



# **Volunteer Handbook**

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## **Ape Action Africa Management team**

Avi Sivan	Director
Talila Sivan	Deputy Director
Rachel Hogan	Manager, Mefou National Park
Tafon Babila	Manager, Mvog Betsi Zoo and project vet

## **UK volunteers**

Caroline McLaney	
Paula Searle	Volunteer co-ordinator

## **Trustees**

Professor Richard Ashford  
Dr Bryan Carroll  
Professor Stuart Carter  
Mr Mike Johnson (secretary)  
Ms Caroline McLaney (treasurer)  
Mr Neil Maddison  
Ms Paula Searle

Registered charity:	Cameroon Wildlife Aid Fund
Charity working name:	Ape Action Africa
Registered charity number:	1057061

## **Welcome!**

Welcome to Ape Action Africa - we hope that you have a fantastic experience with us in Cameroon!

This volunteer guide has been prepared by Ape Action Africa staff and former volunteers to help you understand Ape Action Africa and Cameroon before you join the project. We have tried to cover everything but if you have a question that has not been answered here, please do not hesitate to ask your co-ordinator.

## **About Ape Action Africa**

Please visit our website at [www.apeactionafrica.org](http://www.apeactionafrica.org) which will tell you a lot about our project.

Ape Action Africa is a charity dedicated to the protection of endangered primates in Cameroon. Our mission statement is:

To ensure the conservation of Cameroon primates and other wildlife:

- by working with the Government of Cameroon, local communities, environmental groups and other relevant parties
- by establishing programmes of education, rescue, rehabilitation, reintroduction and conservation-breeding programmes, where and when appropriate.

Ape Action Africa is based at two sites in Cameroon:

- **Mvog Betsi Zoo (MBZ)**  
The zoo is run by the Cameroonian government and Ape Action Africa takes care only of the primate collection which includes chimpanzees, drills, mandrills, baboons and different types of mangabey and cercopithecus, all primates native to Cameroon. Ape Action Africa also gives technical advice to the zoo about other animals if necessary.  
The zoo is in the heart of Yaounde in a district called Melen. You will often hear of Yaounde referred to as 'the town'.
- **Mefou National Park (MNP)**  
MNP is approximately 30km south of Yaounde and encompasses a 1,044 hectare area of swamp and forest, partially degraded through deforestation.  
MNP is our forest site and will be your home for the duration of your stay on the project. Ape Action Africa is based in a village called Ndangang where there is accommodation for the workers and volunteers. The accommodation for everyone is basic – see page 8 for more information about your accommodation.

There are several enclosures in MNP, housing a variety of gorillas, chimpanzees and monkeys in groups of various sizes. There is a quarantine area for our new arrivals and a newly constructed hospital where we care for our sick animals. We also have two nurseries for our young chimps and gorillas.

### About Cameroon

Cameroon is a diverse country and there are many websites that can give you lots of information before you travel. As you can see from the map below, you will be living and working in the south of Cameroon, where the climate is not as arid as in the north.



Yaounde has a population of about 1.1m and is a very busy, hectic place! The forest is completely different, even though only 30 minutes away from the city.

Some facts about Cameroon:

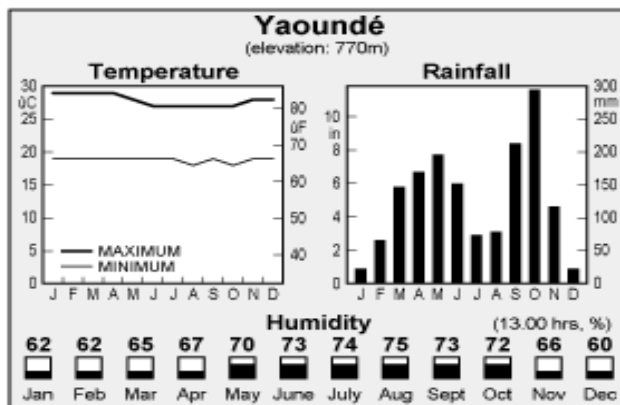
- **Population:** 16.6 million (UN, 2005)
- **Capital:** Yaounde
- **Area:** 465,458 sq km (179,714 sq miles)
- **Major languages:** French, English, languages of Bantu, Semi-Bantu and Sudanic groups
- **Major religions:** Christianity, Islam, indigenous beliefs
- **Life expectancy:** 45 years (men), 46 years (women) (UN)
- **Monetary unit:** 1 CFA (Communaute Financiere Africaine) franc = 100 centimes

- **Main exports:** Crude oil and petroleum products, timber, cocoa, aluminium, coffee, cotton
- **GNI per capita:** US \$630 (World Bank, 2005)
- **Internet domain:** .cm
- **International dialling code:** +237
- **President: Paul Biya** Veteran leader Paul Biya won a new seven-year term in presidential elections in October 2004, with more than 70% of the vote.

## Cameroon climate

The climate in Cameroon varies across the country but you will be living in a tropical rain forest which is hot and humid. The temperature is relatively constant throughout the year, the main seasons being defined by the rain. There is a small rainy season that usually starts towards the end of March and lasts until June. The main rainy season is in September and October which means that the forest becomes very muddy!

Typical weather patterns in Yaounde are:



However, the weather patterns are changing and are far less predictable than used to be the case – there was no rain in 2005 and the rains have been erratic in 2006 so it is advisable to take waterproofs with you at any time during the year.

## Language

Most of our workers in the forest site are Francophone which means that their first language is French. Some of them can understand some English, and a minority are Anglophone (first language is English), but it is preferable if you can speak French. We do not expect you to be fluent but we expect you to be able to make yourself understood in French – if French is not your strong point, we recommend that you make every effort before you join the project to improve your language skills.

In addition to French and English, there are 24 major African language groups. Among the many African languages spoken in Cameroon, the five major ones are Bamiléké, Ewondo, Bamoun, Fulfulde and Arabic. Some of

our workers also speak pidgin English. We don't expect to you to be able to communicate in any of these languages but if you can learn some basics while you are with us, it will be greatly appreciated by our workers!

## How much does it cost to volunteer?

We are a small UK charity and funding is always a major headache so we ask our volunteers for a donation:

- £750 (GB pounds sterling) for a 1 month stay
- £1,000 for a 2 month stay
- £1,250 for a 3 month stay.

This money goes directly to the charity and pays for everything the animals in our care need for a healthy life. We encourage you to fundraise to pay for your donation so that it does not necessarily come out of your own pocket!

If you are successful at interview, we ask for a non refundable deposit of £100 within 2 weeks of being accepted as a volunteer. This will secure your place and we cannot reserve a place for you until we receive your deposit. The balance of the donation is payable at least 6 weeks before you leave for Cameroon and it is not refundable in the event of cancellation.

In addition, it will cost you €310 Euros for every month in Cameroon for your food and accommodation, payable on arrival at Ape Action Africa. We ask that you take this with you **in cash**, in Euros, and give it to either our manager or our director when you arrive – this is so that they have sufficient money to buy your food for the duration of your stay. If you leave the project before the end of your placement, these costs are not refundable because we cannot fill your vacated place at short notice.

If you would like things such as soft drinks, beer, cigarettes etc, you will have to buy them yourself. There is not a lot to spend money on in the forest so once you have paid for your board and lodgings, additional living costs should be minimal.

Please do not take travellers' cheques as these are very difficult to convert to currency, and if we succeed in doing so, they are incredibly expensive and you will lose a lot of money on conversion.

Other costs to budget for are your flights, visa, insurance and vaccinations – these vary from country to country so you will need to research these costs yourself.

These are the current costs and we reserve the right to increase them in the future.

## The recruitment process

You can download an application form from our website at <http://www.apeactionafrica.org/get-involved/volunteer>

Once we have received your completed form, we will arrange an interview which will normally be with Paula Searle, our volunteer co-ordinator.

Paula interviews by phone and we will ask you to call her – she is a volunteer in the UK so we try to avoid lots of overseas phone calls on her home phone bills! She also has a full time job and she interviews in her spare time, so please bear with us when we are trying to organise interview dates.

You will be informed quickly whether you have been successful or not. If you are accepted, we will ask you to pay your deposit within 2 weeks and we will take up your references. The deposit is not refundable if you cancel your placement.

### **Before departure**

You will no doubt have your own check list of things to do before you leave and to add to that, there is also some essential paperwork for you to do!

### **Visas**

You will need a visitor visa for the length of your stay with us but before you can get a visa, you need an invite from Cameroon so this is what you need to do:

- Once you have been accepted onto the programme and we have discussed available dates, book your flight.
- When your flights are confirmed, email your flight details to your volunteer co-ordinator
- We will send these details to Cameroon and they will organise your invitation. Your volunteer co-ordinator will normally apply for your invite about a month before departure.
- Your invitation will be emailed back to the volunteer co-ordinator to forward on to you
- When you have received your invite, send it with your visa application form to your Cameroon embassy.

It's a good idea to speak to your embassy to find out what other documents they might ask for in addition to your application form, invitation and passport (which must have at least 6 months before expiry). The requirements vary from country to country so we advise you to check yourself.

There will be a fee for your visa which also varies between countries so please ask your embassy.

Visas are normally turned round fairly quickly but it is advisable not to leave it to the last minute as things can go wrong. However, if you are applying for a visa in the UK, you cannot apply too early because they have stopped using 'valid from' dates so visas start from the date of processing. We have had several visas from the UK expire while volunteers are in Cameroon and it costs in the region of £55 to extend visas in Cameroon.

### **Vaccinations**

You will also need to organise your vaccinations – page 14 tells you what vaccinations you need but you must also check this list with your doctor to make sure you are getting the most recent advice and medication.

Your yellow fever certificate will be checked at the airport before your passport and they will not let you in the country without it so it's a good idea to keep your certificate with your passport!

## **Flights**

We ask that you fly into Nsimalen Airport, Yaoundé. Several airlines fly into Yaounde, currently Air France, Swiss, Kenya Airways and Brussels Airlines. Please do not fly into Douala as this is over 3 hours' drive from the project.

On occasion, volunteers have had to leave Cameroon earlier than planned and they had booked non-transferable tickets. This meant that they had to purchase new tickets to return home and the cost was not covered by insurance. We therefore recommend that you buy a ticket which allows you to change the return date – it will be more expensive, but nowhere near as expensive as a new ticket!

## **Packing**

And of course, pack your bags! We have given you some idea of things to bring with you on page 17.

## **Keep in touch**

If you are not sure of anything before you leave, please contact your volunteer co-ordinator.

## **Your arrival**

You will arrive at Nsimalen Airport in Yaoundé where you will be collected by a representative of Ape Action Africa.

In very rare circumstances, you may find that there is no one at the airport when you arrive but please do not worry! The only reason that this would happen is because of an emergency either at the zoo or the forest site. If there is no one there, please wait but **please do not leave the airport buildings.**

If you have not been collected within an hour, please call the emergency contact numbers that we emailed you in the week before your departure.

After you have been collected from the airport, you will be taken to Mefou National Park, which is about 30 minutes drive from the airport. This is where you will live and work during your stay with us in Cameroon.

## **Accommodation**

We have accommodation in the village for Rachel, the workers and the volunteers. The rooms are basic – you will sleep on a camp bed and will need to bring your sleeping bag and mosquito net.

There are bathroom facilities in the volunteer accommodation, comprising a toilet, sink and shower, all of which operate with rain water collected in a tank. If there has been little rain, you will have to wash using a bucket. Do not forget to bring your towel and shower gel!

You must expect to share your room and bathroom facilities with other volunteers. Depending on the number of volunteers at the time, male and female volunteers may have to share rooms. Bathroom facilities are always mixed.

You will also share your accommodation with insects and the occasional small mammal, as mice and rats are common in the forest and have no respect for walls and doors!

The volunteer rooms are in the same building as the indoor sleeping quarters of the chimp nursery so our young chimps may interrupt your sleep! Clearly, animal welfare is our priority so it is essential that you are quiet at night so that the young animals are not disturbed as this can be distressing for them.

In addition to rooms for volunteers and workers, we also have a kitchen, a television room and storage for food for the animals (usually referred to as magazines).

Please be thoughtful of your fellow volunteers by keeping personal belongings tidy, remove all rubbish and keep your area clean at all times. All volunteers are required to clean the living areas and the shower and toilet – the rooms

are your living environment for the duration of your stay with us so please help everyone to enjoy the surroundings by rolling up your sleeves and sharing the cleaning responsibilities.

### **Your working day**

Volunteers usually work 7 days a week. You will be given a day to rest after your arrival because the forest climate is hot and humid and it will take time for you to adapt and you will inevitably be tired after your flight.

Rachel will explain your work programme which will depend on the needs of the project at the time. However, your programme is not set in stone and can change on a regular basis. You must be adaptable and able to respond to the needs of the project at any given time. Some examples of the work our previous volunteers have been involved in are:

- Nursery care
- Cleaning satellite cages
- Quarantine care
- Construction work

If you have any concerns with your work programme, please talk to Rachel so that she has the opportunity to address any problems you may have.

We must stress however, that we cannot guarantee that you will get direct, hands on contact with the animals. It is our policy to minimise human contact with the animals but when they arrive on our doorstep, most of them need 24 hour care. This job will go to a Cameroonian keeper as this helps with the long term recovery of the animal but if there is not a Cameroonian available, we do ask our long term volunteers to hand rear - so the possibility is there but it is by no means guaranteed!

Despite their appearance, gorillas are not robust animals, particularly when they arrive with us, usually in a very physically and emotionally traumatised condition. They therefore require the specialist care of our experienced keepers and we do not offer work with the gorillas to our volunteers, which again is solely in the interest of the welfare of the gorillas.

However, you will live very closely with all the animals in our care, including the gorillas, so even if you are not involved in hand rearing, you will still be able to spend time with them and have a memorable experience in their company.

A typical day could be:

- 7.00 breakfast
  - 7.30 start to work on your daily duties.
  - 12.00/13.00 you have one hour for lunch and rest
  - 17.00 the working day finishes
- However, anyone hand rearing will be expected to work around the clock as young primates require 24 hour care. If you are fortunate enough to be hand rearing, you must accept that your

primary responsibility is for the care of the animal that you have been trusted with. If the animal is sick, you will not be able to socialise freely and, depending on the nature of the illness, you may have to spend your days in the hospital in the forest.

19.00-20.00 Dinner

21.00 Generator turned off, the day finishes

This is not intended to be a rigid timetable but should give you some idea of how your day could be planned.

Please remember: volunteers are here to assist our workers, not supervise them. All volunteers are asked to respect the Ape Action Africa management and all workers. If you have a problem with any worker or their work, please speak to their site manager.

### **Relaxation time**

Between 17.00 and 19.00, volunteers usually have a shower and relax. Dinner is served at 19.00.

Electricity is supplied by a generator and, in order to conserve resources, it is only on between 19.00 and 21.00. After the generator is switched off, you will need a torch. When the generator is running, you will be able to watch TV, recharge batteries etc. It is up to you if wish to stay up after the generator is switched off, but the days are long, the work is hard, the climate is tough and you will need to be fresh for work the following day!

### **Vets and vet students**

Qualified vets and vet students are always welcome as volunteers to the project and may assist the project vet Tafon Babila with various procedures. It should be acknowledged that the project vet is in charge of the animal health programme and you should not treat, discuss treatment or prescribe treatment for any animals without his express knowledge and permission. It is uncommon for vets and vet students to have specific knowledge about primate health care. For this reason, in order to help you participate fully in the veterinary care of the animals, we ask that you first spend time in Bristol Zoo Gardens' veterinary department for training in primate care. The usual period is for 2 weeks. This will allow you to get the most out of your time in Cameroon and for you to be more useful to the project.

Your volunteer co-ordinator will organise this with Sharon Redrobe, the Head of Veterinary Services at Bristol Zoo.

## **Food and water**

Food is provided for you and will typically be:

- Breakfast: tea/coffee, French bread with butter, chocolate spread or peanut butter  
Lunch: rice and peanut (ground nut) sauce or rice and beans  
Dinner: potatoes, spaghetti, omelette, fruit, salad etc

Meat is available but it is expensive, so please be aware that your diet is likely to be vegetarian.

If you have any particular dietary requirements, please let us know and we will try to accommodate your needs, but you must remember that we are in West Africa! If there is something you need that is unlikely to be unavailable in Africa, you must bring it with you.

There is a pump in the village that gives the villagers and ourselves a source of clean water. It is not uncommon for people to have a bout of diarrhoea in the first few days in Cameroon – if you have a problem beyond 2/3 days, then you must tell Ape Action Africa management and we will be able to advise you of the next course of action. Bottled water is available from the town and we can arrange to get this for you but it is clearly cheaper for you if you drink water from the well.

## **Clothes**

You will need clothes for work and clean clothes for after work. If you are working in quarantine or in the hospital, it is essential that you change your clothes and wash after work to minimise the risk of spreading potentially infectious illnesses.

There are lots of biting insects in the forest so we recommend that you always wear long-sleeved shirts or t-shirts, long trousers and long socks. This is particularly important at dawn and dusk to minimise mosquito bites.

Although it is a tropical climate, it can get cold at night so we recommend that you bring a couple of sweaters or sweatshirts. If you are with us in the rainy season (see page 5 for details of the climate) you should bring a lightweight, waterproof coat and waterproof boots. Flip flops, sandals or old trainers will come in useful in the evenings.

For work, you will need about 5 pairs of lightweight trousers and 5 long-sleeved t-shirts. We recommend dark coloured clothes that will dry easily. We also recommend that you bring a hat and neckerchief to shade you from the sun and keep off those biting insects!

If you wear glasses, it is a good idea to bring a spare pair. The primates love to play with anything they can pinch from you. They can be destructive so if

you lose your glasses to them, it is unlikely that you will get them back in one piece! A spare pair is therefore essential!

## **Laundry**

You are responsible for doing your own laundry by washing your clothes in the traditional way – bucket, soap and lots of scrubbing! Soap powder is available to buy in the town and it's useful to take a laundry bag with you.

## **Personal belongings**

You will have time to read, write and listen to music so bring with you what you think you will need for your leisure time. Batteries are expensive in Cameroon and you will need them for your torch, MP3 player, CD player, camera etc so please bring them with you. Batteries can be recharged when the generator is running between 19.00 and 21.00. The electricity in Cameroon is 220W so if you are from the UK, you will need an adaptor.

Volunteers are asked not to lend money or personal belongings to any members of staff. Volunteers do so at their own risk and Ape Action Africa are not responsible for trying to recover the money or items involved.

If you need something from town while you are in the forest (eg cigarettes, biscuits, soft drinks etc) Rachel may be able to get them for you. Additional luxury items such as this are not included in your board and lodgings.

## **Communication**

There are no landline phones and there is no internet in the forest. There are some areas in the forest where there is limited mobile phone reception for text messages but generally the signal is not good enough to make calls. So please, make sure that you understand that communication is very limited and you will go for long periods without being able to contact people from home.

However, in the event of an emergency, the management in Cameroon will contact our volunteer co-ordinator so that your family or friends will be contacted, so please don't feel that you will be completely isolated!

We will give you contact numbers for emergency use before you leave for Cameroon.

## Money

The local currency is CFA (Cameroonian francs) which is not available to purchase outside Cameroon. There are enormous difficulties for us to cash travellers' cheques. In addition, the charges are horrendous and you will lose a lot of money on the exchange rate with cheques. Our recommendation is therefore that you take Euros in **cash**. We will arrange for this to be exchanged for you into CFA. There is a safe in the Ape Action Africa office so your money will be held securely for you.

Life in the forest is not expensive but you might like to be able to buy drinks, presents for relatives and friends and enough to fund any travel plans you may have after you leave the project.

Some typical prices:

Chocolate biscuits	950 cfa
1.5 litre coca-cola	700 cfa
Cheapest cigarettes	500 cfa
Internet café (in town)	500 to 1,000cfa for 1 hour

Current exchange rates are about 850 cfa per pound sterling but please check current rates to give you some idea of prices in Cameroon (Oanda.com is a good site to use)

## Your health

It is your responsibility to arrange medical insurance before you leave for Cameroon. Ape Action Africa cannot be held responsible for any potential medical bills for you.

It is essential that you check with your doctor about all health matters before leaving for Cameroon. Many diseases are transferable from humans to primates and vice versa so it is essential that you have had all the necessary vaccinations. In addition to telling your doctor that you are going to Cameroon, tell him/her that you will be working with primates.

It is also essential that you have your Yellow Fever certificate with you when you arrive at the airport – they will ask to see it before your passport and will not let you into the country without it.

Malaria is very prevalent and is therefore a high risk so you will need anti malarial tablets. We have found that a lot of our volunteers have experienced side effects with Lariam which is something for you to consider when deciding which anti malarial to use. Please check with your doctor to make sure that you are taking the most relevant malaria medication – there is a lot of malaria resistance in Cameroon so it is essential that you have up to date medical advice.

It is not uncommon for people to feel unwell during their first few weeks in Cameroon, much of which is likely to be due to the change in climate. The heat and humidity can be exhausting and you will need some time to acclimatise. We recommend that you drink as much water as possible and rest if you need to. Don't be shy about telling someone if you are not feeling well. Our manager is the best person to talk to but if Rachel is not in the forest and you are not well, you must tell someone. We can organise medication that you need but we recommend that you bring lots of paracetamol, ibuprofen, anti-diarrhoea and antihistamines.

If you are on specific medication, you need to make sure that you bring sufficient for your stay with us as supplies of your medication may not be available. We also need to know about any medical conditions for which you may need treatment whilst in Cameroon. This should be discussed with us before you leave for Cameroon as, whilst we make every effort to help people during their stay with us, we cannot be responsible if you do not disclose medical conditions to us before you leave your home country. So, the message is – help us to help you!

If you are unwell when you return home, please make sure that you tell your doctor that you have spent some time in Cameroon so that tropical diseases can be considered.

## **Medication**

### **1. Vaccinations**

You must have the following vaccinations:

- Tetanus
- Polio
- Rabies
- Yellow Fever (compulsory for entry into Cameroon, certificate required)
- Hepatitis A
- Hepatitis B
- Typhoid
- Meningitis A and C
- TB

And don't forget to check this list with your doctor to make sure you have the most recent recommended vaccinations.

### **2. Medication**

**You must bring all essential medication with you and bring sufficient supplies for the duration of your stay.**

Useful items to include in your personal first aid kit include:

- Paracetamol

- Anti bite cream
- Antihistamine tablets
- Ibuprofen
- Anti diarrhoea tablets
- Insect repellent (at least 45% DEET)
- Plasters/ band aid
- Multi vitamins
- Tiger balm
- Bandage
- Thermometer
- Rehydration fluids

### **Personal safety**

For your own safety, we ask that if you are in the town you never:

- go out without letting someone know where you are going and when you expect to be back
- go out in the evening alone. Volunteers do so at their own risk and Ape Action Africa cannot be held responsible
- get into any taxi alone, particularly if it has blacked out windows

Keep all money and expensive items such as mobiles, walkmans, cameras etc out of sight.

Wherever you travel in Cameroon you must take your passport with you. The police will stop and search for no reason and if you do not have it with you, you will be liable to a fine. Ape Action Africa cannot be held responsible for such fines.

### **Relationships**

It is very easy for women to be flattered by the attentions of Cameroonian men but their culture and attitude to relationships is likely to be very different to yours. It is normal in their culture for men to have relationships with more than one woman.

HIV is a major problem in Africa and Cameroon is no exception. There are also major problems with other sexually transmitted diseases. We have had a number of problems arising from volunteers having relationships with Ape Action Africa employees – it is very disruptive for the project whilst relationships are going on and problems continue after the volunteer has returned home. For these reasons, it is not permitted for you to have a relationship with an Ape Action Africa employee, employee of Avi Sivan or a Presidential Guard whilst you are an Ape Action Africa volunteer. This may sound quite draconian but it is the only effective solution to avoid the problems we have suffered in the past and to protect your health.

The workers know that it is a disciplinary/potentially sackable offence for them to have a relationship with a volunteer, so we respectfully ask that you conduct yourself appropriately with our workers and guards.

Anyone found to be having such a relationship will be asked to leave the project and the worker will be sanctioned.

## **What to bring with you**

### **1. Clothing**

Must be practical and easy to wash and dry. It is advisable to avoid light colours.

Suggested clothing:

- boots
- Wellington boots/rubber boots
- trainers
- flip flops/sandals (but be aware of biting insects)
- long socks
- waterproof jacket
- hat
- long trousers
- long sleeved shirts/t-shirts
- lightweight sweaters or sweatshirts
- underwear
- nightwear – even in central Africa, nights can be chilly

Insects bite all day long so we strongly recommend that you cover up as much as possible. Don't wear your best gear in the forest – chimps and gorillas can be quite destructive so if you are lucky enough to spend time with them, your clothes could be in tatters!

### **2. Bedroom**

- mosquito net (with hooks and plenty of string to hang it up)
- light sleeping bag
- torch
- alarm clock
- small pillow
- sleeping sheet
- earplugs, not essential

### **3. Personal care**

- Laundry bag
- 'quick dry' towel – try to avoid thick towels as they take days to dry
- shampoo
- shower gel
- toothpaste and toothbrush
- razor
- deodorant

- talcum powder
- moisturizer
- sunscreen 30+ - the sun is fierce so you are advised to protect your skin
- tampons and other feminine care products – mooncups are particularly environmentally friendly
- any other personal toiletries you regularly use

#### **4. Other items**

- batteries
- spare pair of glasses
- sunglasses
- spare contact lenses and liquid
- waterproof watch
- money belt
- adaptor plug
- water bottle

#### **5. Other useful items:**

- camera, films, spare batteries or charger
- camcorder, spare tapes and batteries, battery charger
- mobile phone and charger
- books to read
- notebook, pens
- mini sewing kit
- MP3 player, walkman etc
- Tapes, CDs
- Diary
- Scissors
- Pen knife/swiss army knife
- Duct/duck tape – useful for emergency repairs!

### **Departure**

When the day arrives for you to leave the project, you will be taken to the airport by Ape Action Africa staff. You will need 10,000cfa to pay for the airport tax.

### **And finally...**

We hope that you enjoy your stay with us and we want you to have a memorable experience with Ape Action Africa and the animals in our care. Please remember that if you have any problems at all whilst you are with us, talk to someone and we will do everything we can to help you.



## Recommended reading

A vast amount has been written about the conservation of primates in Africa and we could not possibly list them all! Some books that might be of interest to you are:

### Primates and conservation

- Eating Apes Dale Peterson
- Patterns of chimpanzee behaviour Dr Jane Goodall
- In the Shadow of Man Dr Jane Goodall
- Great Ape Societies William McGrew, Linda Marchant and Toshisada Nishida (editors)
- Gorillas in the Mist Dian Fossey
- In the Kingdom of Gorillas Bill Weder and Amy Vedder

And for fantastic pictures:

- In Praise of Primates Steve Bloom

### Cameroon

- Travels with Egbert
- Mango Elephants in the Sun Susana Herrera

Date: June 2009