

# ONE WORLD ADVENTURES



## MALTA

### Scuba Sharks and Reef Restoration

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

April or June 2017

#### PREREQUISITES

Minimum age 14

**ACCOMMODATION** Staying towards the north side of Malta in excellent self-catering apartments in St Pauls.

#### ONE WORLD ADVENTURES TRIP INCLUSIONS

##### Before you go:

- Bespoke tailoring of your group itinerary
- Adventure and Pre-Departure Workshops to ensure group members are prepared for the adventure
- Supporting Adventure Packs covering all aspects of adventure preparation
- Adventure Chronicle advice - to enhance the personal development experience
- Comprehensive Adventure Kit Lit
- Fundraising support and advice

##### During your Adventure:

- International flights and all in-country transport
- A highly experienced and qualified One World Adventures Leader
- 24-hour back-up and support
- Catering (either cooked by the group or provided locally)
- Accommodation, either camping, hostels or hotels
- Activity specific equipment

# ITINERARY

## Day 1 DEPART UK

Today your adventure begins! Your direct flight will depart from Bristol or London Gatwick and head to Malta.

## ARRIVE MALTA

Welcome to Malta! The time difference in June is GMT +2. Your flight will land at Malta International Airport (MLA) Luqa. Here you will be met by your private transfer bus which will take you directly to the Sands Apartments in St Pauls. On arrival in St Pauls, you will have time to orientate yourselves to the area and go food shopping for the group. You will also go to the dive centre to complete paperwork, and get your dive kit allocated.



## DAY 2 TO DAY 3 REEF REFERRAL: OPEN WATER COMPLETION IN MALTA

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.

You will have an instructor who will work with you in small groups to teach you all the dive skills necessary to make you a competent diver. After a short refresher of the skills you already know, your instructor will take you into the sea to complete your 4 open water dives.

Upon completion of the Open Water Diver course you will have a dive certification which will last for life, enabling you to dive all over the world.

## DAY 4 TO DAY 6 REEF RECOVERY: HELP CREATE A NEW REEF IN MALTA

This project works directly with Sharklab 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.

Helping with the construction of an artificial reef is one way to try to help create a more sustainable Mediterranean. The plan is that the reef will provide a new environment for fish to grow, develop and breed. By carefully monitoring the new reef uptake, researchers can directly monitor the effectiveness of the project in with a view to providing a long term sustainable solution to the protection of fish life within the Mediterranean.

You will work primarily as small groups to plan safe dives and help to create the new reef underwater. These dives will not be training dives. The work will take some time so it will be important that you plan your dive to be within safe limits, and that you check your air frequently, especially when moving items around. You will also carry small mesh bags to remove any debris you may find underwater, especially plastics.

Once you have established the reef, the next step is to map it carefully showing the location of transplanted marine life so that future researchers can accurately monitor the growth and development of the reef.

## DAY 7 COASTAL CLEAN-UP: TAKE ACTION AGAINST MARINE DEBRIS

Marine debris is a huge problem for the planet. Plastics and other non-degradable items not only ruin the look of a coastal area, but more seriously are mistaken as food by marine animals and birds which can die as a result. You will learn about the causes and effects of marine debris to enable you to become an ocean ambassador, before heading out and completing coastal clean-ups along the shore line.

As well as collecting debris, it is also important to record what and where items have been removed as this information can be used to identify sources and promote awareness of how human activity causes this type of pollution.

This final day is scheduled to be a no-dive day to allow enough time between your final dive and flying home. As you absorb nitrogen as you dive, this will take time to clear your system so flying too soon after diving is not recommended.

Once you have finished your project, you will head back to the Sands Apartment for your final night in country. You will have a celebratory last meal in country and take a moment to reflect on your group achievements as well as how you have developed individually.

## Day 8 RETURN FLIGHT TO UK

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

### ARRIVAL UK

Welcome home!



**If you would like to find out more about itinerary options, please get in touch. All itineraries can be adjusted to meet your group's needs.**

**ONE WORLD**  
ADVENTURES

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