

Hints for Happy Existence



ACCOMMODATIONS AREA

QUIET
PLEASE!

There are always people sleeping

ACCOMMODATIONS AREA

- Laundry Service Provided- Leave bag outside door
- Towels and sheets changed regularly
- DO NOT return to your room during your shift, take everything you need with you.
- Secure Belongings so they don't bang or roll
- Unlock Bathroom Doors!!

PERSONAL CARE

- Shower once a day
- No strong perfume/cologne please
- Do not come to work directly from Exercising
- Keep your room picked up

MESS HALL AREA

- No tank top, torn or dirty cloth
- No dirty boots/work shoes
- If busy, please continue conversation elsewhere
- Take all your dishes to dish washing area
- Bring back all cups, bowls, plates, utensils

MEAL TIMES

- 05:00 - 07:00 11:00 - 13:00
- 17:00 - 19:00 23:00 - 01:00
- Cookie Break
03:00, 09:00, 15:00, 21:00

LAB STACK

- Share space, clean up after finished working
- Secure items in your workspace
- Keep BREAK AREAS clean
- Leave Lab TVs on Rig Floor channel while we are coring
- Be Aware - Techs must occasionally block mobility in Lab for boxing and cleaning
- Cell Phones must be in Airplane Mode in the Core Lab

SUPPLIES

- The labs are well stocked with supplies needed for sampling and analysis. We have a storage area with additional supplies.
- Please check out the supplies in your lab, and if you don't see the supplies you need, please let the staff know and we will be glad to bring it up to the labs.
- Pubs Office has office supplies, ask the Pubs Sp.
- **ASK ASK ASK**

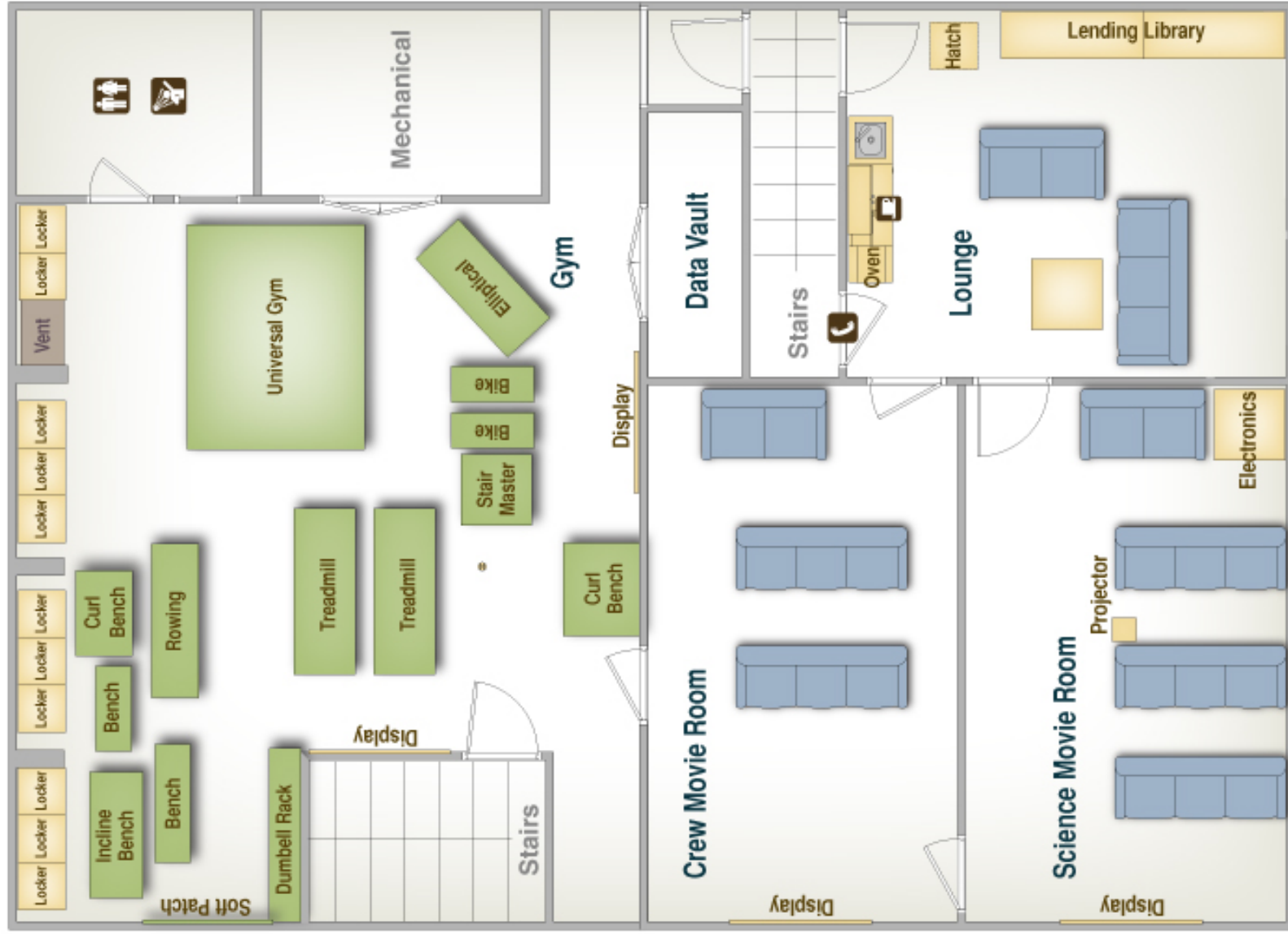
LABEL EVERYTHING

- Label personal belongings (laptops, cameras, portable storage media, mp3 players)
- Label consumables with NAME, Exp. #, & Date (coffee, tea, food in refrigerators)

MUSIC IN LABS

- All labs have mp3 speaker systems
- Keep VOLUME low
- Share
- Appropriateness
- Don't play the same music over and over again

Recreation



MOVIE AND RECREATION ROOM

- Check out DVDs from Yeop office
- Popcorn machine in science movie room has digitized movies, shows and exercise videos
- Science Lounge Movie Times
07:15, 13:15, 19:15, 01:15
- Write Movie Title, Date & Time on white board less than 24 hrs. prior
- Technical issues, call the ETs (231). **NO DIY**
- Share movie room with Workout schedule
(Sign Up Sheet posted weekly)

GYM

- Bring a towel
- Share Exercise Equipment
(sign up sheet posted weekly)
- Wipe off equipment when finished
- Put weights back on the rack

OTHER RECREATION

- Instrument computers are not for recreation
- Internet bandwidth is limited. No streaming video or audio capability. Large downloads may not be possible and are not recommended.
- Zoom Video Chat Station in Lower Tween User Room – 15 minute limit
- Public Telephone Limit Recommendation - 15 minutes

EXTERNAL TELEPHONE SYSTEM

- There is a public phone booth in the Lounge, under the stairs. Another on the main deck. Bridge Deck Coffee Area.
- The public phones terminate in College Station. To use these, dial 9 and wait for the tone. Then dial the local phone number.
- To dial long distance, you will need a phone calling card.
- See the LO/ALO Storekeeper to purchase phone calling cards, stock is limited.
- Any phone calling card capable of calling from a US location should work and can be purchased prior to the expedition.

IODP STORE

- T-shirts, fleece, mugs, hats, phone cards
- Open shortly after departure
- Operated by the ALOs
- Stock is limited on the vessel and items may not be available. Store items can also be purchased from the IODP Office.
- **US Cash ONLY**

PLEASE BE COURTEOUS & CONSIDERATE

