

AIMM 海上 環境 研會 ASSOCIAÇÃO PARA A
INVESTIGAÇÃO DO
MEIO MARINHO
MARINE ENVIRONMENT
RESEARCH ASSOCIATION

Internships

Practical guide



October, 2018

Welcome

Bem-vindo!

Welcome to the Marine Environment Research Association's (AIMM) internship programme in southern Portugal.

This document collects all the information necessary for you to understand what is expected of you and how the project works. You can also find helpful information to plan your trip to Portugal.

If you have further questions after carefully reading this document feel free to ask them to interns@aimm-portugal.org.



AIMM Team for 2019

AIMM Portugal was found in 2010 and its area of action is in the region of Algarve, more specifically Albufeira. It's a non-governmental association, non-for-profit organisation with international scope. Our main field of activity is related with marine mammals in their natural environment.

AIMM aims to be a reference for research, education and conservation of the environment in Portuguese waters, promoting activities and partnerships, which empower our understanding of marine related issues, identifying threats and mitigate their effects in marine wildlife. AIMM works closely to sea agents, like dolphin-watching companies, administration and authorities, other NGO sea related associations and organizations and public environmental institutions. Jointly we develop scientific research in environmental topics and try to promote a healthier and safer environment for marine species.

Through field work at sea, education and research, AIMM gives space, time and room, to the participants in our programs, to face working at sea conditions, learn methodological skills, responsible code of conduct, exchange, research and work with experienced marine biologists, which will enable broaden their perspectives, know their physical limits, and actively play a role in the future conservation of marine habitat.



Many of our participants are motivated, hard-working, young individuals of different nationalities with a common interest for the sea and willingness to contribute to its conservation. While participating in a small/long term internship and working in a familiar and friendly environment, they enhanced their marine scientific skills, species knowledge, threats, social behaviours and structure and sea methodologies to collect data and interpret.



During 2019, AIMM hopes to continue to collaborate with sea stakeholders, marine students and scientists and will explore new areas of study and will try to deliver a greater value to all parties involved in our association through high quality research and focussed effort from AIMM members.

To finish, AIMM wants to thank all those committed individuals that worked with us, people dedicated to our cause, from one week to six months, to drive forward sea conservation and shape this association.

THE PROJECT

The distribution and population dynamics of whale and dolphin species (cetaceans) that inhabit the South of Portugal are poorly known. Cetaceans are top predators playing a very important role in their ecosystems, but they also attract people's attention making them ambassadors of the marine environment conservation efforts. These are the two main reasons why AIMM Portugal decided to focus most of its research efforts on the occurrence, distribution, and abundance of cetaceans in the Southern coast of Portugal, in terms of species and habitat use. This will help us verify their conservation status as well as assess the potential threats they face.



The main recorded species and its behaviours are the short beaked common dolphin (*Delphinus delphis*) and common bottlenose dolphin (*Tursiops truncatus*). Less common, is the threatened harbour porpoise (*Phocoena phocoena*), as well as risso's dolphins, orcas (*Orcinus orca*), striped dolphins (*Stenella coeruleoalba*), the minke whale (*Balaenoptera acutorostrata*) and the fin whale (*Balaenoptera physalus*).

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Conducted in partnership with dolphin watching companies operating in the south of Portugal, the project plays a double function, raising awareness for the impacts that this touristic activity can have in cetaceans and incentivizing a responsible code of conduct.

CONDITIONS OF PARTICIPATION

Due to the nature of the work, participants should:

- Be 16 years-old or older;
- Stay for at least 1 week (7 days);
- Speak enough English to be able to communicate with other participants;
- Be in good health, physically fit and able to walk and climb easily;
- Be able to swim and feel comfortable on a boat;
- Tolerate hot weather and long periods of exposure to the sun.



Although previous experience is not required, preference will be given to those who have:

- Work experience with marine mammals;
- Experience in research and/or whale-watching boats;
- Experience with photo-identification;
- Professional photographic cameras that can be used for photo-identification;
- Availability to stay for longer periods of time.

APPLICATION PROCESS

1. Send us an email with: CV with photo, Motivation letter (why you want to join AIMM and what are your expectations), Your preferred period for the internship, with 2 options for the start,
2. You will receive an email from AIMM confirming that your application was received,
3. After consideration and evaluation of your application we will send you an email with the result of your application.
4. To ensure your place in the programme you should then pay the deposit (non-refundable), or if you prefer, the full amount (refundable until 30 days prior to arrival), and send the proof to us. You should also send us a copy of your Passport or National Identity Card.
5. Book your flights to Albufeira and arrange your health/travel insurance valid for your entire stay with AIMM (mandatory).
6. Pay the remaining fee no less than 30 days prior to your arrival (thereafter non-refundable) and send the proof of the payment and travel insurance to the programme coordinator.
7. Once we have received the fee a confirmation email will be sent.

Details for bank transfer (international):

Beneficiary name: AIMM Portugal

Address: Rua Maestro Frederico de Freitas, N15 – 1, 1500-399 Lisboa, Portugal

IBAN: PT50 0018 0003 2272 0882 0201 5

SWIFT code: TOTAPTPL

Bank: Banco Santander Totta, SA

Bank address: Largo Frei Heitor Pinto, 7 A/B 1700-000, Lisbon, Portugal

DATES AND FEES

Our season starts in the 1st of May and ends on the 31st October. From previous experience we suggest our participants to stay for a minimum of two weeks and arrive preferentially on Monday morning of the first day and departure the day after the internship finishes.



Our minimum stay is 7 days and the work is planned in a week basis, but we have some flexibility in order to meet your travel arrangements. We don't recommend to arrive/departure at Sundays because of transportation timetable restrictions.

Participation fees are usually paid to take part on our work and some of the reasons are:

- Income to bear the administrative/accommodation expenditures of the association: rent, energy, water, Internet, equipment, fuel, etc.
- Income to bear food expenditures, as you'll be provided three meals per day in the accommodation.
- Income to support on-field activities and professional training.

In the meantime, AIMM is also taking actions to fund some activities through environmental funded projects and sponsorships to expand the sources of income for the association.

The participation fee for the Season 2019 is **850€** for a minimum **period of 7 days**. For anyone wishing to stay for more than one week the fee is proportional. There is a discount on the final price for those wishing to stay for a minimum of four weeks.

Not included in the fee:

- Transport to/from Albufeira;
- Meals in restaurant and snack-bar (including the restaurants at the marina);
- Free time activities;
- Personal insurance (all participants must have health/travel insurance);
- Personal expenses.



ACCOMMODATION

Accommodation will be provided to all participants and will be shared by the whole team: participants, research assistants and researchers. The field station is a small farm in Albufeira, Algarve.

The house is equipped with Wi-Fi, TV, laundry room and everything needed for a working kitchen. Participants will share 3 rooms, 3 bathrooms, living room, dining room, kitchen, office garden with a swimming pool. The rooms are mixed gender, however whenever possible the distribution will be arranged as to have separate gender rooms.

The atmosphere is very informal and usually quite familiar. It provides a great environment for idea and experience exchange among the whole team so everyone wishing to participate in the programme should stay at the field station. It is very important to keep in mind that as an international team we'll be mostly speaking in English and some communication problems are common to arise as each one has different levels of English, so people need to be tolerant with each other.



MEALS

The internship programme fee covers the food prepared at home, including breakfast, lunch and dinner. Dinners out will be considered a personal expense as well as special treats, snacks, beverages and alcoholic drinks. All special dietary requirements will be respected (veganism, vegetarianism, intolerances, etc.), however it is important to inform about any of this requirement when applying.

EDUCATIONAL CONTENT

Our activities will have program training and a fully dedicated person to organize the work, logistics and provide practical and theoretical knowledge on specific topics sea related.

Additionally, at certain times of year, there would be other researchers working close by, providing the possibility to exchange extra information and gain a good perspective in the marine biology profession.



Our first days will be dedicated to the introduction to the team, its members and project, partners in the marina, project and work methods, which will include the first trip on the tour boats where the interns are accompanied by one of the research team members to be guided through the observation techniques and data collection.

The participants will process the data, so they can get familiarized with databases, GPS information and photo-identification method and analysis.

CONDITIONS

The climate in Portugal is temperate with mild springs and autumns, warm and dry summers and cold winters. During the field season, May to October, the temperature will vary on average between 17°C and 29°C.

The fieldwork is conducted from a dedicated research boat (time at sea from 4h up to 6h) and dolphin-watching boats with trips that can last up to 2h30. During the fieldwork we are exposed to the sun with no protection from the elements, so participants should come prepared for it, however, even in hot days, it can get cold and windy at sea so it is advised to bring warmer clothes.



Although the sea conditions are generally relatively calm, it may sometimes get choppy and some water spray will occur. For this reason, the fieldwork is not very appropriate for people with serious back problems.

DAILY LIFE IN THE FIELD

The fieldwork usually starts at 8:00 and is mainly conducted from Albufeira's marina. The practical component of the internship can vary between 2 to 8 hours daily at sea, according to the interns' interest, boat availability and the weather conditions. During your internship you will have opportunities to participate in several dedicated research trips in the research boat Ketos, and also in the boats of the dolphin watching companies that collaborate with AIMM.



At the end of each day you'll also be asked to introduce your trips data (e.g. behaviour, group composition, GPS position, weather conditions, reaction of the animals to the boats around) in our database and participate in the photo identification work and preliminary data analysis.

Every team member shares all the house chores, such as cooking and cleaning, so the office work is combined with the house work at the end of the day. Since days can get quite long and heavy, all the activities are distributed by the team leader to avoid any work overload. [Free time](#)

You will have 1 day off during the week, to relax, enjoy and to get the chance to do some tourism.

On the rest of the days, when all the tasks have been completed, participants have some free time. The field base has a TV with USB reader so participants can bring movies or TV series to watch.

A day with no available places on the dolphin-watching boats or of bad weather can be a day off or an office day, it will be the team leader's decision according to the project's needs.

Albufeira is a very touristic city with famous beaches, intense nightlife, cultural events, beautiful surroundings, amazing weather and food, and close from other interesting places like the natural reserve of Ria Formosa or the ancient castle of Silves, just to name a few.



PARTICIPATION CERTIFICATE

In the end of your experience you'll be given a participation certificate and, if you wish for curriculum purposes, a detailed description of your activities, including hours at sea and main species/aims targeted in the investigation. Also, you'll be given an AIMM researcher t-shirt.



Travel planning

If you are coming to our summer internships there are some things you need to prepare in advance in order to best enjoy this experience.

INSURANCE

All participants are required to have health insurance. European citizens are entitled to free healthcare or eligible to the payment of only a very small fee. The **European Health Insurance Card gives access to this healthcare and is free so we advise participants to get one** (more here: <http://ec.europa.eu/social/main.jsp?langId=pt&catId=559&newsId=2088&furtherNews=yes>). If not European participants will need some other type of insurance that covers medical care.

Although not mandatory we recommend getting a travel insurance for the duration of the stay as well, to cover for repatriation, alteration of travel plans, etc. Get informed in a travel agency.

ARRIVAL AND RENDEZVOUS

Participants are responsible for making their own travel arrangements to the rendezvous site, the AIMM headquarters. Times of arrival can be arranged with the intern coordinator to better suit travel plans and sometimes we can pick you up at some locations

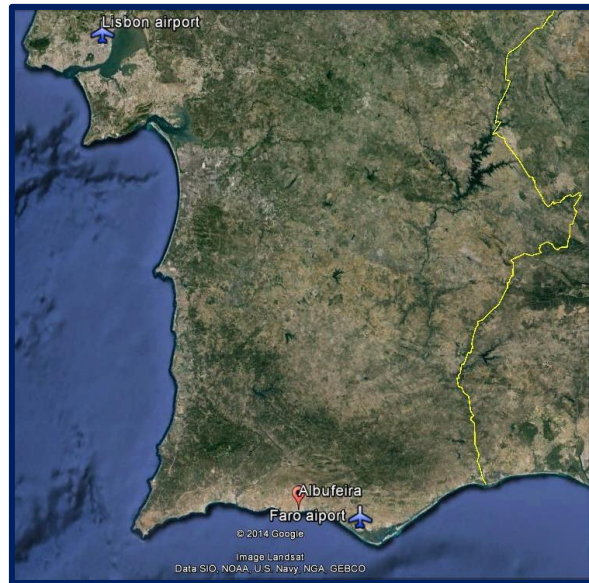
Contact Person:

Joana Castro
(00351) 912 596 211

We advise **flying to Faro** as that is the closest airport. Lisbon airport is also a option special for flights outside EU.

From Lisbon, you can catch a direct bus or train to Albufeira.

If, arriving at Faro Airport, participants need to take a bus that leaves from the airport and stops at the train station. The bus is called *Próximo* and the number 16 makes that connection, the ticket should be about 1,70€ (more information here: <http://www.proximo.pt/pt/> but the website is in Portuguese).



After that there are several ways to go to Albufeira: train, bus and transfers. All of the means of transportation are less regular on weekends and might not work on Sundays so keep that in mind when booking flights.

Train

There are regular trains from Faro city centre to Albufeira-Ferreiras.

There are 3 types of trains in Portugal: Alfa-Pendular, Intercidades and Regional. The first two are long distance fast trains, they get to Albufeira in about 20 min but tickets are much more

expensive (12€). Ask for the Regional train, the journey lasts about 40 min and the price should be about 4€.

You can look for tickets, prices and online bookings here: <http://www.cp.pt/passengers/en/>

Bus

It is very easy to get a bus to Albufeira from Faro. The journey lasts between 55min and 1h30min depending on the type of bus and the tickets are 4,70€ (more information here <http://www.eva-bus.com/>).

Transfer

This would be the most expensive way to come to Albufeira, but it's the easiest one. There are a lot of shuttle companies that make the connection between Faro airport and Albufeira, in minicars of minibuses, and can usually drop passengers in a chosen place. If you decide to take a transfer, the drop out should be at the bus station (either Albufeira Caliços, or Albufeira Center).

Some examples of the companies:

- Green Bus (<http://greenbus.pt/706>)
- Shuttledirect (www.shuttledirect.com)
- Polotur (<http://www.polotur.com/>)
- Yellowfish (<http://www.yellowfishtransfers.com/en>).



PACKING LIST

We prepared a list of items that you should bring with you:

Essentials:

- ❖ Copies of your passport, flight itinerary and credit cards in case the originals are lost or stolen (remember to pack them separately from the originals)
- ❖ Passport/National ID Card
- ❖ Personal insurance document
- ❖ Driver's license (optional)

Field work

- ❖ T-shirts / long-sleeved shirts
- ❖ Quick drying trousers and/or shorts
- ❖ Warm jackets or sweater
- ❖ Comfortable shoes (ideal if boat adapted, sandals or flip-flops)
- ❖ Wind stopper/ rain coat
- ❖ Sunglasses with UV protection (preferably polarized)
- ❖ Hat (one that won't fly off)
- ❖ Watch (preferably waterproof)
- ❖ Sunscreen (SPF 30 desirable)
- ❖ Medium backpack
- ❖ Sealable bag if you want to carry any electronic equipment to the boat (i.e. camera, cell phone)

Personal items

- ❖ Bath towel
- ❖ Toiletries (gel, shampoo, tooth brush, etc)
- ❖ Personal medications
- ❖ Ear plugs
- ❖ Adapter EU standart for electronic equipment (optional)
- ❖ Charger for electronic equipment (cell phone, camera, iPod, laptop, etc.)
- ❖ USB pen drive (to bring photos home or other interesting files)
- ❖ Computer (optional but helpful for the work as the project has limited laptops)

Free time (suggestions)

- ❖ Pocket money
- ❖ Night out clothes
- ❖ Warmer clothes for the evening
- ❖ Hiking boots
- ❖ Binoculars
- ❖ Beach items (swim suit and towel)

Useful information about Portugal

Local currency

Euro € - check www.xe.com for exchange rates

Personal funds

Participants should bring enough money for transportation to and from Albufeira, free time activities, drinks and meals at restaurants and souvenirs.

The major banks have branches in Albufeira and there are also currency exchange offices.

Safety

Portugal is considered to be a very safe and hospitable country. Nevertheless, you should be aware of your belongings and pickpockets, especially in the more touristic areas.

Language

Portugal's official language is Portuguese. However, being Algarve a very touristic region, almost everyone speaks a good English. All research team member speaks very good English.

Electricity

The electrical supply in Portugal is 220-240 volts with a two-pinned plug.



Time zone

UTC +0:00 with one hour ahead during the summer.

Hope you can join us and be part of AIMM for the Summer 2019!

Have any questions/suggestions? Send us an e-mail: interns@aimm-portugal.org

Updated information at: www.aimmportugal.org

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