

1. Hy volunteers, Welcome to the Marmot Project.

My name is Marie-Léa and I will present all the things you have to know about field and security.

2. During your stay with us, you will be surrounded by the marmot team, composed of Aurélie, the PI, Ben which is research ingeneer, working on marmot physiology with Cindy. You will help all the PhD students in field work: Vérane, Célia and Pierre. You can find a complete description of the team in the dinning room.

3. In case of emergency, contact first Aurélie and then Earthwatch

4. The Natural Reserve of the Grande Sassièrè is located 10 kilometers far from the chalet that is situated in Tignes Le lac.

5. The National Reserve of the Grande Sassièrè was created in 1973. It extends over 2,230 hectares and is located approximately 2500 meters above sea level.

This place is characterized by a rich and diversified wildlife, typical of the Alpine range.

Like all reserves, the Grande Sassièrè is subject to strict rules that you are asked to comply with.

On the reserve, you are not allowed to smoke, scream so as not to disturb the fauna and deteriorate flora. You have to be respectful of tourists and always tried to explain what are you doing when they asked you questions.

During your stay in the field, try to use the paths, except when it is requested by a member of the team.

6. In the mountains the weather can change quickly, that is why you must wear appropriate shoes and carry in your backpack, at any time: a hat, a pair of sunglasses, as well as warm clothing and rain jacket.

Here, you are very close to the sun, so do not forget to put sun cream regularly even in cloudy days

Do not forget to drink a lot ,especially in sunny days

7. At the end of your stay, please, give the marmot team all yours photographs for review. Please do not provide photo to Earthwatch or anybody without our prior agreement. Be especially careful when posting you photos on the web. Some pictures can be misunderstood and should not be accessible to everybody.

8. Be careful with the research equipment.

You can borrow binoculars or trekking poles, but if you break or loose any equipment by accident, a repayment will be asked. Be aware that a pair of binocular cost 900 euros and most research equipment you will work with can be as expensive or even more expensive.

To avoid problems, always keep you equipment with you when in the field and bring back the equipment to you bedroom every evening.

9. Only members of the scientific team are allowed to drive. During the way to the field, always fasten your seat belt. Do not hesitate to ask for a stop if you feel sick.

In case of accident, wear the yellow jacket, stay on the side of the road, follow the instructions carefully.

10. In the chalet you have to respect some security rules
  - Do not use the fireplace by yourself
  - If you hear fire alarm, you must evacuate and go in the assembly point near the car park.
  - In the kitchen, make sure that the gas is turned off
  - Wear your slippers inside
  - Close all windows when you are leaving.
  
11. In the bedroom, please do not touch the heaters, keep the shower clean after shower, put only toilet paper down the toilet and when you are leaving, remove bed's sheet and put it in the green plastic boxes in the corridor.
  - Be sure that you do not forget anything before leaving.
  
12. You are not allowed to smoke inside the chalet and on the sundeck or in the reserve, do not drink alcohol except during your free time in bar, and please try to be quiet after 10 pm and before 6.30 am.
  - Washing machines are located in Tignes.
  
13. During your stay, respect the environment by recycling, turning off the light when you leave a room and by saving water. Try to keep this respectful behavior back home.
  
14. We make a special effort to serve local food.
  - Food should not be brought outside of the kitchen and diner room.
  - Dinner and the following breakfast and lunch are cooked by 2 volunteers and 1 student every evening. Don't forget your turn.
  - Tea, coffee, biscuit and fruit are in self-service in the field.
  
15. During your free time, if you have to go somewhere, please register to the "Earthwatch recreational time form" and tell it to Aurélie.
  
16. Wherever you go, never go alone; bring some snacks, warm clothes and a cell phone. Do not forget to sign out.
  
17. For Health and safety, Aurélie are 1<sup>st</sup> aid trained, we have first aid kits in all vehicles and in all accommodations.
  - Wash your hand before cooking and eating.
  - Write down every medicine you take in the notebook
  - There are doctors in Tignes and Val d'Isère and the Hospital is located in Bourg St Maurice.
  
18. A day at the Grande Sassièrè is as follows:
  
19. For field details, all the field activities are presented and explained in manuals. For that, please refer to the field guide and protocols guide. If any question asked to the team.
  
20. We hope you'll spend good times and have fun.