



## ECODIVER CHALLENGE

**Duration: 6 Weeks**

**Includes: 10 Fun Dives, 6 Courses - 6 Certifications, Conservation Project Involvement, Thai Cooking Classes - 2 Sessions, Reef Check Survey, 8 Yoga Sessions , 35 Nights**

**Accommodation**

The Ecodiver Challenge is designed for today's discerning travellers who are concerned about the world we live in. this 6 week program allows you to learn to scuba dive and use that skill to develop a more in depth and specific understanding of the aquatic environment.

Arriving on Koh Tao you'll first have to learn how to dive. You'll partake in PADI's introductory course, the Open Water Diver Course followed soon after by the Advanced Open Water Course. Your dive training will continue at a leisurely pace as you gain experience in the underwater world fine tuning your skills.

A PADI Peak Performance Buoyancy Specialty course will be a prerequisite to your Ecodiver Course a week long program promoted by Reef Check International. Prior to starting your environmentally focused courses we'll also After being certified and Ecodiver you will be able to participate in surveys to collate data and monitor the ongoing health of our planets coral reefs. A PADI Project Aware Specialty course is conducted alongside the Reef Check Program.

Interspersed with your time in Koh Tao you will have the opportunity to indulge your senses and delve into the local culture. You'll participate in a Thai cooking course to tantalise your taste buds.

Engaging the body in some Yoga between two and three times a week to tantalise the soul during your stay in the tropics. Toward the end of your stay you'll be involved in any number of community conservation projects throughout Koh Tao putting that newly developed diving and environmental knowledge into real life situations.

### TENTATIVE SCHEDULE

#### WEEK ONE

**Arrival Orientation** – Soon after arrival we'll give you a thorough introduction to your two week Ecodiver Vacation including distribution of learning materials and development of an appropriate schedule for you.

**PADI Open Water Diver Course (4 Days)** – This is PADI's introductory level diver training course that will teach you all you need to know to safely manage yourself whilst diving in the Open Water.

**Yoga** – With our resident yoga teacher we'll include a session of yoga suited to your level. (2 Sessions)

#### WEEK TWO

**PADI Advanced Open Diver Water (2 Days)** – PADI's Advanced Open Water Course builds on your basic training allowing you to develop greater confidence in, & understanding of the aquatic environment.

**PADI Peak Performance Buoyancy Specialty Course (1 Day)** – Once you have learnt the basics Buoyancy becomes the most important skill you need to master. Good buoyancy helps you protect the environment while seeing & exploring more of the aquatic realm.

**Thai Cooking Class (Part One)** - With our resident local cooking teacher you will take part in a Thai cooking class. You'll attend a local market to buy the required ingredients (included in the course price) and be actively involved in the cooking of 4 dishes. The best part is getting to eat your own creations. YUMMY!

**Yoga** – With our resident yoga teacher we'll continue to develop your knowledge & skills with further sessions of yoga suited to your level. (2 Sessions)

### **WEEK THREE**

**PADI Underwater Naturalist Specialty Course (1 Day)** – An important part of learning about the aquatic environment is looking at the detail and analysing the ecosystem and its ecological operations. The Underwater Naturalist course provides an in depth look at the local aquatic ecosystem and provides an excellent foundation for your further, more specific development.

**Reef Check Ecodiver Course including Project Aware Specialty Course** – The Reef Check Ecodiver course will train your focus on the health of the reef and the aquatic realm in general. The Project Aware specialty course is an ideal juxtaposition for the Reef Check Ecodiver course. The Reef Check course teaches you to collate scientific data using a standardised methodology that will help in monitoring the health of the reef so that trends can be identified. The certification allows you to join volunteer teams monitoring coral reefs around the world.

**Yoga** – With our resident yoga teacher we'll continue to develop your knowledge & skills with further sessions of yoga suited to your level. (2 Sessions)

### **WEEK FOUR**

**4 Fun dives** – During these 4 fun dives you will have the opportunity to put some of your eco-training into practice. During your dives you will collect scientific data using Project Aware's Coral Watch monitoring program and upload that data to Project Aware's online database.

**Yoga** – With our resident yoga teacher we'll continue to develop your knowledge & skills with further sessions of yoga suited to your level. (2 Sessions)

**Conservation projects** – Depending on our current projects you will be involved in what is required at the time. This could involve beach or dive site clean ups, Reef Check surveys, biorock development, Coralwatch surveys, artificial reef development.

### **WEEKS FIVE - SIX**

**6 Fun Dives** — During these 6 fun dives you will have the opportunity to put some of your eco-training into practice. During your dives you will collect scientific data using Project Aware's Coral Watch monitoring program and upload that data to Project Aware's online database. During this time you will also have the opportunity to indulge in further specialty training that will enhance your dive experience. (For Example: Digital Underwater Photography, Deep Diver Training etc)

**Reef Check Survey** - During the last two weeks we will be conducting at least one full Reef Check Survey on a local dive site.

**Conservation Projects** – Our conservation projects vary over time and your involvement will vary depending on the needs of the local environment at the time

**Thai Cooking Class (Part Two)** – Continuing on with your earlier lessons you'll have another day of Thai cooking and indulge in more fantastic local foods.

**Yoga** – With our resident yoga teacher we'll continue to develop your knowledge & skills with further sessions of yoga suited to your level. (4 Sessions)

Notes: - This itinerary is flexible and maybe be reorganised for logistical reasons.

- Participants have the option to become more involved in any number of activities depending on individual interests & time constraints

Price: US\$2790 - Thai Baht 84, 900

**PRICE INCLUDES:**

- All teaching materials (Dive course manuals, tables and other equipment as required)
- Full Certification for listed courses
- All dive equipment (participants will be encouraged to purchase their own equipment and we can assist you with this)
- 35 nights accommodation (Additional nights charged at 600 baht per night)

For more information on details that may not be included above please email us at [nath@ecokohato.com](mailto:nath@ecokohato.com)