



PROGRAM INFORMATION

Pohnpei Survey and Excavation, Federated States of Micronesia

FIELD SCHOOL DIRECTOR

Dr. Maureece J. Levin, School of Human Inquiry, Anthropology Program, University of Arkansas at Little Rock (mlevin@ualr.edu)

PROGRAM SPECIFIC FIELD CONDITIONS

Pohnpei is located in the western Pacific Ocean, roughly halfway between Hawai'i and the Philippines. It is located within the sovereign country of the Federated States of Micronesia. About 35,000 people live on the island of Pohnpei, mostly Pohnpeians, but also a substantial number linked to outer island communities as well as a few foreigners. Most residents speak Pohnpeian as a first language, although English is taught in schools and is widely spoken as well. The state capital of Kolonia, where we will be staying, is the largest population center. There are a number of shops, grocery stores, restaurants, bars, and hotels in Kolonia, although there are no international chains present. While a minority of Pohnpeians live in town, settlement outside of town is dispersed and most land on Pohnpei is privately owned by families.

Pohnpei is a lush, gorgeous island, but it is a very warm and humid place. Typically, highs are in the mid-80s Fahrenheit (around 30 C) and lows are in the upper-60s to low 70s (around 20 C). The weather is also very rainy; you can expect at least a brief downpour during most days. Light clothing and water-resistant footwear is essential. We will be walking over uneven terrain; as such, sturdy hiking sandals, such as Keens or Chacos, are recommended. Cultural attitudes are generally conservative and Christian; as such, shorts that are considerably above the knee and miniskirts are not appropriate.

ACTIVITY LEVEL

Archaeological fieldwork entails moderately strenuous physical activities—lifting, bending, kneeling, crouching, carrying—and we often walk three miles over uneven terrain each day. If you have concerns or anticipate difficulty with these or other physical activities, please consult with the program director(s) prior to starting the program.

ACCOMMODATIONS & MEALS

We will stay at Yvonne's Hotel (<https://www.yvonneshotel.com/>), in the central area of Kolonia Town. Each room has bathroom with a shower that will have hot water available as well as an air conditioning unit. There is coin laundry on the property that you can use. The staff regularly cleans the hotel rooms, although I ask that you keep your room reasonably clean before cleaning staff enters. Before arrival on Pohnpei, I will discuss with you your preferences for roommates. Some rooms can accommodate one

person, some two, and some three. All efforts will be made to accommodate each student to the best of their preferences.

Because we will be staying in town, with restaurants and shops nearby, you will be on their own for breakfasts and dinners. Some of the rooms at Yvonne's have a stove and oven, and so cooking for yourself may be an option; we will discuss this when figuring out room preferences. For lunches in the field, we will provide you with food, typically rice, fish or meat, and a vegetable, or alternatively, a sandwich.

In terms of dietary restrictions, eating vegetarian is difficult; for example, your field school director is ovo-lacto vegetarian in the US, but eats fish on island as non-animal protein options are limited. It would probably be possible to keep strictly vegetarian in the field, but you would definitely need to keep a careful eye on nutrients. Dairy products are not particularly common, so it would not be difficult to avoid them. For students with celiac disease, most starches consumed do not have gluten in them, so keeping gluten-free is not likely to be more difficult than in the US. Students with shellfish allergies will need to be careful, as crab is a common local food; if you have a life-threatening allergy you should carry an EpiPen. If you have other dietary restrictions, please reach out and we will discuss your needs.

There are several grocery stores in Kolonia Town that sell a range of processed, imported foods similar to what you find at a US supermarket. The range of fresh produce in supermarkets is more limited. However, local foods are often available at the markets, such as many varieties of fresh banana, breadfruit, coconuts, and freshly caught fish. There are also several restaurants in town, mostly diner-style. There is also a considerable amount of Japanese and Japanese-style food available at restaurants.

TRAVEL (TO AND DURING THE PROGRAM)

Natural disasters, political changes, weather conditions and various other factors may force the cancellation or alteration of a field school. IFR recommends students only purchase airline tickets that are fully refundable and consider travel insurance in case a program or travel plans must change for any reason. General information for this program is below, but keep in mind we will discuss any updated travel information and regulations during the required program orientation, which could affect travel plans.

Students should plan to travel to Pohnpei International Airport (PNI). Most flights are on United Airlines (although Air Nauru serves PNI from some other Pacific destinations) and will generally arrive via the Island Hopper departing from either Honolulu or Guam and stopping on other islands along the way. There are typically only six Island Hopper flights that arrive on the island per week, so plan ahead. The airport is very close to Kolonia Town; someone from the project team or the hotel will meet you upon arrival. The car ride from the airport to the hotel is approximately five minutes.

If you missed your connection or your flight is delayed, please call, text or email the field school director immediately. A local emergency mobile phone number will be provided to all enrolled students.

On island, we will travel in rental vehicles between field sites and the hotel. Most places in town are within easy walking distance; taxis are also readily available in town and can be used to travel between locations on the island if you would rather not walk (e.g., later at night).

VISA REQUIREMENTS

For citizens of the United States of America: You will need a U.S. passport valid for at least 180 days from the time of entry, a completed FSM Immigration Arrival and Departure Record, and a completed FSM Customs Form in order to enter the FSM. Your air carrier will distribute the FSM Immigration Arrival and Departure Record and Customs Form before you arrive in the FSM. U.S. citizens may enter the FSM to live, work, or study indefinitely without visas or non-citizen registration requirements per the Compact of Free Association between the United States and the FSM. There is no limit to the length of time U.S. citizens can remain in the FSM.

The Federated States of Micronesia imposes departure taxes, which you must pay when you leave each island. For current departure fees visit [Micronesia's Customs Regulations](#) webpage. Please make sure you have cash available, as credit cards are not accepted, and ATM machines are not available at any of the airports. There is no departure fee for U.S. officials traveling on official or diplomatic passports. Travel on commercial aircraft between states of the FSM is considered to be international travel, and persons who are not citizens of the FSM are required to comply with passport requirements upon arrival in any state of the FSM from a commercial aircraft regardless of the point of boarding.

Citizens not from the USA are asked to check the embassy website page at their home country for specific visa requirements.

STUDENT HEALTH

An IFR field school is designed to provide safe, positive, and constructive experiences for participating communities, students, and researchers. We are committed to protocols and practices that support the health and well-being of all involved in our field school projects, including the members of the community in which these projects take place.

We recommend that students adopt best-practices for arriving in a good state of health to protect themselves and their peers' readiness to set about the work of the field school. A thriving field camp environment is a constant exchange of energy, patience, effort, respect, and service. Arriving healthy is every student's first act of service — their first opportunity to behave in a way that respects the safety and wellness of one another.

IFR programs follow the health requirements and guidelines of local health authorities. You may also wish to consult recommendations from the US Centers for Disease Control at: <https://wwwnc.cdc.gov/travel/destinations/list>

Because Pohnpei is located so far from continental landmasses, there are fewer communicable illnesses than in some other tropical locations; for example, malaria is not a known issue. However, you should, at minimum, be prepared for any illnesses that are an issue in the US, and have the full series of CDC recommended vaccinations, especially tetanus. There are also not a large number of terrestrial animals that can cause issues; guard dogs can sometimes be aggressive if they interpret you as invading their territory, although rabies is not common (though not completely unheard of), and there are some imported species of ants that produce painful bites. Mosquitoes, even though they are not known to transmit malaria, can be quite noxious, and have been known to transmit chikungunya, dengue, and zika at times (though not commonly). It is worth bringing strong insect repellent and treatment for bug bites (e.g., hydrocortisone, calamine lotion, anti-itch creams).

If you encounter routine medical issues, there is a state hospital as well as a few clinics and pharmacies on the island that carry common medications and are staffed by licensed medical professionals. More serious health emergencies may necessitate treatment in Hawai'i or Guam.

EQUIPMENT LIST

- Pointing trowel (preferably a Marshalltown), 5" x 2"
- Reusable water bottle
- Rite-in-the-Rain or other water-resistant notebook
- Work gloves
- Hat (a wide-brimmed hat will protect you best from the sun, but a baseball cap will also work)
- Backpack or other daypack
- Flashlight
- Any medication you need for the entire duration of the field school (while there are pharmacies on island we cannot assure they will have the medication you need)
- Work clothing appropriate to the weather conditions
- Water-resistant shoes (we recommend both sandals and boots)
- A light poncho and/or umbrella