

The economic and medical use of the marine and terrestrial ecosystems in Bocas del Toro, Panama

Community embedded-6 days field course at the Smithsonian Tropical research Institute, Bocas del Toro; for students (min. 14 years old); 22.-27.August 2011; 9a.m. - 4p.m.

Conducted by Janina Seemann¹, Sarah Holloway², Gloria Batista³, Cindy Gonzalez⁴

¹ c, PhD student at the Museum of Natural History Berlin, Germany

² Medical student at the National College of Natural Medicine, Portland Oregon, US

³ Phycologist, Professor at the University of Panama

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Day 1; 22.08.11, Teamleader: Sarah Holloway

1. Presentation:

- a. planned course content (Janina Seemann)
- b. medical sources from the rainforest (Sarah Holloway)

2. **Field trip** with glass bottom boat, excursion to Guami community in Bastimientos, guided tour through the rain forest with Alfredo Tailor, explanation of different plants and trees that are known to have medicinal potential

Day 2; 23.08.11, Teamleader: Sarah Holloway

1. **Field trip** with glass bottom boat, excursion to Guami community in Bastimientos, processing and explanation of different herbs with medical potential from the communities medicine man Daniel Garcia

2.

Day 3; 24.08.11, Teamleader: Janina Seemann

1. **Field trip** with glass bottom boat, collection of herbs with medical use & Introduction in the medical potential of the sea (Thalasso Therapy, Sponges for cosmetic and biomedical purposes), visit Thalasso Therapy sources (Mangrove mud), sponges with biomedical use, collection of sponges that can be used as bath sponges
2. **Creation of a herb garden** at the backyard of the Smithsonian station at Bocas del Toro & Processing of sponges to bath sponges

Day 4; 25.08.11, Teamleader: Prof. Gloria Batista

1. **Presentation:** The use of marine algae with a practical experience (Gloria Batista)
2. **Field trip** with glass bottom boat, collection of suitable algae that can be used for medicine or food, visit of an algae aquaculture

Day 5; 26.08.11, Teamleader: Prof. Gloria Batista

1. **Practical processing of algae** for lotions, soap, crème etc. (Gloria Batista)

Day 6; 27.08.11, Students

Presentation of project results, Algae collection, Sponge collection, Herb garden

Please bring long pants, proper shoes to walk in the jungle and lunch!