



AUSTRALIA

FIELD GUIDE

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LIFE IN THE FIELD



Academic Foci

Australia

- The center is located in the Atherton Tablelands in Northern Queensland, a designated world heritage area.
- Tropical rainforests cover less than 0.01% of Australia forming a narrow, broken belt along the northeast coast of Queensland, bordered by the Great Barrier Reef, grasslands, and eucalypt savannas.
- These rainforests have been subjected to abuses that rainforests worldwide are just now experiencing. Australia is where other tropical countries may be in 20-30 years, and their rainforest management may serve as a future worldwide model.

Indonesia (Summer 2)

- The hotel in Bali, Indonesia is situated in the bustling town of Ubud, a popular tourist spot known for its central location amongst famous temples, rice fields, and natural attractions.
- Much of the landscape in Bali is agrarian with World Heritage-listed rice fields, agroforestry farms, and smallholder operations, making it an ideal locality for examining traditional forms of agriculture and regenerative agro-ecosystems.

SEMESTER: TROPICAL RAINFOREST STUDIES

Rainforest ecology, development, fragmentation, and conservation. Aboriginal ecotourism. Habitat restoration. Threatened species conservation. Animal behavior.

SUMMER 1: MARSUPIALS OF AUSTRALIA

Ecology, evolution, biogeography, taxonomy, and adaptations of major Australian wildlife including marsupials. Impact of humans and climate change. Conservation policies.

SUMMER 2: FARMING FOR THE FUTURE

Agroecology. Economic botany. Agricultural landscapes. Indigenous knowledge. Human development impacts.

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field. All classes are taught in English.



Setting and Facilities

Australia

153-acre center isolated in the rainforest.

RURAL ← ● → URBAN

YUNGABURRA	ATHERTON	CAIRNS
20-minute drive. Cannot walk. No public transport or taxis. Off-campus trips planned by SFS-only.	40-minute drive. No public transport or taxis. Off-campus trips planned by SFS-only.	90-minute drive. No public transport or taxis. Off-campus trips planned by SFS-only.
Population ~1,200	Population ~8,000	Population ~150,000
Nearest town. Doctor, pharmacy, library, hotel, post office, and supermarket.	Similar amenities to Yungaburra.	Major tourist destination. International airport, auto rental facilities, and large resort community.
HOUSING	MAIN BUILDING	OTHER FACILITIES
Four student cabins, 8 students per cabin in twin beds. Personal drawers and storage cubbies. No WIFI or AC.	5-10 minute walk from cabins on forested trails.	Two washing machines available to students once a week (detergent provided). Two dryers, but clotheslines requested when weather allows.
Restroom blocks with showers (cold water) and western-style toilets are a 10-minute walk away from cabins.	Includes classroom, library, computer room, staff offices, kitchen, and covered outdoor dining facility.	

Indonesia (Summer 2)

Hotel accommodations in downtown Ubud.

RURAL ← ● → URBAN

UBUD	DENPASAR
Local town	1-2 hour drive
Population ~74,000	Population ~897,000
Major tourist destination. Doctor, pharmacy, hotels, restaurants, boutique stores, and markets.	Capital city of Bali. International airport and advanced medical care.
HOTEL	OTHER FACILITIES
Twelve rooms, 2-3 people per room in twin beds. Shared storage areas.	Shared hotel areas.
En-suite bathroom with shower (warm water) and western-style toilets.	Laundry can be washed locally for approximately \$1.50 USD per 4 lbs.



Community Interaction

Students live at a center, rather than a homestay, local apartment, or university dorm. This means they will not navigate the local culture, cuisine, or language every day. However, meaningful research is only possible with the input of local people, so community engagement and Directed Research projects vary each term to reflect the requests of our partners. Some examples of past outreach initiatives include planting trees, working in community gardens, picking up trash, and outreach at schools.



Chores

There is no cleaning service at the center, so students are expected to take responsibility for their space. Students will help set up/clean-up for meals and engage in center-wide clean-ups. Specific chore responsibilities will be shared during orientation.



Campus Policies

Because center locations are often unfamiliar to students, there are campus policies in place to keep students safe including nightly curfew, sign-out logs, and a buddy system. Note that during program time students are obligated to stay at the center, and no non-SFS guests are allowed on campus. If family or friends are planning on visiting have them do so during program breaks or coordinate with the center director for approval. Time off during program time to spend with guests is limited. More specific campus policies will be shared during orientation.



Time-off

Students will have highly structured schedules on weekdays and Saturdays with Sundays generally free to spend at the center. Attendance is required for all activities including multi-day trips that may fall on the weekends. Semester students will be given 5-7 weekends off and a 7-9 day mid-semester break. Summer students will be given 1-2 weekends off. Additionally, Summer 2 students have some afternoons and evenings off while in Indonesia. Travel to certain regions or neighboring countries during time off may be prohibited based on risk levels or center policies.

Students are responsible for their own food and accommodations during non-program time. Students are not allowed to stay at the center during weekends off, mid-semester break, or the interim between Summer 1 and Summer 2 sessions. See page 13 for estimated costs.



Alcohol & Substances

Consumption or possession of alcohol is prohibited on campus. Students who consume alcohol during non-program time, need to do so in moderation and maintain respectful behavior toward others.

SFS does not allow possession or use of any medications or substances that are illegal in the U.S. or host country for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using e-cigarettes or vaping devices on program.





Food

SFS can support most dietary needs, but the variety of food will be extremely limited based on local availability and cost. SFS cannot accommodate strict Halal or Kosher diets. For Summer 2, SFS cannot accommodate allergies to peanuts or MSG. Meals are simple and repeat every week, so SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc.

Australia

The cuisine will be similar to the U.S. with breakfasts including cereals, yogurt, eggs, and toast and lunch/dinners consisting of sandwiches, salads, and pastas. Fruit is always available for students to snack on and occasionally cookies.

Indonesia (Summer 2)

Breakfasts will consist of rice cakes, fruits, bread and spreads. Most lunches and dinners will include rice, vegetables, fish, and curries.



Considerations

Language: In Australia, English is the official language. In Indonesia (Summer 2), Bahasa Indonesia is the official language. In Bali, most people speak Basa Bali. Locals have intermediate to advanced knowledge of English. Students without basic Basa Bali may find interactions with locals limited. Most of your time will be spent with your cohort, so do not expect to practice Basa Bali daily.

Culture and Diversity: In Cairns, Australia, 75% identify as White and 10% as Indigenous. Australia also has significant Asian immigration. Religious beliefs vary. In Indonesia (Summer 2), 99.9% of Bali is Indonesian but has a strong tourist presence. 95% of Bali is Hindu. Students may be required to cover their shoulders/knees/midriff to visit certain locations.

Physical Rigor: Students must walk for up to 2 hours at a time. Some sessions will require swimming and snorkeling in the open ocean (0-2 times per session). Swim assessment required to not wear a lifejacket.

Hazards: Snakes, spiders, insects, heat and humidity, motion sickness, drowning, etc. In Australia, cassowaries and terrestrial leeches are also present on campus. Indonesia (Summer 2), also has monkeys, bats, and stray dogs.

Travel: Students will frequently travel short distances by car. Summer 2 students will fly from Australia to Indonesia.



Exercise

The Australian center has basic weights, yoga mats, trails for walking/running, a grass volleyball court, and a basketball hoop. In Indonesia (Summer 2), students can pay to use gym facilities in town. There is also a public soccer field nearby.



Climate

Students will be exposed to high heat and humidity and mud and mold. The "dry" season runs May - October, although, the rainforest is always rainy! Average temperatures during the dry season range from 62-85°F but can drop to 50°F in Australia and 72-88°F in Indonesia (Summer 2). The wet season runs November -April. Average temperatures during the wet season range from 70-88°F.



Money

The local currency is the Australian Dollar (AUD) and Indonesian Rupiah (Rp) (Summer 2).

Both cash and debit/credit cards are widely accepted in Australia and Indonesia (Summer 2). All students are required to bring a credit/debit card with at least \$3,000 in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify banks about international travel.

Students need to bring at least 100 AUD to start (see page 13). AUD can be ordered from banks prior to traveling, exchanged for USD at the airport, or withdrawn from ATMs. There is no opportunity to exchange USD for AUD outside the airport. In Indonesia (Summer 2), Rp can be withdrawn from ATMs or exchanged for USD. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). Students will have access to ATMs in Cairns, Atherton, and Yungaburra and in Ubud (Summer 2).



Electricity

The electrical voltage in Australia and Indonesia (Summer 2) is 230 (the U.S. uses 120). Check all electrical devices to see if voltage converters are needed. Australia uses plug type I and Indonesia (Summer 2) uses types C and F (the U.S. uses A and B). All students will need plug adaptors.



Internet

Wireless internet is available at the Australian center and Indonesian hotel (Summer 2), but it is slow and frequently unavailable. WIFI does not reach the student cabins at the Australia center. SFS reserves the right to limit activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



Computers

Students must bring laptops with the ability to open Microsoft Office files offline and a USB port. Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect all devices.



Phones

Australia

Students with unlocked phones can purchase Telstra SIM cards at the airport (\$10-40 USD/ month). Only some of the center receives cell service. Since WIFI is limited at the center, most students opt to buy a SIM card.

Indonesia (Summer 2)

Students with unlocked phones can purchase SIM cards at the airport (\$15-30 USD/month). Most areas will have cell service. Most students choose to rely solely on WIFI.



Mail

Any packages and letters sent to Australia from the U.S. should be sent airmail. The average travel time for airmail from the U.S. to Australia is 10-14 days. Therefore, no mail can be sent during the last two weeks of the Summer 1 and Semester programs or during the entirety of the Summer 2 program as students will not receive it! Mail will not be forwarded.

Address: Student name, SFS Centre for Rainforest Studies,
P.O. Box 141, Yungaburra, Queensland, 4884, Australia





Sample Schedule

This is just a sample; not one week will follow this outline exactly. Students will receive program schedules after their arrival. Schedules are always subject to change based on weather, event availability, and other factors outside of SFS’ control, including the day of, so students should arrive with a flexible mindset. All events apart from free time are mandatory.

Students should expect long days in the classroom at the start of the program transitioning into fieldwork and independent study.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Free time at the Center (Laundry, Homework, Relaxation).</div> <div>During days off at the center, students will be provided meals. During long weekends in Cairns, students will be asked to buy food and provide housing for themselves Friday-Sunday. See Page 13 for budgeted costs.</div>	6:45-7:45am Breakfast	7:30-9am Breakfast and Morning Meeting	7:30-9am Breakfast and Morning Meeting	7:30-9am Breakfast and Morning Meeting	7:30-8:30am Breakfast	7:30-9am Breakfast and Morning Meeting
	<div>8am-6:30pm Field Trip</div> <div>Field trips can be any day of the week and occasionally last multiple days.</div>	9-10am Tropical Biome Ecology & Climate Change - Lecture	9-10am Environmental Sustainability & Socio-Economic Values - Lecture	9am-12pm Tropical Biome Ecology & Climate Change - Group Presentations	8:30am-12pm Community Engagement	9-10am Wildlife & Conservation Biology - Lecture
		10-11am Environmental Sustainability & Socio-Economic Values - Lecture	10-11am Environmental Sustainability & Socio-Economic Values - Project			10-11am Environmental Sustainability & Socio-Economic Values - Guest Lecture
		11am-12pm Wildlife & Conservation Biology - Lecture	11am-12pm Tropical Biome Ecology & Climate Change - Lecture			11am-12pm Wildlife & Conservation Biology - Lecture
		12-1pm Lunch/Announcements	12-1pm Lunch/Announcements	12-1pm Lunch/Announcements	12-1pm Lunch/Announcements	12-1pm Lunch/Announcements
		1-5pm Wildlife & Conservation Biology - Evaluation	1-5:30pm Tropical Biome Ecology & Climate Change - Presentation Prep	1-5:30pm Free time at the Center	1-5pm Environmental Sustainability & Socio-Economic Values - Field Work	1-4:30pm Field Trip
		5:30-6:30pm Dinner	5:30-6:30pm Dinner	5:30-6:30pm Dinner	5:30-6:30pm Dinner	5:30-6:30pm Dinner
		6:30pm-Sunset Free time at the Center	6:30pm-Sunset Free time at the Center	7-9pm Wildlife & Conservation Biology - Field Work	6:30pm-Sunset Free time at the Center	6:30pm-Sunset Free time at the Center
	6:30-7:30pm Dinner					
	Sunset Curfew	Sunset Curfew	Sunset Curfew	Sunset Curfew	Sunset Curfew	Sunset Curfew

- Meals and Announcements
- Free Time
- Community Engagement
- Classroom Time
- Field Work
- Curfew



Health & Safety in the Field



24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



Student Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or an equivalent certification, and trained in sexual assault first response. They also counsel students on life abroad, conduct risk assessments, attend medical appointments, and help coordinate program logistics.



Orientation

Prior to departure, SFS requires attendance at a pre-departure orientation focused on essential aspects of the program. Students must also research the inherent risks associated with traveling abroad and cultural considerations themselves. Upon arrival to campus, students receive an additional orientation about the local community and culture, center operations, and relevant risks.



Medical Care

SFS maintains detailed risk assessment and management plans. If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care is delayed. Students are responsible for all medical costs and all incidental expenses incurred by all parties involved including transportation, accommodations, etc. This may include costs related to COVID-19 quarantining. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawals are made by SFS. See the Health and Safety Guide for more information.



Mental Health Support

Adjusting to new environments while away from usual support systems is challenging. While abroad, there is decreased communication with home, limited privacy, and fewer opportunities for exercise. Many students find the rigorous schedule of SFS programs and the rare opportunities for alone time overwhelming.

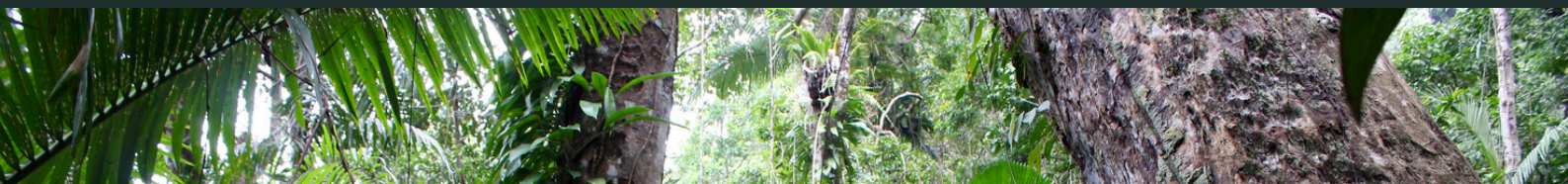
SFS is partnered with Telus Health ([My SSP website](#)) to provide students with access to free, mental health and wellness support via WIFI. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan while abroad. See the Health and Safety Guide for more information.



Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Students should research how their identity might be perceived in a new context.

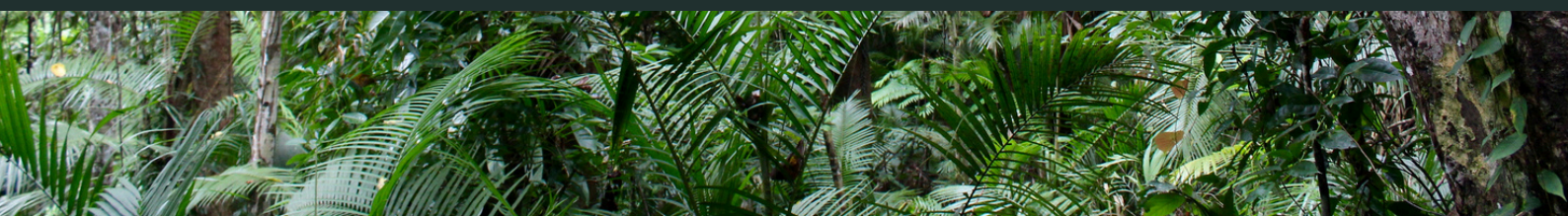
Studying abroad is a privilege, and it is not our students' place to change the host country's culture or values. SFS campuses are permanent fixtures and home to staff year-round. As representatives of SFS and students' own countries, behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community.



Sexual Health & Wellness

Please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS provides support to students including access to medical care and support systems and the option to report to law enforcement. However, local laws and limited availability of resources such as rape kits can complicate reports of sexual harassment or sexual assault in foreign countries.



LGBTQIA+

SFS welcomes all students at our centers, but recommends students know the following:

- Laws and social customs of the host country may criminalize same-sex relationships or certain gender expressions.
- Travelers may experience discrimination and harassment.
- Some cultural practices are based on traditional gender roles. As a result, some students might be misgendered.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- Health services specific to transgender people may be limited or unavailable.
- It is not always possible to use preferred names or genders (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information. See the LGBTQ+ Resource Guide for more information.



**PREPARING FOR
DEPARTURE**



Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve their spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing and meals during program time, field excursions and cultural activities, official transcript processing, and evacuation and 24/7 support in case of emergencies.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1 + 2	April 1st
Summer 2	May 1st
Fall	June 1st

BASIC COSTS (BILLED BY SFS)	SEMESTER	SUMMER 1	SUMMER 2	SUMMER 1+2
Tuition	\$23,850	\$5,750	\$5,750	\$11,500
Room & Board	\$5,750	\$2,580	\$2,580	\$5,160
BASIC PROGRAM COST	\$29,600	\$8,330	\$8,330	\$16,660
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)				
Airfare to Australia	\$3,000	\$3,000	\$3,000	\$3,000
Passport	\$200	\$200	\$200	\$200
Visa fees (if applicable)	\$100	\$15	\$60	\$60
Immunizations/Medications	\$200	\$200	\$200	\$200
Personal Expenses	\$600	\$200	\$200	\$600
Program Breaks - Accommodation & Food	\$1,600	\$400	\$400	\$1,600
ESTIMATED ADDITIONAL PROGRAM COSTS	\$5,700	\$4,015	\$4,060	\$5,660
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)				
ESTIMATED TOTAL PROGRAM COST	\$35,300	\$12,345	\$12,390	\$22,320



Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcomed. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



PASSPORT

Students must have a passport in hand four months prior to departure that is valid for their entire stay in Australia or 6 months after arrival to Indonesia (Summer 2).



VISA

Australia

Students' Australian visas will be applied for and granted before the program start date. Australia Visitor Visas (Subclass 600, 6-month) (Semester programs) cost \$150 USD and Australia Visitor Visas (Subclass 601, 3-month) (Summer 1 and Summer 2) cost \$15 USD. Visa costs are the responsibility of the student, and prices are subject to change. Visa instructions will be given upon acceptance.

Indonesia (Summer 2)

Staff will assist students with applying for Indonesian Tourist Visas while on program which lasts for 60 days. The cost is approximately \$45 USD. Visa costs are the responsibility of the student, and prices are subject to change. Nothing needs to be done for the visa pre-arrival.

If traveling before or after the program, students should make sure that the visa(s) will remain valid for their entire stay.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying for their own visa valid for the duration of their program.



FLIGHTS

Students are responsible for the cost of flights to and from their program. SFS will book flights for all Summer 2 students from Australia to Indonesia. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If students are traveling before the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.





Medical Requirements



Medical Approval Process

Students are required to complete the SFS medical approval process. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. See Medical Review Guide for more information.



Vaccinations & Medications

Required

- None

Recommended

- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations.



International Health Insurance

Students are required to buy international health insurance. Students will receive international health insurance requirements upon acceptance to their program. Keep in mind most companies reimburse medical costs, so students need an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses upfront.

All students are enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This is supplemental insurance to students' own comprehensive health insurance outlined above. See Medical Review Guide for more information.



Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding health or learning accommodations can be directed to the Office of Student Affairs or the Office of Academic Affairs respectively.



PACKING GUIDE



Packing Considerations



Luggage

SFS does not have a specific policy regarding how much or what type of luggage students bring, however, you will be sharing a room and you will have limited space to store your belongings. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees. Summer 2 students' flights to Indonesia will limit each person to 45 lbs of luggage total which includes carry-ons and personal items; some students choose to pay the correlated fees for excess weight instead.



Packing Tips

The rainforest is hard on clothes, and belongings will likely get moldy, especially during wet season. Many students bring old clothes to wear in the field and leave behind at the end of the program. Avoid white clothing and do not bring anything that cannot be damaged!

March flies (which have a nasty bite) are common around the center and are attracted to dark clothing in particular.

Hair care products vary by region. Travelers with curls or hair that is easily damaged might consider packing preferred products in a quantity that will last for the entire program.

While packing, consider the impact of the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable products.





Required Packing

- **Shorts** 2+ pairs of casual shorts to wear around the center and athletic shorts for workouts.
- **Pants** 3+ pairs for fieldwork, lightweight blends that dry quickly. 1+ pair of sweatpants for colder nights. Prioritize pants over shorts.
- **T-shirts/Tank tops** Synthetic, quick-dry athletic fabrics are best.
- **Long-sleeved shirts** Light-weight fabric for working in the field and heavier ones for warmth.
- **Warm Sweaters/jackets** Nights can be chilly, so bring adequate warm layers.
- **Warm hat**
- **Underwear and Socks** for more than one week including 3+ pairs of light wool or synthetic (not cotton) hiking socks. Long socks preferable to tuck pants into
- **Casual/nice clothes** for town. See page 6 for time off.
- **Pajamas** appropriate for shared spaces.
- **Swimsuit**
- **Rash guard (SEMESTER ONLY)**
- **Sun hat and sunglasses**
- **Rain boots** The center has several older pairs of rain boots for student use, but students with especially large or small feet or who would like a new pair should bring their own. Lightweight, shin-high boots with good tread are best.
- **Rain jacket** with a hood.
- **Hiking boots** Preferably waterproof.
- **Sneakers**
- **Flip-flops or Crocs** Keens tend to mold! You may consider an extra pair for showering.
- **One set of sheets and a pillowcase** Standard twin size. A pillow is provided.
- **Sleeping bag** Synthetic fill (down is much harder to keep dry/ mold-free), lightweight/higher temperature rated.
- **Towels** 2 large towels and 1 face/hand towel. Quick dry towels only!
- **Toiletries** Basic items can be purchased in town but bring enough for at least a week. Preferably biodegradable.
- **Laundry bag**
- **COVID-19 Home Test Kits and KN95 Masks** for personal use. 2-3 tests and 5 masks recommended. Local availability may be limited.
- **Record of immunizations and Health history**

- **Personal first-aid kit** Consider Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Immune boosters, Hydration salts/Liquid IV, etc.
- **Two compression ("ace") bandages** in case of snake bites.
- **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the entire duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- **Motion sickness medication/Dramamine/ginger chews**
- **Period care** Students can purchase basic period care products in town. Tampons do not have applicators. We encourage menstrual cups or environmentally friendly, biodegradable options.
- **Flash drives and/or External hard drive** at least 2 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port.
- **Waterproof cases for electronics and silica packets** (or some water-absorbing equivalent).
- **Surge protector and Plug adaptors**
- **Wristwatch** preferably water-resistant or waterproof.
- **Headlamp with extra rechargeable batteries** flashlight can be brought as a backup, but not as a replacement.
- **Dry bags or sturdy plastic bags** gallon-sized Ziploc bags work well. Great for helping protect clothes against mold.
- **Day pack** small backpack suitable for taking gear into the field. 15-30L recommended.
- **Weekend bag** to bring on overnight field excursions or weekends off. 35-55L recommended.
- **Notebooks and Pens/Pencils** Can buy locally.
- **Sturdy work gloves** for community service work.
- **Water bottles** 2 bottles with 1L capacity each. Alumni recommend insulated bottles!
- **Insect Repellent** 1+ bottles. Can buy locally.
- **Sunscreen** 1+ bottles. Can buy locally. **REEF SAFE FOR SEMESTER PROGRAMS**
- **Tupperware and Travel mugs** for packing lunches.



Optional Packing

- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Waterproof rain pants (SEMESTER ONLY)**
- **Water-proof daypack cover**
- **Umbrella**
- **Pocketknife** Checked luggage only.
- **Lightweight blanket** in addition to the sleeping bag.
- **Hammock**
- **Earplugs and Eye mask** Up to 7 roommates!

- **Baby wipes and Hand sanitizer**
- **Journal**
- **Games, Movies, Books, and Crafts** No DVDs as the DVD player on campus only plays Australian DVDs.
- **Musical instruments** may be subject to undesirable storage and weather conditions. Two guitars and a didgeridoo are available to play at the center.
- **Snacks, Drink powders, and Dietary supplements** Any favorites
- **Camera**
- **Voltage converter** if needed for electronics.
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **Binoculars** preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Extra batteries and External battery packs**



Contact Us

Keep up with SFS Follow us on Instagram [@theSFS/@theSFS_australia](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, immunizations, managing medical conditions, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit, application materials, and travel and visa logistics.