

A vibrant underwater photograph of a coral reef. A large, pinkish-red sea fan is prominent in the foreground on the right. Various small, colorful fish are scattered throughout the scene. In the upper left, two scuba divers are visible against the blue water.

# becoming amphibian

(MORE THAN JUST) DIVE CERTIFICATIONS  
WITH EARTHCOLAB

1st to 8th October 2022



# finding your gills

## ABOUT THE TRIP

This trip to the Maldives is for absolute beginners, or those of you who have tried a hand-held dive somewhere in the world, and are convinced that it is something you wish to pursue and become independent and competent at.

The week's itinerary has been planned with the Open Water and Advanced Open Water Courses as the primary focus. However, as is the case with all our programs, there is plenty of time set aside for learnings that go beyond the performance requirements laid out by the various dive certification agencies. So at the end of these eight days with us, you will come away with a well-deserved scuba diving license, but also a greater understanding of marine systems and of yourself within the marine world.

We hope that you will join us for this program and begin this journey of a lifetime with us.

**7 Days**

**10 Dives**

THIS PROGRAM CATERSTO TWO GROUPS OF PARTICIPANTS.

1. THOSE INTERESTED IN ACHIEVING THEIR ENTRY LEVEL OPEN WATER DIVER (OW) CERTIFICATION.
2. ALREADY CERTIFIED OPEN WATER DIVERS INTERESTED IN ACHIEVING THEIR ADVANCED OPEN WATER (AOW) CERTIFICATION.

# locating your habitat

## OMADHOO, MALDIVES

Omadhoo is a small, 3 square km sized island located in South Ari atoll, about a 90 min speedboat ride away from Male airport. The entire island – dirt roads only – can be traversed in less than an hour.

Over 40 easy-access dive sites within 5 to 90 min boat ride from Omadhoo, teem with marine life, reef sharks, reef fish & rays, great coral life & cleaning stations where you may chance to see mantas as you snorkel or dive.

The north-western tip of Omadhoo tapers into the ocean. As you walk on the sandy strip, the ocean surrounds on all three sides, while along the beach you can sit on strung out swings, each just skimming the sea waters!

A large area of the island is covered with tropical growth - breadfruit trees and coconut palms, while the western side of the island looks like and is a veritable jungle.



# charting your course

## THE ITINERARY

### October 1

Arrival / Orientation / Brief intro to EarhCoLab and the week's program



### October 2

OWC Participants: Confined Water dives (maybe OW 1 on house reef) / Theory

AOWC Participants: Dives 1 & 2 of 5 / Theory

*Evening discussion on diving and Intro to marine systems – Maldives specific*

### October 3 - Oneself in the dive environment

OWC Participants: Confined Water dives (maybe OW 2 on house reef) / Dive 3 / Theory

AOWC Participants: Dives 3 & 4 of 5 / Theory

*Evening discussion on diving / What did I feel today*



## **October 4 - Focus on observations beyond oneself**

OWC Participants: Dive 3 & 4 as required

AOWC Participants: Dive 5 of 5 / Fun dive

*Sandbar walk & discussion on days sightings*



## **October 5 - Focusing beyond fish**

OWC Participants: Extra day for additional skills practice / Fun dives

AOWC Participants: Specialty dives

Evening discussion on diving / Intro to coral reefs & invertebrates

## **October 6 - The little things**

OWC Participants: Deep Adventure dive / Night dive for those interested

AOWC Participants: Specialty dives

*Afternoon / Evening discussion on diving / You in the dive environment – looking / interacting / processing*

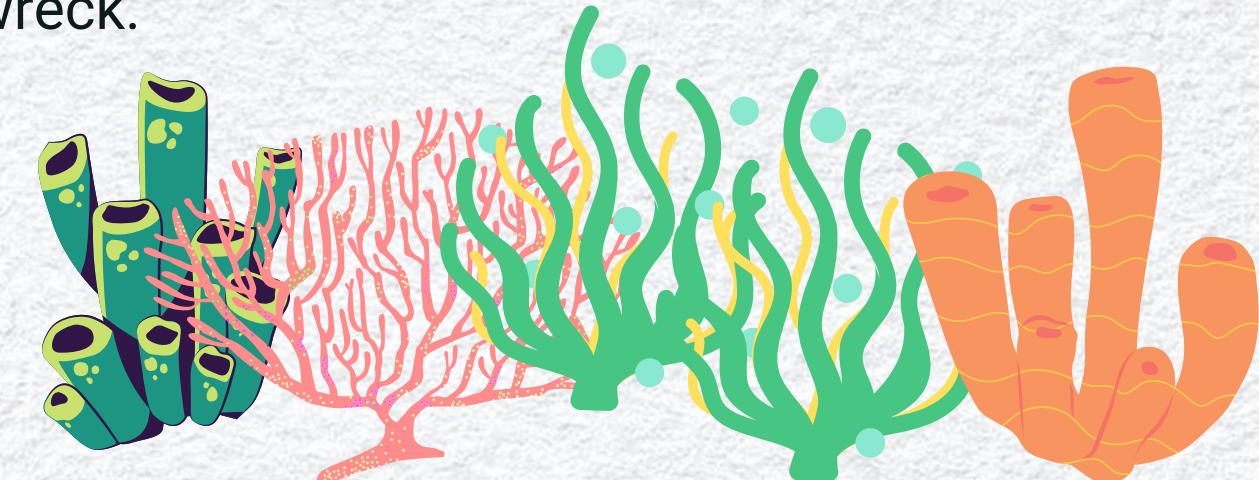
## **October 7**

Snorkeling excursion to Vaavu atoll to see nurse sharks and a partially submerged shipwreck.

Evening discussion on diving / Impressions from the week

## **October 8**

Departure



## **WHATS INCLUDED**

- INTER ISLAND BOAT TRANSFERS
- ACCOMMODATION
- BUFFET MEALS & REFRESHMENTS
- A BARBEQUE DINNER
- SNORKELLING GEAR
- 10 DIVES (WITH EQUIPMENT)
- OPEN / ADVANCED OPEN CERTIFICATION + MATERIALS

## **NOT INCLUDED / EXTRAS**

- FLIGHTS
- TRAVEL & DIVE INSURANCE
- ALCOHOLIC BEVERAGES (APPLICABLE ONLY ON RESORT ISLANDS)
- ADDITIONAL DIVES
- ROOM SERVICE / À LA CARTE ORDERS

DATES: 1 - 8 OCTOBER 2022

GROUP SIZE: 10

**USD 1970/- PER PAX**

INCLUDING 18% GST

**Book**

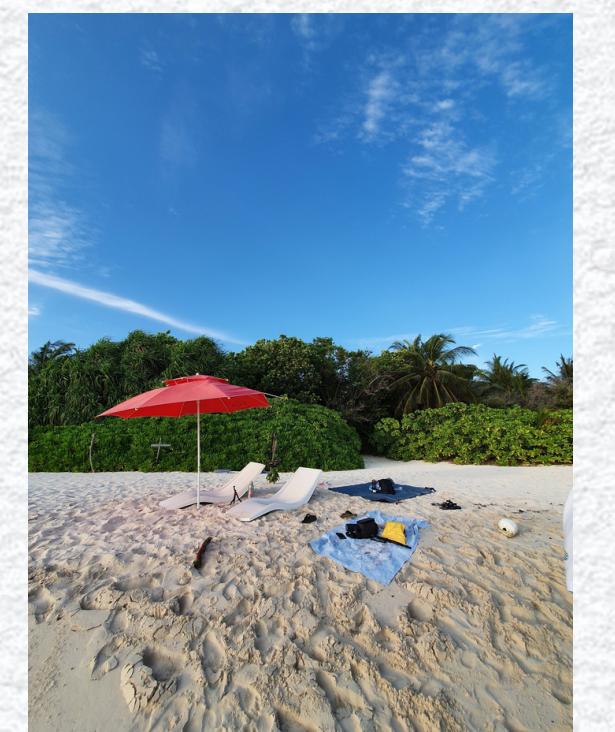
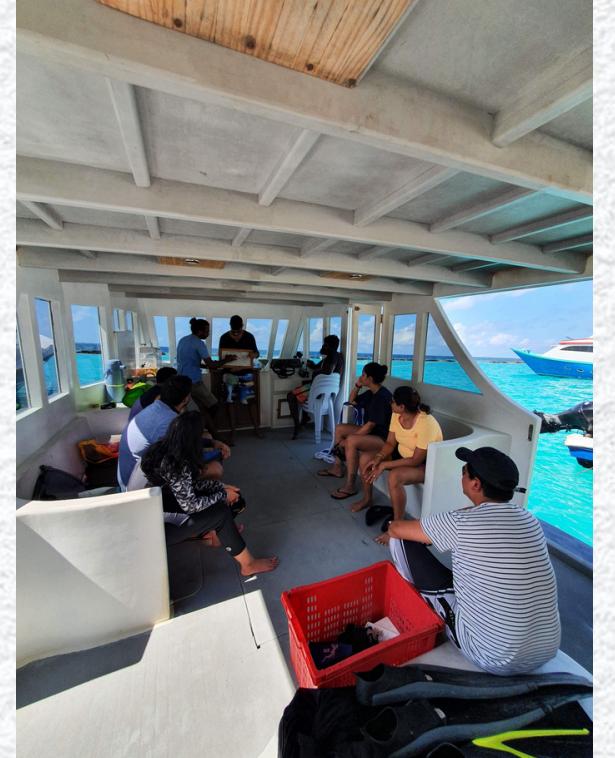
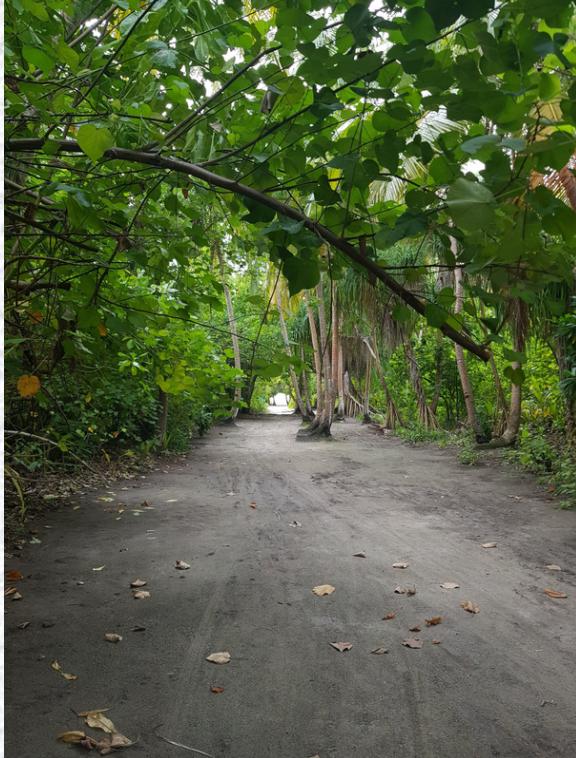


# Your Stay

## THE HOTEL AND BOAT

The best part about staying at Scuba Inn is the service. The team is very mindful , efficient and quiet in their day to day operations. They also take so much effort to make the space welcoming and warm by hand-making little decorations using palm leaves and flowers, to playing music in the common space to liven things up! The food is tasty and nourishing and always has a good variety of items.

The dive boat is a big comfortable Dhoni with a small cabin on board as well as a marine toilet. The best part of the dhoni though is the top deck - perfect to catch some sun post dives to warm up nicely! On rainy days, there is a lot of shelter as well and a hot water flask to make hot beverages in between dives to have along with some biscuits!



# Open Water - Certification

## COURSE DETAILS

For the Open Water Diver certification, the course is divided into 3 modules - 1. Theory 2. Confined (Shallow) Water Training 3. Open (Deeper) Water Training.

The Theory Module includes an online learning component with quizzes and exams that delves into aspects of Diving Physics and Physiology, the Marine Environment, Safety and Risk Management, Equipment used for scuba and Decompression Theory & Dive Planning. This module will be made accessible to all participants well ahead of the week that we are in the Maldives. We request participants to complete as much of the online theory module beforehand as this will allow more time for us to focus on the practicals and in-water training, which is where the real learning happens. We do have scheduled theory sessions while on Omadhoo, and this time has been set aside to answer questions, clear doubts and to ensure that the participants have achieved the requisite theoretical understanding to be safe and competent divers in the water.

The Confined (Shallow) Water Module will be conducted in the Omadhoo lagoon. The access to the training space is a gently sloping beach that allows us to walk into the water and find a shallow spot where we can kneel down. Other than learning in a swimming pool, this is the ideal beginners classroom allowing participants to gain comfort and confidence in chest-high water before venturing deeper. This module covers the core skills of using and managing scuba equipment underwater. It focuses on troubleshooting and gaining comfort with the various components of equipment that are required to safely dive in deeper water. The classes are structured in such a way that each student is given ample time to repeatedly practice a skill until comfort and competence has been achieved.

The Open (Deeper) Water Module will begin on the sloping house reef beyond the shallow Omadhoo lagoon. As students advance with their comfort and skills, we will move to further dive sites which will be accessed by boat. This module combines the Theoretical understanding and the skills learned in Confined Water, and gradually introduces participants to deeper reefs and the variability of ocean conditions at these sites. The focus of this module, over the 4 required dives, is buoyancy and movement control, the buddy system in diving, and the competent execution of the dives following a predetermined dive plan including a safety stop. Students also learn how to kit up and enter / exit the water from a boat, manage themselves in a current and perform basic emergency and buddy-assistance procedures. The maximum depth for the 1st two dives is to 12 meters and the maximum depth for 2nd two dives (and for the final certification) is 18 meters.

*As part of this OW course program, we at EarthColab recognise that most newly certified divers will end up exceeding the 18-meter depth range at some point sooner or later in their diving. We believe that the best way to do this is under the continued supervision of a dive professional. Therefore, as part of this program, participants who have signed up for the Open Water certification course with us will also have the opportunity to do a Deep Adventure Dive. This dive extends your depth limit from 18 meters to 30 meters and therefore allows you access to 90 percent of the dive sites that most recreational divers dive around the world. It also counts towards the Deep dive of your Advanced Open Water certification, whenever you may choose to do that course in the future.*



# Advanced Open Water - Certification

## COURSE DETAILS

Advanced Open Water Diver certification, the course is divided into two modules - Theory / 5 Adventure dives.

The Advanced Open Water certification course consists of 5 dives, two of which are mandatory and the remaining three can be chosen from a variety of dives on offer. Each individual "adventure dive" has its own chapter / video of theory followed by a knowledge review questionnaire.

The Deep and Navigation dives are mandatory requirements of the AOW program. The Deep dive extends your depth limit to 30 meters and covers the additional risk management factors required to safely explore deeper reefs. The Navigation dive builds on the basics of underwater compass use (covered briefly in the OW course), as well as natural navigation techniques.

Beyond these two dives, participants can complete the remaining three dives required for the AOW certification by choosing from the following - Underwater Naturalist, Underwater Photography / Videography, Fish Identification, Peak Performance Buoyancy, Night Dive, Drift Dive, Boat Dive, Search and Recovery, etc. We may have suggestions for you from this list based on what we think will most strengthen and benefit you as a diver.



# Course Prerequisites and Licenses

Both the OW certification course and the AOW certification course require a Medical Statement form to be filled out prior to registration for the program. In the event that any of the questions on the Medical Statement are answered with a "yes" the participant will require a clearance letter from a physician stating that they are fit to undertake the training.

To participate in the OW Certification course, students must be able to demonstrate a basic comfort level in water too deep to stand in. This is evaluated by a 200-meter free swim OR a 300-meter mask/fins/snorkel swim that has no time limit or required swimming style. The swim must be completed continuously (at your own comfortable pace) without any flotation aids, in water too deep to stand in. Additionally, participants must complete a 10-minutes static float in water too deep to stand up in.

To participate in the AOW Certification course, students must have completed the entry-level OW Certification from any of the internationally accepted certifying agencies.

The OW and AOW certification card (diving license) will be issued to you upon successful completion of the performance requirements and competent execution of the coursework. Please note that registering for the program does not guarantee that you will receive a license at the end of it. This will depend on a predetermined set of standards of completion.

The license that you will receive at the end of the program will be valid and recognised anywhere in the world and will continue to be valid without expiry. We do recommend that a long break from diving is followed by a refresher course that will remind you of the core equipment troubleshooting skills and safe diving practices.



# The Team



Umeed would trade anything for a set of gills...

Initially having explored the world of academics through Marine Biology, Umeed realised that his heart and mind were happier while submerged. He has spent the last 25 years scuba diving, teaching and furthering the spirit of biophilia through his area of expertise. Professionally teaching as a PADI staff instructor, Umeed now conducts specialised underwater photography courses designed to address both ecology and photography. His imagery ranges from fine art to scientific documentation – his practice draws one's eye to aquatic systems and the detail within. Umeed has applied this combination of skills and interests across fields – with numerous popular publications, book and film contributions, exhibitions, educational material and in the setting up of a marine research dive facility on the Andaman Islands.



Rohin first planned to visit the Andaman Islands as a volunteer for 2 months. Ensnared by the magic of the islands, he ended up staying almost a year, when he learnt scuba diving and worked his way up to become a Dive Master. In 2012 he moved on to become a PADI Master Scuba Diver Trainer Specialty Instructor and has been living and teaching in the Islands ever since. For a brief period in the ANI there was only a single Liveaboard yacht which Rohin in due course managed for a couple of seasons before he moved to and settled down in Havelock Island. He now enjoys teaching diving in the Andamans and in parts of the Maldives in seasonal months and has recently started shooting and editing underwater videos as a hobby. When Rohin glides through the water with his extra-long fins, he looks like a graceful merman dancing under the waves. Which is no surprise as in his formative years, Rohin used to be a Salsa instructor! So underwater or on the beaches, Rohin, the Dive Instructor-cum-Dance Guru will expertly get you to dance to his scuba or to his sandy toe-tapping moves!



Hayat will ensure a fabulous meal and music regardless of where one is! Hayat's first-ever dive was in the Andaman islands in 2008, when she fell in love with the underwater world. An accomplished musician, at the time Hayat was teaching music programs to young children at the Mehli Mehta Music Foundation in Mumbai. Her pedagogical approaches and interactions had a unique developmental interaction impact on her pupils. In 2012 she moved to the Andaman islands and started working for a dive company where she worked her way up to becoming a PADI instructor by 2013 and subsequently also an SSI Advanced Instructor by 2021. Hayat has expanded her interest and love for the ocean, through dive education and training. Her strong administrative and organisational skills, along with a deep interest in wildlife have made her an integral part of many marine education programs, researcher dive training initiatives, scientific diving module development and citizen science efforts. Along with diving, she continues with her kitchen-love, plumbing culinary depths from the mundane to the exotic, assuredly ensuring delicious meals!



Savita can be lured into anything if one uses a good book as bait ... She is curious about how ideas of 'nature' and 'society' are produced and connected to one another. By drawing tools from the field of political ecology, she examines the relationship between knowledge and power in the process of place-making that depicts the oceans as a frontier(s). For many years, she has worked on public policies which affect livelihoods across fisheries, agrarian, and forest ecologies. She is interested in the locations of political-agency and the production of resistance mounted by coastal societies. More broadly, her work speaks to the imaginaries of people's relation to places that are at the cusp of land and sea. At Earth CoLab she specifically works on conceptualising and delivering the learning programmes, to which she brings perspectives on human geography, political economy and political ecology.