



The Wild Medic Project
POWERED BY EARTH TRAILS EXPEDITIONS

The Wild Timor Project Atauro Island, Timor-Leste

The Information Booklet

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Timor Leste – The Wild Timor Project

Welcome to the Wild Timor Project. This expedition has been designed and implemented to bring adventurous participants to a corner of the globe that rarely receives the average traveller due to its relatively new status as an independent and stable nation while assisting the local population with access to basic healthcare.

Members of the Earth Trails (ETX) team have visited this incredibly beautiful and welcoming country several times both during military peacekeeping and in recent times to simply enjoy the natural wonders and rich culture that Timor-Leste provides. ETX identifies Timor-Leste as an adventure playground and as such have opened up a rare opportunity to get up close and personal to some of the remote and mountainous communities on Atauro island. As with our philosophy, we want you to experience the delights and challenges of a true adventure however we want to always impact the host country in a way that adds value to the local population. This is where your skills come into the picture!

Atauro island

This project sits on the island of Atauro which lies just off the coast of the mainland of Timor-Leste. There are significant challenges in some of the communities there including access to primary healthcare. Our vision is to assist with training local first responder volunteers first aid and medical retrieval techniques to empower them with a heightened ability to respond to emergencies when they present in their communities. We will work in two locations: Beloi and Adara.



The climate in Timor-Leste

Timor-Leste has a hot tropical climate with a dry season, May-November, and a wet season, December-April. The temperature on the coast is usually between 25-35C and in the mountains at higher elevation it is much cooler – sometimes wet and misty and at other times clear and invigorating.

There are many different micro-climates from dry barren hill sides to thickly forested peaks interspersed with cultivated areas. In general, as you drive south the countryside becomes much more lush and greener.

Most of Timor-Leste's large braided rivers completely disappear in the dry season, but after torrential rain can turn into raging torrents, sometimes flash flooding. Impressive waterfalls cascading down the mountain-sides can also be seen at this time.



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Beloi community

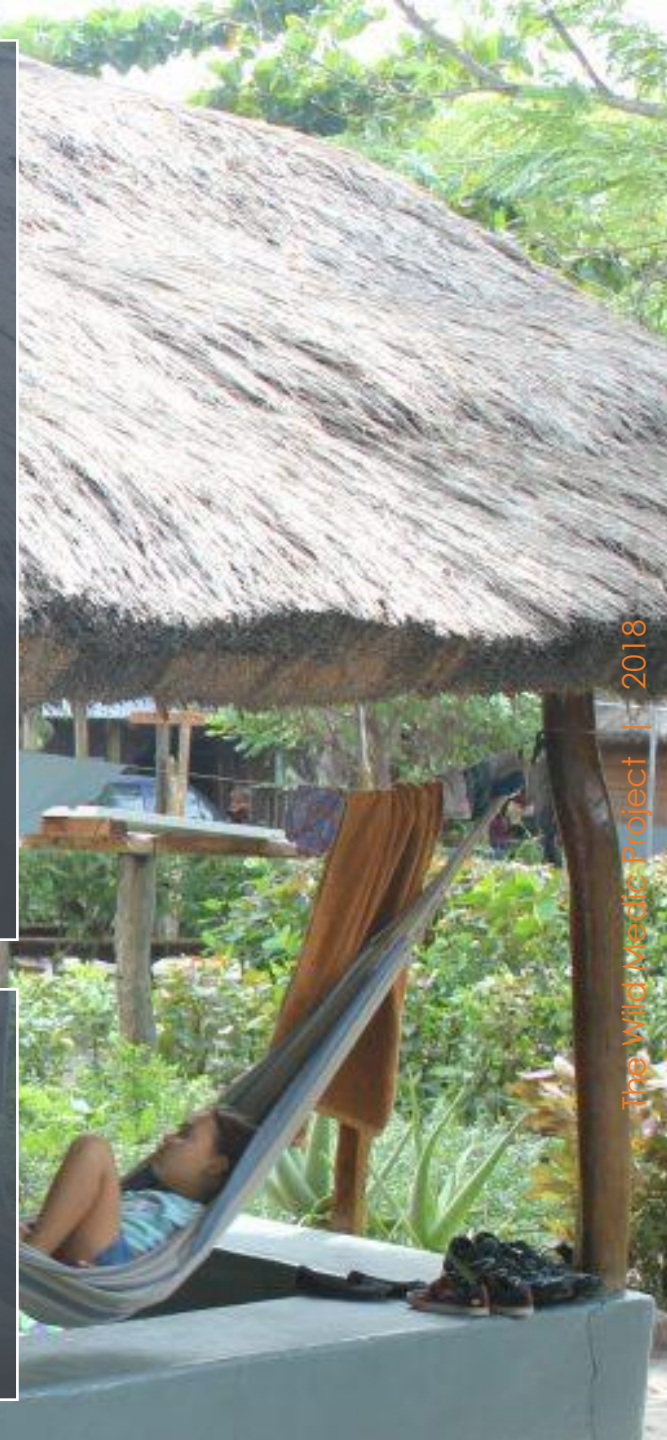
The town of Beloi is a focal point of the island due to the ferry arriving here from Dili every week, as well as being the main location for produce markets. The only manned clinic on the island is located in the town of Vila, 5kms from Beloi.

The first phase of the project is in the community of Beloi. Feto Atauro (Women of Atauro) was formed by local Atauro women, for local Atauro women, on International Women's Day 2015, with the objective of having a voice and simply being heard. A motto they have adopted 'Nain ba ami nia vida' (Our life is our life) sums up the simplicity of what they are about. Ultimately, they support the basic human right to live in freedom and safety. "We as women, need to feel safe, secure, loved, and empowered, if we are to reach our full potential."

Lead by prominent group leader Lina Hinton, they embrace topics surrounding healthcare and improving access to it which is where you come into the picture. As part of an ongoing and long-term project, Earth Trails plans to continue to send health care workers to assist in building up the knowledge of these women who are at the forefront of sustained progress on the island. In this phase of the project, you will engage with the group covering first aid, obstetrics, extrication techniques and identification of key injuries and illnesses relevant to their location.

Beloi accommodation

Your accommodation in Beloi will be in simple, traditional style thatched beachside bungalows. The eco-rooms have solar powered lights and limited power points. Due to limited water sources on the island, showers are traditional water scoop style with eco-drop toilets. All meals will be included during your stay.





Adara community

As with most developing countries, there are significant barriers put up for local populations due to a lack of infrastructure – particularly in terms of access to basic healthcare. The village of Adara is no exception, with the local population of over 300 people being incredibly isolated from any infrastructure. Travel is restricted to walking tracks (3 to 4 hours walk to Beloi over a mountainous range) or by traditional boat. There are no vehicles or roads. The main economic source for the locals is fish which they often trade for vegetables and rice over the other side of the island.

Adara accommodation

Your accommodation is basic, clean traditional beach bungalows. They serve up to 12 people with single and double mattress fitted in the rooms as well as an open-air seafront gazebo. All rooms are equipped with basic bed sheets and towels. There is also a dining seafront balcony for your enjoyment. Showers are traditional water scoop style with eco-drop toilets. All meals will be included during your stay.



Railaco private coffee tour

After the project phase, we return to Dili and jump into 4WD's where you are taken up through the winding roads into the clouds where Timor's best kept secret and its biggest export awaits. Timor's cool mountains provide a perfect growing environment for coffee beans and cocoa. We take you to a secluded organic coffee plantation that provides world-class beans around the world. Get up close and personal to Timor's thriving coffee industry and taste superb, flavoursome arabica coffee at the conclusion.



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The in-country support staff

From the moment you arrive in Dili, you will be met by your guides who will also be involved in your transport in and around the capital city. The guides will speak English and will cover significant points of Timor-Leste's history while taking you to points of interest. You will be transferred to a private boat which will take you to Atauro island to begin your project phase. Here you will be met by an eco-lodge host who will give you the grande tour of the accommodation which will act as your base for the Beloi project.

From the Beloi project, you will trek to Adara on the other side of the island where it will be a similar setup but on a much smaller scale. In all locations you will visit, we endeavour to ensure that your needs will be met, however an element of flexibility and patience is required throughout Timor-Leste.



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Passports and VISA

Anyone wishing to travel outside Australia will need a valid passport with at least 6 months to expiry. Most nationalities can obtain a Timorese VISA on arrival at Presidente Nicolau Lobato International Airport. At the time of writing a 30 day entry VISA into Timor-Leste is \$40 USD. When entering immigration, please note that your reason for entry is for leisure. The International airport in Dili is quite dated and the processes are far from efficient so please be patient. When you depart Timor-Leste, please be aware that A departure tax of \$10 USD previously applied to departing travellers. In early 2017, this tax ceased to apply at the airport but is incorporated into the cost of an airline ticket, but it could be re-instated. Have \$10 USD available on departure, in case the tax is re-instated.

For more information please contact Smart-Traveller:

http://smartraveller.gov.au/countries/asia/south-east/pages/timor_lesste.aspx#summary



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TENTATIVE ITINERARY

Day 1



LOCATION/ ACTIVITY: Arrival in Dili

INCLUSIONS: Airport pick up by host -
Travel to hotel and city tour

NOTES: Hotel

Day 2



LOCATION/ ACTIVITY: Dili

INCLUSIONS: Visit MAF & Dili Ambulance

NOTES: Hotel

Day 3



LOCATION/ ACTIVITY: Boat to Beloi

INCLUSIONS: Dili - Beloi boat transfer

NOTES: Eco-bungalow

Day 4



LOCATION/ ACTIVITY: Beloi

INCLUSIONS: First aid curriculum / Trip to
Vila

NOTES: Eco-bungalow

Day 5



LOCATION/ ACTIVITY: Beloi to Adara

INCLUSIONS: Community work / Trek to
Adara

NOTES: Eco-bungalow

Day 6



LOCATION/ ACTIVITY: Adara

INCLUSIONS: First aid curriculum

NOTES: Eco-bungalow

Day 7



LOCATION/ ACTIVITY: Adara to Dili

INCLUSIONS: Boat transfer to Dili

NOTES: Hotel

Day 8



LOCATION/ ACTIVITY: Dili / Railaco

INCLUSIONS: Coffee tour – 4WD day trip

NOTES: Hotel

Day 9



LOCATION/ ACTIVITY: Dili

INCLUSIONS: Fly out – Airport transfer





TRAVEL

Vaccinations & Personal care

Medical facilities outside developed countries are basic and quite limited in nature. In some locations there are international clinics however these can be expensive and up-front cash payment for services is generally required. In the event of a serious illness or accident, medical evacuation to a destination with appropriate facilities may be necessary and evacuation costs would be considerable.

Prior to departure, participants are advised to seek consultation with a reputable travel doctor for country specific information regarding immunisations, preventative care and health issues. Remember that some courses of immunisations can take up to six months to complete so the sooner you begin this process the better. Please organise a consultation prior to departure.



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Water Sanitation



Clean drinking water is available throughout your journey. In Dili, most travellers use plastic bottled water available in 1 litre quantities. Although sometimes this is necessary, at ETX we encourage participants to bring their own water bottles with purification tablets or UV treatment to reduce the purchasing of single use plastic water bottles that add to landfill and to the local waterways.





Code of ethics

Participants agree to uphold the values of the project vision and to abide by the expedition code of ethics

Team members:

- ✓ Always serve as a team player
- ✓ Understand and comply with the rules of the organisation
- ✓ Respond to the directions and command of the team leader
- ✓ Conduct yourself at all times in a professional manner
- ✓ Encourage the development of effective communication, understanding the co-operation between fellow team members

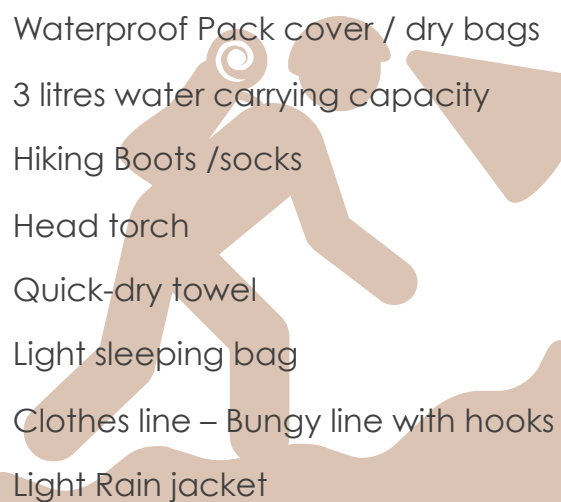
Relations with communities in developing countries:

- ✓ Ensure total respect for existing cultural practices
- ✓ Consider the views, interests and concerns of those receiving care
- ✓ Understand the culture before arriving in the community
- ✓ All information recorded in the course of first aid work must be treated with respect and sensitivity, beliefs and values
- ✓ Uphold high standards of personal and professional integrity
- ✓ Avoid all discriminatory practices
- ✓ Do not exploit the recipients of training in any form
- ✓ Always seek feedback from the community

Recommended kit-list

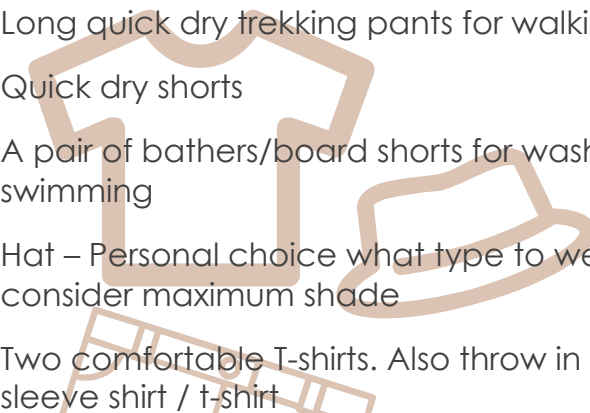
This list has been put together based on our experience in tropical climates and aims to save you unnecessary expenses and time researching what you should bring.

ESSENTIALS



- Backpack – 60 litre +
- Day bag / small pack
- Waterproof Pack cover / dry bags
- 3 litres water carrying capacity
- Hiking Boots /socks
- Head torch
- Quick-dry towel
- Light sleeping bag
- Clothes line – Bungy line with hooks
- Light Rain jacket

GENERAL CLOTHING



- Long quick dry trekking pants for walking
- Quick dry shorts
- A pair of bathers/board shorts for washing in or swimming
- Hat – Personal choice what type to wear but consider maximum shade
- Two comfortable T-shirts. Also throw in a long sleeve shirt / t-shirt



MISCELLANEOUS

2 rolls of toilet paper

Daily snacks (energy bars or equivalent)

Spare batteries for camera and torches

Toiletries

Cup (optional)

Pocket knife/Leathermans (optional)

Journal for jotting down memories (supplied)

US dollars in small denominations for buying fruit and snacks at markets

A good book

Souvenirs for locals (Consider the environmental impact)



PERSONAL FIRST AID KIT

You should always have a personal first aid kit in their pack. Here are some items to consider putting in your personal kit:

- A roll of sticking plaster and blister kit
- Anti-inflammatory gel such as Voltaren or Nurofen for inflamed joints/tendons.
- A small bottle of tea tree oil – a good natural antibiotic and great for insect bites.
- Sunscreen & tropical strength insect repellent such as RID or Bushmans.
- Rehydration electrolyte mix such as Gastrolyte.
- Antibiotics for gut, bladder, skin infections (discuss with your doctor).
- Immodium for diarrhoea

Fundraising...

WHAT FOR?

At Earth Trails Expeditions, we always aim to add purposeful value in the communities we work in. This sometimes means raising a little bit of money to assist with running a local project or initiative. Your Expedition planner will brief you prior to departure on the needs of Atauro island communities as this can change every 6 months.

HOW?

We have identified that the most powerful way to raise funds will be for participants to share a central fundraiser online. These funds go directly to the community we are focusing on. Use your own ideas to generate your funds and then deposit them into this link:

<https://chuffed.org/project/wild-timor-project>

Share it around with your friends and family and supercharge your fundraising!

If you prefer to do a direct bank transfer, please contact us for the donation account details: admin@earthtrails.com.au





HOW MUCH TO FUNDRAISE?

We aren't going to put a limit on what you can achieve, as this will depend on the way you drive it. We say as a guide to set a bare minimum of \$300 as this is achievable for almost anyone!

In terms of what to aim for...well the sky is the limit but this is also dependent on what the team goal is. Once you have reached your total deposit it into our "chuffed.org" account so it can go straight to where it's needed:

<https://chuffed.org/project/wild-timor-project>

FLIGHTS AND INSURANCE

The Wild Medic Project includes return flights ex Darwin International Airport. You will still need to organise flights internally if you are coming from an alternate city. We will only confirm the dates and times of the flights once full payment is made 12 weeks from the start date. We also include comprehensive travel insurance for each participant with your booking. The product disclosure document will be emailed to you. The cover includes:

- Personal accident & sickness
- Personal liability insurance
- Medical evacuation
- Repatriation
- Political & natural disaster evacuation
- Search & rescue expenses

The Package

INCLUSIONS:

Darwin to Dili return flights
Comprehensive travel insurance
Airport transfers
All transport during the entire experience
All accommodation during the experience
All food during the project phase only (Tea and local coffee included)
Any trek permits
Expedition Handbook
Private history tour of Dili, health immersion day and entry to the Resistance museum

EXCLUSIONS

Domestic flights to Darwin
Visa (\$40 USD on arrival)
Passport cost
Trekking gear, sleeping bags and personal equipment
Food / drinks
Calls home/ internet

REGISTRATION PROCESS

Please email us at admin@earthtrails.com.au and we'll send through an invoice for a deposit to secure your place!





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COST

AUD \$ 3200

DATES 2019

27th March to 4th April
&
20th October to 28th October

EARTH TRAILS BOOKINGS INFORMATION

Earth Trails reserve the right to update, change or modify these terms and conditions at its discretion without prior notice and you agree to abide by the most recent version implemented. In the event that any changes are made, the revised terms and conditions shall be posted on this website immediately. Please check the latest information posted herein to inform yourself of any changes. Once you have reviewed the itinerary and information provided by Earth Trails on the upcoming expedition, to secure your place you will need to do the following:

- Transfer a \$650 non-refundable deposit into the Earth Trails bank account to go towards your complete package price

Full payment due

Full payment of the balance is to be paid in full 12 weeks prior to the departure date. If your booking is made within 90 days of the departure date, then the full amount is payable at the time of booking.

Payment Options

- Direct Deposit

Account BSB: 633-000

Account Name: Earth Trails

Account number: 158906685 (Please quote invoice number on deposit)

OR

Credit card via the invoice sent out

Your details

In order for us to confirm your travel arrangements you must provide all requested details with the balance of the trip price 90 days prior to departure date. Necessary details include full name as per passport, date of birth, nationality, passport number, passport issue and expiry date and any pre-existing medical conditions you have (which may affect your ability to complete your travel arrangements). On some more demanding trips we also require you to complete and forward a Self-Assessment form. Your booking cannot be confirmed without provision of these details.





Cancellation by Earth Trails

We may cancel an expedition if minimum numbers are not met. For this reason Earth Trails advises participants only to book flights once minimum numbers have been met (Unless flights are included in the package). We may cancel an expedition at any time up to 60 days before departure for administrative reasons. We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to Earth Trails to an alternate departure date or alternatively receive a full refund. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, and travel insurance excess or non-refundable flights.

Cancellation by the traveller

A cancellation will only be effective when we receive written confirmation of the cancellation. If you cancel your expedition or placement:

30 to 90 days prior to departure, we will retain the initial \$650 deposit and 50% of the remaining balance paid;

30 days or less prior to departure, we will retain the initial \$650 deposit and 100% paid by you in connection with the booking.

If you leave an expedition or placement for any reason after it has commenced we are not obliged to make any refunds for unused services. All monies paid are non-refundable after commencement. If you fail to join a journey, join it after departure, or leave it prior to its completion, you are not entitled to a refund of any payments made by you.

Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits and certificates for the countries in which you will visit during your trip. Your passport must be valid for 6 months beyond the duration of the trip. It is your responsibility to ensure that you are in possession of the correct visas, permits and certificates for your trip; please refer to the Trip Notes for details. We are not responsible if you are refused entry to a country because you do not hold the correct passport, visa or other travel documentation.

Booking flights and travel insurance

Earth Trails advises that if flights are included in the package, they will be booked once your payment is received (90 days prior to departure) and once the trip is confirmed to have minimum numbers. Earth Trails includes the purchase of travel insurance. It is your responsibility to read the product disclosure policy that will be sent to you via email before agreeing that this is adequate for your needs. If you have any pre-existing medical conditions, this must be disclosed to Earth Trails prior to departure. You must advise Earth Trails if you require a more comprehensive or alternative cover for your trip.

Authority on tour

When an expedition leader is designated, the decision of the expedition leader is final on all matters likely to affect the safety or well-being of any person participating in the trip. When an expedition leader is unavailable a project host will assume this responsibility. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited.

Acceptance of risk

You acknowledge that the nature of the trip is adventurous and participation involves a high degree of personal risk. You will be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all possible relevant travel information and the nature of your itinerary. Passengers must ensure that they are suitably fit to allow full participation in the trip. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements and recommendations for your destination. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

You acknowledge that EARTH TRAILS has provided you with a risk warning and these risks include, but are not limited to:

- Personal injury and loss (including financial loss) and damage;
- Personal injury and loss (including financial loss) resulting from your actions, and/or actions of others; and
- Loss or damage to personal property whether it be lost, stolen, damaged or destroyed.

You acknowledge that you fully understand these risks and participate freely and accept the risks involved.

You agree to release and indemnify Earth Trails, you will not hold responsible Earth Trails, its officers, employees, volunteers or agents from all claims and liabilities whatsoever, associated with your participation in any Earth Trails project or activity.

You state that you are physically and mentally capable of participating and that you have fully read this form, in particular the 'acceptance or risk'.





Release and waiver of liability

In consideration of Earth Trails accepting your booking application and in consideration of you being permitted by Earth Trails to join the expedition to the extent permitted by law:

You release, waive, discharge, hold harmless and agree to indemnify Earth Trails and its volunteers, guides and other representatives and the land management authorities in the countries in which the expedition is conducted from all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services, lost profits, consequential, exemplary, indirect or punitive damages or otherwise which may arise out of or occur during your travel in connection with the expedition or any activities conducted in conjunction there within unless caused by the wilful negligence or wrongful act of Earth Trails and its volunteers; and regardless of the situation or circumstances giving rise to the claim you waive any claims you have, or may at any time have, against Earth Trails and its volunteers and you agree, by accepting the additional inherent dangers and risks associated with the expedition, not to make any claim against or seek any compensation from Earth Trails and its volunteers in respect of any personal injury, illness or death suffered by you or damage to or loss of property sustained by you as a result of your participation in the expedition.

Medical Disclosure

- You declare and warrant that
- You are in good health and mental and physical fitness at the time of booking this expedition;
- You have disclosed to Earth Trails every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, that is relevant to Earth Trails decision to permit you to go on the expedition;
- Immediately upon any adverse change in your health or fitness that may be likely to affect Earth Trails decision to permit you to go on the expedition, you will notify Earth Trails in writing of any such adverse change.
- Earth Trails may exclude you from a tour staff deems it necessary. You acknowledge that the obligation to disclose under this condition continues from the time of booking the expedition through to departure and extends for the duration of the tour.
- You have taken the necessary precautions to immunise/vaccinate for the destination you are travelling to.

If you fail to comply with the duty of disclosure in this condition and if Earth Trails would not have permitted you to undertake the tour, or continue participation of the tour, had you made full disclosure under this condition, Earth Trails will not be liable, except to the minimum extent required by law, for personal injury, death or property damage or loss incurred by you



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