

"Where Science meets Sport"

Calling all **ATHLETES** with a love of **SCIENCE**And all **SCIENTISTS** with a love of **SPORT!**









Tour: Specialization: Itinerary:

Visions Dive Fest, Cozumel, Mexico

Marine Biology, Oceanography, Chemistry, Physics, Scuba Diving & Snorkelling 7-days/6-nights in destination; add-on days available

Visions Dive Fest - Cozumel, Mexico					
<u>Day</u>		a <u>y</u>	<u>Morning</u>	<u>Afternoon</u>	<u>Evening</u>
1	Sun	12-Jul-15	Fly to Cozumel Mexico; check into hotel, Welcome & Safety Meeting; Dinner		
			Academic Training Master Class or Refresher		
2	Mon	13-Jul-15	Course	Confined Water Training or Refresher Course	Dinner & Evening Activities
3	Tues	14-Jul-15	Academic OR Confined Water Training	Open Water Training - Dives 1 & 2	Dinner & Evening Activities
4	Wed	15-Jul-15	Academic OR Confined Water Training	Open Water Training - Dives 3 & 4	Dinner & Evening Activities
5	Thur	16-Jul-15	Written Exam Testing	Open Water Training - Dive Testing (5 & 6)	Dinner & Graduation Ceremony
6	Fri	17-Jul-15	Beach / Pool / Excursion Day		Dinner & Evening Activities
7	Sat	18-Jul-15	Depart for Home		

As with all sample itineraries, please be aware that this is an 'example' of a schedule and that the activities included may be variable dependent upon dates, participant numbers, weather, special requests and other factors.

Itineraries will be confirmed prior to travel.

Visions Dive Fest

Visions Dive Fest is open to school and youth groups from around the world that want to do one or more of:

Snorkel & SCUBA the incredible waters of Cozumel
Earn your full PADI 'Open Water Diver' or 'Advanced Diver' Certification
OR Earn your PADI 'Adventure Diver' or 'Specialty Diver' Certification
Study Marine Biology & Oceanography

1:10 Complimentary Package Ratio

THE SCIENCE

Visions Dive Fest includes three pre-travel Marine Science online video conferences plus a self-study certification. Although we urge all groups to participate, **groups may decide to opt-in or decline based upon their individual needs**. Groups and/or individual students participating may be assigned follow-up homework and/or presentations to support the group needs.

8 weeks prior to arrival: Marine Biology in Cozumel

This seminar will cover the abundant variety of marine life we will find in Cozumel. Learn about the type of fish, rays, eels, lobsters, crabs, turtles and shark we may encounter.

6 weeks prior to arrival: **Oceanography in Cozumel**

This seminar will cover information to include ocean currents, waves, plate tectonics, the geology of the sea floor and more.

4 weeks prior to arrival: **Conservation & Protection** (Worldwide Application)

This special **Fins Attached** presentation will alert divers to the decline of Apex predators due to hunting by humans. Sharks play a vital role in our ecosystem as part of a complex system of checks and balances. As apex predators they are at the top of the food chain. We will explore what is currently happening in their environment, prevention techniques and the urgent need for management and monitoring at national and international levels to prevent the extinction of species and populations.

2 weeks prior to arrival: Shark Awareness Education & Certification Course

This optional online course will be available to each participant who would like to get certified in Shark Awareness Education. As a self-study course, each student will be assigned a User ID and password and have access to the course for 6 months. Upon completion and a passing grade on a final online knowledge test, participants will be able to print their certification.

The goal of the **Shark Awareness Education & Certification** is to provide participants with the basic knowledge and understanding about sharks and why they need to be protected. Components include:

- ✓ Identify basic concepts of shark classification
- √ Identify components of shark anatomy
- ✓ Identify basic concepts of shark physiology
- ✓ Identify different forms of shark behavior
- ✓ Identify components of shark interactions

- ✓ Identify different species of sharks
- ✓ Identify importance of shark conservation
- ✓ Identify research practices used to study sharks





SKINDIVE / SNORKEL COURSE

Students do not have to participate in scuba diving to participate in Visions Dive Fest! Those who desire to simply snorkel their way through the amazing waters of Cozumel are welcome to do so. Those that participate in the snorkel course are allowed the same number of boat dives as all SCUBA divers; the only difference is they will have free time during the classroom and pool sessions for SCUBA training. With the abundance of activities available in resort plus additional excursion options, snorkelers will enjoy an amazing time! Fins, mask and snorkel provided along with guided instruction.

For those individuals that initially start in a SCUBA course and decide they would prefer to switch to Snorkel, they are welcome to do so at any time.

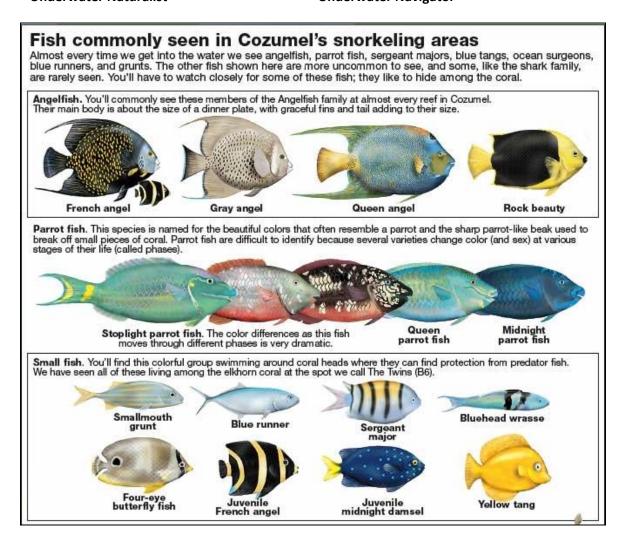
PADI COURSE INCLUSIONS

Visions Dive Fest includes:

- ✓ All training materials for 'Open Water Diver' certification including study manual & Dive Log book for every participant
- ✓ All gear including wetsuit, BCD, regulator, fins, mask and snorkel for every participant
- ✓ Multilevel Recreational Dive Planner (Calculator) for all participants obtaining their initial Open Water Certification
- ✓ Ocean-based Instruction in classes of 1 instructor for every 4 6 pupils (maximum) for participants that are not yet certified as an Open Water Diver; Classroom/Pool-based instruction in classes of 1 instructor for every 10 students
- ✓ Participants that have previously earned their Open Water Certification are in groups of 1 guide to 8 participants (maximum)
- ✓ Refresher Open Water Course for Certified Divers
- ✓ Instruction/Certification for divers who have already achieved their Open Water Diver certification and wish to obtain their Adventure Certification, their Advanced Open Water Diver Certification or a Specialty Dive Certification
- ✓ Nitrox dives for those who are Nitrox certified
- ✓ All 'ocean dives' noted in the itinerary will be 'boat dives.' Each participant will have 2 tanks for each of these boat trips.

Specialty Certifications for Advanced Divers – Please be advised that not all certifications may be available. If you are an advanced diver and desire to earn a Specialty Certification, please contact us once your group has sent in their initial booking for more details.

AWARE Fish Identification Coral Reef Conservation Diver Enriched Air Diver Peak Performance Buoyancy Underwater Naturalist Boat Diver
Drift Diver
Multi-level Diver
Project AWARE Specialist
Underwater Navigator



PADI / Project AWARE Downloads

Project AWARE's 10 Tips for Divers to Protect the Ocean Planet

http://www.projectaware.org/sites/default/files/AWARE%2010%20Tips%20A4.pdf

10 Tips for Divers Poster

http://www.projectaware.org/sites/default/files/PA 10Tips Poster.pdf

Join Divers Protecting Out Ocean Planet Worldwide

http://www.projectaware.org/action-zone/map

Our Partners

Fins Attached – Leading our science study is Dr. Alex Antoniou, Ph.D., of Fins Attached, a marine research and conservation agency. Dr. Alex will be working with us pre-trip and onsite for those who desire to truly immerse themselves in marine biology and oceanography as we discover our oceans and the incredible marine life within. The mission of Fins Attached is to conduct research, promote conservation and provide education for the protection of marine ecosystems. The health of any ecosystem is controlled largely by its apex predators. So while the work of Fins Attached aims to impact the marine ecosystem as a whole, much of the research is focused on the apex predators of the marine environment, which are sharks. The Fins Attached organization is comprised of scientists, companies, organizations, and people concerned with the health of the world's oceans. The scientists that represent Fins Attached range in backgrounds from divers to PhD marine biologists. www.finsattached.org



Pro Dive Mexico - Pro Dive Mexico is a watersports service provider with multiple PADI 5 STAR Dive Centers. All centers have been awarded the prestigious National Geographic Green Star Award. Whether your visit to this magical place includes your very first scuba diving experience, scuba refresher course, snorkel excursions or participation in one of the exciting Wildlife Safaris, the trained staff of Pro Dive Mexico is ready to provide you with professional service and a most memorable experience. Look for the Pro Dive head office in Playa del Carmen and their 5 star dive centers nearby in Playa de Carmen, Tulum, Cancun, Maroma and of course several centers on Cozumel.



Our Accommodation

Occidental's Allegro Cozumel - Located on the beautiful island of Cozumel overlooking the Mexican Caribbean Sea is Allegro Cozumel. This youth friendly all-inclusive resort is about 20 minutes from

the international airport and a 45 minute ferry ride from Playa del Carmen, Mexico. Guests will enjoy the nearby Palancar Reef which is considered one of the top 5 dive destinations in the world; guests staying at Allegro Cozumel will also enjoy one of the very best beaches the island has to offer.

The hotel boasts 261 tropical theme rooms in two-story Polynesian style bungalows. Room amenities include rooms with 2 double beds to sleep **TWO STUDENTS/STAFF PER ROOM – all in individual beds**, airconditioning, ceiling fan, cable television, telephone, bathtub and shower, balcony or terrace, coffee maker, hairdryer, hammocks, iron & ironing board and in-room safety deposit boxes.











Resort amenities and activities that are included with your package are:

- ✓ Unlimited meals, snacks & beverages in four restaurants
- ✓ Full open bar for adult-age participants in five bars
- ✓ Multiple swimming pools plus kids water park with slides & splash fountain
- ✓ Supervised activities for children (4-12 yrs) and Teens Club with activities for children (8-17 yrs)
- ✓ Jacuzzi, Sauna & Fitness center room
- ✓ Three tennis courts plus one multipurpose court
- ✓ Basketball
- ✓ Beach Volleyball & Beach Soccer
- ✓ Ping-pong, Darts & Giant Chess Board
- ✓ Kayaking, Snorkeling & Sailing (instruction & equipment)
- ✓ Daily activities by the pool and beach areas (cooking class, Spanish class, water aerobics, etc)
- ✓ Nightly shows & entertainment
- ✓ Chaise lounges & towel service at the pool & beach areas
- ✓ Includes all gratuities

Other activities available that require additional cost include:

- ✓ Spa facilities
- ✓ Gift Shop
- ✓ Car rental

- ✓ Deep Sea Fishing
- ✓ Guest Laundry
- ✓ Currency Exchange
- ✓ 24-hour medical services (on call)
- ✓ Internet access

Weather, Currency & Language

Mexico weather - monthly average temperature and rainfall:



Currency - The Mexican peso (MNX) is this country's official currency. However, most all vendors accept American dollars.

Official language - The official language of Mexico is Spanish and is spoken by nearly all Mexicans. Nonetheless, there are also more than 60 native languages, including Nahuatl and Mayan.

Cozumel Reefs



Interactive Island Reef Map:

http://www.cozumeldiveguide.com/islandmap/cozumel.html

Located in the Mexican Caribbean coastal zone, Cozumel is fringed by a complex coral reef ecosystem. Part of a massive chain of reefs that stretches from the Gulf of Mexico to Honduras, it is the second largest reef system in the world. Mangroves cluster along large parts of the shoreline in the extreme southern and northern parts of the island, providing habitat and protection for juveniles starting their life cycles. Shallow lagoons filled with turtle grass complete the rear zone of the reef creating a buffer leading up to a shallow reef forming an integral part of the breaker zone. Moving onto the deeper portions of the island shelf, divers will

find themselves in the spur and groove zone, which is an interface between the massive coral structures lining the drop-off into the abyss, completing the transition between the land and fabulous dive sites.

The coral formations creating Cozumel's systems are not continuous, but a series of isolated formations and integrated structures characteristic of reefs found along island shelves. Covering a total area of 17 square kilometers, two distinct types of formations are dominant in the Marine Park; they are Platform and Edge Reefs.

Platform Reefs are less developed from a structural point of view, with their foundations or bases rarely exceeding a depth of 30 - 50 feet (10 - 15m). The age of these structures varies between 1,000 to 10,000 years old depending on the species to be found there, and the quality of the substrate upon which it is based. Perfect examples of platform reefs in Cozumel are Colombia Shallows, Paradise and Yucab.

Edge Reefs are characterized by continuous structures rising into coral peaks high above the edge of the drop off and extending to as much as 180 feet (55m) below the surface. These formations are mainly found in the south of the island, with perfect examples seen at Palancar, Colombia, Punta Sur and Maracaibo.

Cozumel is famous for its **drift diving**. Currents are usually mild (1 - 2 knots) allowing divers to glide effortlessly along the reefs. The Gulf Steam runs along the entire coast of Quintana Roo, flowing from the south to the north, with its intensity dependent upon weather conditions, seasons and the moon.

The Itinerary

Pre-Tour: Online Video Conferences

8 weeks prior to arrival: **Marine Biology in Cozumel** 6 weeks prior to arrival: **Oceanography in Cozumel**

4 weeks prior to arrival: **Conservation & Protection** (Worldwide Application)

2 weeks prior to arrival: **Shark Awareness Education & Certification Course** (self-study) Specific dates and times will be released to all participants prior to the course.

<u>Day 1</u>

All meals included upon arrival at Hotel

Groups participating in **Visions Dive Fest** will generally arrive into Cozumel or Cancun in the afternoon. Transportation will be arranged to meet your flight and transfer you to Occidental's Allegro Cozumel Hotel. If flying into Cancun, your transfer will include a ferry ride to the island as well as a ground transfer to the hotel. Upon arrival, you'll meet our Visions Ambassador team who will assist you in getting checked in and having your bags transferred to your allocated rooms. Our team will then set up a specific time to meet with you and your staff to review all of the fabulous aspects of this property as well as review your specific dive schedule.



All meals and beverages are included so grab a tall glass of something cool, relax, check out the beach and get ready for an absolutely incredible week!

In the evening hours once everyone has arrived, we'll have our **Visions Welcome & Safety Meeting** so everyone will have the opportunity to meet our Dive Team, our Science team and our Visions Team!

Day 2

All meals/beverages included

Rise and shine Cozumel! Today is the day to delve into fun! After breakfast we'll walk down to the Dive shop to start our day.

SKIN DIVERS: Free day for pool, beach or local excursions!

SCUBA DIVERS: Classroom work in morning; Pool Dive session in afternoon

CERTIFIED SCUBA DIVERS: Classroom refresher course in morning; Pool refresher course in afternoon

It's important to note that when preparing for an Open Water Certification or an Advanced Open Water Certification, there's a lot of reading and homework involved! Pupils of all ages that are participating will need to devote adequate time throughout the day and evenings for this. Part of the certification process is personal review of all studies. If your instructor doesn't feel you are prepared, you may be asked to sit out and review the training before re-engaging in diving or classroom sessions. You may not earn your certification if you are unable to pass the written part of your examination.

In the evening make sure to stick around for some of the resort entertainment! It's always great and just the perfect way to wrap up the evening.

Day 3

All meals/beverages included

Good morning Mexico! Today's the day to hit the water! Get ready for an early breakfast... Full speed ahead!

SKINDIVERS: Free morning; Ocean Snorkelling in afternoon

SCUBA DIVERS: Classroom or pool dive in morning; Ocean Dives 1 & 2 in afternoon

CERTIFIED SCUBA DIVERS: Free morning; Ocean Dives 1 & 2 in afternoon

<u>Day 4</u>

All meals/beverages included

Rise and shine Cozumel!

SKINDIVERS: Free morning; Ocean Snorkelling in afternoon

SCUBA DIVERS: Classroom or pool dive in morning; Ocean Dives 3 & 4 in afternoon

CERTIFIED SCUBA DIVERS: Free morning; Ocean Dives 3 & 4 in afternoon

Day 5

All meals/beverages included

Good morning Mexico!

SKINDIVERS: Free morning; Ocean Snorkelling in afternoon

SCUBA DIVERS: Written exam testing in morning; Ocean Dive Testing (Dives 5 & 6) in afternoon

CERTIFIED SCUBA DIVERS: Free morning; Ocean Dives 5 & 6 in afternoon

Tonight we'll enjoy a private dinner for our group along with a special presentation evening. Certificates will be awarded to all participants earning their **Open Water Diver Certification**, **Advanced Open Water Diving Certification**, **Adventure Diver Certification** and **Specialty Diver Certification**. **Skin Diver teams** as well as **Science Superstars** will also be recognized!



Day 6

All meals/beverages included

Rise & shine Cozumel! You've worked hard all week! How about a day of rest and relaxation? Play a game of tennis, try your hand at sailing, take the aqua aerobics class at the pool, join in on some pool volleyball or take a fabulous excursion. Relax – you've earned it!

Day 7

All meals/beverages included while at hotel

Good morning Mexico! Today's the day to pack up and head home. We'll start to say goodbye to this incredible destination, waving goodbye to our new friends as we leave for the airport and hopefully, taking away memories that will last a lifetime!



Important Notes & Links

Required documents for those who are not presently certified as Open Water Divers:

- ✓ Student record file (always write out NO or YES completely to any/all medical questions)
- ✓ Youth diving waiver for any youth that are 10 or 11 years of age
- ✓ If participant clicked yes to any medical questions on the Student Diving Waiver a Medical statement is required

Required documents for all Certified Open Water Divers:

- ✓ Diver's registration (shaded areas only)
- ✓ Liability release
- ✓ Medical statement (always write out NO or YES completely)
- ✓ Standard Safe Diving Practices
- ✓ Youth diving waiver for any youth that are 10 or 11 years of age

All required forms will be gathered by staff prior to departure (approx. 3 months in advance) and sent into our Operations offices in bulk. Our staff will then submit these directly to Pro Dive Mexico in advance of our arrival so they may schedule required instruction staff. This allows school staff to ensure that all participants have obtained all required forms.

If for any reason a participant has not brought along his/her required forms, they may fill these out once in resort. A teacher may sign as a Legal Guardian provided they have the full legal authority to do so.

If for any reason a participant requires a medical release from a physician in Cozumel, please be advised that although we will be happy to set this up, the participant will be personally responsible for payments required for medical care and transportation.

Waiver & Medical Release — A detailed Waiver (above — Student Record File / Liability Release / Medical Statement) will be required to participate in this event. A parent or legal guardian must sign if the participant is under the age of 18. As part of the Waivers, a medical questionnaire is included. Please ensure that each participant has fully written out each answer with either a YES or a NO; no abbreviations are accepted. Please be advised that if any member checks YES to any element, they will be required to provide a physician's letter stating that they are allowed to dive prior to embarking on the event. The Physician's note must be dated within 3 months prior to travel and MUST BE BY A 'DIVING DOCTOR' (specialty doctor). If you need a list of physicians that meet this requirement in your area, please click <u>USADOCS</u> for USA physicians. Physicians are also available on the island if needed. Please do understand that if any element is ticked as positive, the person will not be able to participate in SCUBA diving without a physician's release. This does not affect Skin Dive participants. For further information, click VISIT http://www.prodivemex.com/eng diving-policy.html.

Visions Waiver – For participants outside of the UK, a Visions Waiver noting release of liability is required for all pupils as well as staff. All documents must be signed by a parent or legal guardian if under the age of 18. If a document is not produced for any participant, unfortunately they will not be able to dive/snorkel under the course contents.

Refresher Course for Certified Divers – all Certified Divers will be requested to take a short Classroom session in the morning and a short Pool session in the afternoon of Day 2 to ensure our skills are fresh and sharp for ocean diving.

Additional Dives – Divers that are certified as Open Water Divers may feel free to upgrade to add additional dives, night dives (generally offered one night per week) or other special certifications. These upgrades are at extra cost and may be booked directly through the Dive Center upon arrival. We strongly suggest no diving on the day prior to departure.

Equipment – If divers opt to bring their own equipment, please understand that because all elements of the tour are bundled, there will be no reduction in the 'package plan' and refunds will not be available.

Log Book – Log books are supplied for new divers only. If you are already certified as an Open Water Diver, please remember to bring your log book to record your dives.

Dive Insurance - If you are a certified diver, do not forget to bring documentation of your Dive Insurance plan in case of need. Cozumel has two treatment centers located on the island if needed.

Instructor / Boat Crew Gratuities - Tips not included for dive instructors, skin dive guides, boat captains and deckhands as these are at your personal discretion. Tips for good service are generally estimated at \$5 USD per tank (generally 2 tanks per session) and are split amongst your instructor/guide, your boat captain and deckhand.

Change of Sport - If any participant originally signs up as a diver and during the course of the tour drops to a snorkeler, please understand that no refunds are available.

Itinerary Scheduling - Diving schedules may vary as to morning or afternoon dives. Specific schedules will be distributed upon arrival.

Flights – Please be advised that only a single bag is included, per person, with group airfare. If you desire to bring a dive bag or other second bag, please understand that you are personally liable for any fees assessed by the airlines.

Towel Cards - Upon arrival at the resort each person will be issued with a Towel Card. The towel card may be exchanged at the pool for a fresh towel as many times as you desire, every day. The Towel Card MUST be turned in prior to leaving the resort as you will not be allowed to check-out until it is accounted for. To discourage theft, the resort charges \$50 per towel card (or towel) that is not turned in. If a participant loses their towel or card they will be responsible for paying this fee. If you wish for Towel Cards not to be distributed to your students, please inform us.

Ropes Course – Please be advised that there is a Ropes course at the hotel. The course was built by a UK operator but has not been in operation. Please advise your students that unfortunately, this is not part of the resort and may not be used. If for any reason it does open to the public prior to the event, we will certainly let you know for consideration.

Sunscreen / Sun Cream – As a protected environment, please ensure that group participants bring **bio-degradable** sunscreen if available.

Pool & Beach Lifeguards - Lifeguards are on duty at various resort locations. Please direct your students as to appropriate use.

SUGGESTED PACKING LIST

- Hat
- Sunglasses
- Swimsuit
- 2 pairs of shorts
- 2 or 3 t-shirts or other shirts
- Males: 1 pair of long pants for special restaurant nights
- Females: 1 sundress for special restaurant nights
- Beach bag for personal gear
- Sandals / Flip-flops / Beach Shoes
- Athletic Shoes / Trainers
- Personal Toiletries
- Pen & Highlighter for Study Guides
- Waterproof Biodegradable Sunscreen / Sun Cream
- After Sun Spray / Gel / Lotion
- Mosquito Repellent
- Camera (disposable suggested) / Underwater Camera
- Cash / Credit card for meals on travel days
- Cash for Dive Instructor / Boat Team gratuities

PACKING TIPS

Don't pack too much! An old trick is to lay out everything you think you need for the trip, then pack half and return the rest to your closet.

Organize with zip-lock plastic food bags. Zip-lock food bags can be used to pack certain clothing items you want to protect, to organize smaller items or to keep wet bathing suits separate from other clothes.

Pack sample sizes of toiletry articles. Liquids travel best in plastic containers. Squeeze the air out of the bottles before you fill them up and don't fill them to the top. Place the containers in plastic bags.

Be sure your baggage is clearly labelled. Remove old airline tags. Make sure your name and address is in a prominent place on the outside and inside of each luggage piece.

Carry fragile, valuable, perishable and basic personal items with you. Money and prescription drugs should be carried with you. Make sure you have a toothbrush and other essential toiletries in your carry-on bag.

Articles that cannot be transported as checked baggage. The following items should not be packed in checked baggage. If a loss of these items should occur, the airlines will not be held liable and will only compensate lost baggage according to their lost baggage policies.

* Passport & Important Documents

Fragile & Perishable Articles

^k Currency

* Jewels

Others things to remember:

- Refill your prescriptions before the departure
- Bring some OTC medicines such as pain reliever, allergy tablets and Imodium to deal with illness

VISIONS DIVE FEST - Cozumel, Mexico

Minimum Booking Numbers: 10 students (please contact us for groups under 10 as we may

be able to combine you with another group)

What's Included: Roundtrip flights with a scheduled carrier to Cancun or

Cozumel, depending upon options available)

Airport transfers to/from Mexico airport to hotel

6-nights' accommodation in Cozumel All meals/beverages while at hotel

SCUBA or SKINDIVE course as chosen per pupil

SCUBA: 3 half-day / 6-tank ocean dives + classroom

and pool training

SKIN/SNORKEL: 3 half-day ocean dives + classroom

training

SCIENCE course including 3 video-conference sessions, one self-study certification course plus on-site education

Daily use of non-motorized water sports equipment

Daily and evening activities Graduation Dinner Presentation Full-time Visions Ambassador Team

24-hour emergency cover

What's Not Included: Fully comprehensive insurance (mandatory)

Transfers to/from home airport

Transportation for activities not shown in the itinerary

Cost of visas, full or collective passports

Cost of inoculations or medication required for travel Sightseeing / Entertainment Options not shown in Itinerary

Hotel incidental deposits & bills – internet, etc

Any gratuities – coach drivers, maid service, tour ambassador

team, dive instruction team + boat crews

As always, our staff is available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.

Kaleidoscope Adventures 1-800-774-7337

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