

Polar Biology



TROMSØ

Program Study Tour
DIS Copenhagen | Spring 2019



Name: _____







Study Tour Objectives:

- Explore the wildlife and unique sub-arctic environment north of the polar circle in the area of Tromsø and the history of Arctic explorations from this area
- Observe plant-glacier dynamics through hiking an elevation transect on Kvaløya
- Understand how human activity has impacted the environment and biodiversity of Northern Norway
- Visit Tromsø University (UiT) for guest lectures and examples of how terrestrial and marine research is carried out in the area
- Engage in your personal learning process outside the classroom by actively participating and challenging your current ideas and assumptions
- Get to know your fellow students and professor in an educational and social setting outside DIS










Study Tour Leaders	<p>Peter Gravlund <i>DIS Lecturer</i> Tel. +45 6013 2398</p> <p>Noah Edelson <i>IT Support Assistant</i> Tel. +45 3010 9281</p>
<p>DIS Office</p> <p>DIS Emergency</p> <p>Emergency Response</p>	<p>+45 3311 0144 (8.30-16.30)</p> <p>+45 3067 1000 (24hrs)</p> <p>112</p>
<p>US Embassy</p>	<p>Embassy of the United States of America Morgedalsvegen 36 0378 Oslo Norway Tel. +47 21 30 85 40 (8:30-17:00 M-F) Tel. +47 2130 8540 (24-hour Emergency Phone)</p> <p>PLEASE REMEMBER YOUR PASSPORT, DANISH RESIDENCY CARD AND STUDENT ID</p>



SUNDAY, MARCH 24

7:45		<p>Meet at CPH Airport, Terminal 2 7/11, to check in for Norwegian Airlines flight DY935 to Oslo.</p> <p>REFERENCE NO: M W 3 Z N P</p> <p><i>Once you have checked in with your tour leaders, use the electronic kiosks to check in for your flight, proceed on your own through security and meet the group at the gate at least 30 minutes prior to departure.</i></p>
9:45		Departure for Oslo on flight DY935
10:55		<p>Arrival in Oslo</p> <p><i>You will have a short layover in Oslo</i></p>
12:00		Departure for Tromsø on Norwegian Flight DY374
13:55		Arrival at Tromsø Airport
		Departure for hotel
Approx. 15:15		<p>Check in at hotel and drop off luggage:</p> <p>Enter Amalie Hotel Sjøgata 5B 9008 Tromsø Norway Tel. +47 77 66 48 00</p>
15:25		Meet in hotel lobby to depart for guided tour
15:30 – 18:00		<p>Walking Tour: Essential Tromsø: Historical City Walk</p> <p><i>Please meet in the lobby of your hotel, where your tour guide will meet you.</i></p>







		Polar Museum Søndre Tollbodgate 11B 9008 Tromsø Norway Tel. +47 77 62 33 60
		Time on own Please dress warmly and meet in the hotel lobby at 18:25 ready for group dinner.
18:30		Depart for cable car with taxi's
19:00		Group Activity: Fjellheisen/Cable Car Solliveien 12 9020 Tromsdalen +47 926 17 837 <i>"Experience Tromsø's best view! The cable car runs from Solliveien in Tromsdalen up to the mountain ledge Storsteinen (421 m above sea level) in just four minutes. From the viewing platform at the upper station, you can enjoy spectacular panoramic views of Tromsø and the surrounding islands, mountains and fjords."</i>
20:00		Group Dinner: Fjellstua Cafe
Approx. 22:30		Return to hotel with taxis
		Rest of evening on own



MONDAY, MARCH 25

		Breakfast at the hotel <i>Breakfast is served from 7:00-10:00. Please eat at your own leisure before the listed meeting time.</i>
8:50		Meet in lobby to depart for group visit
		Depart by bus for Kvaløya
9:00		Group Tour: Tour to Kvaløya The tour will include vegetation transects from the ground level, hiking with wilderness and survival training, lunch in the field
13:30		Return by bus to Tromsø
14:30-17:30		Group Visit: Lecture by Statens Naturoppsyn <i>About wildlife monitoring and protection in Northern Norway.</i> Speakers: Thomas Johansen from the The Norwegian Nature Conservation Agency and Nicholas Tyler
		Time on own to prepare for group dinner <i>If you'd like to meet the group at dinner, please tell your tour leaders.</i>
18:20		Meet in hotel lobby to walk to dinner
		Walk to group dinner








18:30		Group Dinner: Egon Tromsø Storgata 50 9008 Tromsø Norway
		Rest of evening on own

TUESDAY, MARCH 26








		<p>Breakfast at the hotel</p> <p><i>Breakfast is served from 7:00-10:00. Please eat at your own leisure before the listed meeting time.</i></p>
9:45		Meet in lobby to depart for group visit
		Walk to Group Boat Tour
10:00-16:00		<p>Group Boat Tour: Søroya Fishing Boat Excursion Meet in front of Restaurant Lotus on pier Sjøgata 39 9008 Tromsø, Norway</p> <p><i>Students will be divided into 2 groups and the go sailing for ca 2 hours each. The other group will visit Polaria meanwhile and have lunch before or after the trip. Ecology boat trip off the shores of Kvaløya with a focus on catching some local cod and dissecting these onboard doing a study of gut content. We will have a local marine biologist with us to facilitate and provide equipment for this exercise. We will also discuss the fisheries around Tromsø and use a net to catch microplastics from the water.</i></p>
10:00-16:00		<p>Group Visit: Polaria Museum Hjalmar Johansense gate 12 9296 Tromsø Norway</p> <p>While half the class is out fishing the other half will visit Polaria and have a guided tour as well as explore the museum on their own.</p> <p>First group will receive a guided tour of Polaria at 11.00 Second group will receive a guided tour at 14.00</p>
16:00-18:00		Time on own






18:00		Meet at group dinner <i>See location below</i>
18:15		Group Dinner: Bardus Bistro Cora Sandels gate 4 9008 Tromsø Norway Tel. +47 926 74 888

WEDNESDAY, MARCH 27










		<p>Breakfast at the hotel</p> <p><i>Breakfast is served from 7:00-10:00. Please eat at your own leisure before the listed meeting time.</i></p>
9:45		Meet in lobby to depart for group visit
		Walk to Group Boat Tour
10:00- 13:00		<p>Group Boat Tour: Kvaløya Boat Excursion Meet in front of Restaurant Lotus on pier Sjøgata 39 9008 Tromsø, Norway</p> <p><i>Ecology boat trip off the shores of Kvaløya with a focus on spotting local wildlife and learning about the marine biodiversity. We will pass by a local fish factory and discuss the fisheries around Tromsø and use a net to catch microplastics from the water.</i></p>
13:00 – 16:00		Lunch and time on own
16:00- 18:00		Group Work on Field Assignment in Hotel
18:10		Meet in lobby to walk to group dinner
		Walk to group dinner
18:15		<p>Group Dinner: Emmas Drømmekjøkken og Emmas Under Kirkegata 8, 9008 Tromsø, Norway Tel. +47 77 63 77 30</p>
		Rest of evening on own

THURSDAY, MARCH 28

		<p>Breakfast at the hotel</p> <p><i>Breakfast is served from 7:00-10:00. Please eat at your own leisure before the listed meeting time.</i></p>
9:30		Meet in lobby to depart for group visit by taxi
		Depart hotel for group visit
10:00 – 12:00		<p>Group Visit: Lectures with Dr. Nigel Yoccoz and Dr Kari Anne Bråthen</p> <p><i>Nigel Yoccoz's guest lecture will be on climate change and ecological monitoring of the Arctic biodiversity. The focus will be on both methods and the reason why Arctic biodiversity research is important in a time where the Arctic is experiencing great changes.</i></p> <p><i>Kari Anne is a specialist in plant-herbivore dynamics in response to climate change</i></p> <p>Location: University of Tromsø (UiT) Biology Building Room 2.003 Seminar room Hansine Hansens veg 18 9019 Tromsø Norway</p> <p>Reservasjon: Navn: DIS lecture (COAT +) Id: 19v-NGY000-1</p>
		Depart for city center for lunch on own
Approx. 12:30		Lunch and time on own in city center
15:45		Meet back at hotel to depart for visit

16:00		Departure by bus from Hotel to Academic Visit
16:30		<p>Group Visit: Sami Family</p> <p><i>We will visit a modern Sami family and see the property, discuss how a modern Sami family lives with reindeer herding, and how climate change has impacted herding. Eat dinner in their traditional lavvu tent, followed by hunting for Northern lights with our wildlife guide.</i></p>
19:00		<p>Group Tour: Northern Lights Hunting</p> <p>(Weather and conditions permitting)</p>
		Return to Tromsø
		Rest of evening on own

FRIDAY, MARCH 29

		<p>Breakfast at the hotel</p> <p><i>Breakfast is served from 7:00-10:00. Please eat at your own leisure before the listed meeting time.</i></p>
		<p>Time and lunch on own</p> <p><i>Spend this morning visiting the last minute sights of Tromsø. Consider visiting one of Tromsø's many museums or find the perfect souvenir in a local shop or market.</i></p> <p>Please check out of the hotel by 10:00 and store your luggage.</p> <p><i>Your tour leaders will distribute lunch money.</i></p>
13:15		Meet in lobby to collect luggage and depart
13.30		Depart for the airport
13:45		<p>Arrive at Tromsø Airport to check in for flight DY383 for Oslo</p> <p>REFERENCE NO: M W 3 Z N P</p>
15:00		Depart for Oslo on Norwegian Airlines flight DY373
16:55		<p>Arrive in Oslo</p> <p><i>You will have a short layover in Oslo</i></p>
19:45		Depart for Copenhagen on Norwegian Airlines flight DY952
20:55		Arrive in Copenhagen

Polar Biology LST

24-03-2019 - 29-03-2019

Total on tour: 25

Total students: 23

Total other: 2



Nielsen, Peter Gravlund



Edelson, Noah



Crocker, Sam James

USA

Wheaton College - Massachusetts



Curtis-Dyck, Annie Shea

USA

Bowdoin College



Dalton, Bronte Eileen

USA

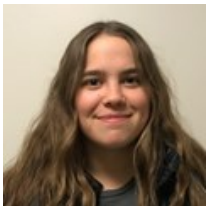
Columbia University



Evans, Maddie Key

USA

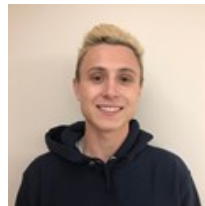
Vassar College



Friedman, Jessi Elaine

USA

Bowdoin College



Grimes, Caleb Stone

USA

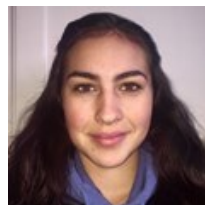
University of Michigan - LSA/CGIS



Johnson, Lila Mary

USA

Vanderbilt University



Larcom, Raven Miranda

USA

Saint Lawrence University



Liu, Nikki

CN

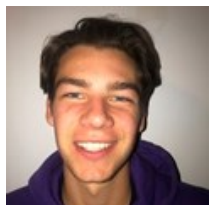
Smith College



Loney, Rachel Elizabeth

USA

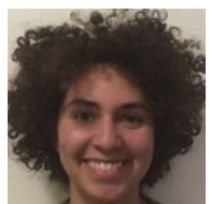
Gettysburg College



Martensson, Niklas David
USA
University of Saint Thomas



Mincks, Graham Parker
USA
University of Wisconsin - Madison



Platzer, Elsie
USA
Columbia University



Portugal, Claudia Ines
USA
Williams College



Roye, Karina Elisabeth
USA
Middlebury College



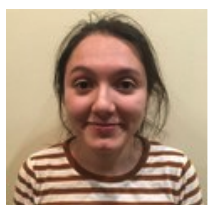
Rush, Kate Jeanenne
USA
University of Maryland, College Park



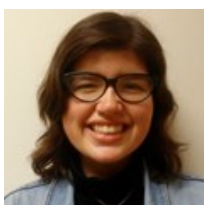
Samoray, Liz Sandra
USA
Washington State University



Savitsky, Greta Lane
USA
Middlebury College



Stevenson, Kayla
USA
University of Puget Sound



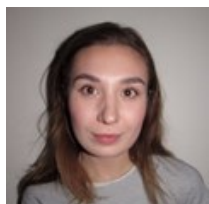
Trent, Amanda Laura
USA
Bowdoin College



Wright, Norie Rose
USA
Franklin and Marshall College



Wright, Emma Catherine
USA
University of Vermont



Wynn, Samantha Rose
USA
University of Wisconsin - Madison

INSURANCE MATTERS WHILE TRAVELLING ON DIS STUDY TOURS

Students enrolled at DIS have comprehensive health -, accident -, property - and personal liability insurance coverage through a combination of the **Danish national health system** and **Europæiske ERV**, which is valid throughout the world.

For further information and details, including forms and information on how to file insurance claims, please refer to the insurance conditions at www.disabroad.org/insurance.

You can also email insurance@dis.dk to have any questions answered.

THEFT

Keep your personal belongings in a safe place and **never leave them unattended or in unlocked premises**. ALWAYS keep a copy of your passport, Danish residence permit and CPR card in a location separate from your originals (e.g. in the bottom of your suitcase).

Should you have your personal belongings stolen during your study tour, please make sure to follow the guidelines below:

1. **ALWAYS** file a police report with the local police, and consult with your tour leader. Without a police report, the insurance company will reject your claim.
 - a. *"However, if, for an exceptional reason, the police cannot be notified at the location of the theft or robbery, e.g. on account of immediately imminent departure, the notification must be made as soon as possible following the Insured's return home, and the original receipt for the notification must be sent to Europæiske ERV."*
2. If your wallet (incl. transportation pass, purchase card, credit card, phone) is stolen, cancel them as soon as possible (you can reference the DISAbroad website for further advice).
3. If your passport is stolen, you will need to go to the closest embassy or consulate with the copy of your passport to have an emergency passport issued.

MEDICAL EMERGENCIES

ALWAYS keep your Danish National Health Card (the CPR card) on you. If you need to see a doctor or go to the emergency room, consult with your study tour leader who will assist you. In a life-threatening emergency call 112, or the local emergency number, before your study tour leader.

Present the doctor/hospital with your CPR card as your personal ID. In some countries, you might be asked to pay up front, but remember to hold onto all medical receipts, prescriptions and doctor's statements, as this paperwork will be necessary to submit in order to get your expenses covered through the insurance.

DIS CODE OF STUDENT RESPONSIBILITY

Students and tour leaders are expected to uphold and follow the expectations of the DIS Code of Student Responsibility while on study tour. The full Code is available online in the “Student Resources” section for both Copenhagen and Stockholm. Students are reminded of the following Code sections, which are particularly relevant while on study tour:

- Students are expected to contribute to a positive community while on study tour.
- Obstruction of study tour activities *is prohibited*. Students are to comply with directions of DIS officials and partners acting in performance of their duties, including communication of guidelines, directives, timetables and instructions.
- Students are financially responsible for their own actions and any property damage, fines, etc. are the responsibility of the student to rectify.
- Students who choose to consume alcohol do so with the knowledge that they remain responsible for their actions at all times. Being under the influence of alcohol during or between study tour visits *is prohibited*. *Extreme or repeated intoxication at any time is prohibited*.
- Students may not purchase, possess, use, or distribute any drugs considered to be illicit, illegal, or a controlled substance in Denmark, Sweden, and any country they visit while enrolled with DIS (including study tour travel). Students may not use drugs legally prescribed to another person or inappropriately/illegally use otherwise legal drugs. Students are further cautioned that the possession of illegal drugs is often dealt with harshly by local law enforcement

DIS tour leaders are obligated to report any violation of the Code of Student Responsibility including inappropriate behavior or negative participation to both the DIS Study Tours Department as well as the Office of Academic Support.

Inappropriate behavior on any DIS study tour can also result in dismissal from DIS without refund of tuition or study tour costs.

DIS STUDY TOUR EMERGENCY PROCEDURES

First Priority: Protection of Life and Wellbeing

In case of an emergency your first priority is to ensure that you are in or evacuate to a safe area. Follow the directions of local authorities, where present, and note that often the safest decision is to remain where you are.

Second Priority: Call for Assistance

If you, or anyone with you is injured or in direct risk of being injured, call **112** or the local emergency number.

Then, call one of your tour leaders (contact numbers are found on the front page of this booklet).

In the unlikely event that you cannot reach your tour leaders, call the 24/7 DIS Emergency Phone:

Copenhagen: +45 30 67 10 00

Stockholm: +46 72 14 12 862

After reaching safety, calling for assistance, and reaching a DIS staff member, stay off the phone to conserve your battery and so that your line is open if someone needs to reach you.

Third Priority: Assist the injured and/or attempt to eliminate further hazard

If you are able to take steps to eliminate a hazard from spreading or be of aid to injured people **without putting your own safety at risk**, you should do so if it can prevent further injury or loss of life.

Fourth Priority: Inform your family/personal emergency contact

Only after the immediate risk is mitigated, inform your family/emergency contact person of your status and situation.

DIS will assist you in communicating with your home institution, and any other necessary parties.



Iceland

Flåm

Bergen

Oslo

Stockholm

Helsinki

Tallin

Edinburgh

Glasgow

Delphi

Dublin

London

Devon

Isaberg

Copenhagen

Hamburg

Berlin

Poznan

Amsterdam

Dresden

Kraków

Brussels

Paris

Frankfurt

Prague

Reims

Vienna

Bratislava

Budapest

Alpe d'Huez

Milan

Sarajevo

Pristina

Sofia

Barcelona

Rome

Lisbon

Mallorca

Athens