

Nido de Aguilas International School

Advanced SCUBA Diving Travel Itinerary



Golden Frog Scuba

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TRIP NOTES	
TRIP START DATE	11/04/2017
TRIP END DATE	11/11/2017
NUMBER OF TRAVELERS	TBD
DURATION (DAYS)	8

Transportation

Date	Destination	Activity	Notes
Saturday Nov 04, 2017	Tocumen Int'l Airport (PTY)	Arrival Pickup	Flight #: TBD, Time: TBD
Saturday Nov 11, 2017	Tocumen Int'l Airport (PTY)	Departure dropoff	Flight #: TBD, Time: TBD

Lodging

Date	Destination	Duration	Notes
Saturday Nov 04, 2017	El Bongo Hotelito	8 Days/7 Nights	Arrival; Check In
Saturday Nov 11, 2017	El Bongo Hotelito	8 Days/7 Nights	Departure; Check Out

Hotel Contact: Emiliano Sempero (507) 6780-3214; Bilingual
www.elbongohotel.com www.facebook.com/elbongohotel

Daily Activities

Day 1 **Saturday - Airport pick up, transport to hotel, check in and get settled**

Day 2 **Sunday - Fun Dive**

8:00 AM Breakfast

9:00 AM Obtain student gear sizes and weights required, depart port for 2 "fun" dives

Educational Component: students will refresh their current knowledge of diving to increase their performance in buoyancy.

Time TBD Lunch

Time TBD Dinner

Day 3 **Monday - Advanced Diver Training**

8:00 AM Breakfast

9:00 AM Begin advanced training (Navigation and SAR; Search and Recovery)

Educational Component: students will learn additional skills of diving which will include the use of a compass for navigation and learning how to search in patterns.

Time TBD Break for Lunch

On the second dive students will learn search and recovery (using lift bags) utilizing the skills practiced on the first dive.

5:00 PM Set up for Night Dive

Time TBD Dinner

Time TBD Depart port for one Night Dive

Day 4 Tuesday - Advanced Diver Training

8:00 AM Breakfast

9:00 AM Continue advanced training (Wreck Dive, Deep Dive)

Educational Component: students will learn how to enter and exit, slowly and safely, in a covered environment.

Students will use a guide line to follow inside a wreck. Diving depth is 30 meters.

Time TBD Break for Lunch

On the second dive students will learn how to use the sausage flotation device along with the reel.

Time TBD Dinner

Day 5 Wednesday - Fun Dive

8:00 AM Breakfast

9:00 AM Practice performance and Q&A session

Educational Component: the dives on this day will give students the opportunity to practice and increase their performance with the skills previously learned and ask any questions they may have to ensure proper understanding of the Advanced course training.

Time TBD Lunch

Time TBD Dinner

Day 6 Thursday - Environmental Awareness

8:00 AM Breakfast

9:00 AM Underwater shoreline clean up dive

Educational Component: students will learn the importance of keeping the environment clean and how unsanitary habits of humans and their actions have an effect on the aquatic life.

Time TBD Lunch

Time TBD Dinner

Day 7 Friday - "Free" Day

8:00 AM Breakfast

9:00 AM Activity for the day will be student choice

Educational Component: students should work together as a team to determine activity/activities to do as a group or groups.

Time TBD Lunch

Time TBD Dinner

Day 8 Saturday - Hotel pick up for departure back to airport (after breakfast; time TBD)

8:00 AM Breakfast

ADDENDUM TO DAILY ITINERARY:

Please note, all times are estimated and may be flexible. Optional other activities can be discussed after arrival to determine group preference(s).

Optional Other Activities could be provided such as;

***Panama Canal Locks Visit** - learn the history behind one of the seven wonders of the modern world and the process that entails the ships crossing through the waters of "The Crossroads of the Americas".

***Area Hike Trip** - with a reputable bi-lingual local guide who is very knowledgeable with the history of Portobelo as well as a variety of the animal species found here (www.portobeloadventures.com).

GOLDEN FROG SCUBA STAFF INFORMATION

Rey Sanchez	Chief Instructor	PADI Member #232036
Alvaro Sylva	Instructor	PADI Member #153210
Milton Collazos	Divemaster	PADI Member #266718
Antonio Vergara	Boat Captain	
Franklin Montenegro	Additional Boat Captain/Transport	