UNIVERSITY OF CALIFORNIA EAP

AUSTRALIA & SOLOMON ISLANDS
PACIFIC ISLAND ENVIRONMENTAL & COMMUNITY HEALTH PROGRAM

INFORMATION HANDBOOK 2019
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Cover Photo: Slade Mahoney, 2017
G’day, Halo Oloketa, and welcome to your semester abroad in Australia and Solomon Islands!

During your visit to Queensland and the Solomon Islands you will travel to rainforests, mangroves, reefs and sand islands, volcanoes, uninhabited islands and learn about key environmental and community health issues in the Solomon Islands. You will also, of course, get to know Australian and Solomon Island culture, and have an amazing, albeit sometimes challenging learning adventure!

This information pack will help you with planning your trip. Please read the following pages carefully, as they include useful information on what to bring, what to expect, and what to do upon your arrival in Brisbane. All participants are responsible for and must be familiar with, the material contained in this information pack.

We encourage you to pass this information on to friends or family so they know what you will be up to. As you will be travelling to remote areas with no mobile or internet access, the calendar will be a useful tool for them to know when you will be out of contact.

If you have any questions please feel free to email us on international.programs@uq.edu.au. We are happy to assist you before and during your stay in Australia.

We are really looking forward to you joining us for these exciting three months.

See you all soon, Lukim iufala!

From all the team in the International Programs Office
We believe in a hands-on approach to learning. During your time in Australia you develop skills, in spectacular locations, and will take these skills with you to the Solomon Islands. Your program will be intensive, but you will also be learning in truly magical locations in Queensland and Solomon islands.

**Australia- Solomon Islands Program 2019- Calendar**

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<td>Arrival Morning</td>
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<td><strong>Week 2</strong></td>
<td>Lectures</td>
<td>Lectures and Workshops- Full Day.</td>
<td>MBRS- orientation, Welc. to Country &amp; Capstone Preferences</td>
<td>Full Day Snorkeling induction and Field Technique workshops- capstone workshop</td>
<td>Capstone Workshop. Then transit home via Cylinder beach</td>
<td>Weekend</td>
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<td><strong>Week 3</strong></td>
<td>Lectures</td>
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<td>Literature Review &amp; Annotated Bibliography</td>
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<td><strong>Week 4</strong></td>
<td>Lectures</td>
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<td>Study morning</td>
<td>ASIP003 Essay Due</td>
<td>Good Friday</td>
<td>Easter Sunday</td>
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<td><strong>Week 5</strong></td>
<td>ASIP003 Exam</td>
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<td><strong>Week 6</strong></td>
<td>Transit</td>
<td>Invertebrate Survey and Identification workshop</td>
<td>Wilderness First Aid</td>
<td>Study morning</td>
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<td><strong>Week 7</strong></td>
<td>Transit Brisbane to Honiara</td>
<td>War Memorial &amp; markets</td>
<td>SINU, Hospital, Fred Hollows Clinic&gt; Q &amp; A with village representatives</td>
<td>Full Day WaSH surveys</td>
<td>WaSH analysis- Transit to Gizo</td>
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<td><strong>Week 8</strong></td>
<td>Transit to Kolombangara</td>
<td>Group splits in half: Resource mapping, Terrestrial and Marine resource surveys, Interviews with locals etc</td>
<td>Groups Switch at lunch time</td>
<td>Group splits in half: Resource mapping, Terrestrial and Marine resource surveys, Interviews with locals etc</td>
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<td><strong>Week 9</strong></td>
<td>Bush food and Medicine walk</td>
<td>Seagrass surveys</td>
<td>Transfer to Munda via Lokuru</td>
<td>ASIP002 Field- Work Book</td>
<td>Homestay</td>
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<td><strong>Week 10</strong></td>
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<td><strong>Week 11</strong></td>
<td>Data Analysis/ write up (meetings with academics)</td>
<td>ASIP006 WaSH Reflection</td>
<td>ASIP003 Cultural Diary</td>
<td>Data Analysis/ write up (meetings with academics)</td>
<td>Data Analysis/ write up (meetings with academics)</td>
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<td><strong>Week 12</strong></td>
<td>ASIP005 Seminar/ ASIP002 Magazine Article/ Infographic</td>
<td>Report Finalisation</td>
<td>ASIP005 Report</td>
<td>End of Program</td>
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**ASIP006 WaSH** (academics)  
Data Analysis/write (meetings with academics)  
Bush food and Medicine walk  
Seagrass surveys  
Bush food and Medicine walk  
SINU, Hospital, Fred Hollows Clinic> Q & A with village representatives  
Study morning  
Visit NGOs/ Hospitals etc World Fish  
End of Program  
Farewell Dinner  
**ASIP005 Report**  
Farewell Dinner  
**TRANSIT**
**INTERNATIONAL PROGRAMS ACADEMIC STAFF**

**Associate Professor Ian Tibbetts** has more than 20 years’ experience in international education and leads the long-standing relationship with UCEAP on behalf of UQ. Ian is Director of the School of Biological Sciences International Programs Unit, Director of the Centre for Marine Science and Deputy Director of the UQ-Solomon Islands initiative. By training and experience he is an ichthyologist with research priorities in the functional morphology of fishes and the trophic ecology of tropical fishes. His research work in Solomon Islands over 10 years has led him to a profound appreciation of the people, their culture and challenges. For him this program provides a mechanism to support better educational and health outcomes for the Solomon Island people while at the same time providing critical learning experiences for UC students who wish to make a difference in the developing world.

**Dr Mark Love** is a cultural anthropologist who works in Solomon Islands (SI), Vanuatu, Fiji and Australia. In the SI Mark’s research has involved ‘quick ethnography’ strategies, using participant observation, household surveys, interviews, free-listing, fish-catch diaries, and cultural domain analysis. In the SI Mark was the social science field operative on the UQ-Marovo Lagoon Project (stage 1, 2005-2007). Mark has worked in Vanuatu for over ten years – where he conducted his dissertation fieldwork in South West Bay, Malekula – and has worked on numerous social development projects, including the Vanuatu Kastom Governance Partnership program with the National Council of Chiefs (2007-2012) and the Language, Family and Relationships project (2015-2018) with the Anglican Church of Melanesia. Mark is currently working as a Postdoctoral Research Fellow on a three-year applied research project in SI and Fiji focused on enhancing rural community-based water supply systems, in partnership with SINU, the University of the South Pacific and Civil Society Organisations in both countries., Mark speaks Solomon Islands Pijin, Vanuatu Bislama, and some indigenous languages. Research interests straddle applied and academic anthropology, with a focus on: development studies; development effectiveness; political ecology; political anthropology/theology; applied linguistics; community governance; history of Oceania; research methods; project monitoring and evaluation; and ‘theories of change’ in local/international development programs.

**Dr Regina Souter** is currently the Program Director of Research, Training and Capacity Development Partnerships at the International Water Centre (IWC), and Adjunct Fellow at the University of Queensland. Regina has core interests in the integration and systems-thinking aspects of Integrated Water Management, because of the value she sees in synergistic approaches to managing complex water management issues. Regina is a part of several Water Sanitation and Hygiene (WASH) research teams and capacity development partnership teams. Regina’s particular WASH interests include participatory and effective governance, using IWM approaches to integrating WASH with water resources management, WASH behaviour change, and monitoring, evaluation, learning and response for WASH programs.

Regina has worked with local organisations, governments and communities in the Solomon Islands, Vanuatu, Papua New Guinea and Fiji, undertaking participatory research and building their capacity for IWM and evidence-based WASH. Regina has a Bachelor of Applied Science in Environmental Science and a PhD in Marine Ecology. Regina draws on her experiences working for State Government, capacity building & research institutions and the Queensland water industry.

**Dr Patrick Pikacha** developed an interest in the environment at an early age. He began his career as a high school teacher and university tutor. He worked for Conservation International in the Solomons, and has independently conducted biological assessments in consultation with conservation organizations, including WWF, and Natural Forest Development Foundation, and conservation industries such as Kolombangara Forest Plantation Ltd, Eagon Pacific Plantations Ltd, Sumitomo Metal Mining Ltd, and the Tina Hydro Project on Guadalcanal. Patrick was involved in the BBC South Pacific documentaries with the BBC Natural History Channel, and the Monster Fish: Giant Eels episode for National Geographic. His field experience spans almost two decades, in that time he has authored a number of journal articles and two books, *Wild West: Rainforests of Western Solomon Islands*, and co-author of *Frogs of the Solomon Islands*. Patrick has a PhD in Ecology from The University of Queensland, Australia, and MA, BA (Geography) (USP, Fiji).
GUEST PRESENTERS

Throughout the program you will have the opportunity to hear from experts in their field. These will include Emeritus Professor Clive Moore, who is recognised as an expert Solomon Islands and South Pacific History; and Dr Wendy Foley, an expert on indigenous nutrition in Australia, Asia and the South Pacific—particularly in the Solomon Islands.

In Solomon Islands you will hear first hand from speakers from such places as Solomon Islands National University (SINU), Honiara Referral Hospital, local organic farmers and museum curators.

INTERNATIONAL PROGRAMS PROFESSIONAL STAFF

Justine Kennedy travelled, lived and worked throughout Europe, America and Asia for more than ten years. Four of these were spent in Japan, travelling and working. She returned to Australia and studied a Bachelor of Languages and Linguistics, majoring in Japanese. The next years were spent working in customer service, and starting a family. Unable to resist the travel bug, she returned to Asia with her family, travelling through South East Asia to China. Justine spent two years travelling and teaching English in China, before returning to Australia. Her love of learning, travel and meeting new people drew her to the International Programs office where she has been working for the past seven years.
Program Outline and Description

The UCEAP-UQ, Australia-Solomon Islands Program (ASIP) comprises four courses totalling 19.5 semester credits. ASIP006 (6 credits), ASIP002, ASIP003, and a Capstone Project ASIP005 (each 4.5 credits) are delivered throughout the program but will appear as distinct courses on academic transcripts. The program commences at The University of Queensland, Australia where 6 weeks of classroom, laboratory and field learning experiences will provide students with the skills relevant to working in the remarkable wilderness area and Pacific Island culture that is Solomon Islands. This period will also feature some basic language training in Pijin English – the *lingua franca* of Melanesia. When in the Solomon Islands, the group undertake field excursions in the area surrounding the nation’s capital, Honiara. UCEAP students will work alongside SINU graduates who will facilitate their interactions with local communities and advise on local customs. Students will then move out to the World Heritage nominated Western Province where they will work with environmental health practitioners in remote communities using environmental survey techniques and community health studies focused on resilience and ultimately sustainability in the face of global, regional and local threats to environmental health, again in the company of SINU graduates.

As students will be travelling in remote areas with few modern facilities, they must be physically fit, able to swim, and should not have serious medical conditions that require on-going medical supervision. SCUBA diving is not a part of the program but may be undertaken by private arrangement. Snorkelling will be encouraged, and training is available if a student has no prior snorkelling experience.
**Description**

This course introduces the core concepts relating to environmental health – that is the links between changing environments and the subsequent impacts to human health and wellbeing, particularly impacts at community-scales. It explores critical drivers causing changes to environments, both anthropogenic and natural in origin, operating at global and local scales. The course also reviews basic ecological processes, exploring how ecosystems change and adapt to pressures. Building on this understanding of changing environments, the course then explores how humans are impacted, focusing on human health and wellbeing. It explores different relationships between human health and wellbeing, and water resources, crops, food and diets, air pollution and other changes to local natural resources. The course uses case studies to investigate different strategies to mitigate or overcome environmental health impacts, using contemporary approaches such as changing human behaviours and integrating across health, nutrition, natural resources and water sectors.

**Lectures and Learning Activities**

6.1 Environmental Health: links between the environment and human health and wellbeing (1hr)

6.2 Environment and human health Tutorial (1hr)

6.3 Global trends in Environmental Health diseases (1hr)

6.4 Human- environmental linkages in Melanesia: Natural resources & people (1.5hrs)

6.5 Foundations in Ecology (2hrs)

6.6 Introduction to key drivers of environmental change globally and trends in the South Pacific Island Developing States (1.5hrs)

6.7 Workshop: Environmental Drivers of Change- Group Presentation Project (1.5hrs)

6.8 Group Presentations: Environmental Drivers of Change- (Assessed) (2 hrs)

6.9 Australian Aboriginal culture/ health issues (1.5hrs)

6.10 Welcome to country/ Indigenous knowledge and use of coastal environments (Bush Tucker walk) (3hrs)

6.11 Yulu Burri-ba Health clinic visit (1.5hrs)

6.12 Ecological resilience, functional redundancy and strength in biodiversity (where would you rather be at the end of the world?!) (1.5hrs)

6.13 The nature of Environmental Health problems (1hr)

6.14 Tutorial: Assessment Report: Environmental Health problems (2hrs)

6.15 Human migration caused by environmental change and other factors (1.5hrs)

6.16 Community-scale Environmental Health(1.5hrs)

6.17 Healthy food for healthy Solomon Islanders (Including case studies) (3hrs)

6.18 WASH and environmental health, globally and in the Solomon Islands (including case studies) (3hrs)

Guest Lectures: WASH in indigenous communities (2hrs)

6.19 Rubbish collection & disposal (1hr)

6.20 Marine Pollution (including plastic) (2hrs)

6.21 Fisheries resources- vertebrate and invertebrate (1.5hrs)

6.22 Measuring the impacts of interventions (1.5hrs)

6.23 Ethical considerations in community interventions (1.5hrs)
**ASIP006: From Global to Community Environmental Health continued**

**Activites and Excursions - Solomon Islands**

Fred Hollows Eye Clinic, Honiara Referral Hospital (2.5hrs)
Guest Lecture SINU (2hr)
Guest Lecture SI Govt Env Health Officer (2hr)
Coconut Processing (2hrs)
Ngali Nut Organic farms (2hrs)
SDA Markets (1.5hr)
Q & A panel with village representatives (3hrs)
Helena Goldie Hospital Visit (2 hrs)
Medicinal plant walk and talk (4hrs)
Markets & Clean up activity (4hrs)

**Location**

This course is largely delivered in the Australian component of the program with lectures and tutorials delivered at UQ (Brisbane and North Stradbroke Island campuses), and some guest lectures and site visits in the Solomon Islands.

**Assessment**

Exam (40%)
Report (40%)
Group project presentation (10%)
Excursion reflection (10%)

**TOTAL CONTACT HOURS: 64**

**CREDIT: 6 UC quarter units**
ASIP002: Methods in Environmental Health and Science

Description

This course provides essential practical knowledge and skills for assessing ecosystem health, environmental health and human community functionality. It has a primary aim of skills development so is largely laboratory and field based. It explicitly identifies linkages with learning elements from the lecture courses (ASIP003 & 006) and provides training that underpins research project development for ASIP005.

Lectures and Learning Activities

ASIP002 Introduction (1hr)
ASIP002.1 Intro to snorkelling (2hrs)
ASIP002.2 Introduction to social research - Part 1 (1hr)
ASIP002.3 Introduction to social research - Part 2 (1hr)
ASIP002.4 Field Techniques (3hrs)
ASIP002.5 Practical workshops on field methods (3hrs)
ASIP002.6 Forest & understory complexity & integrity measures Daves Creek - (1 day)
ASIP002.7 Diversity & abundance (1hr)
ASIP002.8a Field Activity: Invertebrate survey (2hrs)
ASIP002.8b Invertebrate Identification workshop (3hrs)
Central Markets (ASIP006 activity - Use of pidgin assessed) (2hrs)
WaSH survey techniques (2hrs)
WaSH surveys (Full day)
WaSH analysis (assessed-2hrs)
Kolombangara (5hrs + 3hrs) Field research Techniques
Nusa Tuva (3 hrs + 3hrs) Field research Techniques
Nusa Tuva Resource map (assessed-4hrs)

Location

Learning activities are split between UQ and SI, with training field work to be carried out at Lamington National Park and North Stradbroke Island and practical application of skills during the Solomon Islands component of the program

Assessment

Exam (50%) 2 hours
Magazine Submission or Poster/ Infographic: for distribution in Solomon Islands (to give back to the community) (25%)
Field Workbook (25%)

TOTAL CONTACT HOURS: 57
CREDIT: 4.5 UC quarter units
ASIP003: Culture and History of Oceania

Description

This course provides an introduction to the peoples of the Solomon Islands and the South Pacific more generally (with a focus on Melanesia). Addressing ecosystem and environmental health issues requires a sound knowledge of the social, historical, economic and political factors that have informed contemporary life-ways. Drawing on a wide range of ethnographic and historical sources and working at the intersections of anthropology, human geography, political science and development studies, this course offers students a critical overview of (many of) the myriad factors that have shaped human-environment relations and well-being in the Pacific, both past and present. Questions explored include: How, when and why have consumption patterns, livelihood strategies and resource use and governance systems changed? How might human health, environmental sustainability, local definitions of value and systems of social order be inter-connected? What, if any, are the linkages between linguistic and ecological diversity? How might local/indigenous (or ‘traditional’) ecological knowledge (LEK) systems differ from ‘Western’ or scientific ‘ways of knowing’ and what are the consequences for human and environmental health? These and other questions are explored through an examination of regional and local case-studies. Thematic topics include: socio-cultural and historical particulars; kinship and personhood; missionisation and colonialism; the role(s) of chiefs [Jif], church [LotulJois] and custom [kastom] in shaping contemporary life; regional and local economics; cultural heritage; ‘traditional’ resource use and governance; post-Independence development initiatives (with a focus on marine conservation); and local perceptions of environmental change.

Lectures and Learning Activities

ASIP003 Introduction (1hr)
ASIP003.1 Impacts of Culture and History on Environmental Health (1hr)
ASIP003.2 Environmental & social change in the Pacific Islands: An overview (1hr)
ASIP003.3 Demography of Solomon Islands Communities (1hr)
ASIP003.4 A brief history of Oceania (Part I): Human colonisation, European ‘exploration’ and the arrival of the missionaries (1hr)
ASIP003.5 A brief history of Oceania (Part II): Headhunting, traders, colonialism, World War II and independence (1hr)
ASIP003.6 The social context (Part I): Culture, personhood, kinship, kastom and place
ASIP003.7 The social context (Part II) [continued] (Total 2hrs)
ASIP003.8 Rural and urban contemporary lifeways (1hr)
ASIP003.9 Development (Part I): Extractive development and the ‘paradox of plenty’ (Solomon Islands and Vanuatu) (1hr)

ASIP003.10 Development (Part II): Foreign Aid, alternative/sustainable development and conservation (1hr)
ASIP003.11 The ‘Tensions’: Civil unrest in the Solomon Islands, 1998-2003 (Clive Moore 1hr)
ASIP003.12 Plural ways of knowing and doing: Prospects and challenges for environmental health (1hr)
ASIP003.13 Workshop- Dress, behavioural codes and personal safety (At UQ and Honiara -Total 2hrs)
ASIP003.W1-5Workshops: An introduction to Solomons Pidgin x 5 (At UQ, Honiara, Kolombangara and Nusa Tuva- Total 10hrs)
### ASIP003: Culture and History of Oceania continued

#### Activities and Excursions - Solomon Islands

- Visit to UQ museum/ art gallery (2hrs)
- Visit War Memorial (2hrs)
- Church (SDA) (3hrs)
- Motu Cooking afternoon (4hrs)
- Morning at War museum (2hrs)
- Lokuru village visit/ tour (4hrs)
- Community meeting and welcome (3hrs)
- Football and Farewell Function (3hrs)

#### Location

Formal lectures and introductory Pidgin workshops will be at UQ campus while excursions and further Pidgin workshops will be conducted in Solomon Islands.

#### Assessment

- Exam (50%) 2 hours
- Essay (30%) 2000 words - selected from a range of topics
- Cultural Diary & Reflections journal/ word lists (10%)
- Class discussion and participation (10%)

**TOTAL CONTACT HOURS: 48**

**CREDIT: 4.5 UC quarter units**
# ASIP005: Capstone Research Project

## Description

This course code is indicative of a group research project focusing on a specific topic chosen from a list of approved topics selected by the participating faculty coordinators prior to the commencement of the program. Data collection and research activities are carried out as a group throughout the duration of the program, with the final research report completed independently. The research reports are submitted individually, with students presenting their research in their groups within a seminar structure. The project topic can come from any of the themes delivered throughout the program and will be developed based on factors such as faculty and local expertise, equipment availability and ethical considerations. This project represents an outstanding opportunity for students to develop real-world research skills and practical solutions for challenging problems.

## Learning Activities

- **Capstone Introduction**: Introduction to Capstone topics and instructions for student selection of preferences
- **Capstone Workshop I** (2hrs)
- **Capstone Workshop II** (2hrs)
- **Capstone Workshop III** (2hrs)
- **Capstone/ Review of techniques** (3 hrs)
- **Full days with families in Kindu-return to Munda at night** - Research and data collection (some analysis at night) x 3 days
- **Data analysis & write up workshops** half days x 5 (4hrs each)

## Location

Preliminary workshops will be held in Brisbane but the majority of Capstone research will be conducted in Solomon Islands.

## Assessment

- **Annotated Bibliography** (10%)
- **Literature Review** (20%)
- **Seminar Presentation** (10%)
- **Poster** (10%)
- **Report** (50%)

**TOTAL CONTACT HOURS: 53**

**CREDIT: 4.5 UC quarter units**
Participation in Program Activities—Some Rules!

Participation in all Program activities is mandatory, whether it is a formal lecture, field activity or cultural excursion, until the Program is formally closed at the end of the farewell dinner.

You may be excused from activities if you:

◊ are unwell or injured—A medical certificate must be provided
◊ have genuine cultural or religious reasons for not participating—Please advise in writing
◊ have another valid reason—Only with formal approval from Programs’ staff.

Please advise Program staff if you are unable to participate in an activity for one of the above reasons. We cannot be responsible for students’ choices and/or welfare when you arrange your own activities during program time without advising Programs staff.

Please also note, particularly in the Solomons, there are certain risks involved in field activities. The Programs staff require you to follow the instructions of the course leader. Any risky behaviour will result in verbal warning. If that behaviour continues, it will be followed by a written warning. This is for the health and safety of all program participants and will be taken seriously.

Your presence in the Solomon Islands—Some Guidelines!

In all aspects of engagement with people from any country, one must be sensitive to social mores, religious beliefs, dress codes and show respect for the local people and their traditions. Solomon Islands is a predominantly devout Christian country and its people are traditional in their approach to faith (for example—regularly attending church, saying “Grace” before each meal). Solomon Islands’ culture is conservative and attitudes toward dress, drinking, women and LGBTQI community may be different to what you are used to in California.

Experiencing these differences is part of the amazing adventure you are about to have, and rather than feel constrained by new sets of values, try to see it as fully participating in a new culture.

Dress

The Solomon Islands’ culture is a very welcoming one and it is unlikely anyone would confront you about your outfit, but this does not mean you are not being offensive, or provocative by wearing ‘skimpy’ clothes. Please do not wear the following in Solomon Islands:

◊ Swimwear outside of the water, unless covered by a rashguard, sarong or T shirt etc. Guys—please no Speedos!
◊ Short Shorts and skimpy tops (bare midriff/shoulders—see pictures)

Other Cultural Considerations

Other things to keep in mind are:

◊ Public displays of affection are not acceptable, regardless of gender
◊ As with US and Australia, alcohol is a problem with Solomons’ youth—you wont have much opportunity to drink anyway, but when you do please moderate your drinking and be mindful of with whom you drink
◊ Female students need to be careful how they are perceived by local men. Please do not go out alone—especially at night.
FIELD TRIP LOCATIONS

Australia & Solomon Islands

Stradbroke Island was a large sand island that formed much of the eastern side of Moreton Bay near Brisbane. Today the island is split into two by the Jumpinpin Channel. Moreton Bay Research Station is the perfect base to research North Stradbroke Island’s and Moreton Bay’s many and varied ecosystems. Located on the bay side of North Stradbroke Island, in the community of Dunwich, MBRS is just 30 minutes from the mainland and approximately 90 minutes from the UQ campus in St Lucia.

Accommodation: You will be staying at the Moreton Bay Research Station (MBRS) for your first week of the program. The accommodation is dormitory style with all bedding provided, however you will need to bring your own beach and/or bath towel.

Getting there: From Brisbane, MBRS is a one hour bus ride followed by a one hour boat ride.

Activities: This will be an intense week with full days of lectures, workshops and research activities, both in the classroom and outdoors. You will

- meet your teaching team
- be “Welcomed to Country” by a member of the local Aboriginal community, and shown traditional use of plants for medicine and food
- visit a local health clinic and hear about their challenges and successes
- take part in intensive workshops and lectures, introducing you to some techniques that you will use in the field in Solomon Islands
- learn about marine sampling
- have your first of many snorkels on this program!

What to Bring: In addition to enough clothes and toiletries etc for the week, in particular you will need to bring:

- swimwear
- sun protection (hat, rashguard, sunscreen)
- old shoes/ reef shoes (a pair that doesn’t matter if they get muddy),
- something warm for the evenings.
Lamington National Park in Queensland, lies on the Lamington Plateau of the McPherson Range on the Queensland/New South Wales border. The park is 110km south of Brisbane. Lamington National Park is known for its natural beauty, rainforests, birdlife, ancient trees, waterfalls, walking tracks and mountain views. The park is part of the Shield Volcano Group of the World Heritage Site Gondwana Rainforests of Australia inscribed in 1986 and added to the Australian National Heritage List in 2007.

Accommodation: In week 6, you will visit Lamington National Park and stay in dormitory style accommodation at Binna Burra. The rooms are very basic, but bedding will be provided. As it is in a rainforest, don’t be surprised if you see some bugs in the rooms! Showers and toilets are a short walk away. There is a campfire pit and communal room where you will have a couple of lectures and workshops as well as a campfire.

Getting there: Lamington is approximately 90 minutes from Brisbane by bus

Activities: There are two main activities that you will be doing at Binna Burra:

- learn field techniques such as forest transects and specimen collection and identification (this will involve hiking)
- participate in an intensive 2 day Wilderness First Aid course for your own personal development but also to give you skills that we hopefully won’t need in the Solomon Islands

What to Bring: In addition to enough clothes and toiletries etc for the week, in particular you will need to bring:

- sun protection (hat, rashguard sunscreen)
- very warm clothes for the evenings but cooler clothes to hike in
- comfortable shoes for hiking
- rain jacket
- any support bandages if you have trouble with knees, ankles etc
- VERY old clothes that can get dirty, even stained
Honiara, the name, derives from *nagho ni ara* which roughly translates as "place of the east wind" or "facing the southeast wind" in one of the Guadalcanal languages. Honiara is the capital city of the Solomon Islands and is located on the northwestern coast of the island of Guadalcanal. It has a sea port at Point Cruz and the Matanikau River flows through the town, past Chinatown, badly affected by the 2006 riot. The town revolves around the Kukum Highway, which connects it with the Honiara International Airport (The climate is tropical, with an average daytime temperature of about 28 °C (82 °F). Honiara is subject to monsoons with the wet periods running from November to April.

**Accommodation:** In Honiara you will stay at the SWIM (Short Workshops in Mission) compound which is dormitory style accommodation. Honiara (and Solomon Islands in general) is very hot and humid and you will need to prepare yourself for this environment. The power at SWIM is by generator which turns off in the evenings. As such there is no airconditioning nor fans. You will get used to it, but it is something to be aware of. All bedding is provided but you will need a towel. There is also a large common area where meals will be served and a big grassy soccer oval and volleyball nets if you are feeling energetic!

**Getting there:** Honiara is a 3 hour flight from Brisbane followed by a short bumpy ride to SWIM. Throughout your stay there will be many bumpy rides of varying length on the roads in and around Honiara!

**Activities:** There is a wide variety of activities planned for your time in Honiara, which aim to give you a rich insight into Solomon Islands culture and environmental and community health issues there. Activities will include:

- official welcome by Solomon Islands National University (SINU)
- visits to hospital and eye clinic, markets, beaches, farms, church, war memorials and museums
- traditional ‘Motu’ cooking afternoon
- interviews with local villagers
- learning Water Sanitation and Hygiene (WaSH) survey techniques and conduction surveys in local villages
- some free time in the afternoons to kick a soccer ball around
- plenty of coconuts to drink and new yummy Solomon Islands food to try!

**What to Bring:** We will discuss packing in more detail later, but it would be good to remember the following:

- clothing should be old and not matter if it gets stained or ripped, as it will be getting rough treatment on hikes and there is minimal washing facilities. Consider thrift shop clothes and give them away at the end
- clothing should be modest– short shorts (shorter than mid thigh) and midriff or low cut tank tops (showing cleavage or navel) are **not acceptable** in the conservative culture of Solomon Islands. Sleeveless is OK so long as shoulders are mostly covered.
- light weight cotton long sleeves/ pants is good protection against mosquitos (dengue; malaria) and the sun
- swimwear & sun protection (hat, rashguard, sunscreen)
- old shoes/ reef shoes (a pair that doesn’t matter if they get wet or muddy), something light weight and slip on is good for walking on rocky river beds
- something warm for the evenings in the mountain and something a little dressy and **conservative** for church (covering shoulders and for girls, your knees)
**Kolombangara Island** is a near circular extinct volcano about 30km across that rises 1,800m from the sea, forming the highest mountains in Western Province of Solomon Islands. Scientists now recognize Kolombangara Island has highly significant biodiversity. On the crater slopes of the Kolombangara stratovolcano, this rugged landscape supports pristine sub-montane and montane cloud forests that host extraordinary fauna. At least six species of birds found nowhere else in the world inhabit the cloud forests and populations of several rare species are relatively common to Kolombangara. A dazzling variety of plants and animals make their home of primary montane forest, some of the last in the Melanesia. For example recently research discovered 13 different frogs on Kolombangara that were new to science. For more information see [http://www.kolombangara.org/](http://www.kolombangara.org/).

**Accommodation**: On Kolombangara you will be staying at Imbu Rano mountain lodge. Again, the accommodation is very basic but has a spectacular view (see photo top right). It is also quite small so the group will split in half and switch between Kolombangara and nearby Nusa Tuva (discussed on following page). The bathrooms are a short walk away but it can be dark so make sure you have your headlamp powered with enough batteries. There is also no electricity for charging phones and cameras etc. This will be the coolest you get in Solomon Islands!

**Getting there**: To reach Kolombangara and Nusa Tuva you travel by outboard powered canoe for about one hour. The boats arrive at the jetty at Nusa Tuva. To reach Kolombangara you cross to a town called Ringi in another boat for 15 minutes and then travel by minibus up the mountain for one hour until you reach Imbu Rano Lodge.

**Activities**: You will have two full days and two transit days at both Kolombangara and Nusa Tuva. While at Kolombangara you will:

- practise your transect skills and measure abundance and diversity in pristine forest
- hike to a waterfall and have a swim
- do a short night hike and spotlight nocturnal animals
- get up close and personal with a large number of frog species!
- have some time to practise Pidgin and keep your cultural diary up to date

**What to Bring**: In addition to the things mentioned in the Honiara section, you should consider:

- extra batteries (in carry on luggage only– best to buy in Australia or Honiara)
- headlamp (essential)
- a camera rather than using your phone as it has longer battery life plus you may get great photo opportunities!
- extra toiletries or medication (there is NO shop)
- Consider a battery pack or portable solar charger.

Photos: (Above) Dana Yizhaky ; (Centre) Charles Pinkel 2017

Photo: Ian Tibbetts, 2016

Photos: Slade Mahoney, 2017
Nusa Tuva is a small peninsular that forms the southern entrance to Ringgi Cove, on the south east of Kolombangara Island. Nusa Tuva is surrounded by shore fringing coral supporting diverse marine life. The extended family that own this area have designated the surrounding waters as a marine sanctuary, protecting them from fishing, as part of the WWF Coral Triangle Program. This is a remarkable story of battling the odds, especially after the 2007 tsunami destroyed many of their buildings. You can also learn about the sustainable income generating activities such as coral and sponge farming run by the Nusatuva families.

Accommodation: The accommodation at Nusa Tuva is an extremely basic one room dormitory with mattresses on the floor. You won't mind though because it is surrounded on three sides by palm trees and the ocean! It is very comfortable and there are mosquito nets to protect you. The family that looks after you are extremely warm and also excellent cooks!

Activities: Where Kolombangara has a terrestrial focus, Nusa Tuva is all about marine (mostly). You will:
- snorkel and learn how to do marine transects
- interview the family that established the Marine Protected Area (MPA)
- complete a resource survey of the local area and produce a garden map
- do some more snorkelling
- travel in canoe
- practise your pidgin and catch up on cultural diary
- swing in a hammock and starwatch from the jetty
- you may have opportunity to buy souvenir carvings if the carvers visit

What to Bring: This is the same as Kolombangara but with:
- swimwear
- sun protection (hat, rashguard, sunscreen)
- snorkel gear if you have it.
- a small amount of cash if you think you will want to buy a souvenir (you will have another opportunity after visiting Tetepare)
Tetepare Island, in the Western Province of the Solomon Islands, is one of the conservation jewels of the South Pacific. This long, rugged island, cloaked in rainforest and fringed with biodiverse reefs, is the largest uninhabited tropical island in the Southern Hemisphere. Home to the one of the Solomon Islands' leading conservation projects and a unique, locally-owned and managed ecolodge, Tetepare’s natural abundance attracts visitors from around the world. At the beginning of this century, when the threat of logging loomed over Tetepare, the island's traditional landowners rejected logging offers and came together to save this pristine wilderness for themselves and for future generations. An organisation made up of local community members called the Tetepare Descendants' Association (TDA) was created, to manage and protect the resources of the island as a conservation area. For more information see http://www.tetepare.org/

Accommodation: On Tetepare there are traditional leaf houses nestled on the edge of the forest. They are basic with outdoor bathrooms. There are balconies for you to chill out on. Meals are served in the dining room a short walk away. There is no electricity in the rooms and water is also a precious resource here so please limit shower time.

Getting there: Tetepare is approximately 90 minutes from Munda by outboard powered canoes. The trip can be quite rough as you leave the protection of the lagoon for more open sea. You will have lifejackets so please wear them.

Activities: Apart from a Medicinal plants walk and talk you will mostly have free time on Tetepare Island. Activities you can enjoy include:

- snorkelling
- swimming or lying on the beach
- catch up with assessment items
- swing in a hammock and practise your pidgin
- night walk to see coconut crabs (tbc)
- turtle rodeo and tagging (tbc)

On the day of departure you will be stopping at a traditional village called Lokuru, weather conditions permitting. You will have an opportunity to buy souvenirs such as wood carvings.

What to Bring: In addition to the things mentioned in the Honiara section, you should consider:

- extra batteries (in carry on luggage only – best to buy in Australia or Honiara)
- headlamp (essential)
- a camera rather than using your phone as it has longer battery life plus you may get great photo opportunities!
- extra toiletries or medication (there is NO shop)
- a small amount of cash to buy souvenirs if you wish
- **Consider a battery pack or portable solar charger.**
Munda (Kindu) and Gizo are two of the largest communities on the island of New Georgia in the Western Province of the Solomon Islands, and are comprised of a number of villages. Munda is located at Munda Point, at the south western tip of the western end of New Georgia Island, with the large Roviana Lagoon just offshore. Roviana lagoon itself is stunningly beautiful with calm morning waters revealing turtles and shoals of fish and turtles, canoes gliding across the waters and, in the afternoon, spectacular sunsets. Gizo is home to a vibrant market and a number of Non government organisations. Munda, along with Gizo, is your transport hub between the other destinations in the Western Province.

Accommodation: In Munda you will be staying at Agnes Gateway Hotel. The rooms are share rooms and have a bathroom. There is electricity so you can charge up your phones and cameras while staying here! For three days you will be doing a daytime “homestay” with families from nearby Kindu. You will visit them throughout the day while researching for you Capstone project and return to Agnes Gateway Hotel in the evenings. In Gizo you will be staying at Rekona Lodge which are also share rooms. As these are both in larger townships, its important to remember to secure your valuables and keep your door locked at all times.

Getting there: Travelling to and from the other Western Provinces by outboard powered canoe you pass through Munda. It seems to be around an hour to 90 minutes from everywhere! When you leave you will fly from Munda to Honiara which is a short one hour flight over the beautiful waters of the Western Province.

Activities: Your time in Munda & Kindu will be mostly about researching for your Capstone Projects. You will:
- take part in a community welcome function
- use your Pidgin when meeting with local community members
- spend 3 days with your “homestay” family
- work intensively to collect and analyse data under the guidance of the teaching team
- have a chance to go diving/ snorkelling
- take part in a clean up activity
- have a chance to buy icecream etc!
- play some football!

What to Bring: You will have all your gear with you but one extra thing to consider is a small gift for your homestay family. We will discuss appropriate items when you arrive.
ABOUT THE UNIVERSITY OF QUEENSLAND

The University of Queensland (UQ) was founded in 1909 and enrolled its first students in 1911. The main campus, situated in the suburb of St Lucia, is set in 114 hectares (281 acres) of riverside parkland, only 7kms (4 miles) from the city centre of Brisbane. The University’s St Lucia campus is renowned as one of Australia’s most attractive campuses.

UQ is a leader among Australia’s 39 universities, recognised internationally as a premier teaching and research institution. It is ranked amongst the top 1% of universities worldwide by the 2014 QS World University Rankings, Times Higher Education Supplement (UK) and Shanghai Jiao Tong Academic Ranking of World Universities and is ranked above world standard in more fields of research than any other Australian university by the Excellence in Research for Australia (ERA) survey 2012. The University is one of only three Australian institutional members of Universitas 21 – a select international network of comprehensive, research-intensive universities committed to world-best quality and practice.

As Queensland’s largest and oldest university, UQ attracts world-class students and staff and has numerous notable alumni and has won more Australian Learning & Teaching Council awards than any other university. Currently the University offers a wide range of undergraduate and postgraduate courses to over 45,500 students through its six faculties, 34 academic schools and numerous centres and institutes on three campuses. The University of Queensland has an international reputation for high quality teaching, research and student services. It is international in outlook, actively building its international student numbers and global institutional links. Additional information on The University of Queensland is available from the website www.uq.edu.au.

UQ research in Solomon Islands dates back to 1930. UQ now leads Australian tertiary education institutions in engagement with Solomon Islands, with now over 50 research-active UQ faculty in work related to Solomon Islands attests to the breadth and depth of our engagement. Present-day research covers some twenty UQ Schools, Centres and Institutes, including the Global Change Institute (http://www.gci.uq.edu.au/publications/gci-strategic-plan-2014-2018) as well as two World Health Organisation Collaborating Centres. The UQ Solomon Islands Partnership website (http://www.uq.edu.au/hprc/solomon-islands-partnership) is the largest digital source of Solomon Islands information in the world and the UQ Solomon Islands Information Network is the largest network of scholars of Solomon Islands. UQ’s geographic position on the transport gateway to Solomon Islands and its comprehensive range of disciplines, together with a decade of memoranda of understanding (MOUs) with Solomon Islands Government (SIG) and now with Solomon Islands National University (SINU) facilitate development of teaching and research initiatives.

UQ’s expertise in tropical agriculture and agribusiness is being used to benefit the Solomon Islands, with Australian Centre for International Agricultural Research (ACIAR) funding in excess of $4 million to assist Solomon Islanders battle invasive pests that would otherwise threaten their existence. This program is making a real difference at regional and community levels in terms of garden productivity. UQ researchers in Population and Public Health combat serious parasite diseases such as malaria and dengue fever, and bring relief from child illnesses such as hearing loss. UQ’s Centre for Public, International and Comparative Law, within the T.C. Beirne School of Law, is actively engaged in supporting the Solomon Islands legal sector. The digital Solomon Islands Historical Encyclopaedia produced by the School of History, Philosophy, Religion and Classics is the largest for any Pacific Islands nation and has been of assistance in nation building and national curriculum design. Academics in environmental and biological sciences as well as engineering and mining are having a transformative effect on the ability of local communities to understand the mechanics of natural systems so that they can make informed choices about their use of resources, as well as enhancing the tools available to educators through the development of teaching and training materials.
ABOUT BRISBANE

“Brissie”, your home for the start and end of the program is the state capital of Queensland and Australia’s third-largest city with a population of approximately 2 million people. The city is located around the Brisbane River with bike and foot paths along its banks.

Brisbane’s small central business district (CBD) is the main hub for business and shopping and is home to most of the city’s sights. On its southern end you find South Bank, a large parkland area with Brisbane’s famous man-made beach, shops, restaurants, weekend markets, and the city’s Cultural Centre.

The University of Queensland is situated in St Lucia and is about a 15 minute bus ride from the CBD. It is also 10 minutes from Toowong, which is the closest suburb with a shopping centre, cafes and restaurants.

More information on Brisbane can be found at:

wikipedia.org/wiki/Brisbane

Brief history

Originally inhabited by the Turrbal people, the first Europeans settled at Redcliffe in 1824. After this unsuccessful settlement, a harsh penal colony was established on the present site of Brisbane. In 1842 the Moreton Bay area was opened to free settlement and the colony grew and developed with the discovery of gold in various locations around Queensland, banishing much of the aboriginal community from the area. By the time of Federation in 1901, Queensland was the fastest growing state in the new nation and Brisbane was its economic hub. Despite the drought, floods and depression of the 1890s, trade and industry were booming. The Brisbane River was a hive of maritime activity.

The city grew steadily until World War II when it become the main allied headquarters in the South Pacific and an influx of Australian and American servicemen stretched the population to three quarters of a million. Industry flourished and continued to boom post war and Brisbane firmly staked its claim as the third largest city in the country. The 1982 Commonwealth Games were hosted in Brisbane and the city received a massive infrastructure and sporting facilities boost as a result. In 1988 the World Expo was hosted at Southbank (across the river from the CBD), and the event also helped put Brisbane ‘on the map'.
ARRIVAL IN BRISBANE

The official start day for the program is Thursday 28th March 2019.: You must arrive by early morning (before 9:00am)

After arrival at the airport we will transfer you to the Brisbane Backpackers Resort where you can shower, have a light breakfast and relax a bit before the orientation begins.

Early arrival
You may wish to arrive earlier to adjust to the new time zone and rest up from your long flight. If you wish to arrive on March 27th or earlier, let us know and we can reserve space for you at the Brisbane Backpackers Resort. (You will need to pay for the earlier accommodation individually).

Airport transfers
We are very much looking forward to your arrival and we will provide airport transfers for anyone arriving on the 27th or 28th March. Please email your flight itinerary details by no later than 3 January, 2019 to international.programs@uq.edu.au

Orientation activities begin at 12:00noon.
We will collect you all from the backpackers at 10:30am and bring you to UQ. Anyone whose flights arrive after 9:30, will be transferred directly to UQ, however you will miss orientation activities and important information regarding your program.

Delays on your arrival
Arrival on or by the Official Start Date is mandatory for participation in the program. If, however, you are unexpectedly delayed by unforeseen or urgent circumstances, please contact us on +61 (0)416 060 214 If the delay occurs a few days ahead email international.programs@uq.edu.au. It is a good idea to make sure you have WhatsApp so that you can use WiFi at the airport to make contact (if you don’t get an Australian Sim.)

Strict customs in Australia
Australia has strict quarantine guidelines. For information on what you can and can’t bring or post to Australia visit the Customs and Quarantine page online.

Visas
It is essential to ensure that your visa covers the entire program as well as any personal travel before and/or after the program. If you have questions about applying for your visa, check the visa instructions in the UCEAP Pre-departure Checklist and contact the Australian Department of Immigration. You will be granted a visa on arrival in the Solomon Islands.
Brisbane Transport

Brisbane’s public transport network includes buses, trains and city-cat ferries operated by Translink.

You will be provided with a public transport card called a Go Card, during your first day at UQ. These Go Cards have replaced paper tickets and are the cheapest and quickest way to travel on public transport. They can be used on trains, buses and ferries.

Brisbane public transport may be more expensive than what you are used to. All fares operate on a zone system. Zone 1 and 2 include the city centre and the surrounding suburbs and should get you around for most of your trips. With the Go Card, a single fare costs AUS$3.35 within one zone, AUS$3.93 for travelling in two zones and AUS$4.66 for three zones. Please note that you are not eligible for concession & student fares as you are not enrolled as a student at UQ. These fares are slightly cheaper if travelling off-peak (9am to 3.30pm, and after 7pm on weekdays, all day on weekends).

**You will need to budget approximately AUS$35 per week for public transport costs to and from campus.** This does not include personal travel on weekends.

UQ has two main bus stops: Chancellor’s Place and UQ Lakes. Chancellor’s Place is the primary stop and has a number of buses which leave for the city and western suburbs. Buses using the UQ Lakes stop travel over the Eleanor Schonell Bridge connecting UQ with the south side of Brisbane and the city.

You can call a cab by dialling 13 19 24 (Yellow Taxis) or 131 008 (Black & White Cabs) in any Australian city. Uber is also a reasonable way of getting around– especially if there are more than one of you.
PERSONAL EXPENSES

Visiting a new country is always filled with excitement. You will inevitably make comparisons between home, Australia and Solomon Islands and soon realise that costs can be very different.

The Australian and Solomon Islands Dollar varies against the US Dollar so check out the exchange rate closer to your travels. How much you should budget for your trip depends on what kind of traveller you are, but please be aware that you will probably spend more for a meal, a coffee, or drinks than you would at home.

Budgeting for the Program

Comparisons

The following comparison is taken using data from the World Bank and several agencies that compare the cost of living. The table below is a comparison snapshot between costs in the US, Australia and Solomon Islands. On average items in Australia cost between 10-35% higher than in the US. In the Solomon Islands prices are cheaper, although perhaps not as cheap as you might expect. Check out the Numbeo website to give you an idea of comparative costs.

<table>
<thead>
<tr>
<th>Item</th>
<th>Avg US cost (inUSD)</th>
<th>Avg Aust cost (in USD)</th>
<th>Avg SI cost (in USD)</th>
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<tbody>
<tr>
<td>Meal cost x 1 (inexpensive restaurant)</td>
<td>$12.00</td>
<td>$18.00</td>
<td>$5.50</td>
</tr>
<tr>
<td>Meal cost x 2 (mid range, three course)</td>
<td>$50.00</td>
<td>$80.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>Combo meal at McDonalds</td>
<td>$7.00</td>
<td>$10.00</td>
<td>$7.00</td>
</tr>
<tr>
<td>Coke/Pepsi (0.33L)</td>
<td>$1.72</td>
<td>$3.15</td>
<td>$1.15</td>
</tr>
<tr>
<td>Eggs (dozen)</td>
<td>$2.74</td>
<td>$4.66</td>
<td>$5.20</td>
</tr>
<tr>
<td>Loaf of bread</td>
<td>$2.55</td>
<td>$2.63</td>
<td>$1.15</td>
</tr>
<tr>
<td>Water (1.5L)</td>
<td>$1.75</td>
<td>$2.53</td>
<td>$1.30</td>
</tr>
<tr>
<td>Chicken Breast (1 kg)</td>
<td>$8.75</td>
<td>$10.46</td>
<td>$15.30</td>
</tr>
<tr>
<td>One-way ticket (Local transport)</td>
<td>$2.25</td>
<td>$3.90</td>
<td>.40c</td>
</tr>
</tbody>
</table>

Be prepared

It is best to have a back-up plan for unexpected extra costs. The most common extra cost that past students have encountered is medical related. If you need to see a doctor it can be an additional expense that you had perhaps not budgeted for. Keep this in mind when budgeting for your semester abroad and if you are lucky enough to escape sickness and injury then you will enjoy the extra spending money for souvenirs!

Cash

In the Solomon Islands there is limited access to ATMs so preparing earlier with cash is advisable. The exchange rate at Honiara airport is better than in Brisbane, so take Australian cash to change on arrival.
MEDICAL

If you are sick or injured, your UCEAP insurance covers the cost of eligible medical expenses in Australia and the Solomon Islands. See the insurance links for your UCEAP PDC for detailed information. If you need medical attention, you will be required to pay for treatment and medications up front and then submit a claim for reimbursement to the UCEAP insurance company. See instructions here. Expect to pay around $80 AUD up front for a consultation at a Medical Centre with a GP. For example, if you have the flu and need to see a doctor you will pay around $80 for the consultation plus the additional cost of any required medication. You will then process a claim for a refund consideration. It is therefore important to save all of the receipts and related documentation from any medical appointments as you will need to submit these with your claim.

If you take any regular medication, ensure that you bring enough with you to cover the duration of your time abroad. Check with the Australian embassy to ensure your medicine is legal here before you leave home. It may be difficult to find the same medication in Australia and Solomon Islands and it might be more expensive than what you would pay at home. If you are bringing a large amount of medication with you ensure that it is accompanied with a doctor’s prescription and that it is enclosed in its original packaging. For more information visit: www.tga.gov.au/entering-australia

Mosquito-borne illnesses are common in Solomon Islands. Malaria is prevalent in most areas of Solomon Islands and occurs throughout the year. A dengue outbreak occurred recently, with most cases reported in Guadalcanal Province. The Solomon Islands has recently experienced a Zika virus outbreak. Protect yourself against mosquito bites. Simple injuries also quickly become infected. Please carry an antiseptic cream to minimise the chance of infection.

Insurance

You are covered by insurance through UCEAP for your time in Australia and Solomon Islands. Please use the insurance links within the online UCEAP pre-departure checklist under the Insurance tab for further details on your cover.

SAFETY

Australia

By any standard Brisbane is a safe city. Students are advised to be conscious of their personal safety in much the same way as they would anywhere else in the world. Whilst common sense should dictate your actions during your stay we do ask you take reasonable precautions when travelling and where possible to travel as part of a group (especially in the evenings).

Solomon Islands

Expatriates and visitors can be attractive targets for opportunistic crime. You should avoid obvious displays of wealth and take particular care when using automatic teller machines and frequenting crowded places, including local markets. During the day pick pocketing, bag snatching, mobile phone theft and general harassment is common. There have also been previous instances of intruders coming into hotel rooms and stealing things such as mobile phones.

In both Australia and Solomon Islands.

Don't walk around the streets alone at night (best to go with a group), and give the solo early morning jog a miss. If you do go out to a bar at night, be aware there can sometimes be a few locals who like to fight, so please avoid these situations.
VACCINATIONS AND INJURY/ ILLNESS PREVENTION

Please read this and the following page carefully!

<table>
<thead>
<tr>
<th>Disease</th>
<th>Recommended/Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malaria (For Solomon Islands)</td>
<td>Chemoprophylaxis is recommended for all travellers (Doxycycline has duel benefits of assisting against infection of small wounds)</td>
</tr>
<tr>
<td></td>
<td>Please bring adequate quantities of good quality insect repellent containing at least 30% DEET</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Recommended for most travellers, especially those travelling in rural and remote areas</td>
</tr>
<tr>
<td>Influenza</td>
<td>Recommended for all travellers from May through October (in Australia) and in general in Solomon Islands</td>
</tr>
<tr>
<td>Tetanus-diphtheria</td>
<td>Revaccination recommended every 10 years</td>
</tr>
<tr>
<td>Measles, mumps, rubella (MMR)</td>
<td>Two doses recommended for all travellers. Only if not previously given</td>
</tr>
<tr>
<td>Yellow fever</td>
<td>Required for travellers entering Australia within 6 days of having been in or passed through a yellow-fever-infected area in Africa or the Americas. Not recommended or required otherwise</td>
</tr>
</tbody>
</table>

PREVENTION IS BETTER THAN A CURE

Australia

Be Sun Smart!

Australia is exposed to higher levels of ultraviolet (UV) radiation than almost anywhere in the world and skin damage occurs rapidly, especially during the middle of the day. It is important to wear sun protection even on cloudy days and reapply sunscreen regularly. Aside from sunburn there can be some serious consequences for not being Sun Smart during your stay such as dehydration and heat exhaustion. Make sure you keep rehydrated by drinking plenty of fluids. Dehydration: See next page

More information on The Cancer Council’s Sun Smart initiative is available at www.cancer.org.au/sunsmart

Beach safety

It is important to always observe correct beach safety while in Australia. Only swim at patrolled beaches where a lifeguard is present and remember to swim in between the red and yellow flags. Never run and dive into the water from the beach and always check for warning signs, if in doubt ask. Australia’s beautiful beaches can hold hidden dangers in the form of strong currents called rips. If you do need help stay calm and attract attention by waving your arms and calling out for help.

Don’t take unnecessary risks!!!

In both Australia and the Solomon Islands, please listen to your supervisors, observe warning signs, look after one another. If you go out at night, go in a group. If you plan go somewhere, do not go alone. Also, always keep the International Programs office informed.
Solomon Islands

The Solomon Islands are a developing nation and as such are prone to many more illnesses than in the USA or Australia. Access to medical assistance is also much more limited than what you are used to. The list below is not a complete inventory but rather the most commonly encountered diseases in the Solomon Islands. The chances of suffering from these can be greatly reduced with some simple precautions.

Mosquito borne diseases
While taking Malarial prophylaxis, helps minimize risk of contracting the disease, none are 100% effective. The Solomon Islands also has risks of Dengue and Zika. The best thing is to avoid being bitten by mosquitoes. It is important to bring a large amount of good quality insect repellent containing Picaridin (or at least 30% DEET). Also bring long, loose clothing as well as socks to wear in the evening.

Traveler's diarrhea
This is quite common, although risks are minimized by taking precautions with food and beverages.* and most importantly washing your hands before eating and after the rest room. Please bring anti-diarrheal medication as well as Gastrolyte or something similar.

*The drinking water is usually rainwater collected in tanks which, although not 100% pure is reasonably safe to drink. Risks occur when it has been contained unhygienically. Using water treatment or filters is a personal preference but could put your mind at ease if you are unsure of the level of hygiene.

Skin infections
The tropical climate here is highly conducive to the growth of micro-organisms. To avoid serious infection, greater care than you would normally give to minor skin problems at home is needed. Your personal environment is harder to control making infection more likely. To prevent infections, wash your hands regularly, reduce your risk of small cuts and scratches, by wearing appropriate protective clothing and footwear. Your footwear should be comfortable and not cause blisters which can easily become infected. Clean all cuts and scratches very promptly and very thoroughly with soap and water, apply betadine (or antiseptic of your choice) and cover with a clean light dressing. Repeat three times daily. Any cuts or grazes that are caused by coral should be cleaned with Hydrogen Peroxide.

Dehydration and heat related illness
It is easy to become dehydrated in hot climates, especially if you are suffering from Diarrhoea or other illnesses. Symptoms include dry mouth and swollen tongue, weakness, dizziness, Prevention of dehydration and heat related illness is based on common sense: avoid extreme heat where possible, avoid strenuous activity during the heat of the day. adequately replace fluids (this can require up to several liters per hour) , avoid alcohol in very hot weather If you are on diuretic therapy should be especially careful as diuretics can inhibit the process of acclimatization.
YOUR PROGRAM: WHAT TO EXPECT

Key points to keep in mind for your program abroad

- During the program you will be staying with a Homestay family. It is important that you are considerate and helpful guests during your stay. You will find that the more you engage with your family, the more you will gain from the experience. Help with chores, keep your room clean, be polite, treat them as you would want to be treated if the roles were reversed. If you have any queries or concerns you can always talk to the Programs staff and we will do our best to help where we can.

- Use your time wisely! This is not a vacation and you will have to work hard to achieve good results. The schedule in Brisbane is VERY tight to allow you more time on weekends to explore Australia and give you more time in the Solomons. Please stay on top of your work to avoid stress!

- Make the most of your free time by travelling to other parts of Australia. You have two long weekends while in Brisbane (one is for Easter so plan ahead!) Come and talk to the Programs staff for ideas and tips of what to see and where to go.

- Remember the Solomon Islands have a very different culture—keep an open mind, be culturally sensitive, and make the most of this amazing experience!

- Pack light! The luggage limit is 16kg on the domestic flight in the Solomon Islands.

- Make sure you bring enough spending money. Australia is more expensive than the USA so keep this in mind when planning your budget. For example a local bus trip (one way) is between AUS$2.83 and AUS$4.91, and beer at a pub or club can be between AUS$7-9.

- Use your initiative, solve problems, and make the most of your time in Australia and the Solomon Islands, to gain experience as an overseas traveller.
TIPS AND ADVICE FROM PAST STUDENTS

If you don’t believe us, read some quotes from students from previous UCEAP students :(you will be writing these next year!)

- Be prepared to feel discomfort and new experiences. You're going into a foreign country and it's not always going to be smooth sailing, but that's the point. You're learning and growing, so relax and enjoy. The hard work will be worth it.
- Keep an open mind, less is more when packing. It is also important to be honest with yourself and limitations but know that people and the support is here if you need it.
- Don't come if you can't be flexible, the most important way to prepare for a program like this would be coming in with a good attitude, ready to share parts of your experience and open to new people, new things, and new challenges.
- Read the information guide before coming, prepare for the workload, prepare to have an amazing semester abroad.
- Be prepared to study as hard as your would for school but remember to balance everything and to enjoy your experience.
- Invest in a waterproof camera - it's worth it.
- Pack light (bring just a backpacking backpack). Travel a lot on the weekends, don't spend too much time stressing about classes. Plan carefully on what essentials to bring.
- Be prepared financially. Know the public transport system.
- Don't hesitate to ask the International Programs, professors for assistance or advice. Get to know your tutors and International program staff because first off they're amazing people and more importantly they are there to help you out in any situation.
- Do not over pack! You don't need it. Come prepared for an increase in prices.
- Enjoy every second because it goes extremely fast!
- Make sure to stay on top of school work in order to have fun. Absorb as much of Australia as much as you can. Be sure to travel on your weekends.
- Don't have any expectations! It will be nothing like you have ever imagined. Be open to meeting everyone, you are likely to make lifelong friends here if you have an open heart!
- Prepare for the finances outside of the program, have good communication with your homestay, realize there is work, and get ready to have the best time of your life!
- Be prepared for very physically demanding field trips and a whole lot of fun!
- Read the handbook and prepare for the journey of a lifetime. Australia might be similar to the States but it is still an amazing opportunity you could never come close to receiving back home.
### THE WEATHER

The seasons in Australia are the opposite of those in the USA. You will be arriving at the end of the Australian Summer.

In Solomon Islands the average temperature in May ranges between 75°F and 90°F. The dry season is from May, however it is a tropical climate and you should still expect high humidity and rain, so bring rain gear such as a rain jacket and umbrella with you (weather can change dramatically in a very short period of time).

**Simply put– The weather in Solomon Islands is very hot and very humid!**

Both Australia and the Solomon Islands are subject to thunderstorms—usually in the afternoons and, more rarely, cyclones.

Water is a precious resource throughout Australia and Solomon Islands with many parts of the country facing drought conditions (Australia) or limited access to clean fresh water (Solomons). Please note that Brisbane is currently on water restrictions so please be aware of your water usage at all times. As an example, most Brisbane residents restrict their daily showers to 5 minutes. Please also be considerate in the Solomon Islands and keep water usage to a minimum there also.

**Handy Tip**

To convert Celsius to Fahrenheit: Times by 9, divide by 5 and add 32 (eg, 20°C x9 (180) ÷5 (36) +32 = 68°F)
YOUR LONG WEEKENDS IN AUSTRALIA

If you manage your time well in Australia, you should be able to fit in some trips to see more of the country, whether it is jetting off to Sydney, Melbourne or Cairns or staying closer to home and exploring the beautiful beaches and bush around South East Queensland.

Brisbane and surrounds

◊ **Brisbane** has a lot more to offer than meets the eye. From lounging at Southbank to hiking Mt Coot-tha or hugging a Koala at Lone Pine!
◊ One hour north of Brisbane is the beautiful **Sunshine Coast**. You will find miles of pristine coastline and lush hinterland, superb cuisine, action and adventure or just the perfect piece of sand on which to sit and ponder. The Sunshine Coast is one of Queensland's premier holiday destinations. Information on what to do on the Sunshine Coast is available at
◊ Just south of Brisbane is the **Gold Coast**. Explore the beaches, rainforests, theme parks, nightlife, shopping, and accommodation of one of Australia's most beautiful locations. More information on the Gold Coast is available at
◊ Located 3 hours south of Brisbane in Northern New South Wales, is **Byron Bay**, the eastern most point of Australia. Byron is a relaxing sea side town where the surf is big and the beaches are white. A one time hippy hang out, Byron Bay has become a must visit for everyone, from backpackers to the rich and famous.

Further afield: Sydney, Melbourne, Cairns

◊ **Sydney** showcases our convict history, great bars and restaurants and the iconic Opera House and Harbour Bridge.
◊ If you go to **Melbourne** you might catch an Aussie Rules game, cruise the cool cafes in the laneways or see some great live entertainment.
◊ If you prefer nature, head to **Cairns** * where you can visit two world heritage wilderness areas: the Daintree Rainforest and the Great Barrier Reef. There are also a number of adrenalin sports such as white water rafting or bungy jumping that you might want to try.

* students in the 2017 program preferred the snorkelling in Solomon Islands to the Great Barrier Reef and suggested future students would be best advised going somewhere else on these days off

More information on what to do and where to stay can be found by clicking on the links. If you are looking to travel to other destinations in Australia come and chat with the staff in the International Programs team about how to organise your trip. Some places are not as easy to travel to as you may think. **Please remember that one of the long weekends is the Easter Holiday and will therefore be a peak travel period in Australia. It is wise to plan and book ahead.**
VERY IMPORTANT

If you do head off exploring other parts of Queensland or Australia please let the International Programs Office know where you will be by sending us an email at: international.programs@uq.edu.au - just in case we need to get hold of you in an emergency.

And BE SURE to complete your Travel Signout in MyEAP!

ALSO VERY IMPORTANT

UCEAP’s Your Program Guide and the more general UCEAP Guide to Study Abroad (posted to your UCEAP Pre-departure Checklist) feature EAP-specific information not covered in this Information Handbook. Please read through all program-related information carefully before arriving in Australia. If you have questions about UCEAP procedures or policies, contact the UCEAP Systemwide Office.
IMPORTANT INFORMATION FOR FIELD TRIPS:

On your field trips you will explore some exceptionally beautiful Australian and Solomon Islands landscapes, but to enjoy them to their fullest, it's important that you come into the program well-prepared for the physical realities of hiking, long days, getting muddy and dirty and wet, and sleeping in very basic dormitory style accommodation. You will also be swimming and snorkelling in the ocean.

Photo: Amber Lun, UC, 2016

On land

Hikes can be strenuous (especially on uphill sections!) and varying in length, from 1 hour to several hours, but please be assured that all the hikes are readily achievable by any walker with a positive attitude and a basic level of fitness and mobility. However, it is sensible to come into these hikes with good preparation. It is essential to bring a pair of good, supportive boots or shoes to hike in that are already worn in and comfortable. Before leaving for your trip, it would be wise to do a few long hikes to get a sense of the level of physicality involved. Finally, if you have a pre-existing leg, knee, ankle or foot injury, or weak ankles that require extra support, please bring your own brace, tape or bandage with you to carry on the hikes as a precaution. This is especially important for the Solomon Islands part of the program where it is not as easy to buy these things.

In the water and coastal areas, you will encounter marine environments such as seagrass beds and mangroves and coral reefs. On these field trips it is essential to wear protective shoes such as dive booties, reef shoes or old sneakers. We advise that you bring a ‘rashie’ (rash guard) or old shirt to protect against the sun while in the water and on the beach.

There will be lots of opportunity to snorkel and observe beautiful marine life. Snorkelling is a great experience which requires you to be able to swim so that you can enjoy snorkelling alongside the sea creatures and plants of Stradbroke Island and the Solomon Islands. If you do not have your own, we will provide snorkelling equipment on the field trips. It is essential to remember that these marine habitats are delicate and must be treated with the utmost respect, everything that is handled must be done so with care.

Please read carefully, the information about swimming pre-requisite on the following page.

At all times we ask you to pay close attention to the staff in charge. Particularly in the Solomon Islands, help is not close by so observing safety is of utmost importance. For ALL activities we require you to bring:

◊ a large water bottle, 2L (0.5 gal)
◊ a good quality sunscreen (factor 50+)
◊ insect repellent containing 30% DEET
◊ appropriate protective clothing, hat and footwear

Finally, while there are sanitation and bathing facilities at your accommodation, there are none on the hiking trails. Consequently, you should be aware that toilet stops during a full-day hike will mean going behind a tree!

Diving

Scuba diving is not part of the program. However, you can dive with commercial operators during your free time. The University of Queensland also has its own dive club that you can join at your own leisure. If you are already a certified diver, don't forget to bring your log book and dive certificate card. Dives can cost between AUS$150 & $250 per day.
**Swimming Pre-requisite:**
Successful demonstration of a basic swimming level and reasonable confidence in the water

For your own safety and safety of the group as a whole, **all participants are required to have a basic swimming ability and be reasonably confident in the water**.

Basic Swimming Skills include:

- Ability to time breaths while swimming.
- Back motionless floating.
- Gliding through water.
- Coordination
- Breaststroke.
- Diving.

While programs staff will be present during in-water activities to supervise snorkelling and demonstrate data collection techniques, they are neither able nor qualified to devote time to teaching individual students to swim. The program cannot accommodate any changes in the curriculum and/or credit-bearing activities for students who cannot swim.

In your first week on the program we will **test your swimming proficiency** and at a minimum you must be able to complete a swim test consisting of:

- 10 minutes continuous swim, demonstrating at least two strokes
- 1 minute treading water
- 1 minute motionless float

If you are unable to satisfy these requirements you will need to take swimming lessons in your own time, and at your own cost until you are able to do so. **It is therefore highly recommended, if you feel you need to improve your ability and confidence in the water, that you begin swimming lessons before you leave the US,** to allow maximum time to practise these skills.
You really don’t want to be struggling with heavy, oversized luggage.

One rucksack with a smaller backpack OR one medium sized suitcase with a smaller backpack would be ideal.

When packing for your semester abroad in Australia and the Solomon Islands please keep the following points in mind:

- Read through the packing list in the What to Bring* section and make sure you pack all essential items listed.
- Do not bring any valuable jewellery or other precious items.
- We advise that you do not bring any electrical appliances such as hair dryer, straightener or shaver. Australian electricity supply runs on 240volts compared to 110volts for the US and using American electrical appliances in Australia will destroy the appliance. In the Solomon Islands electricity is often solar or generator powered and we encourage you to limit its use.
- It will be a little hot and getting cooler in Australia but very hot & humid in Solomons.
- Pack old clothes that you won’t mind getting dirty or ripped. Past students recommend shopping at a thrift shop.
- Once again: Australia has strict quarantine guidelines. For information on what you can and can’t bring or post to Australia visit the Customs and Quarantine page online.

Packing Tips

Pack Light!!!
You must be able to carry your luggage with you to and from field trip destinations therefore you will need to pack light!

Remember that you are here to study and a lot of your time is spent out in the field. On your field trips you should only carry what you need for that field trip. When you go to the Solomon Islands you will be able to leave a small bag at the International Programs Office.

Limit your luggage to 23kg (50lbs) or under! Limit what you plan to take to Solomon Islands to 16kg (35lbs-the domestic baggage limit). You will be travelling by bus and ferry to field trip destinations and you will not want to drag around heavy, oversized luggage. While we do not expect you to buy new luggage, a rucksack rather than a suitcase is preferable for walking along unpaved roads, and getting into boats in the Solomon Islands. You will be able to leave some possessions with your Homestay family or at the programs office when you go away in the field. Therefore it is recommended to bring an extra duffel bag in your luggage that you can pull out and use for field trips.

There are plenty of shops in Australia so if you forget something you will more than likely be able to purchase it.
WHAT TO BRING

Packing for a three-month trip is challenging! You will need to come prepared for your time on campus, as well as for your trips to the rainforest, the beach and the reef.

Travel light, and remember comfortable and practical clothes. Clothes appropriate for field work are essential (e.g. Clothes that can get dirty and some clothes for cool nights!). You will have time in Brisbane to shop for any extra items that you may need. **Consider shopping at a thrift shop for clothes you wont mind getting stained or ripped**

◊ **Female participants**: Women in the Solomon Islands dress conservatively, with dresses or shorts generally below the knee, and usually keep their shoulders covered.

◊ **Field trips**: Please take particular note of the ‘what to bring’ section under each field trip location. Consider these items in addition to your regular packing list, or as an essential item.

◊ **Weather**: In Brisbane it will be warm and cooling down as it heads to winter. You will need warm clothes for the evenings in Australia and one light– warm sweatshirt for Solomons. **In Solomon Islands it will be relentlessly hot and humid.** The best plan is to pack layers.

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**Clothes**

**Essential**

◊ Hat (for rain or sun)
◊ Sunglasses (Polarised glasses are recommended)
◊ Waterproof coat / rain jacket
◊ Long lightweight pants and shirts (for humid weather, temperatures 70°F to 105°F, heavy rainfall)
◊ Lighter clothes for hot humid conditions in Solomon Islands
◊ Long sleeved shirts and pants for fieldwork
◊ Warm and fleecy sweater, wool shirt, or sweatshirt with a hood
◊ UV Protection Shirt (e.g. rashie/rash guard) or old t-shirt for water activities (also for modesty in SI)
◊ Old clothes that can get muddy and wet (On field trips there will be limited opportunity to wash clothes - bring enough old/hiking clothes for a week)
◊ Swimsuit and beach towel (snorkel gear is available for your use if you do not have your own)

**Recommended**

◊ One nice outfit for going out and the Farewell Dinner

**Shoes**

**Essential**

◊ Comfortable, enclosed shoes or boots for hiking * (*In Solomons, the hiking is often slippery and muddy or through water, so old joggers are often as good as hiking boots, so long as they are sturdy)
◊ Please bring worn in shoes (if you are buying new ones make sure you wear them in before you arrive). You will spend a lot of time walking and blisters can be a real pain!
◊ Reef shoes, dive booties or old joggers (this is an absolute must– These shoes must be worn during reef and river walks)
◊ Sturdy sandals such as Chacos or Tevas

**Recommended**

◊ Nice shoes for going out and the Farewell Dinner
◊ Flip Flops (or ‘thongs’ as Aussies say!)
Toiletries and Medication

**Essential**
- Bath towel (don’t forget you will need a towel for shower and beach use)
- Personal toiletries e.g. shampoo, conditioner, toothpaste—Enough for 3 weeks when packing for Solomons
- Sunscreen (at least SPF 30+)
- Insect repellent containing Picaridin (or 30% DEET) x 2 bottles for Solomons
- Extra eyeglasses, contact lenses (and a copy of the prescription), contact lens solution
- Contraceptives
- Feminine hygiene products
- Hand sanitiser

**Medical kit containing the following:**
- Prescription medication; take a copy of the prescription to show customs. You should arrange for sufficient medicines to meet your personal medical needs for the duration of your time abroad. Check with the Australian embassy to ensure your medicine is legal here before you leave home. If you have a large amount of medicines you will need to obtain a doctor’s letter stating who the medicines are for, what they are and the dosage, and store the medicines in their original packaging. For more information visit [www.tga.gov.au/entering-australia](http://www.tga.gov.au/entering-australia)
- Band-Aids
- Moleskin, Molefoam
- Antibiotic ointment (like Neosporin)
- Pain relievers (aspirin, ibuprofen, or acetaminophen)
- Antiseptics
- Antidiarrheal medication
- Anti-fungus medication
- Your preferred cold and allergy medication
- Anti Sting/ Itch cream
- Sea sickness medication for boat trips across the open ocean
- Ear drops if you are prone to swimmers ear
- Aloe Vera or sunburn soother

**Extra support for hiking if you need it (e.g. ankle brace, knee brace, bandages, tape)**

**Optional**
- Water filter/ purifying tablets/ ‘Life Straw’

Electrical and Stationary

**Essential**
- **Reliable** laptop (or tablet) with power supply, USB stick and power cable Ethernet cable and installation software would be helpful in case a reset is necessary.
- Extra USB stick (Internet is limited in the Solomon Islands so you will need to download and save PDF versions of literature)
- Digital Camera (with charger and a cable to upload pictures) Invest in a waterproof camera or waterproof casing to take underwater shots while snorkelling. Also camera batteries last longer than phone so will serve you better where there is no power to recharge.
- Mobile phone—see notes in the ‘Touch Base..’ Section
- Stationery: Field notebook, document holder, USB, pencils, sharpener, pens, inexpensive calculator, ruler, highlighters, eraser, folder or clipboard (to provide a firm writing surface while on field trips).

**Desirable/ Recommended**
- **Consider a battery pack or portable solar charger. This belongs in the essential list if you will want your phone to stay charged-- there is hardly any electricity at field locations in Solomon Islands!**
- Music device (you will be travelling a lot)
- Books/s
- Electrical adapters (Australia runs on 240 volts)
- Mask, snorkel, fins (It is great to have your own snorkel gear because on the field trip we will snorkel a lot – up to 8 days.).
- Watertight bag (useful for protecting equipment during frequent rain and at the beach; available at outdoor stores and through catalogues)
Miscellaneous

Essential

◊ Smaller backpack* for daytrips (e.g. day bush walks). **A dry bag is highly recommended to protect electronics and passport.**
◊ **Good Quality headlamp and small flashlight (LED are best)** Headlamps are useful because they give you light while your hands are free. The flashlight is to have when you drop, step-on, or lose your headlamp. Because we are likely to see nocturnal wildlife, I strongly request getting a headlamp that also has a red light.
◊ **Water Bottle** you must carry 2L (0.5 gal) with you on hikes. Either bring one 2L bottle or two 1L bottles (Metal bottles do a great job keeping water cool and reducing plastic waste)

Recommended

◊ Spending money: ATMs are widely available in Australian cities – ask your home bank about collaborators in Australia and the fees involved. (Westpac Bank and St George Bank have a reciprocal arrangement with Bank of America so there are no withdrawal fees ($5) for Bank of America cards. There will still be a currency conversion charge of around 3%).
◊ **Australian electricity supply is 240 volts.** Most electronics stores stock wall plug adaptors for appliances with different pin arrangements. Always check if your 110v appliance has automatic switching for a 240v supply. If not, it is recommended that you get an 110v/240v transformer before leaving home.
◊ **Extra batteries** (in carry on luggage only – best to buy in Australia or Honiara)
◊ A few lightweight, American gifts for foreign hosts and new friends (suggestions include T-shirts with city, state, or campus logos; postcards, posters, or scenic calendars; children’s books. (For better or worse, there is a tradition of giving something to your homestay family). Because we do not know in advance with whom you will stay, we suggest getting fairly generic presents.
◊ Collapsible head pillow
◊ Your own snorkel and mask
◊ Gift for Australian homestay families
◊ Gift for Solomon Islands homestay (this can be discussed in Australia)

Packing for Solomon Islands

We will provide you with a concise list of things you should pack for the Solomon Islands. Many items can be purchased in Australia, but please note that electronics are probably cheaper in the US; the brands of toiletries may not be available in Australia and for reasons such as this it is worth taking note of the specific items listed for each location that will make your experience more comfortable and enjoyable, before you leave the US.

Photo: James Fumo, 2013
TOUCH BASE WITH HOME

During your stay there will be periods where you have no telephone or internet access. You should expect that you will not have internet or mobile access during all field trips. Make sure your family and friends know that you will be out of contact during these times. The calendar at the front of this information kit will help.

When you arrive in Brisbane, contact your parents, guardians or friends back home to let them know that you arrived safe

Internet
You will be able to access the internet at The University of Queensland with your own laptop or a UQ computer. As you will be spending a large amount of time in the field, there will be times when you do not have access to the internet at all. And many places will not have the level of connectivity you are used to at home. Your Homestay will provide internet access however they may restrict usage (e.g. movie downloads).

Please note, the level of connectivity in the Solomon Islands will be very limited to non existent, and the internet is often very slow.

Over the phone
Your phone will need to be set up for global roaming, but if your phone is unlocked it is cheaper to either purchase a pre-paid phone or buy a SIM card when you arrive in Australia. This is definitely cheaper in the Solomons

Snail Mail
Note that mail and packages need to travel through the University's mail system to get to the International Programs Office which means it will take longer to get here than your post office at home may have indicated.

All mail to participants should be addressed with the name of the student and sent to the following address:

STUDENT NAME
International Programs Office
School of Biological Sciences
Goddard Building (8)
The University of Queensland
St Lucia Qld 4072
AUSTRALIA
CONTACT IN AUSTRALIA

The International Programs team is here to help you throughout your stay in Australia.

Our contact details are below:

Email: international.programs@uq.edu.au

Phone: +617 3365 8857 or +617 3365 2125

In case of emergency please contact: Justine Kennedy: +61 401 671 286

Please ensure your parents, guardians and friends have these details in case they need to contact you.

Want to Find out More?

◊ Join the Australian Solomon Islands Program group on Facebook
◊ Send us an email
◊ Have a chat to some of the past students who have completed a semester abroad in Australia.

We look forward to seeing you soon!