

ONE WORLD ADVENTURES



MALTA

Scuba and Reef Research

1 WEEK

The warm clear Mediterranean waters that surround Malta provide a fantastic location for dive training. It is also one of the best places for diving on shipwrecks in Europe. Many of the wrecks are sunk intentionally to help provide new habitats for fish and reef in the area.

FITNESS LEVEL	Moderate
DEPARTURE DATE	March - November
PREREQUISITES	Minimum age 14
ACCOMMODATION	Staying in the north of Malta in self-catering apartments in St Paul's.

ONE WORLD ADVENTURES TRIP INCLUSIONS

Before you go:

- PADI Open Water theory and pool training*
- PADI Materials*
- Adventure and Pre-Departure Workshops to ensure group members are prepared for the adventure
- Comprehensive Adventure Kit List
- Adventure Chronicle advice - to enhance the personal development experience and fundraising support
- Supporting Adventure Packs covering all aspects of adventure preparation

* For students completing Open Water Training only

During your Adventure:

- International flights and all in-country transport
- A highly experienced and qualified One World Adventures PADI Instructor
- 24-hour back-up and support
- Accommodation and Food allowance (bought and cooked by the group locally)
- All local and airport transfers in Malta
- All kit rental (excluding dive computers and torches)
- PADI Open Water Course completion, including 4 open water dives*
- Reef project including 4 dives
- 1 day boat diving around Comino (2 dives)



Day 1 DEPART UK

Today your adventure begins! Your direct flight will depart from London Gatwick and head to the Luqa International Airport, Malta. The time difference in July is +1 hour to the UK. Your flight will land in the early afternoon and you will meet your private transfer bus. The trip from the airport to your accommodation will take approximately 45 minutes. On arrival you will have time to orientate yourselves to the area. The self-catering apartments are located in St Paul's, one minute away from the dive centre and about 3 minutes walk to the nearest local supermarket. The dive centre and PADI Professionals will meet you to arrange for your diving equipment, and to sort out your paperwork ready for the diving tomorrow.

In each room there will be a small breakfast basket which includes tea, coffee, bread, honey and some cereal. You will have a group budget for food which will need to be managed for the whole week. The cost of food in the nearest store is fairly reasonable, and your budget should allow for you to have at least one meal out at a restaurant in the evenings. There are several restaurants in the area. If you plan to eat out as a group, speak with the staff at the dive centre as they will be able to assist in making a booking for your group. There is a café located just 50 steps from the apartments which have a variety of breakfasts available from 7 am including a full Irish breakfast currently priced at €4.

The accommodation will be in twin rooms over several apartments in the same building. The rooms are comfortable and have private bathroom facilities. Each room has a well equipped kitchen with a two ring hob, microwave, and fridge with a freezer compartment. There is free wifi, and a television in each room. Bedding and towels are provided and will be changed every couple of days. Air conditioning is also available in each room and runs on a meter which will have €5 already prepaid. You are encouraged to be environmentally conscious and only use the A/C sparingly. Additional credit can be arranged through the Dive Centre. In the basement there is a wet room to dry your diving kit and wetsuits overnight.

DAY 2 TO DAY 3 REEF REFERRAL: OPEN WATER COMPLETION

Before you depart on your adventure, you will have completed all of the theory and swimming pool training sessions you need in preparation for the final open water dives. During these sessions your instructor will have worked with you in small groups to teach you all the dive skills necessary to make you a competent diver.

Now your instructor and local dive professionals will work with you in small groups to guide you as you complete your open water course. This will take place over two days and you will complete 4 open water dives. The first two dives will take you to a maximum depth of 12 metres where you will complete skills which you have already learned in the confined water session before you left the UK. The final two dives will be to a maximum depth of 18 metres. At the end of your training, you will be PADI Open Water Divers and have the skills and knowledge to safely plan dives to 18 metres with a dive buddy. The Open Water Diver certification lasts for life, enabling you to dive all over the world!

Certified Divers will be completing 4 guided dives in the same location as the Open Water students. This is likely to be in the area of Cirkewwa, an area to the north of Malta. Here you will spot the fairly well camouflaged scorpion fish, crabs, eels and even the occasional octopus.



DAY 4 TO DAY 5

REEF RESEARCH: HELPING TO PROTECT OUR OCEANS

This project works directly with a local marine conservation charity in Malta to help them with their ongoing research and conservation work. The Mediterranean has been a food source for humans for many centuries, but in recent years it has suffered serious depletions in the natural supply of fish. Technology advances brought more efficient fishing practices and population growth has increased demand for fish, which in turn has had a negative effect on other marine life in the area.

The main focus of the project for the next two days is to help collect data on local fish populations in newly created marine protected areas. At present there is no enforcement of these areas so your data will be used as a reference for future research to track the changes in fish populations. If the populations increase, this will show that the protected area is working. If the populations decrease, your research may be used to help secure more enforcement of the protected areas.



You will be diving with your instructors and staff from the project and will work primarily as small groups. Now you are certified divers, you will plan safe dives and conduct your research over transects in the protected areas. These dives will not be training dives, though your instructors will be there to support you throughout. You will be recording information on underwater slates, as well as using underwater cameras to document fish seen. It will be important that you plan your dive to be within safe limits, you check your air frequently, and you communicate with your dive buddy and instructor. Keep focussed on your buoyancy as you dive to ensure you remain close to the bottom. You will also carry small mesh bags to remove any debris you may find underwater, especially plastics.



DAY 6

BOAT DIVING DAY TO COMINO

Today you will complete some fun dives from a boat which will take you to some fantastic dive sites closer to Comino, north of Malta. Whilst the exact dives you do will be weather dependent, possible options include diving on the wreck of the P31, a former Maltese Patrol vessel which was intentionally sunk as an artificial reef in 2009. Sitting in 18 metres of water she is still nearly intact, and will give you a great insight to how the reef you have been working on might develop and attract a variety of creatures.

During your surface interval, the boat will take you to the uninhabited island of Comino where you will be able to snorkel in the Blue Lagoon, have your lunch before heading out to your second dive location. The area around Comino is great for spotting critters such as octopus, moray eels and for those with keen eyes, a variety of shrimp.

DAY 7

REST DAY

Another of the marine conservation charity projects focusses on raising awareness of overfishing, and illegal fishing of certain species in the fish markets. It is an option for you on one of the nights to visit a local fish market. This is very much a weather dependent activity as if it is too windy, the fishing boats don't go out. It is also optional as the commercial markets start at 2 am. The charity representatives walk round the fish market looking for species of shark that may have been caught. Should they find a protected shark, they will educate the fishermen about the shark before taking the jaws for educational purposes. They also look for female sharks which may be pregnant, as they will be able to take the egg cases from certain species to the Malta Aquarium where they will hatch and are released after 6 months. If you are unable to visit the market, you will have the opportunity to visit the aquarium and see the shark pups which have been rescued.



The rest of your final day is very flexible. As well as the aquarium, you may want to visit different areas of Malta such as Mdina, an incredible walled city, rich with history which neighbours Rabat where you can explore ancient catacombs.

Day 8

RETURN FLIGHT TO UK

Your flight back to the UK will depart from Malta International Airport (MLA) Luqa and will fly direct to London Gatwick.

Welcome home!



ONE WORLD
ADVENTURES

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