**Notes for the field trip - Herdade da Ribeira Abaixo (HRA - Grândola)**

**Transportation:**

Departure by bus in front of FCUL (near the City Museum) on March 27th at 10:30 am.

Return by bus to the same location: departure from HRA at 14:00 on April 1st, probable arrival at FCUL at about 16-17h.

Bus leaves everyone on the paved road, next to the dirt road that gives access to the Herdade da Ribeira Abaixo (HRA). Then it is necessary to walk during about 15 min to the HRA Ecoteca.

The link at the end of the document indicates the location of HRA on Google Maps.

We will help transporting part of the luggage (heavy or difficult to carry bags) between the paved road and the Ecoteca in a car. However, backpacks and other easy-to-carry bags have to go with each student.

Those who take their own car should go directly to the HRA Ecoteca, where they should arrive around 12 pm. At the end of this document there are indications on how to get to HRA.

**Camping:**

We will camp next to the Ecoteca, taking care to avoiding blocking the passages for people and vehicles, as well as the space immediately behind the building. More directions will be given when we arrive.

Cars cannot be parked next to the Ecoteca. After unloading the luggage, they should be parked near the other house.

**Sequence to follow on the day of arrival:**

1. When we are all in the Ecoteca and have finished transporting luggage, we will have a short meeting.
2. We then set up the tents...
3. You may then start the projects according to the previously prepared and discussed plan.
4. When you have problems or questions about the project, you should come and talk to us.

**Safety:**

Be careful not to get lost. Students should inform colleagues when they move away from the camp.

There is access to mobile phone network (but only in some high places...) .

Campfires are not allowed.

Be careful with ticks:

* Tuck T-shirts in pants and pants in stockings
* Wear light clothing (allows you to see the ticks better)
* Repellents help. A permethrin-based insecticide works a little better (but beware, it is very lethal for aquatic organisms!). Check the packaging to verify if the active agent is permethrin. Permethrin is the substance used in clothing with repellent treatment and shampoo against lice...
* Be careful when extracting ticks to prevent mouth pieces from remaining stuck in the skin. Disinfect site of byte and wash hands with soap.
* If a tick bites, keep the tick in alcohol and be aware of the occurrence of fever during the following weeks. If you have a fever, you should see a doctor, warning that they've been bitten. A moderate risk… None of the more than one thousand students who made this field trip has been infected.

COVID: At this stage masks are no longer needed in the interior spaces, but these must be aired up (so it will be important to open the windows of the Ecoteca to maintain air circulation)

**HRA Buildings:**

*Ecoteca:*

2 Bathrooms (toilet only - do not throw toilet paper!).

Work room, with tables and chairs.

Laboratory (with magnifying glasses and microscopes).

You should cook and eat outside the Ecoteca.

Do not use refrigerators (these are used to store very dirty samples).

Priority use of this space for those who need to use the lab.

*Main house:*

We use only the bathrooms (one in the interior of the house and two outside), with toilet and shower (do not throw paper in toilet).

It is possible to take a hot bath, but it should be quick to avoid emptying heating cylinder and keeping colleagues waiting too long.

If it's hot weather, you can have a hose bath outside the house/Ecoteca :)

Do not cook in the kitchen of the house.

There is electricity in the two buildings, but few outlets. Therefore, each group should bring a triple plug or an extension with several sockets.

You should not rely on the Wifi of the Ecoteca (the signal is generally weak).

**Some recommendations on what to bring:**

Anything you might need!

The nearest shops are in Grândola (15 - 20 km). Once a day we can take up to 4 students to a supermarket. You must organize shopping lists and give them to colleagues who go to Grândola.

All material needed to collect project data.

Medicines

Sunscreen

Insect repellent (?)

Drinking water (a 5 liter bottle/person – marked with your name)

(HRA water can be used for cooking, but not for drinking. However, you may drink boiled HRA water or after disinfection)

Warm clothes

Rainproof jacket and umbrella

Rubber boots and/or waterproof footwear

Hat

Towels

Bathing suit (for those planning to take hose shower)

Camping stove (by groups)

Pots and other cooking utensils.

Food (take everything you need, choosing food that does not require refrigeration...)

Toilet paper (one roll per person)

Baby wipes?

Flashlights and batteries (rechargeable?)

Tents

Sleeping bags (and blanket?)

Camping mattress

**Maintenance of common areas:**

All cleaning and maintenance is done by users by following the task table.

One student will be responsible for organizing maintenance groups. However, the responsibility to perform the tasks, well and on time, rests with the group to which they are assigned each day.

Six maintenance groups:

1. Ecoteca: cleaning rooms and laboratory
2. Ecoteca: cleaning bathrooms and take care of toilet paper (compress before putting in the garbage bag)
3. Garbage: Ecoteca and house
4. House: cleaning corridors, living room and bathroom, and taking care of toilet paper.
5. Exteriors: cleaning the camp and spaces near the Ecoteca and the house
6. Outdoor bathrooms next to the house. Cleaning and taking care of toilet paper.

Garbage (we will bring large bags, but each group should carry small bags for their own use if they consider this necessary).

The group in charge of the garbage each day should look for us to transfer the bags by car to the nearest container.

Separate garbage into:

* Organic + packaging (compress well to reduce volume...)
* Glass

Each student will have to follow the work of at least two other groups (during a morning or afternoon) in addition to their project.

Reports should include:

* Report of your group work
* List of groups that each member accompanied

**It is essential to maintain good spirits even in the face of difficulties, such as rain...**

**How to get to Herdade da Ribeira Abaixo by car**

Motorway exit to Grândola

Follow the IC33 for about 4 km to a large roundabout. Catch IC1 at the last exit of the roundabout (direction Grândola and Algarve)

Follow the IC1 for about 5 km. Exit right onto the N120 (direction Santa Margarida, Viveiros, ...)

Exit the N120 about 1 km later, turning left onto Tanganhal - Mosqueirões.

About 7 km later turn right onto a dirt road (there is a sign indicating Herdade da Ribeira Abaixo, next to the electric pole number 6 (intersection coordinates: **38.107794, -8.559105**)

After about 600 m the dirt road passes a small stream. Turn right after crossing the stream and you will see HRA house about 500 m later, on top of a hill. To get to the Ecoteca you have to turn wright just before reaching the main house. Ecoteca coordinates: **38.108126, -8.569140**). The Ecoteca is identified on Google Maps.

Google Maps link that indicates the route to reach HRA:

[https://www.google.com/maps/dir/Faculdade+de+Ci%C3%AAncias+da+Universidade+de+Lisboa,+1749-016+Lisboa,+Portugal/38.1067161,-8.5696627/@38.1075216,-8.5695354,279m/data=!3m1!1e3!4m9!4m8!1m5!1m1!1s0xd1932fc1d6c5e9b:0x3317f8277c8ad06!2m2!1d-9.156117!2d38.756698!1m0!3e0](https://www.google.com/maps/dir/Faculdade%2Bde%2BCi%C3%AAncias%2Bda%2BUniversidade%2Bde%2BLisboa%2C%2B1749-016%2BLisboa%2C%2BPortugal/38.1067161%2C-8.5696627/%4038.1075216%2C-8.5695354%2C279m/data%3D%213m1%211e3%214m9%214m8%211m5%211m1%211s0xd1932fc1d6c5e9b%3A0x3317f8277c8ad06%212m2%211d-9.156117%212d38.756698%211m0%213e0)