



Of Mountains and Marmots : Climate change in the French Alps

Welcome !



The marmot team



Aurélie, Team leader



Ben, Research engineer



Cindy, post-doc



Vérane, PhD



Célia, PhD



Pierre, PhD

Phone numbers



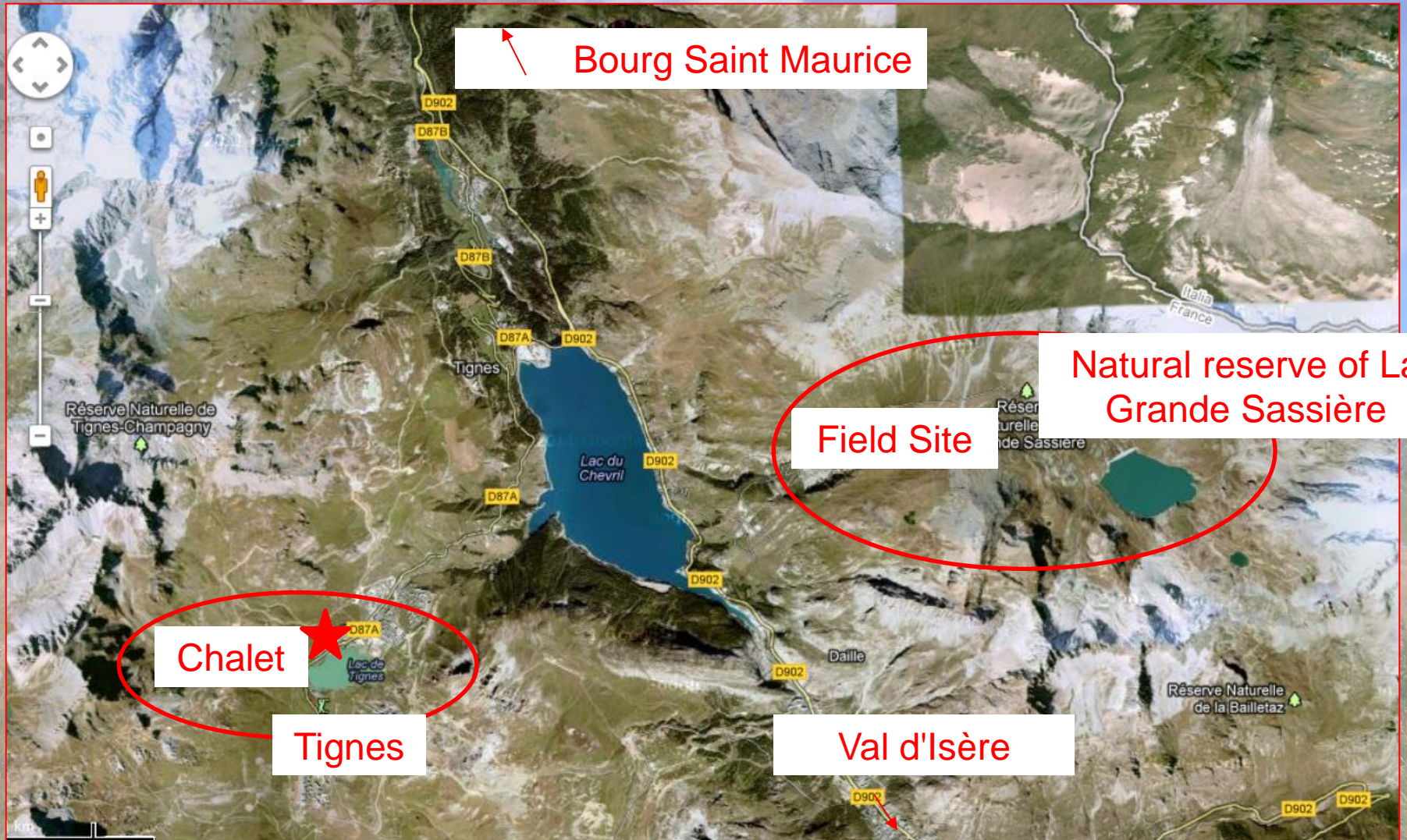
Aurélie: + 33 (0) 6 19 29 40 45



Earthwatch emergency number:

+44 7900 895 752 / + 1 978 461 0081

La Sassière Location

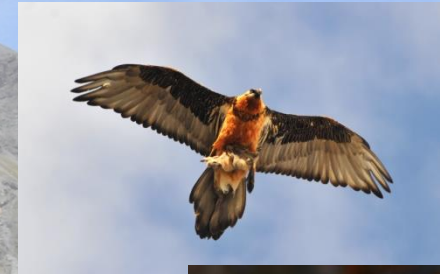


National Reserve La Sassière

National park of La Vanoise (first French national park in 1963)

Extraordinary fauna & flora

Rules to follow :



National Reserve La Sassière

At 2350 m a.s.l

- Wear appropriate shoes
- Wear a hat
- Wear sunglasses (even when cloudy)
- Sun cream (even when cloudy)
- Every days, bring warm clothes and rain jacket (even if sunny)
- Drink often (filtered water, more than 2L per day)



Photography



At the end of your stay:

- Give the marmot team all your photographs for review
- Some pictures of animal handling, particularly when sedated can be misunderstood and should not be accessible to everybody
 - ➔ **Pictures must be reviewed by a scientific team member before any publication or personal use**

Equipment



- We can lend you binoculars and trekking poles
- Please take very good care of the equipment
 - ➔ If you break or loose something by accident repayment will be asked (binoculars=2000 €!)
 - ➔ Give it back to team members when back from field work on the Friday afternoon before leaving

On the road



Only the members of the scientific team are allowed to drive

ALWAYS fasten your seat belt

In case of accident / breakdown
=> wear the yellow jacket if you go out of the car

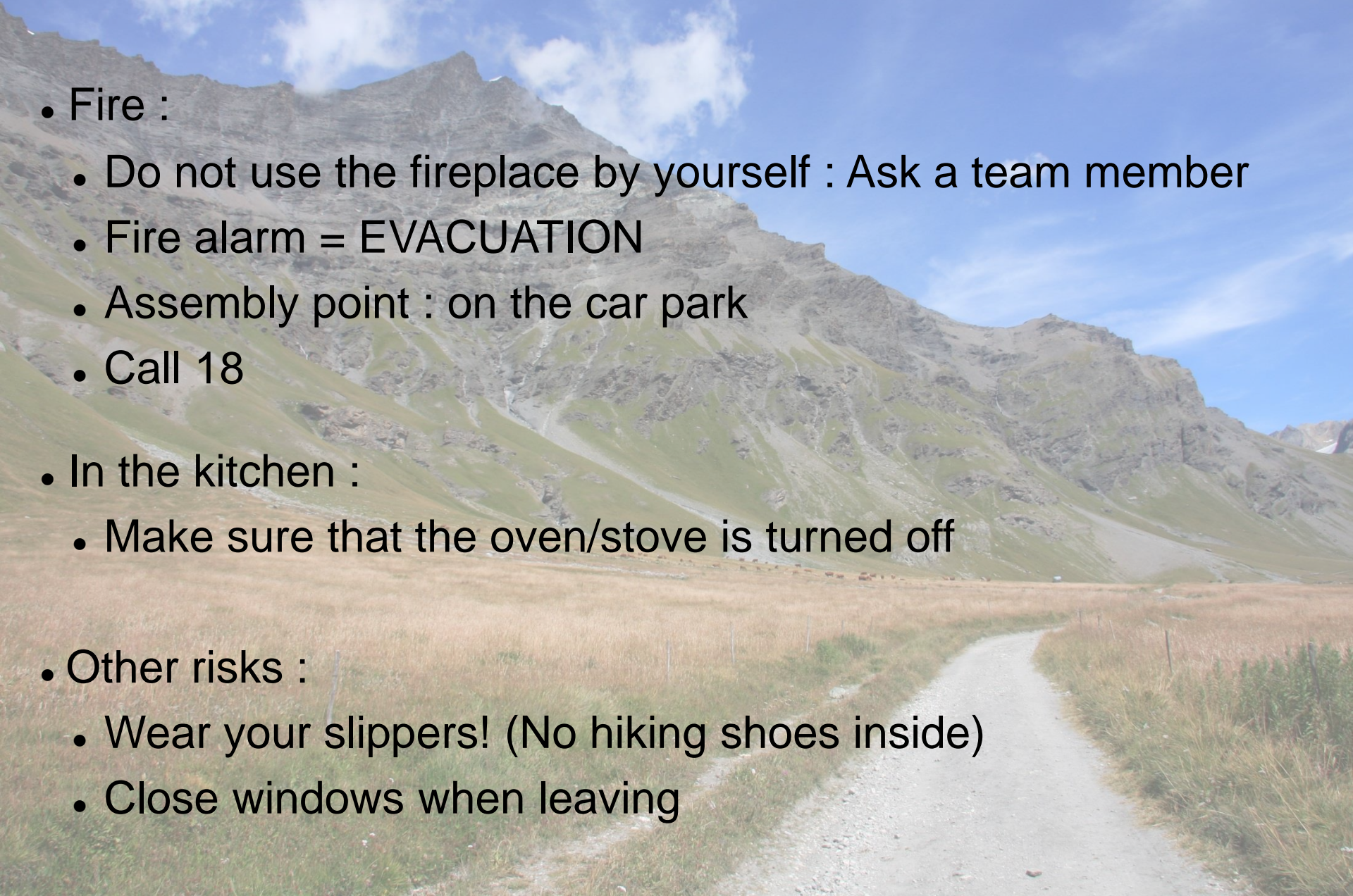


Life in the chalet



Life in the chalet : **Security**

- Fire :
 - Do not use the fireplace by yourself : Ask a team member
 - Fire alarm = EVACUATION
 - Assembly point : on the car park
 - Call 18
- In the kitchen :
 - Make sure that the oven/stove is turned off
- Other risks :
 - Wear your slippers! (No hiking shoes inside)
 - Close windows when leaving



Life in the chalet : well-being

In your room

- Single gender bedroom, and bathroom
- Heating : please do not touch (managed by the city)
- Showers : keep it clean (use mop after shower)
- Toilet : don't put anything but toilet paper down the toilet
- Bed sheets : when you're leaving, remove bed sheets
- Cleaning will be done every two weeks on Saturday
 - ➔ Please keep the place tidy

Life in the chalet : well-being

In the common areas (and rooms)

- No smoking (use restricted area outside)
- Alcohol-free zone (except on special dinner)
- Noise – please be quiet after 10.00pm and before 6.30am
- No washing machine in the chalet but washing facilities in Tignes

Sustainable living



- Rubbish and recycling, please separate
- Please, turn off the lights when leaving the rooms
- Don't leave electrical items on stand by
- Please, save water (short showers)

Please, do it at home when you're back !



Life in the chalet : Food



**NO FOOD OR DRINKS OUTSIDE THE LIVING ROOM
PRESENCE DURING MEALS IS MANDATORY**

- Breakfast, lunches and evening meals : Home cooking
→ 2 volunteers + 1 student (in the evening only)
=> Don't forget your turn ! Look at the cooking schedule
- Tea/Coffee, biscuits, snack and fruits in the field
- Ethical buying policy, local products : French cheese !!

Free time



Free time



On free time:

- Tell team members when you go out of the Chalet
- Sign out/in book : **please DO NOT forget**
 - When you go out in Tignes during the afternoon/evening
 - When you go on recreational activity by yourself

➔ Every time !

Recreational time : safety



On Recreational afternoon and Saturdays:

- Never be alone
- **Sign out/in book (on the entrance door) and sign recreational activity release form**
- Taxis / Buses

If you go hiking:

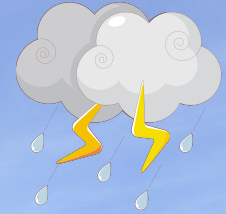
- Never hike alone
- Leave your itinerary and the time you will return
- Bring a cell phone
- Map, water, snacks, hat, warm clothes
- Safety: 112, 18 or Marion and Earthwatch emergency

Health and safety



- First Aid : Aurélie is 1st Aid trained
- First Aid kits – in field, in minibus, at the chalet (use the note book, please **DO NOT forget**)
- Hygiene : especially in the kitchen
- Medicines : own medication only
 - ➔ Write down every medicine you take on the notebook
- **Emergency Response Plan** : In the living room, minibus, field
 - Doctors in Tignes and Val d'Isère
 - Hospital in Bourg Saint Maurice

A typical day at La Sassière



- 6h30 : Breakfast
- **7H00 :** **Departure!!! Please, be on time!**
- 7h30 - 12h30 : Field work
- **12h30 :** **Leaving the field. Please be on time at the meeting point**
- 13h00 - 14h30: Lunch
- 15h00 - 17h00 : Lab work
- 17h00 - 18h00 : Free time
- 18h00 - 20h00 : Cooking
- 20h00 : Dinner
- 21h : Free time



Thank you for your attention!

