, which has at least two blank pages for visas (amendment and endorsement pages cannot be used for visa purposes)
- Two recent colour passport photo (4cm x 6cm) (white background)-do not staple or affix on the form
- Completed online application form (in duplicate)-complete online first to register your application but then send in the application as well with these documents from the link at the top of the page
- Copy of your US state license
- Copy of Green Card (for non-US citizens)
- Travel itinerary-both inbound and outbound to prove that you will be returning to the US and leaving Indonesia before 60 days
- Proof of financial support (bank statement minimum of $2000)
- For the embassy in Chicago, students will also need to obtain a letter from their university acknowledging their participation in the course.

Prior to sending in these documents, students will need to complete an online application to register their visa application through this link: https://consular.embassyofindonesia.org/. Below are instructions for how to fill out the Online Application Form:

Scroll below on the page and click on Visit Visa-Socio Cultural to Indonesia. To the right of the page (after you have again read through the instructions), you can click on “start your application”.

To start, you need to choose the state you live in, which should then correspond to the embassy you have already listed on your support letter from Indonesian sponsor. Then print the registration number you are given for future reference.

**Purpose of Visit**: Social

**Visa Type**: SINGLE

**Length of Stay**: State the length of time you will be spending in Indonesia with BNF (maximum for Social Cultural is 60 days).

**Point of Entry and Departure**: Jakarta

Fill in your travel information below

**Address in Indonesia**: JALAN SEMERU No. 91, City: PALANGKA RAYA 73112; Province: KALIMANTAN TENGAH; Tel: 0536 3221429

Sponsorship in Indonesia:

**Type of Sponsor**: OTHER

**Organisation’s Name**: UPT LLG-CIMTROP, UNIVERSITAS PALANGKA RAYA

Contact Name: Dr. Ir. Ici Piter Kulu, M.P.

**Address**: KAMPUS UNPAR TUNJUNG NYAHO; City: PALANGKA RAYA 73111; Province: KALIMANTAN TENGAH; Tel: 0536 3236880

If you have flight details please fill them in at the bottom – if not leave the section blank. NB: The Embassy has been known to insist on a ticket proving you plan to leave Indonesia.
**Personal Information – Occupation:**

If enrolled at University: “STUDENT” then your University address

If not enrolled at University: Tick OTHER and write NOT APPLICABLE for Name of Company and NOT APPLICABLE for any other information involving company details

Fill in other information as so, with passport info and upload a visa photo.

Students need to print two double-sided copies of their application form filled in clearly and in capital letters to send with their application. When applying, students should check embassy opening hours – the embassy is closed on both US and Indonesian national holidays. Visas take 3-5 working days to process if submitted in person and 5-7 working days when submitted via mail. The cost of the social cultural is $50 for the Chicago, Houston, Los Angeles and San Francisco Consulates and Washington DC Embassy and $55 for the New York Consulate. Payments can be made by company checks, cashier’s checks and money order only. Students should address money order to the “Indonesian Consulate General” or “Indonesian Embassy” for the respective office. For visa applications by mail, students should submit a prepaid self-addressed return envelope by U.S. Postal Service Express Mail/FedEx (No Ground FedEx) or UPS with tracking number. Please note that the embassy does not have expedited service and students should send the application and required documents listed above to the respective embassy address.

BNF has separate visa instructions for each Indonesian Embassy/Consulate within the US, as well as several other Indonesian Embassies/Consulates throughout the world, so BNF is happy to assist citizens of other countries with the application process via other Indonesian Embassies. Upon arrival at Immigration in Jakarta, students should walk past the Visa-On-Arrival desk, as they already will have the Social-Cultural Visa and go directly to the main foreigners’ immigration desks.

**ACCOMMODATIONS**

At the field site, students sleep on single beds in single-sex dormitories at camp, equipped with mosquito nets, pillows, mattresses and sheets provided by BNF. Students should bring their own sleeping bag/sleeping liner. Shelves and plastic storage boxes are provided for personal belongings. Separate plastic storage boxes are provided for storing snacks. There is no air conditioning or fans available at the camp. There is a common area with a set of tables for the students to work at and a separate meeting/workshop area within the housing facilities for lectures to be carried out. Students are responsible for hand washing their own clothes. There is a large area with all washing equipment provided in camp.

At camp all toilets are squat toilets, the same as throughout Indonesia, and the camp is equipped with a sewage system. Toilet paper is provided for all students, but this is not flushed down the toilets; it is put in bins and disposed of separately. The bathroom in Indonesia is called a ‘mandi’. ‘To mandi’ is to take a shower – these are cubicles with a water supply, in a large bucket, which you pour over yourself. There is no hot water, but water is instead pumped from underneath the peat-swamp surface to be used for the bathrooms and washing facilities.

Camp is equipped with a generator, which runs from 5-10 PM every evening, providing time to charge equipment, phones and digital cameras. While at camp and within the forest, the internet signal is strong enough to send and receive emails sporadically and Whatsapp family and friends. There is no WiFi, so students need to simply unlock their US SIM card and purchase and Indonesian SIM card that is specifically for internet, which usually costs about US$5.

Meals are served at camp regularly at 7am, midday and at 6pm. Snacks are also available every day for students to bring into the field with them. Meals are traditional Indonesian food, which includes rice
with every meal. Drinking water and hot water for tea, coffee and hot chocolate is freely available at camp. BNF makes every effort to accommodate vegetarian, vegan and any other dietary preferences/food allergies at camp. This will be more difficult for the time spent in the city of Palangka Raya, especially for vegans, so BNF recommends student consider bringing supplements/multi-vitamins along with them. Please note: a severe peanut, soy or egg allergy could be difficult to accommodate, as these foods are used frequently in Indonesian cooking, but BNF has no problem with accommodating gluten or lactose intolerant diets.

**COURSE SCHEDULE**

All IFR field schools begin with safety orientation. This orientation includes proper behavior at the field area, proper clothing, local cultural sensitivities and sensibilities, potential fauna and flora hazards, review of IFR harassment and discrimination policies, and review of the student Code of Conduct.

The provisional field school schedule provided below is designed to present the theory and rationale in lecture form during the afternoon/evening prior to carrying out the practical session in the field the following day. The schedule is also designed to be flexible and subject to potential alterations or delays due to weather or other unforeseen circumstances that are inherent when studying in the jungle.

<table>
<thead>
<tr>
<th>Day</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td>Arrive in Palangka Raya; check in at hotel; meet group and relax</td>
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</tbody>
</table>
| 2    | Day: Check in at BNF office to collect passports and complete admin; introductory lecture; buy essential supplies and SIMs; visit university office for opening meeting.  
Evening: Dinner and Lecture on Tropical Peatland Ecology |
| 3    | Morning: Travel to forest; camp induction and Health & Safety briefings  
Afternoon: GPS/compass/map training; introductory forest walk  
Evening: Lecture and discussion on Ecological Monitoring |
| 4-8  | Practical sessions on Ecological Monitoring, including Habitat Monitoring (vegetation plots);  
Invertebrates as Indicators; Nightwalks (nocturnal visual encounter surveys); Technology in Ecological Monitoring Research; Gibbon Triangulation Surveys; and Following Primates to practice data collection on ape behavioural ecology. Students to split into smaller groups and rotate between projects, with optional rest days on day 7 or 8  
Afternoons to include Journal Club session and data analysis from field practicals and preparation for mini research projects.  
Evening lectures to include (i) Monitoring of Flagship Species; (ii) Apes as Indicators: Primate Behaviour Research; (iii) Technology in Monitoring Research as well as Q&A sessions and reviews of the days activities plus Night walk / nocturnal visual surveys |
| 9    | Morning: Interactive conservation education session  
Afternoon: Practical conservation education activity with local children’s club  
Evening: Lecture and discussion on Peat-swamp Restoration and Conservation in Kalimantan |
| 10   | Morning: Practical session on peat-swamp forest restoration  
Afternoon / Evening: Preparation for mini-projects |
| 11-13| Carrying out mini research project data collection, analysing the data and preparing report/presentation |
| 14   | Morning: Mini project presentations to group, hand in field notebooks for assessment, pack and clean up camp  
Afternoon: Return to Palangka Raya, check in hotel  
Evening: Farewell dinner and wrap up |
| 15   | Depart from Palangka Raya |

**EQUIPMENT LIST**

**Kit list**
Rucksack (65 Litres or more). No suitcases please
Lightweight sleeping bag (1-2 season) or cotton sleeping bag liner as it can get chilly at night (min. 18°C), particularly once students have acclimatised.
Day pack (20-30 Litres) to carry daily supplies in the forest, which include food, water, first aid kit, research equipment, poncho etc. A rain cover is also useful. Forest colours only please (greens and browns), no bright colours as these can disturb wildlife
Waterproof bags for any electrical equipment
Head torch (LED recommended) plus batteries. AA and AAA batteries are available in Palangka Raya, but large square head torch batteries are not
Whistle (essential)
Compass (Silva quality) (essential)
Water-resistant digital watch
2 Litre water bottle. Mineral water bottles are available in town, but we advise bringing your own to reduce plastic use
Camera
Sun glasses
Mosquito repellent
Large towel large (microfiber towels dry quicker) or sarong for showering
Sarong which can be purchased in Palangka Raya (quick-drying, cheap and culturally acceptable)
Lightweight walking boots (Season 2) or walking shoes, which will provide sufficient support. This field school will run during the wet season when the forest will be flooded, and so shoes will never be dry. At this time of year, many people choose to wear wellington boots or trainers, which can be purchased in Palangka Raya (generally only European sizes 37-42 are available). BNF doesn’t recommend purchasing (expensive) hiking boots, as peat water is very acidic and tends to destroy most boots after continuous use.
Waterproof jacket or poncho in forest colours (greens and browns)
Sun hat
Sweat bands, bandana or head bands
Swimwear (also need shorts and t-shirt to cover up)
Flip flops or sandals
Min. two sets of casual clothes for relaxing in camp. T shirts and longer shorts are ok, but no short shorts please!
Field clothes in forest colours only. BNF doesn’t advise purchasing expensive field clothes for the course, as they become frayed or stained in the forest. Army surplus and charity shops are a good source of cheap clothing. Natural materials, such as cotton, are cool and quick drying.

The following are recommended as a minimum number of field clothes items to bring:
Two pairs of forest trousers
Two loose long sleeve forest tops/shirts
Two t-shirts
Two pairs of socks (many people prefer long football socks to tuck into trousers – you may also wish to bring additional socks to wear at camp in the evening to prevent mosquito bites)
First aid kit

Students will take a small first aid kit with the essentials into the forest and leave other supplies at camp, so a waterproof first aid bag is useful. Although the starred items can be purchased in Palangka Raya it is preferable to arrive as fully prepared as possible.

- Painkillers (paracetamol/ibuprofen) *
- Antihistamine creams and tablets for treatment of insect bites
- Fungicidal cream/antifungal dusting powder
- Plasters (band-aids) *
- 1 thick bandages) *
- Eye drops *
- Alcohol wipes and antiseptic cream/spray *
- Anti-malarial tablets
- Anti-diarrhoeal tablets *
- Anti-nausea tablets
- Scissors and tweezers
- At least 4-6 sachets of re-hydration powders, such as Diarolyte (useful for replacing lost minerals from excessive perspiration)
- Talcum powder recommended for sweat rash *
- Sun screen (a high SPF as we are 1º off the equator and the sun can be very strong), after sun lotion. Only advised to bring small bottles, as you won’t be out in the sun often
- Support bandage if you have had any previous ankle or knee injuries
- ‘Epi Pen’. If you have strong allergies to stings/bites/nuts, please consult with your GP
- Any specialist personal medication that you use e.g. Asthma inhaler. It is advisable to bring a spare just in case you encounter unexpected allergies which affect your condition
- For female students, tampons and, if prone to cystitis, one course of preferred treatment

Other

- ATM card/credit card
- Photocopies of all important documentation, including passport and visa
- Two prong round plug converter (220v). Can be used both in town and at camp
- Chargers for any electrical equipment
- Entertainment for when relaxing in camp (e.g. playing cards, books, games etc.)
- MP3 player
- Decent waterproof binoculars, 10 x 42 magnification or more. Binoculars are recommended for the field as they are very useful and we do not have spares to lend to people
- Indonesian phrasebook – students will be working on a daily basis with Indonesian field assistants, with varying degrees of conversational English
- Small selection of stationery including notebook, pens and pencils *
- USB pen – BNF can back up your photos for you during the expedition. USBs are also useful for storing any important documentation
- Silica gel
- Multi-vitamins
- Hammock (optional)
CURRENCY EXCHANGE

Traveller’s cheques cannot be used in Palangka Raya and, while possible for notes of large denominations, it is difficult to convert money in Palangka Raya. There are many Bureau de Change desks in the Jakarta airport, but they may be closed if students arrive late in the evening or early morning and exchange rates are very poor. The easiest option to obtain money during the course is via the ATMs (cash machines) in Palangka Raya or at the airport in Jakarta upon arrival in Indonesia. There are many banks in Palangka Raya, which allow international ATM/debit card withdrawals, but BNF advises students to contact their bank before leaving the country to check about international transaction and withdrawal fees and place a note on their bank cards so the cards are not blocked by the bank for suspicious transactions while using the card in Indonesia.

CULTURAL AWARENESS

Indonesia is a tolerant, but socially conservative, religious country, so BNF asks that students dress respectfully and will provide students with further social and cultural awareness information upon arrival in Palangka Raya. At all times, women are requested to cover their cleavage, shoulders, upper arms, stomach and legs above the knee and always wear a bra, and men are requested to wear long shorts or pants and shirts (no arms, stomach and legs above the knee). Arrival in Palangka Raya. At all times, women are requested to cover their cleavage, shoulders, upper arms, stomach and legs above the knee and always wear a bra, and men are requested to wear long shorts or pants and shirts (no arms, stomach and legs above the knee). This isn’t negotiable and BNF takes a stern view of people who ignore this rule. There are not many foreigners living in Palangka Raya, so people may approach students and ask to take a photograph together. People are generally friendly throughout Indonesia and this small gesture is very polite if students wish to oblige.

REQUIRED READINGS


RECOMMENDED READINGS


Thornton, S. A. (2017). (Un)Tangling the Net, Tackling the Scales and Learning to Fish: An Interdisciplinary Study in Indonesian Borneo PhD dissertation, University of Leicester, Leicester