



Methods in tropical reefs monitoring (9th Reef Check course at Bangka Island)

Bangka Island, north Sulawesi, Indonesia, 2-9 July 2023

Vademecum

Diving at Coral-Eye

Coral-Eye is a scientific field station and even if often hosts tourists it is not a resort and/or a diving centre. Therefore, it is expected that you bring with you all or most of your diving equipment. In particular:

- **fins, mask, snorkel, and weight belt** (standard weights will be provided on site)
- **full length wetsuit** (to avoid injuries, suggested 3 mm)
- **personal dive computer** (compulsory)
- **full dive regulator** (including alternative air source) with INT connection (or an adapter for DIN-to-INT)
- **buoyancy compensator** (BC) with D-rings and pockets
- emergency **knife**
- at least **two carabiners** to secure the equipment
- decompression/**safety buoy**, with at least 6 m rope
- light **gloves** possibly with leather palm (note: normally they are not allowed to tourists but they are necessary for safety reasons when working in strong current near very stinging and sharp corals; when not needed they can be kept in your pocket)
- long lasting **torch** for night dive
- ear sanitizer (e.g., boric water)
- **dive logbook, dive license, insurance, and medical certificate** (even though you already sent a copy)

Coral Eye will provide air tanks (12 litres, single INT fit) and standard lead weights. Nitrox mix will be available on demand and extra cost.

If you need to rent any equipment, please contact Coral Eye well in advance (info@coral-eye.com).

Following the course

If possible, **bring with you a laptop for data analysis** (either Windows or Mac). Kits for underwater protocols application will be provided; however, additional writing slab and pencils to write underwater can be useful. Having underwater and action camera is welcome!

Course material and traveling information are available in the shared course folder on Dropbox, since internet connection at Bangka Island is not reliable and fast, please take a look and download everything before starting the trip: <https://drive.google.com/drive/folders/10FEf03XVFKjpC345FbUMBnTx5Hn6dodt?usp=sharing>

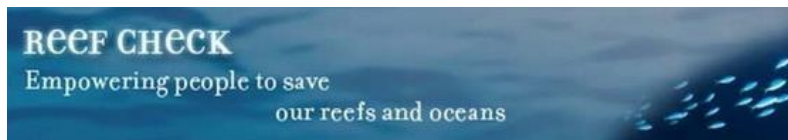
Traveling to/in Indonesia

Indonesian Tourist Visa (30 days)

For many nationalities Indonesian tourist (and transit) visas are issued on arrival at major airports and seaports in Indonesia. Tourist visas are usually not extendable and not convertible into other types of visas. Visa cost depend by the entrance place and coming nationality. For instance, Italian people entering in Jakarta benefit from a free of charge visa. Please note, your **passport must be valid for 6 months beyond your stay in Indonesia**. https://en.wikipedia.org/wiki/Visa_policy_of_Indonesia

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c/o Dipartimento di Scienze della Vita e dell'Ambiente, Università Politecnica delle Marche, Via Brecce Bianche, Monte Dago, 60131, Ancona.
Web site: www.reefcheckitalia.it e.mail: postmaster@reefcheckitalia.it



Health information for travellers to Indonesia

No vaccination is mandatory for most travellers. The risk of contagious diseases is low; however, you must be informed about the risks that can be avoided.

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/indonesia>

Flights

The international airport of Manado (Sam Ratulangi) is daily connected with Jakarta and three times a week with Singapore. Please check for baggage weight allowance, both in international and domestic flights (normally lower allowance if booked separately from the international ones). The most reliable flight company in Indonesia is Garuda (<https://www.garuda-indonesia.com>), other companies may have unpredictable schedules and long delay. Some airports claim for a small departure fee. Domestic flights are usually not bookable abroad, if not through intermediary websites like:

<http://www.nusatrip.com/en>

Stay in Manado

Manado offers a wide and growing range of accommodations, from cheap to luxury. Good compromise, easily bookable by internet are the nice guesthouses:

<https://www.booking.com/hotel/id/istanaku-guesthouse.it.html>

<https://www.booking.com/hotel/id/istanaku-guesthouse-2.it.html>

Close to airport <https://www.booking.com/hotel/id/novotel-manado-convention-center.it.html>

Indonesian currency

Indonesian Rupiah (IDR) change offices are available at the international airports (suggested) and in few cities (not easy to find in Manado). Withdraw at ATM is possible only with few supported cards (e.g., MAESTRO/CIRRUS debit cards... be aware, VPay cards don't work!). Credit cards are normally accepted in the hotels and touristic shops. <http://www.xe.com/currency/idr-indonesian-rupiah>

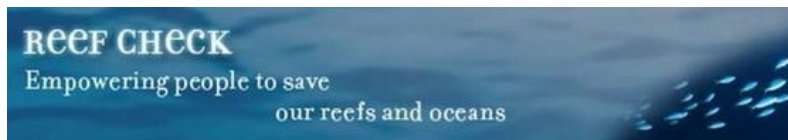
Stay in Bangka

Coral Eye (<https://www.coral-eye.com/>) is a small and comfortable resort which may provide you with any basic needs. However, kitchen needs to know any your specific needs and allergy well in advance to satisfy your requests. No shops are on the island, therefore please bring with you any stuff you may needs (e.g., personal medicines, sunscreens, shower soap, mosquito repellents, electric plug adapters, phone sim cards). No bank, ATM are available at Bangka Island. Coral Eye may accept cash in IDR and Euros. They may also accept credit cards but please inform the reception upon arrival because frequent connection failures. Accommodation prepayment by bank transfer (PT Coral Eye Bangka, Commonwealth Bank, Manado, Sulawesi Utara Indonesia, Euro account: 2950000435, IDR account: 2950000434, SWIFT: BICNIDJA) is recommended.

Electric plug

In Indonesia the power sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz. <https://www.power-plugs-sockets.com/indonesia/>





Phone & Internet

Free internet access is provided in many airports, restaurants, hotels and resorts. You may also find internet café. Mobile phone networks have good coverage, even in many small villages and quite remote places (depending by providing companies), nevertheless storms and earthquakes may break connections for months.

Coral Eye is equipped with a limited Wi-Fi connection (not always available). If you really need to be connected, a local phone card (SIM) with prepaid data traffic is strongly recommended. Be aware of your slot size (https://en.wikipedia.org/wiki/Subscriber_identity_module#Formats). SIM cards are widely available and easily refilled with credit. They are available at most airports, at the shopping centres in Manado downtown and at the Coral Eye (only if booked in advance). Since April 2018 all new SIM cards bought in Indonesia must be registered. If you buy your card from an official store of a phone provider or at the main airports, they will do it for you automatically. SIM cards start at 15,000 Rp. They come with cheap rates for calling other countries, from around 5,000 Rp per minute. Most official outlets offer deals where you pay 50,000 Rp and up for a SIM card and credit. 4G networks are spreading across the nation, but speeds are slower than in other countries. Data plans average about 40,000 Rp for 1GB of data. The most reliable Indonesian mobile phone network operator is **Telkomsel**.

Local transfers to/from Bangka Island

Transfers from Manado (downtown or airport) to Bangka Island and return is managed by Coral Eye. In order to properly organise transport from/to Bangka, every participant must arrive to Manado airport within **2nd July 2023, at 9 o'clock**, and leave from Manado airport not before than **9th July 2023, at 16 o'clock**. Longer stay in Bangka must be agreed with Coral-Eye well in advance.

Usually, a good meeting opportunity is in Manado downtown one day before course starting (the **1st July**) for a relaxing dinner based on local traditional food. Please inform us if you will arrive on time (see stay options in Manado).

What to see and other local destinations

Around Manado there are some interesting places to visit like the Tangkoko National Park, plenty of typical critters including *Tarsius tarsier* (one of the smallest known primates), black tailless monkeys, maleo birds, wild pigs and kuskus (marsupials). All around there are also traditional markets (e.g., at Tomohon), lakes and volcanoes (some included in the classic "Minahasa tour"). Moreover, you may experience "muck" dives at Lembeh strait (Bitung) and see other coral reefs at the Bunaken National Park. Coral-eye staff can help in arrange some additional tours if you stay longer than the course.

Many Indonesian destinations are well connected with Manado Airport, some other require stopovers or "creative" travels... if you are planning to visit other places, we suggest you contact the other course participants who may be interested in sharing this travel experience, before or after the course experience at Bangka Island. We will provide you with their contact details in advance.

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