

ONE WORLD ADVENTURES



INDONESIA

Scuba Survey and Research

14 - 21
DAYS

All of One World Adventures itineraries can be tailored for groups. This sample itinerary is designed to give you an idea of what your group can achieve on one of our adventures to Indonesia. Contact one of the One World Adventures team on 01962 302051 to discuss your group needs and how to get the most from your adventure!

FITNESS LEVEL

Moderate

WHEN TO GO

Year Round

PREREQUISITES

Minimum age 16

ACCOMMODATION During your time in Indonesia your group will be staying in a lovely small resort in which your group will be the only guests.

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

SAMPLE ITINERARY

Day 1 DEPART UK

Today your adventure begins! Your overnight flight will depart from London Heathrow and head to Indonesia via Singapore.

Day 2 ARRIVE INDONESIA

Welcome to Indonesia! The time difference in Manado is GMT +8 hours. Your flight will land at Manado International Airport (MDC) Manado. Here you will be met by your driver and in-country staff who will transfer you to your first nights accommodation at your accommodation in Lembeh. You can use the rest of the day to acclimatise.

TRANSFER TO LEMBEH

Your transfer from Manado to Lembeh is not long and on arrival you will have time to relax and unwind after your long trip.

Day 3 PROJECT ORIENTATION

Upon arrival at your project you will be given an orientation to the location and facilities as well as meeting the local people who are involved with your project.

Day to Day 8 SCUBA SAFARI: DIVE TRAINING IN INDONESIA

The first part of your adventure will be completing your PADI Open Water and PADI Advanced Open Water Courses.

You will have completed part of the Open Water course in the UK before you depart so will already be prepared for the diving.

The first day will be a refresher of the skills you have learned. Over the next two days you will finish the Open Water certification, then the final two days will be your Advanced Open Water where you will learn about underwater navigation, deep dives and enhance your dive skills further.

During the dives you will work as a buddy team, whilst your instructor assesses your skills. You will show that you are able to correctly perform skills, as well as communicate effectively with your buddy and maintain good buoyancy control.

On each of the dives, once the skills have been completed you will have the opportunity to explore the dive site.

Upon completion of each dive, you and your buddy will log the dive recording key information including your air consumption, maximum depth, bottom time and equipment used.

Day 9 REST DAY

Today you will rest after completing your dive courses and get ready for your main project.

Day 10 to Day 15 AQUATIC ABUNDANCE: INDONESIAN SCUBA REEF FISH SURVEY

The ocean covers 70% of our planet, yet human activity on land can have a huge effect on our marine life. Threats to our underwater world are easy to overlook and ignore as most people don't get the opportunity to see what is below the ocean surface. The primary focus for the project is to assist experienced marine researchers with population and reef surveys to help monitor changes to marine diversity as a result of human activities such as land reclamation, overfishing, littering and pollution. You will learn about the techniques which researchers use when completing reef surveys and apply this to your own survey. Diving in small groups with a guide, you will learn to identify a variety of different reef fish. You will be able to identify details of unusual fish and their anatomy to help with later identification.

At the end of each dive, you will record your findings as a group and look at the difference in fish populations from previous surveys to see if there is any notable difference.



Day 16

PROJECT PRESENTATION



Today you will compile the data you have gathered over the last few days and present it to the marine researchers. When you have completed your presentation you will have time for one final fun dive to celebrate the end of the project.

Day 17 DRY DAY

The final "dry day" is there to ensure that everyone has enough dive surface interval before they fly. It is important that you allow time for the nitrogen you have absorbed whilst diving to leave your body. This is a great opportunity for the group to interact with the community and say thank you to the in-country staff who have supported you during your project.

Day 18

TRANSFER TO LAST NIGHT

Today you will head back to Manado 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 19

RETURN FLIGHT TO UK

Your flight back to the UK will depart from Manado International Airport (MDC) Manado. You will fly overnight via Singapore.

Day 20

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
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TRAVEL
EXPERIENCE
CONSERVE

Tel: 01962 302051

Email: enquiries@oneworldadventures.co.uk

Website: www.oneworldadventures.co.uk