

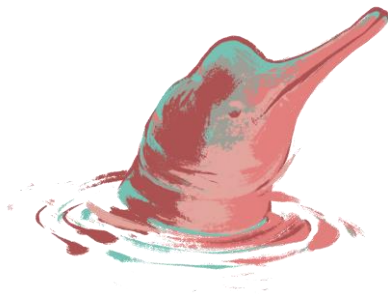


# MANUAL FOR FIELDWORK ACTIVITIES IN THE MÉDIO JURUÁ





COMMUNITY-BASED  
SOLUTIONS  
FOR AMAZONIAN  
CONSERVATION —



## Hello!

## Welcome to Instituto Juruá!

It is a great pleasure to have you here with us!

Right now, you are starting preparations for your activities in one of the most fantastic and important places on the planet, the **Amazonian Rainforest!**

All this exuberance also brings some peculiarities. For a unique and successful experience, and one that meets the expectations of everyone involved, **we need you to read this small manual** carefully and internalize everything that is here, to make the most of your expedition and to minimize the chance of any setbacks. Remember that, we are entering a remote environment, with complicated logistics and little access to shops or other facilities of urban life.

Below, we have listed the main topics that must be understood by everyone and that concern the legal issues for the development of your research/activity, as well as our advice on equipment needed, essential care for your health and safety, and very important issues of coexistence and local culture.



In case of doubt or suggestions, we encourage everyone to contact a member of our team or write to [institutojurua@gmail.com](mailto:institutojurua@gmail.com) - We are always here to help!





# Who are we?

The Juruá Institute is a non-profit civil organization formed by conservationists and researchers in strong partnership with community leaders and local associations.

We subsidize the participative management of natural resources in the Amazon and provide training for local communities so that they can sustainably manage their natural resources and protect their territory.



Photo by André Dib

## Mission



Develop and support positive initiatives for the use of natural resources in the Amazon, promoting biodiversity conservation, food sovereignty, income generation and improvement in the quality of life of indigenous and non-indigenous communities, based on the integration between scientific research, traditional knowledge and local protagonism.

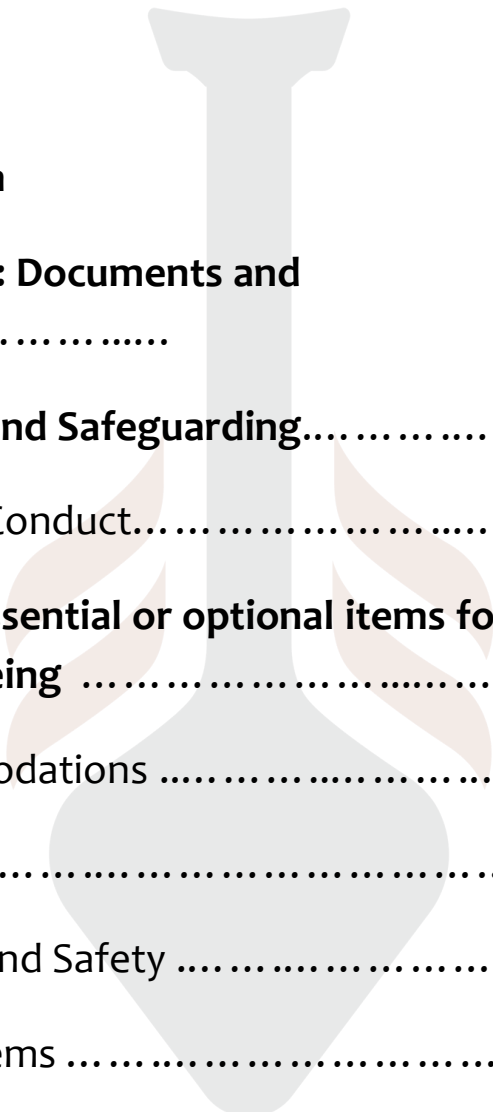


COMMUNITY-BASED SOLUTIONS FOR AMAZONIAN CONSERVATION





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# Legal Issues: documents and licenses

To carry out activities with the Instituto Juruá team, you must first send an email to [institutojuruá@gmail.com](mailto:institutojuruá@gmail.com), communicating your interest in conducting your research or activity. In this email, we request a careful draft of your project, containing a summary with objectives, methodology, places to be visited, and a schedule describing the activities to be developed.

If necessary, Instituto Juruá has a list of field equipment that can be made available for loan to collaborating researchers. The terms of use for these equipment will be regulated by a loan agreement, in which the researcher is responsible for their care, preservation and return.



## **Remember to carry with you for the expedition:**

- I)** your personal identification documents with photo such as RG/CPF, Driver's License or Passport in case of foreigners researchers (which can be original or a valid copy);
- II)** vaccination card;
- III)** medical documents (if any);
- IV)** the full name and telephone number of at least two people who can help in case of an emergency.

We also request a copy of these documents, together with the research license issued by the appropriate authority, for archiving by Instituto Juruá. These documents must be sent by filling a form that will be sent to the researcher following first contact indicating an interest in developing activities with Instituto Juruá.



To develop any scientific research activity or outreach involving the fauna, flora or even abiotic elements either inside or outside Brazilian Conservation Units, it is mandatory to request a license from the appropriate managing body:



To develop activities in the Médio Juruá Extractive Reserve, the managing body is ICMBio, and the license must be requested via SISBIO: <https://www.gov.br/icmbio/pt-br/servicos/sistemas/sisbio-sistema-de-autorizacao-e-informacao-em-biodiversidade>.

For activities in the Uacari Sustainable Development Reserve, the managing body is SEMA, through DEMUC, and this license must be requested at SEMA by sending an email to: [pesquisaemonitoramento@gmail.com](mailto:pesquisaemonitoramento@gmail.com).

It is very important to apply for any license in advance, as it can take some time. We suggest submitting the proposal at least 30 days in advance. If your research involves working directly with traditional communities, remember that authorization from a Research Ethics Committee whose project is submitted by the Brasil platform is also mandatory.



If your research involves direct work with traditional communities, remember that authorization from a Research Ethics Committee is also mandatory, whose project is submitted by Plataforma Brasil: <https://portal.plataformamaisbrasil.gov.br>.

In addition, if your research involves the indigenous and non-indigenous traditional knowledge or access to Brazilian genetic heritage, the research project must also be authorized by the Sistema Nacional de Gestão do Patrimônio Genético e do Conhecimento Tradicional Associado (SISGen).

For more information, visit the website <https://sisgen.gov.br/paginas/InstallSolution.aspx>.

Any clarification you may need on legal issues and other pre-field needs, please do not hesitate to contact us.

Next, understand what the Instituto Juruá safeguard protection policy is and make sure you complete the course prior to the field activity.

# Protection and Safeguard



Become aware of the importance of safeguard and protection principles in the humanitarian and development sector.

The **Protection and Safeguarding Policy** of the Instituto Juruá, established by Chapter VI of the Internal Regulations, consists of adopting measures that ensure the physical integrity and protection of the beneficiaries of the activities carried out, that is children, women, people with disabilities, vulnerable groups and other residents of the territory in which the organization operates, in relation to the possible harmful effects that may arise from contact with staff, partners and service providers, given particular contextual factors and power dynamics generally established in global social relations.



Photo by Luana Carolina de Almeida



**Please note:** partners or collaborators involved in activities in the communities where IJ operates will participate in a mandatory online safeguard course, whose certificate will be required before going to the field. We also recommend the Kaya (*Humanitarian Leadership Academy*) platform course, for training, familiarity and knowledge about your responsibilities with this agenda.





Please be aware that Instituto Juruá has a **Safeguarding Committee**. We encourage you to report any suspicions or notorious situations regarding compliance with the policy to a member of the committee or staff member of the institute. After completing the course, you will theoretically be able to identify such situations and responsibly **collaborating with the organization's policy**.

It is the Commission's duty to apply disciplinary measures to those who violate this policy and to take the necessary steps related to the complaints, with the aim of resolving the conflicts, always maintaining confidentiality at all stages of the process. In case of legal measures outside the competence of the Instituto Juruá, the referral will be made with the responsible bodies.



Photo by Luana Carolina de Almeida



It is worth remembering that our relationship with all the residents and associations that operate in the region is our most valuable asset.


Thus, Article 41 of Chapter VI of our Internal Regulations expresses:

*“ all support to the victim of harm inflicted by employees or partners, with decisions regarding support being led by the victim”.*







For 15 years the team associated with the Instituto Juruá has been working with the rural communities of the mid juruá and built over this time a close relationship of partnership and friendship. \_\_\_\_\_ 

This way, to ensure our integrity, credibility and the relations established, we must ensure and strengthen the **Protection and Safeguarding Policy**, as well as present the **Code of Conduct**, which is also included in our Internal Rules. This is a document that you must read and sign to perform field activities with the Instituto Juruá.

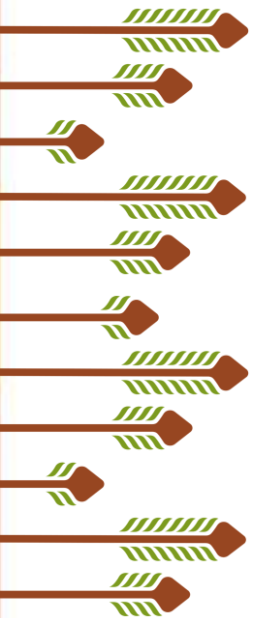


Photo by Hugo C.M. Costa

# Code of Conduct

**What is it?**

A set of non-negotiable rules that guide the ethical posture of our organization, in relation to the various publics of your relationship, whether internal or external. All those who are part of the team, partners, collaborators and service providers of the Instituto Juruá, before carrying out their activities in the field, receive the Code of Conduct, to read, sign and undertake to adopt it in its integrity.





# Checklist:

## essential or optional items for your well-being

### ➡ Accommodations ➡

In the Amazon, most of the time, people sleep in hammocks. It is important to emphasize this, as some people do not have this habit and may find it a little strange at first. If you have any limitations that make this difficult, let the team know in advance so that we can instruct you in the best way possible.

When carrying out field activities in rural areas, we have the practice of adopting the use of the boat as accommodation, where we set up the hammock spaces every night and dismount them in the morning.



Currently, we have the Hylea, a double deck boat that works as transport and accommodation, equipped with: kitchen; bathroom; power for a period of the day; reversible tables; basement; and some support surfaces (shelves and stuff) to arrange personal and work items. When boarding on one of our expeditions, please check with the team for the following needs:

- **Hammocks.** If you don't have one yet, we suggest valuing the local or regional market, buying it in Carauari or in Manaus, there are many shops near the Manaus Moderna market in Downtown. Remember to buy a good quality hammock, it will be your "bed" throughout the expedition. Select one with more robust fabric; the nylon ones are not good for sleeping for long periods.
- **Mosquito net for hammock.** We use a very reinforced mosquito net that is handmade and must be purchased in Carauari. So please make sure in advance to check if we have any available for loan or if it will be necessary to order from local artisans.

- **Robust Ropes for hanging hammock** Two pieces of approximately 1.5m each, about 10mm thick. Pay attention to their resistance, as they will support your weight.
- **Ropes or thin strings to structure the mosquito net** In addition to strings, some models can use sticks made from twigs/bamboo
- **Sleeping bag/sheet/blanket.** Despite being warm most of the time, nights on boats can be quite cold.
- **Bath and hand towels.**For the toiletry bag, we suggest a compartmentalized bag with a hook for hanging in the toilet area.

## ➤ Clothing ➤

The Amazonian climate is predominantly hot and humid throughout the year. In addition to the heat, we must therefore always pay attention to exposure to the sun. Loose-fitting cotton or synthetic clothing with good breathability is recommended. We also recommend clothing with good strength. Remember, and this is very important, that in the region it rains almost every day, so being wet in some activities and periods of the day is part of the local reality. Without overloading yourself, plan to have enough items for your activities, and preferably select items that are simple, quick-drying and do not require excessive care. In the countryside, we wash all items by hand, most often on the banks of rivers.



As most of the time we are sheltered or working with traditional communities, we suggest common sense in terms of clothing and bathing suits. We must always keep in mind that we are being welcomed into the home or territories of people who live in a cultural and religious reality often quite different from ours. We always need to show respect and keep in mind that we are visitors. If in doubt, follow the example of local people and experienced members of the team.

Below we list some essential items for your well being and some optional ones:

- Sun hat/Cap.
- Long-sleeved shirts (for protection from the sun and biting insects)



- Pants (for the same reason just mentioned). There are those who prefer pants with fabric reinforcement at the knee and a model with dual function for short and long dresses.
- Long socks for use in boots and against biting flies when not in boots.



- Footwear- Make sure you use the most suitable shoes for your activities. For terrestrial field activities, it is essential to wear either rubber/Wellington boots, which can be purchased in Carauari, or hiking boots, which you will need to bring with you. For use in communities or on boats (traveling or water-based field activities), we recommend flip-flops ("havaianas" type) or sandals. In a few cases, if you need to stay in the water, a neoprene boot or similar can be very useful. For safety reasons, it is not recommended to wear closed shoes and/or difficult-to-remove shoes when you are in boats or canoes.
- Warm clothes for light or moderate cold (occasionally it gets cold in the Amazon, especially on boats at night or after heavy rains).
- Raincoat or anorak- useful especially on board, in a speedboat/canoe. In the field, it is often more practical to just get wet and enjoy the moment!

## ➤ Health and safety ➤

Always remember about health and safety requirements. Most of the time we are sailing or working in remote places, several hours away from a simple health post, which is not necessarily prepared to attend any medium complexity occurrence. Hospitals only exist in urban centers. If something more complex is required, the trip to Manaus can take days.

Pay close attention with prudence, responsibility and both personal and collective care. Amazon is great at providing us with lessons in humility. We must also always be aware of the instructions, protocols, and behaviors of the more experienced teams and local communities. If there is no one bathing in the water, maybe you shouldn't go in either. If there is no one eating something, it is more prudent not to eat it either. If an animal seems "suspicious" to you, it is better to keep your distance (especially insects!).

We strongly suggest, especially to first time researchers or those coming from other countries, to update their Vaccination Cards; provide information about your blood type and to make medical appointments before the expedition to investigate possible insect allergies (very important!) and pre-existing problems.

Always have in hand:

- First-aid kit. It's best to have your own kit for minor cuts/scrapes/stings etc.: antiseptic wipes and some cotton for cleaning wounds; ointments; gauzes; adhesive plasters; dressings; topical anti-inflammatory, etc. Plasters are especially useful in many situations. A great antiseptic is also essential. There are several videos on youtube that teach how to assemble a basic first-aid kit. If in doubt, contact us.
- Eye drops or serum for eye cleansing.
- Medicines:
  - Analgesic (Painkillers);
  - Antacid;
  - Antipyretics;
  - Antihistamines (IMPORTANT!);
  - Anti-inflammatories;
  - Antibiotics: self-medication with antibiotics should be avoided, but if you feel safer, we suggest a doctor's appointment to request a wide spectrum prescription for cases of extreme urgency. In case of any sign of infection, the first approach is always to seek adequate treatment at a health center/hospital.
  - Intestinal flora restorers;
  - Vitamin supplements, if necessary (not essential);
  - Rehydration sachets, to replace salts in cases of diarrhea or vomiting.
- Water Paste (or Bepantol/Hipoglós), good for both rashes and more severe sunburns
- Sunscreen, hat and long sleeves, take plenty of care with the sun!
- Insect repellent (we mainly recommend those based on Icaridin). The combination of sweat, rain, spiny vegetation, and biting insects usually makes covering up with a hat and long sleeves the most sensible approach for many activities.



- Whistle (for distress calls and location)
- Compass. For those who are not familiar with the use of this instrument, we suggest that you look for instructions on the internet (YouTube videos are a great tool for this) and/or talk to our team.
- GPS. Used for both research and security. We always suggest keeping it calibrated and with the main waypoints of interest, camps and routes updated. Always carry extra batteries for extended emergencies. It is not uncommon to get lost in the Amazon, even in very short journeys through the forest and floodplain. Note that rescues can be quite difficult and time-consuming.
- Torches/flashlights. We suggest both a head-torch and a hand-held torch as a backup. Electric power is not always available.
- Batteries for equipment. Even though you have some access to electricity, both on the boat and in the communities, we suggest you also take "conventional" (non-rechargeable) batteries as safety. Power supply is not reliable and personal security often depends on equipment being kept in good working order (mainly GPS and flashlights). All used batteries must be stored by you for later responsible disposal.
- Some easily transportable systems for water treatment. This can be iodine, chlorine tablets, sodium hypochlorite, chlorine sachets (Chlorine brand or similar have several types of purifiers) or even a portable water filter. Be careful with your water intake! Always be sure to drink treated water.



Photo by Nathália Messina



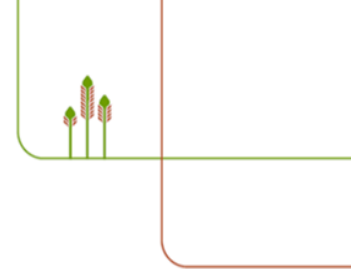
## ➡ Other items ➡



- Waterproof bag(s): useful for keeping your gear and other belongings dry. Large buckets and recycled pots are also widely used, as long as they are hermetically sealed and made of plastic, to avoid injuries in case of breakage.
- Zip-lock bags (useful for many personal items as well as research samples).
- Tupperware-type boxes to store your field or personal items etc. Even on the research boat, absolutely everything is subject to getting wet, so we suggest you be careful with your most fragile items.
- Plug adapters (a 3 to 10 meter extension cord, with multiple inputs, can be useful for charging your devices).
- Cigarette lighters (useful even if you don't smoke).
- Knife (a good pen knife or small field knife).
- Good quality machete, locally called "terçado", and a sharpening file, especially if you are going to work in environments outside the communities
- Small personal "office/stationery" materials such as pencil, pen, eraser, notebook, scissors, etc.
- Plastic mug, to avoid disposables on local boats.
- Canteen or water bottle.
- Padlocks, if you want to ensure greater security for your equipment in river or air transport.
- A roll of duct tape is always very useful!
- Super glue is also often useful for minor repairs.
- Silica gel desiccant beads (useful for keeping electronics and other equipment dry).
- Gaiters (may provide extra protection against snake bites). If you're going to walk in scrubland and forest environments, make sure your footwear is appropriate. Rubber boots do not prevent accidents for some species in the Amazon.
- Sulfur soap. Useful for trying to get rid of ticks after working in terra firme forest. Andiroba soap can also help.
- Câmera.
- Music. In some situations it can be played for everyone's entertainment through the loudspeaker of the Instituto Juruá research boat, but your own headphones are indispensable, both for your leisure and to muffle the noise of the boat's engine!



# Field tips



## Food and Drinks

- ❖ The menu for most meals in the communities and in the Instituto Juruá research boat will consist of fish, often with rice and/or pasta, maybe some beans, potatoes and other vegetables available
- ❖ Bring whatever more specific food you would like to consume, including snacks, particularly if you have any specific food requirements. But remember: sharing meals is important both for team engagement and for respecting the culture in which we are immersed.



Photo: J. Hawes



Photo: H. Costa



Photos: Luana Carolina de Almeida



- ❖ In both Caruarí and in the communities, it can be surprisingly difficult to find fruits and vegetables. Depending on the last delivery from Manaus, there will often be little or no fruits or vegetables in the main stores in Caruarari, but there are a few small stands where you can (depending on the season) find watermelons, pineapples, lettuce, and a few other locally grown items. In the communities, such produce is typically even scarcer except if coinciding with seasonal harvests of watermelons or palm fruits, but it is always worth asking after other small crops such as banana, cashew, passion fruit etc. As a result, some may therefore like to bring their own multivitamins.



- ❖ Take advice from experienced local partners regarding the safety of fresh water, remembering to always pay attention to the purification of drinking water. You may like to bring your own purification tablets for personal drinking water, or water purification drops are available from the health center in Carauari.
- ❖ Always drink enough water and stay hydrated. Local field assistants do not usually bring their own water so, when out on fieldwork, bring enough water for your whole team. Particularly for large teams, the 5 L bottles are easiest for sharing.
- ❖ When you go out to the field, you are responsible for feeding your team!

- ❖ When out on fieldwork, make sure you have enough ‘farinha’ for your team’s lunch. This is preferably eaten with fried fish or meat that people may bring from home but, if not available, tinned food is a practical alternative although maybe not as appetizing or healthy. Even if you have enough other food, there can never be a lack of farinha!



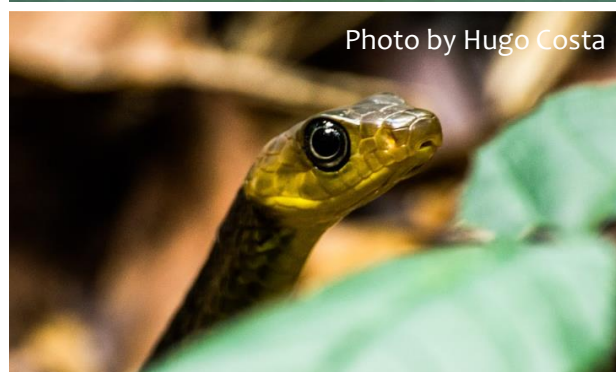
Photo by Carolina Freitas

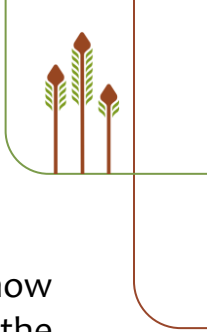
- ❖ A jar of coffee, packets of crackers, cereal bars, nuts, or mixed nuts are welcome, but try to avoid ultra-processed foods.

## Health and safety

- ❖ Make a planned field schedule (‘cronograma’) to give to your contacts at home and/or in Carauari, and Schedule some proper days and places to talk to your family members or other loved ones.
- ❖ Practice good hygiene, including washing hands after using the bathroom. Pack rehydration salts and/or diarrhea medication as part of your first-aid kit.
- ❖ Bring plenty of plasters/bandages and antiseptic wipes/cream for minor injuries. If you get blisters on your feet from the rubber boots, good plasters will be a relief.

- ❖ Bring your own anti-malarial drugs, as well as any other medication you normally take.
- ❖ There are numerous pharmacies/drug-stores in Carauari for antibiotics and other medication.
- ❖ There is a hospital in Carauari and some private clinics but the services here are relatively basic and more serious healthcare requires a transfer to facilities in Manaus.
- ❖ Remember to bring some cash, because although you may find some bank branches in the town headquarters, it may not have your bank specifically, especially for foreigners. You may want to use the money to purchase eventual products of socio biodiversity, articles, handicrafts, or other monetary exchange situations. Furthermore, it is always important to have it for emergencies.
- ❖ Expect to suffer a lot of insect bites on the trip - sand flies and mosquitoes are an almost constant irritant. However, try to avoid them as far as possible by wearing long and loose clothing, using insect repellent, and sleeping with a mosquito net. Avoid scratching bites, which are then more likely to become infected.
- ❖ Other insects, such as ants and wasps can give nasty stings. Make sure you have antihistamines or similar if you suffer from an allergic reaction to insect stings.
- ❖ Store boots carefully and shake them out before use to avoid scorpion stings.
- ❖ Unless it is your research object, never attempt to handle snakes. While most species are not aggressive and will only bite if provoked, highly venomous snakes (including the pit vipers 'jararaca' and 'pico-de-jaca') can be found frequently in the region. Walk carefully and with no hurry, and always work with a local guide.
- ❖ Always carry spare food, a cigarette lighter, and a first-aid kit when out on fieldwork. You wouldn't be the first to run into trouble and need to spend a night on a riverbank or in the forest!





- ❖ Never work alone in the forest and always ensure that other people know where you intend to work and what time you expect to be back to the base/boat. Always work with a GPS unit with known locations marked as waypoints, and take a spare set of batteries. If you become lost, stay calm, stay where you are, and use a whistle to attract attention to your location. Take additional caution if working at night.
- ❖ Machetes are a useful tool but can also be dangerous. Do not use or carry a machete unless necessary. Allow trained guides to use a machete instead. If using a machete, carry in a sheath and follow the instructions of your guide.
- ❖ The river can have strong currents and is home to dangerous fauna. Always ensure that boats are piloted by experienced adult drivers, that the fuel tank is full, and that you carry paddles, life-jackets and a machete for emergencies. Never paddle a canoe alone. Avoid driving at night, during heavy rain or in thick fog. Ensure that floatation devices are available.
- ❖ Avoid swimming in the river, unless you are accompanied and in a place where the locals advise you to bathe. Wear bathing suits appropriate for the occasion: watch how the locals bathe or ask them.

Photo by Nathália Messina



- ❖ Avoid swimming in or wading through opaque white-water or swamps. If stepping in shallow water is unavoidable (when getting in and out of canoes or small boats), make sure to kick up the sediment as you walk in order to disturb sting rays that may be submerged underfoot – by all accounts they give an extremely painful sting that you would not want to experience!
- ❖ In all cases, always work with an experienced local guide and take care to follow their advice!

# Communication

- ❖ Internet (including wifi) is increasingly available in Carauari but remains intermittent and slow – do not expect your usual connection speeds! Some of the most reliable internet connections are in the offices of our partner organizations such as ASPROC, you can politely ask to use.



- ❖ A few of the communities have telehealth stations and schools that may occasionally be able to allow brief internet access during the short break in evening school or at the end of class. This internet access is only granted as a favor by the teacher and is not to be relied upon. It can be useful for sending a short email or a quick facebook or whatsapp use, but is very slow – you may only have time to log-in and write a few lines of an email before a power cut. If you plan to use it, you should prepare any emails in advance and bring them on a USB stick/pendrive.
- ❖ Particularly when out of town, try to see it as an opportunity to switch off or ‘disconnect’ from the demands of email/social media – you may like it!
- ❖ Some of the communities along the Juruá have public telephones but increasingly these are no longer being used.
- ❖ The best form of communication between communities and to contacts in Carauari is via radio, which is available at most of the larger communities.
- ❖ Handwritten notes can be sent by boats traveling up- or down the river!

## Clothing

- ❖ Your field clothes will be soiled and ripped by the end of your fieldwork. Using old or second-hand clothes, from a charity shop, can be a better option compared to buying expensive new items.
- ❖ Bring some soap bar for washing clothes, preferably as natural as possible.
- ❖ Lightweight long-sleeve shirts/trousers and a hat are essential, for protection from the sun, insects and vegetation (particularly scratchy and spiny in várzea floodplain forests).
- ❖ Most people prefer the cheap rubber boots used by local people, compared to expensive hiking boots, which not only don't keep your feet dry, but are also harder to wash.
- ❖ You may want to bring a pair of flip-flops (such as havaianas) for wearing on the boat or in the communities (but remember to wear socks to protect against biting flies!).
- ❖ You may also want to bring a pair of sports shoes for playing football in the evening. People love their football and will be very pleased for you to join in if you still have energy after your day's fieldwork.

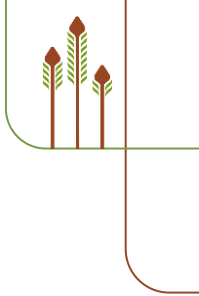


- ❖ People dress up quite nicely when they are off work and they take care of their looks. So, you may want to bring some nicer clothes in case you end up at a party somewhere!

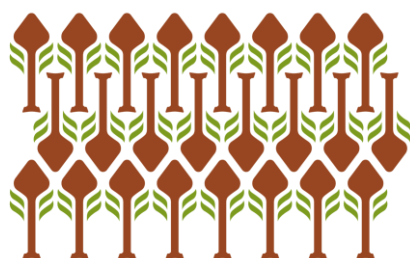


## Culture

- ❖ The people you will meet in the communities are extremely generous and hospitable. People will be particularly pleased when you eat with them, when you join them to work in their 'roçado' or 'casa da farinha', or when you join them to play football or watch TV!



- ❖ People will also be pleased to invite you to party. Parties involve loud ‘forró’ music and dancing that typically lasts all night. They can be drunk and there are often fights: avoid being alone at parties, and stay close to trustworthy people
- ❖ People often like to see photos of your home country and family, and will typically like photos of themselves and their family. If you take photos of people on the expedition, try to print and mail them. Photos are scarce and become a gift for a lifetime!
- ❖ Be prepared for the possibility of some of your belongings (particularly food or fuel) ‘going missing’. While you may ordinarily consider this to be stealing, it may understandably be viewed more flexibly, especially if it appears that you are not taking care of your belongings. The best approach is to avoid leaving anything lying around, and label anything important to you with your name or the Instituto Juruá’s name.
- ❖ If staying in people’s houses, it is nice to contribute some basic food items (such as rice, coffee, sugar, biscuits) as a donation. Depending on whether you're staying overnight in many houses, this needs to go into your food shopping calculation. Prefer foods with a lower degree of industrial processing and chemical additives, as ultra-processed foods are increasingly altering the diet and food culture in communities.





- ❖ Fuel (diesel or gasoline) is a particularly valuable commodity when so far from Carauari, and people will be very happy to receive a liter of either as a token of appreciation for any help, food, or housing that they might have given, if you feel like giving something back. Fuel is also useful for food trading in the communities.
- ❖ Being generous is important but it can be hard to balance this responsibly. Try to keep this balance in mind.
- ❖ If using alcohol (ethanol) for your field research, make sure it is not accessible or hide it and/or label it as dangerous. Despite the health risk, some people drink this alcohol that you would normally use as a disinfectant or to preserve biological samples.
- ❖ Drugs are prohibited in Brazil. And in communities, avoid alcoholic beverages. Drinks can be consumed at opportune times on the boat and in cases where team leaders indicate (homes of some community partners or at parties). Alcoholism rates in these communities are high and we don't want to encourage alcoholism or other drug problems in the communities.
- ❖ Be polite and respectful at all times. Do not lose your temper, even though many things on fieldwork can be frustrating!
- ❖ Always remember and practice the Instituto Juruá Code of Conduct and the Protection and Safeguarding Policy.

Foto: Bernardo Oliveira





# Contacts and Support Network

## ❖ Instituto Juruá on social media: [@institutojuruá](#)

We're on LinkedIn, Twitter, Instagram, Facebook and Youtube!

## ❖ Comissão de Safeguarding do Instituto Juruá 2022:

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## .: PARTNER ORGANIZATIONS .:

### ❖ ASPROC - Associação dos Produtores Rurais de Carauari

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### ❖ ASMAMJ - Associação das Mulheres Agroextrativistas do Médio Juruá

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### ❖ CODAEMJ - Cooperativa Mista de Desenvolvimento Sustentável e Economia Solidária do Médio Juruá

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# Contacts and Support Network

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## ❖ **AANE - Associação de Produtores Agroextrativistas da Comunidade Nova Esperança**

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## ❖ **AMAB - Associação dos Moradores Agroextrativistas do Baixo Médio Juruá**

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## ❖ **ASTRUJ - Associação dos Trabalhadores Rurais de Juruá**

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- Phone: (97) 99163-2169

## ❖ **AAEPPRI - Associação Ambiental, Extrativistas, Pescadores e Produtores Rurais de Itamarati**

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# Contacts and Support Network



## ❖ OPAN - Operação Amazônia Nativa

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## ❖ ICMBio - Instituto Chico Mendes de Conservação da Biodiversidade

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## ❖ FAS - Fundação Amazônia Sustentável

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### :: Public services in Carauari-AM ::

- **Military Police Station** - (97) 99154-1161
- **Emergency and Urgent Care** - (97) 98405-0077/ (97) 99189-8106



Association of Applied Research, Conservation and Sustainable Development of the Juruá River - Instituto Juruá. **MANUAL FOR FIELD ACTIVITIES IN THE MIDDLE JURUÁ.**  
Manaus - AM, Brazil. April 2022.

