

# Medical Examination

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## Medical examination of expedition participants

Polarstern expeditions lead into remote areas of the earth where emergency medical treatment is usually not available. The climatic conditions and physical work onboard or on the ice severely strain the body.

All participants have to attend a medical examination according to AWI regulations to make sure that they are fit enough to meet the challenges of the expedition and for minimizing the risk to abort the expedition.

A successful medical examination is mandatory for participation in expeditions with RV Polarstern.

The AWI medical officer decides whether a participant is suitable to take part in an expedition. In case of doubt the medical coordinator of AWI may be consulted.

The checkup is valid for 12 months and has to be repeated thereafter. A participant must not take part in an expedition without the approval of the AWI medical officer.

## German participants

The AWI medical officer is the relevant authority for AWI employees. All other participants are asked see the AWI medical officer if possible. Otherwise you can turn to your GP and have to bear the costs yourself. Please send the findings of your GP to the AWI medical officer only (via mail or fax).

## Foreign participants

All foreign participants are asked see the AWI medical officer if possible. Otherwise you can turn to your GP and have to bear the costs yourself. Please send the findings of your GP to the AWI medical officer only (via mail or fax).

Please see the general schedule of your expedition for deadlines for the medical examination.

A doctor and a nurse are onboard during the expedition. The ship has a fully equipped surgery room, a treatment room with pharmacy and a patients room.

In case you have to take medicines regularly and bring them onboard, you have to inform the ship's doctor about it.

Medical reports of all expedition members are handed over by the AWI medical officer to the cruise leader who takes them onboard. On the ship they are handed to the ship's doctor.

***If you are only going from Bremerhaven to Las Palmas or vice versa you solely need to send the medical questionnaire filled out by yourself to the AWI Medical Service. The medical officer then decides whether further examination is necessary.***

[Address Medical Service](#)

LINK to the AWI website/medical: [/ueber-uns/logistik/informationen-fuer-expeditionsteilnehmer.html](#)



Additional medical certificates might be necessary to take part in basic safety trainings or HUET (helicopter underwater escape training) courses. To prove medical fitness for sea or offshore duties, the respective certificates can also be issued by the AWI medical service. If you even have a valid medical certificate for expedition participation, the medical service can issue the required certificate in some cases even without an additional personal examination.

Please get in touch with the AWI medical service for details and further information!