



Deployment Guide

LIVE DOCUMENT (UPDATED AUG 16, 2022)
SAL, CABO VERDE

DATES: AUGUST 19 - OCTOBER 7

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INTRODUCTION

This orientation guide is for the CPEX-CV 2022 field deployment to SAL Island, Cabo Verde. This guide was created to help you become familiar with the area and to answer some of the questions you may have when you arrive. This is a LIVE document so, please check for the latest updates.

NASA's Convective Processes Experiment – Cabo Verde (CPEX-CV) is a continuation of the truncated CPEX – Aerosols and Winds (CPEX-AW) field program flown out of St. Croix, USVI between 17 August – 10 September 2021. As in CPEX-AW, CPEX-CV will fly the NASA DC-8 medium-altitude aircraft equipped with an suite of remote sensors and dropsonde-launch capability that will allow for the measurement of tropospheric aerosols, winds, temperature, water vapor, and precipitation.

CPEX-CV will be operating out of Sal Island, Cabo Verde

CPEX-CV POINTS OF CONTACT

DC-8 Aircraft Project Management

Brian Hobbs, DC-8 Aircraft Project Manager

Organization: NASA Armstrong Flight Research Center

Cell: +1 (661) 276-2557

Email: brian.l.hobbs@nasa.gov

Kirsten Boogaard, DC-8 Aircraft Deputy Project Manager

Organization: NASA Armstrong Flight Research Center

Cell: +1 (661) 276 2335

Email: kirsten.boogaard@nasa.gov

ESPO Team Members

Vidal Salazar, CPEX-CV Project Manager

Organization: NASA Ames Research Center

Cell: +1 (650) 499-6405

Email: Vidal.Salazar@nasa.gov

Stevie Phothisane, Shipping & Logistics

Organization: NASA Ames Research Center (BAERI)

Cell: +1 (707) 772-9683

Email: s.s.phothisane@nasa.gov

GETTING TO SAL, CABO VERDE

VISA INFORMATION

All NASA Civil Servants traveling on official government orders MUST request a Cabo Verde Visa through their travel department.

U.S. citizens traveling with a regular personal passport (regardless of the number of travel days) are required to pre-register using the online form (www.ease.gov.cv) and pay the airport security tax (TSA) at least 5 days prior to departure from the U.S. Some travelers have reported issues paying for this airport tax in advance, please note that this arrival tax can also be paid upon arrival at Sal airport.

Project participants staying in Sal Island for more than 30 days can apply for an extended visa from the Cabo Verde Embassy in Washington DC. However the embassy has indicated that the option to request an extended stay (30+ days) can be done directly from the online registration form (www.ease.gov.cv).

More information and up-to-date requirements are listed here: http://www.embcv-usa.gov.cv/images/doc/Info_pedidos_vistos_eng.pdf. ESPO will make an announcement to pre-register once the dates of the suitcase flights have been confirmed.

All other foreign nationals (except citizens of ECOWAS countries, Angola, and South Africa) must obtain a visa to enter Cabo Verde Islands. Some traveling agencies take care of the visa automatically. But if not, you need to obtain your visa before you travel, which can take several weeks. Foreign nationals, please visit the Cabo Verde Embassy website (<http://www.embcv-usa.gov.cv>) for the latest visa information.

Please print out the [project introduction letter](#) to identify yourself as a CPEX-CV project participant to any authority requesting the information while traveling or at Sal Island.

COVID-19 INFORMATION: TRAVELING TO CABO VERDE

When booking flights to Sal, the routing options may include many international locations.

Please keep an eye on your layover flights for COVID-19 guidance and the need for a hotel in your layover destination.

Sal, Cabo Verde Arrival: COVID-19 Test Requirements (this section will be updated regularly)

As of June 01, 2022, all passengers arriving in Sal, Cabo Verde should consult and complete the steps outlined in the [Travel-Guide-Cabo-Verde-new.pdf](#) before transit.

Participants should also reference the [CDC-Cape Verde website](#) for further guidance and risks on traveling to Cabo Verde.

Returning to the U.S. from Cabo Verde: COVID-19 Test Requirements

As of June 28, 2022- No COVID tests are required to travel back to the USA.

Vaccination – Non-U.S. Citizen, Non-U.S. Immigrant

If you are a non-U.S. citizen who is a nonimmigrant (not a U.S. citizen, U.S. national, lawful permanent resident, or traveling to the United States on an immigrant visa), you will need to show proof of being [fully vaccinated](#) against COVID-19 before you travel by air to the United States from a foreign country. Learn more about this [requirement](#).

Note: The latest vaccine/testing requirements will be distributed with the CPEX-CV team approximately a month before the start of the field deployment. COVID Travel requirements are changing rapidly around the world. Different countries are imposing different mandates and requirements. Project management will make every effort to communicate all the required testing requirements, but each individual will be responsible to confirm COVID travel requirements before departure.

U.S. EMBASSY IN CABO VERDE (ON ISLAND OF PRAIA)

[In Case of Emergency](#)

If you are an American citizen with an after-hours emergency, please contact the officer on duty at: +238-991-33- 25. During business hours, please call +238 260 89 48. These numbers are not for visa inquiries.

[UNITED STATES EMBASSY IN CABO VERDE](#) - US CITIZEN SERVICES

Rua Abilio Macedo 6

Praia, Cape Verde

Phone: (238)-260-89-00

Fax: (238)-261-13-55

CUSTOMER SERVICE

To contact a customer service representative, or use contact information below:

- Consular Section
U.S. Embassy Praia
Rua Abilio Macedo 6, Praia
Email: praiaconsular@state.gov

The Consular Section is open to the public every Wednesday from 8:00 AM to 12:00 PM

- American Citizen Services – American Citizens only On-line appointment only
- Notary Services On-line appointment only

Appointments are required for all non-emergency services. To request an appointment, please use the Embassy's [on-line appointment system](#). Please also note that requests for same-day appointments cannot be accommodated.

PASSPORT INFORMATION

Passports must be valid for at least six months beyond your period of stay in Cabo Verde. If your passport is valid for say 4 months after return, for example, you can still get your visa at your country's consulate before you travel. Contact the consulate for more information. To be on the safe side, make sure that your passport is valid for at least 6 months after your return date, when traveling to Cabo Verde.

RECOMMENDED BEFORE YOU GO: ENROLL IN "STEP" (Smart Traveler Enrollment Program)

What is STEP? Benefits of Enrolling in STEP - The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

VACCINATIONS

The CDC recommends that all travelers to the Cabo Verde are up to date on their regular vaccinations. Additional recommended (not required) vaccinations are as follows:

- COVID-19
- Hepatitis A
- Hepatitis B
- Measles
- Rabies
- Typhoid
- Yellow Fever

MANDATORY FOREIGN TRAVEL SECURITY TRAINING

All US Government personnel and contractors performing official international travel are required to complete certain State Department mandated security training. The specific training depends on the cumulative amount of time that the person is expected to participate in official travel within a calendar year.

Counter Threat Awareness Training

The State Department's Foreign Service Institute (FSI) Counter Threat Awareness Training (CTAT) has replaced the older High Threat Security Overseas Seminar (HTSOS) course. If you have previously taken the HTSOS, it is still valid for six (6) years from when you obtained the certificate. The CTAT training is offered within NASA's SATERN system (search for COURSE AG-CTAT). Once the learner successfully completes the course, they must download a copy of the training completion certificate and submit it to their International Services Office to move forward with the country clearance process. The certificates must also be uploaded to their ESPO mission registration profile. This training is valid for 6 years from the completion date.

The Foreign Affairs Counter Threat (FACT)

The Foreign Affairs Counter Threat (FACT) course, CT650, is mandatory training for personnel serving under Secretary of State Responsibility in FACT designated posts. FACT training is now required for foreign affairs personnel working overseas for 90 (previously 45) or more cumulative days in a 12-month period. The FACT validity period has been extended from 5 years to 6 years. Third-Party Contractors may enroll on a reimbursable basis if their contract requires the training. <https://fsitraining.state.gov/FACT>

HEALTH INSURANCE

All CPEX-CV participants are required to consult with their individual health care and insurance providers regarding coverage in Sal, Cabo Verde. If needed, the option of purchasing supplemental insurance should be made by individuals on as needed basis

- Health Insurance: Many foreign medical facilities and providers require cash payment up front and do not accept U.S. insurance plans. Make sure your insurance covers any special medical needs or risks you anticipate on your trip to Sal, Cabo Verde. Civil servants should speak with the medical officer at their Center about travel precautions.
- Emergency Evacuation: Evacuation for medical treatment or to leave a crisis area in another country can cost more than \$100,000. Please consult your insurance provider for coverage in Sal, Cabo Verde
- Unexpected Expenses: Trip interruption or cancellation, flight delays, lost or stolen luggage, and other unexpected travel costs can add up. Check with your credit card and homeowners insurance companies to see if they provide coverage. If not, consider [additional insurance](#).

HOTEL

SAL ISLAND, CABO VERDE

ESPO has set up room blocks at the Hilton Cabo Verde Sal Resort. Reservations should be made no later than July 20th and ONLY using the [link provided](#) as the CPEX-CV Management Team is required to reach a certain number of booked room nights. Please be prepared to provide a credit card number for the room reservation. Room cancellations or changes must be done so 30 days before scheduled arrival. Less than 30 days will result in a charge of one night's stay. Please do not use 3rd party reservation sites (HHonors is considered a 3rd party site).



Hilton Cabo Verde Sal Resort

Hilton Cabo Verde Sal Resort

Address: Aveda dos Hoteis, CP 230, 4111, Santa Maria – Ilha do Sal

Phone: Office: +238 33 44 408

POC: Tamara de la Croix, GC&E Assistant Manager,
tamara.delacroix@hilton.com

Hotel Booking Information

- Reservations: Follow the [CPEX-CV Room Block Link](#) or Call +238 33 44 408 and request the NASA CPEX-CV rate.
- Cancellation Notice: 30 Days in Advance of Arrival
- Rate: Per diem government rate € 128 (\$135, roughly)
- Each traveler must secure his/her accommodations NO LATER THAN JULY 20.

NETWORK AT THE CABO VERDE SAL RESORT

The hotel is serviced by a fiber optic network internet service. Wireless Internet services will be available in all rooms. The type and name of the network is to be determined and connectivity information will be provided upon arrival at the site or as needed. Please consult a hotel team member upon arrival for network connection information.

UPON ARRIVAL

Please be sure to complete the CPEX-CV check-in. This form will request your name, hotel, room number, email, and best phone number to contact you while on deployment in case of an emergency.

TRANSPORTATION

The Hilton Cabo Verde Sal Resort is about a 30-minute drive from the Amilcar Cabral International Airport, also known as Sal Cabo Verde International Airport (SID). The main road from North to South is a two-lane road in good condition. Traffic is minimal. Taxis to and from the Airport to Santa Maria are about 20 Euros (2000 Escudos).



SHUTTLE SERVICE

During the mission ESPO will arrange for Shuttle options to move participants between the hotel and airport for daily operations and flights. A shuttle schedule will be posted on the ESPO webpage and announced in the Mission Plan of the Day (POD).

Participants are expected to use this service. No rental cars are permitted for the general participants. A few rental cars are available for sounding groups.

Arriving in Sal

Team members arriving in Sal via commercial flight, please use the local taxis to travel to the Hilton Hotel. The one-way fare is ~20 Euros (paid in Cash) or 4000 Escudos (also paid in cash).

Team members arriving in Sal with the NASA DC-8. There will be a project shuttle service to transport crew members to the Hilton Hotel.



Rental Car Signage and Availability

RENTAL CARS

Rental Cars are available through tourist services. During the site visit, the team rented a truck with manual transmission for 70 euros (all inclusive) + 200 Euros deposit. As stated above, rental cars are not permitted for the general participants, we encourage all project participants to use the project shuttle to and from the airport/hotel.

DRIVING IN CABO VERDE

Mission management encourages all participants to utilize the shuttles that ESPO has arranged for the team. If you have a special work case that requires you to rent a car, please be sure to abide by the local transit laws. Below is a list of useful information for foreign travelers to know, before renting a car in Cabo Verde:

- Cabo Verde drives on the same side as the US (right)
- At the intersections, the car on the right has the right of way, but vehicles within the circle have the right of way at roundabouts (traffic circles).
- Valid driving license and must carry all your documentation including insurance and passport.
- All drivers must be 18 years of age
- By law must have 3rd party insurance
- Seat belts must be worn.
- Children under 12 must sit in the back.
- The speed limits are 80 Kmph on the highways and 30 Kmph in urban areas,
 - Be mindful of the traffic signs
 - Santa Maria and other urban areas are tourist towns, it is wise to drive a bit slower as there will likely be people walking in the street
- Be Cautious when driving at night as drunk driving has been cited as a problem on the island.

MISSION INFORMATION

MISSION SCHEDULE

ALL HANDS MEETING

There will be a mandatory CPEX-CV All Hands Meeting at the beginning of the mission. Details will be provided by email and WhatsApp. If you cannot attend, see ESPO upon arrival for an in-person briefing.

PLAN OF THE DAY (POD)

A daily plan of the day (POD) will be posted on the CPEX-CV website under Mission Planning>Daily Schedule. An email will be sent out on the CPEX-CV listserv and via WhatsApp messages.

PROJECT COMMUNICATIONS

All pertinent information and project communications will be shared on multiple platforms, including email, WhatsApp, and the CPEX-CV ESPO website. Please contact an ESPO Team Member if you are having difficulty receiving those.

WhatsApp Channels:

Channel Name	Channel Description	Channel Link
CPEX-CV All	General Project discussion, updates, and the Plan of the Day (POD) for the field campaign will be posted in this channel	https://chat.whatsapp.com/C0gAkWytD0p7pHyWcjpXh1
CPEX-CV Instrument Teams	Instrument related coordination, integration and discussion for the field campaign. Including the integration POD	https://chat.whatsapp.com/KbmyWzoXmf90XSvo7uU5eg

DC-8 MEDICAL CLEARANCE

If you anticipate supporting any flights aboard the DC-8, you must complete the following 3 steps:

1. [AFRC Science Flight Participation Authorization](#) (complete form and email submission)
2. Flight Medical Clearance and Aviation Physiological Training (complete questionnaire and training, then email submission)
3. DC-8 Egress and Emergency Training (on-site training)

Full instructions for each step can be found on the [CPEX-CV ESPO website](#). Please contact Brian Hobbs (brian.l.hobbs@nasa.gov) or Kirsten Boogaard (kirsten.boogaard@nasa.gov) with any questions.

LAB, HANGAR AND RAMP SAFETY

- Closed-toe shoes are required in the hangar and on the ramp. No high heels, sandals or open-toes shoes are allowed.
- Long pants are required when aboard the aircraft.
- Never approach any aircraft without permission. Please coordinate all such requests for aircraft, or on-aircraft instrument access with the DC-8 Mission Manager or ESPO PM.
- No smoking is allowed in the near the aircraft or in the Operations Center
- If you bring hazardous materials to Sal, please provide ESPO and the Mission Manager a copy of the SDS in advance.
- Use proper personal protective equipment (PPE) when you are handling hazardous products/materials or performing tasks that would require additional protection.
- Always make sure someone in your group knows your whereabouts in case of an emergency (ESPO will collect your local contact information)

COVID-19 GUIDANCE

With the ever-changing nature of the pandemic still effecting the world around us, guidance for COVID-19 preventative measures will be released by email on a case-by-case basis and posted to the ESPO website. Participants should err on the side of caution and refer to CDC guidance for COVID-19 prevention best practices.

ESPO will provide PPE, including face masks, hand sanitizer, and test kits, for anyone who wishes to use them, though we ask that participants be pragmatic about the number of times they test. There will be additional cleaning supplies available, and participants are responsible for cleaning and maintaining their workstations.

AIRPORT INFORMATION

BADGING

- Every mission participant will be issued an airport issued CPEX-CV mission badge.
- Badges will be handed out on site by an ESPO representative as project participants arrive in Cabo Verde.
- Please check back for badging updates

FBO SAFEPORT

The FBO is located at the northern end of the terminal with a guard at the gate to the building. Parking on the inside of the gate is limited; drivers will have to park on the terminal side and walk to the building. All participants are encouraged to utilize the mission provided shuttles.



SafePort Building Façade as approaching from the street side

OPERATIONS CENTER

The CPEX-CV Operations Center will be located on the second floor of the FBO building. The office area is currently being rebuilt and will be ready by the end of June. It

will have a total area of 400m² divided into office areas, meeting rooms, lounge area, kitchen, shower, etc. If the work is not complete, the alternative is to use the meeting/conference space at the Hilton Hotel.



Operations Center will be complete at the end of June

Internet Speed

Measured speed at the airport: 13.5Mbps (up and down).

AIRCRAFT PARKING

The aircraft will be parked at parking spot #7 during normal operations. The aircraft might be moved to parking spot #1 as needed (see on map). Transportation between the FBO and the aircraft will be through FBO services.



Sal Airport, FBO location in the North end of the terminal and parking positions #1 and #7



FBO from the Arrival tarmac

SHIPPING INFORMATION

INSTRUMENT SHIPPING TO CABO VERDE

Instrument Teams are responsible for shipping to/from the integration site (NASA AFRC). ESPO will ship to/from the deployment site (Cabo Verde). Please pack any fragile or sensitive equipment in hard shell cases with plenty of cushioning and avoid shipping loose items whenever possible.

Clearly label all boxes with the following information:

- CPEX-CV
- Instrument name
- PI's name
- Contact phone number

SHIPPING POINT OF CONTACT (POC) INFORMATION

ESPO:

Stevie Phothisane, Shipping & Logistics
Organization: NASA Ames Research Center (BAERI)
Cell: +1 (707) 772-9683
Email: s.s.phothisane@nasa.gov

DC-8, Sal, Cabo Verde:

Brian Hobbs, DC-8 Aircraft Project Manager
Organization: NASA Armstrong Flight Research Center
Cell: +1 (661) 276-2557
Email: brian.l.hobbs@nasa.gov

SHIPPING ADDRESS

NASA Aircraft Operations Facility
2825 East Avenue P
Palmdale, CA 93550
Attn: (Instrument Name)/CPEX-CV- Wendy Bereda (661) 276-3182

AIR & SEA SHIPMENTS

Please review the [ESPO CPEX-CV website](#) for specific shipping instructions and schedules.

SMALL SHIPMENTS TO SAL

DHL ships to Sal. All incoming parcels will have to be coordinated through ESPO to avoid delays at Cabo Verde customs.

MEDICAL & EMERGENCY INFORMATION

EMERGENCY NUMBERS

Medical Emergencies: 2411 – 132
Police Emergencies: 2411 - 130

MEDICAL SERVICES

All CPEX-CV participants are required to consult with their individual health care and insurance providers regarding coverage in Sal, Cabo Verde. If needed, the option of purchasing supplemental insurance should be made by individuals on as needed basis

- Health Insurance: Many foreign medical facilities and providers require cash payment up front and do not accept U.S. insurance plans. Make sure your insurance covers any special medical needs or risks you anticipate on your trip to Sal, Cabo Verde. Civil servants should speak with the medical officer at their Center about travel precautions.
- Emergency Evacuation: Evacuation for medical treatment or to leave a crisis area in another country can cost more than \$100,000. Please consult your insurance provider for coverage in Sal, Cabo Verde
- Unexpected Expenses: Trip interruption or cancellation, flight delays, lost or stolen luggage, and other unexpected travel costs can add up. Check with your credit card and homeowners' insurance companies to see if they provide coverage. If not, consider [additional insurance](#).

AT THE AIRPORT

The airport itself has a small clinic for minor emergencies and COVID testing.

NEAR THE HOTEL

Across from the Hilton hotel, there is a small “do it all” clinic that serves tourists.



P

CliniTour - “Do it all” medical center across from the Hilton Hotel

<http://www.clinitur.com>

+238 2421519 and geral@clinitur.com

HOSPITAL

The main hospital is in Espargos (1 mile North from the airport).



Hospital DoI Sal

Address: P3X7+HR5, Espargos, Cape Verde

Hours: Open 24 hours

Phone: +238 241 11 30

Call your health insurance in advance to check if your insurance will cover medical expenses in Cabo Verde.

CULTURE: SAL, CABO VERDE

HISTORY

The main cultural hub of Sal Island is located in Santa Maria. Here, you'll find an endless expanse of beach which runs along the southern bay, wrapping around to the western coast of the island along with a plethora of shops, restaurants, and bars you may choose to visit. The airport is located just southwest of Sal's capital Espargos. Not only does Sal Island cater for serious beach goers, but also those in search of something a little more unique. There's lots of history to absorb in the form of the island's once booming salt trade (from which the island takes its name), and heading inland will uncover a vast, barren landscape with exceptional features, poles apart from the sandy paradise at Santa Maria.

POPULATION & LANGUAGE

The overwhelming majority of the population of Cabo Verde is of mixed European and African descent and is often referred to as mestiço or Crioulo. There is also an African minority, which includes the [Fulani](#) (Fulbe), the Balante, and the Mandyako peoples. The total population of the island nation is 563,800.

Although [Portuguese](#) is the official language and is used in formal situations, [Crioulo](#), one of the oldest of the Portuguese [creole](#) languages, is more widely spoken. The different [dialects](#) of Crioulo that exist on the islands may be broadly divided into Sotavento and Barlavento groups. There has been a struggle to [legitimate](#) and regularize Crioulo orthography in a dictionary and in schools.

CURRENCY

The local currency is the Escudo:

100 Escudos ~1 euro ~\$0.98USD

All transactions are made in Euros or Escudos.

The US dollar was not accepted at any location during the site visit.

BANKS AND ATMS

There are many banks around with ATM services available. Most (if not all) ATMs dispense Escudos. Euros are available at the airport or at exchange houses around the island.

Useful Fact

The locals will write pricing in the following form:

10€00

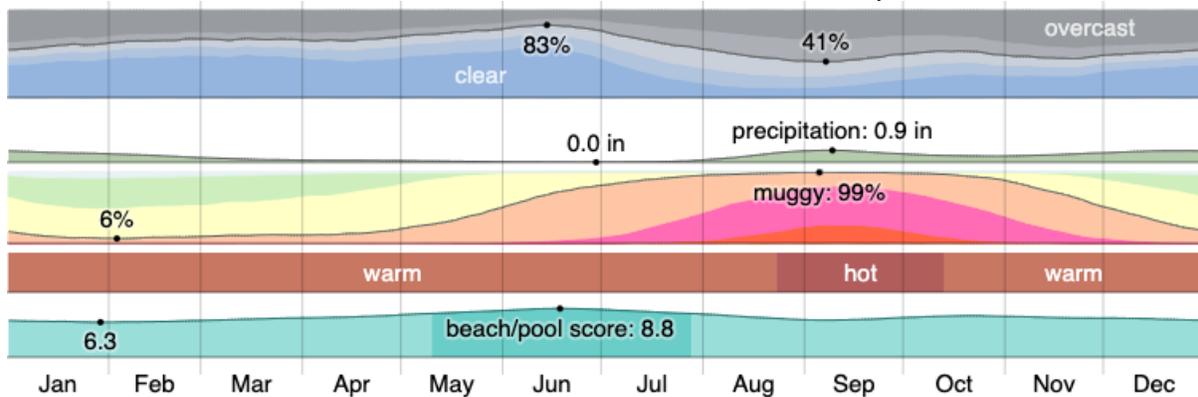
This indicates 1000 Escudos or 10 Euros.

CLIMATE & WEATHER

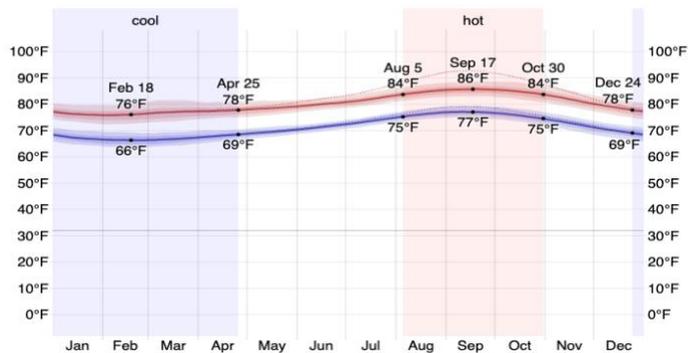
In Sal, Cabo Verde the summers are short, hot, and oppressive; the winters are long and comfortable; and it is dry, windy, and partly cloudy year round. Over the course of the year, the temperature typically varies from 66°F to 86°F and is rarely below 64°F or above 89°F.

The month with the most days of rain alone at Amílcar Cabral International Airport is September, with an average of 3.5 days.

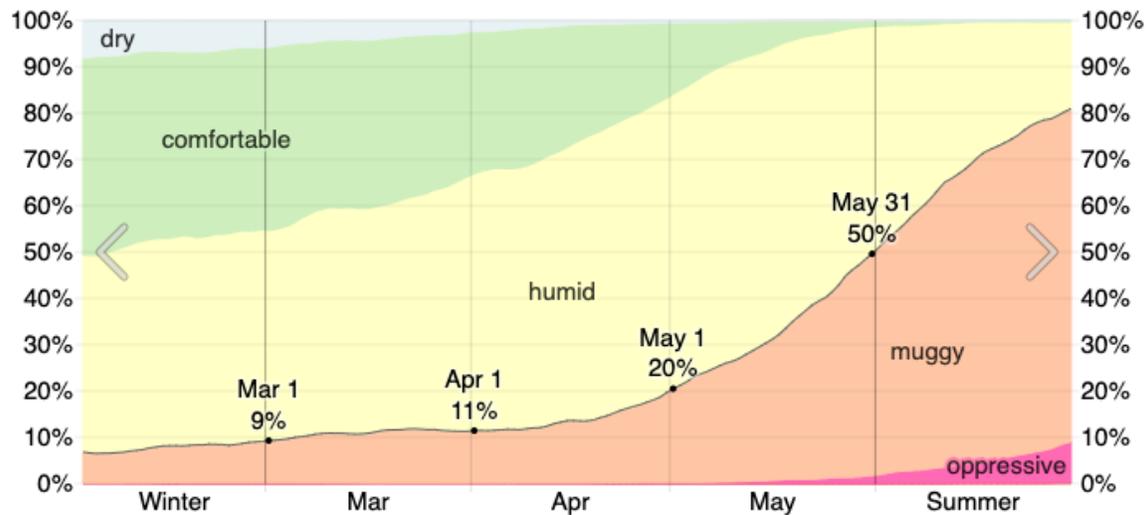
Climate at Amílcar Cabral International Airport



Average High and Low Temperature at Amílcar Cabral International Airport



Humidity Comfort Levels in the Spring at Amílcar Cabral International Airport



CLOTHING

It is important to wear cool, laboratory appropriate clothing. Remember there are no open toe shoes in the office, hangar, or aircraft as it is a matter of safety from spills and falls. Shoes with openings are not considered closed-toed. Safety vests will be provided if you do not have one. Wear it at all times.

Loose fitting clothing made from moisture wicking fabric such as nylon and polyester are recommended. Consider purchasing lightweight convertible hiking pants that offer moisture wicking capabilities, air ventilation, and the ability to zip off into shorts when not flying on the plane.

REMEMBER:

- Closed-toed shoes are required in the hangar and on the ramp. No high heels, sandals, open toe or 'webbed' shoes are allowed.
- Long pants are required when aboard the aircraft.
- Use proper personal protective equipment (PPE) when you are handling hazardous products/materials or performing tasks that would require additional protection.

PACKING LIST

You are going to a tropical destination at the height of the summer, please pack accordingly.

Essentials

- Lightweight and moisture wicking Ultraviolet Protection Factor (UPF) clothing
- UPF Hat
- Lightweight rain jacket
- Closed toe shoes
- Sandals

- [Reef-Safe Sunscreen](#)
- Swimsuit
- Sunglasses
- Bug repellent
- Passport

Extra Suggestions

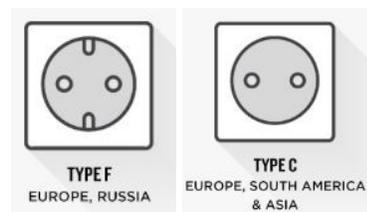
- [Electrolytes](#)
- Rashguard for swimming
- Portable phone charger

POWER / ELECTRICITY

For Cape Verde there are two associated plug types, C and F. Plug type C is the plug which has two round pins and type F is the plug which has two round pins with two earth clips on the side. Cape Verde operates on a 230V supply voltage and 50Hz.

220 Volts

Plug: European



TAP WATER

The tap water in town and at most hotels is safe to drink. The water at most of the villas on the island is collected rain water that is stored in cisterns below the villas. It may be safe to drink, but we recommend buying bottled water for drinking purposes.

Water Alternatives:

- Bottled water that is sealed
- Water that has been disinfected
- Ice made with bottled or disinfected water
- Carbonated drinks
- Hot coffee or tea
- Pasteurized milk

AROUND THE RESORT

SANTA MARIA

Santa Maria is a 15-minute walk from the Hilton Cabo Verde Sal Resort. It is best known as a beach town and tourist destination. The town hosts a variety of shops and restaurants available for participants to visit. Please remember that COVID is still a risk to our project when entering any high traffic areas and be sure to practice social distancing.

SAFETY AROUND TOWN

CRIME

While Cabo Verde overall has a low crime rate, pick pocketing in crowded areas, theft on the beaches, and muggings in dark, secluded areas at night have all been reported. Be mindful of your surroundings and keep your valuables in a close, secure location.

AT THE BEACH

When visiting the beaches please be sure to wear the appropriate sun protection and bring additional sunscreen.

If you choose to go into the water, be mindful of the tides and currents as rip tides frequently occur off shore.

COMMUNICATIONS

While cell phone coverage is widely available on the island, the three major US carriers (T-Mobile, Verizon, and AT&T) do not include Cabo Verde in the international plans meaning there could be a significant increase in your cell phone fees. It is recommended to use WIFI calling, such as WhatsApp, Google Call, etc. to place calls

around the island. Participants may also choose to purchase a SIM card from the island if they so desire.

All CPEX-CV participants are encouraged to check with their cell service providers to get the best rates and avoid high cell phone charges due to roaming.

LAUNDRY

There is ONE local laundry service in Santa Maria.

	Preço -Price-Prezzo/Kg
Lavar e passar/washing and iron/lavare e stirare	345\$00 / 3,45€
batas /c casco cozinha	345\$00/ 3,45€
Só lavar/ Wash only/ Solo lavare	287\$00/ 2,87€
Só passar/ Only ironing/ Solo stirare	400\$00/ 4€
Só secar/ Only dry/ Asciugare	250\$00/2,5€
Fato completo/ Suit/ Completo	1500\$00/ 15€
Só calça ou casaco/only Pants or Jacket	
/Solo pantaloni o giacca	550\$00/ 5,5€
Edredom/ Blanket/Piumino	1500\$00/ 15€
Fundo de Sofa/ Fodera divano/ Sofa slipcover	1000\$00/ 10€
camisa /shirt/roupas bebe maquina 5kg	
	150\$00/ 1,5€/700\$/7euro
Almofadas/ Pillows/ Cascim	250\$00/ 2,5€
Yeastos delicados/ Delicate dress/ Abili delicati	perguntar/ on request/ a richiesta

Tel.: 242.25.01
e-mail: cv.serilimpo@gmail.com

Laundry list (~4 Euros per kilogram)



Location of the Laundry/Clinitour and the Hilton Hotel

SHOPPING

There are small mercado-style stores in Santa Maria (and around the island in general). There are no large shopping centers or Western-style grocery stores. The local stores cover a variety of items including groceries, vegetables, snacks, drinks, etc.

APPENDIX A- TRAVEL CHECK LIST

- Ensure that you carry a pen during your flight(s). You will need it to fill out:
 - Health Declaration Form
 - Traveler Declaration Form
 - Arrival Card
- For the forms above, use Aveda dos Hoteis, CP 230, 4111, Santa Maria – Ilha do Sal as your address. You may use your US phone number, or the Hilton Cabo Verde Sal Resort phone number +238 33 44 408
- Ensure that you have 20 Euros (2000 Escudos) in cash upon arrival for your taxi from the airport to the hotel.
- Install the WhatsApp application on your smartphone and validate your phone before flying overseas. Join the different CPEX-CV groups as needed.
- Visa – See the visa requirements section.
- Upload your flight itinerary to the ESPO database (under the Additional Documentation section of your PII)
- Upload your ANF (Advanced Notice Form) to the ESPO database if you are a NASA contractor (i.e., BAERI, NSERC)
- Register your travel plans with the US State Department's STEP Program <https://step.state.gov> if you are a U.S. Citizen or if you are from another country, contact your Embassy where you are traveling
- Check with your medical insurance to find out how foreign incidents are covered
- Get a pre-deployment checkup if needed
- Get a letter from your doctor for any prescriptions that you take so you can pass through customs easily
- Get a prescription for enough medicine for deployment and some extra prescription medicines
 - Medical evacuation insurance
- Upload a copy to the ESPO database in the section called Extra Documentation Section and use the Other Forms option
- Contact your credit card company and let them know your travel plans
- Contact your mobile phone carrier for international coverage while deployed