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away to sea

Koh Tao Island - East coast - Thailand
Learn to Freedive



General
If scuba diving is not for you, or if you are already a diver who wants to explore the underwater world - and yourself - without scuba equipment, you should seriously consider the PADI Freediver Course! Freediving is about inward power, discipline and control. Freediving allows you to enter the underwater world quietly, on your own terms, staying as long as your breath allows. Taking the PADI Freediver course is your first step toward discovering why freediving is becoming a popular way to explore beneath the waves.

During the course, you will learn about the principles of freediving through theory sessions. In the pool, you will learn breath hold techniques as well as static and apnea. The goal is to be able to hold your breath for 90 seconds in the pool and swim 25 metres (horizontally). It sounds like a lot, but with the right technique, you might find that it comes easier to you than you might think.

In the ocean, you will practice free immersion and constant weight freedives plus proper buddy procedures. The goal is to have you freedive comfortably to a depth of 10 to 16 meters.

Taking the PADI Freediver Course on Koh Tao, will provide you the perfect setting. The ocean is warm, the island is beautiful, the vibe is fantastic, and the dive center is highly professional. We guarantee you a good experience!



Area name / Island name
East coast, Thailand

Nearest airport
Koh Samui or Bangkok

Season
Dive Center is open all year round.
A short season with more rain between October and November gives limited access to some of the dive sites

Center type
PADI 5 Star Dive center of Excellence.
Young and vibrant atmosphere
English managed
International dive instructors and dive guides

Experience level
None

Minimum age for participation
10 Years

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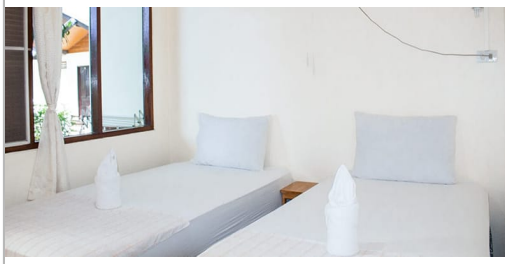

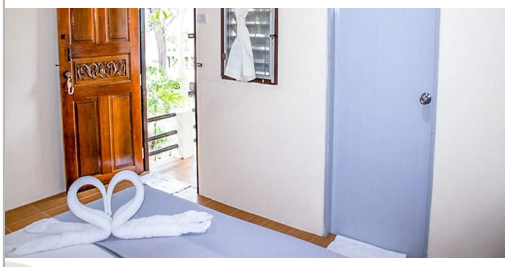

Location – Sairee Beach
Koh Tao in general is packed with different bays and beaches that are well worth visiting with your snorkelling gear. The island itself has a great size in terms of exploration, and it is easy to get around on a scooter. However, if you want a young and very vibrant vibe, Sairee Beach is the place to be! The atmosphere is buzzing with hippie happy backpackers hanging out in the cafes, the beach bars and obviously on the beach itself… which is the longest and most popular beach on the island (you'll see why!)

Your accommodation - private room
Is right next to the dive center, and in the middle of Sairee Beach. Walk out of your room, and within 2 minutes (of walking really slowly) you will be standing on the beach, next to the dive center. Even though you are staying right on Sairee beach, your accommodation is still pulled back from the crowds, securing you your beauty sleep.

Your room
Is a private room with 2 single beds or a double, depending on availability. The room comes with a fan, hot shower and daily cleaning. The room is simple, but clean, comfortable and right where you want it, when you come back from diving and in need of a good nap!

You can upgrade to A/C as a supplement



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Introduction to course

The PADI Freediver course is the most popular freediving certificate worldwide. After completing this 2-3 day course you are certified to freedive to 16m independently with a buddy. The course consists of five modules of learning. You study via a self-study video and offline app, completing a knowledge review and exam to solidify what you've learnt. The instructor reviews everything with you to ensure that you have fully understood the material. The practical learning consists of confined water sessions and two open water sessions. Session one is conducted at a depth of maximum 10m and session two is conducted at a maximum depth of 16m.

The course is performance based and not time based, which means that you will learn the skills slowly at the pace that is best for you. The course generally takes 2 to 3 days, with the theoretical, the confined water and the open water sessions successfully passed.

WHEN TAKING THE COURSE

The PADI Freediver course is a great learning experience. It is perfect for those wanting to snorkel more comfortably and experience the feeling of absolute freedom in the water. It is a learning experience that will stick with you FOREVER!



SSI PADI padi.com

All the little facts:

Number of Dives:
One Dry Breathing session
One Static Apnea session
One Dynamic Apnea session
Two Open Water sessions

Knowledge Development:
Five theoretical modules

Prerequisites:
Minimum 15 years of age. Good health, reasonable fitness and comfort in the water

Materials you'll need:
PADI Freediver Touch App
(Included in your package)

Equipment you'll use during the course:
Mask, fins, snorkel, weightbelt, and a wetsuit
(Included in your package)

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Package Itinerary - 3 days and 2 nights
The PADI Freediver Course is performance based. That means you must understand and pass the theory and perform the in-water skills correctly and with ease. Therefore, the itinerary can vary slightly from course to course. The course will take 2 to 3 days depending on the students enrolled. To give you an idea of what to expect, see the itinerary below:

Day 1: Arrive with the ferry to be picked up by your driver, who will take you to the dive center. From here you will be checking in at your accommodation. Once you've settled and had a rest, you'll return to the dive center at 4pm to fill in all the necessary paperwork, watch the PADI Freediver videos and discuss the course schedule for the coming days with your instructor.

Day 2: Meet in the morning for a breathing session and then underwater you go in our pool for the Static Apnea and Dynamic Apnea sessions. After lunch we'll head out to the ocean to start practising depth techniques on a shallow dive site.

Day 3: Get ready for the morning boat and off we go to dive a little deeper. You have the rest of the afternoon off to revel in your accomplishment.

Activity starts
On day one at 4pm

Activity starts from
Dive center

Please contact your dive center latest one week prior arrival to confirm your arrival time and pickup from the pier

Group Size
No limit Max. 4 divers pr. Instructor/Divemaster

Language
English

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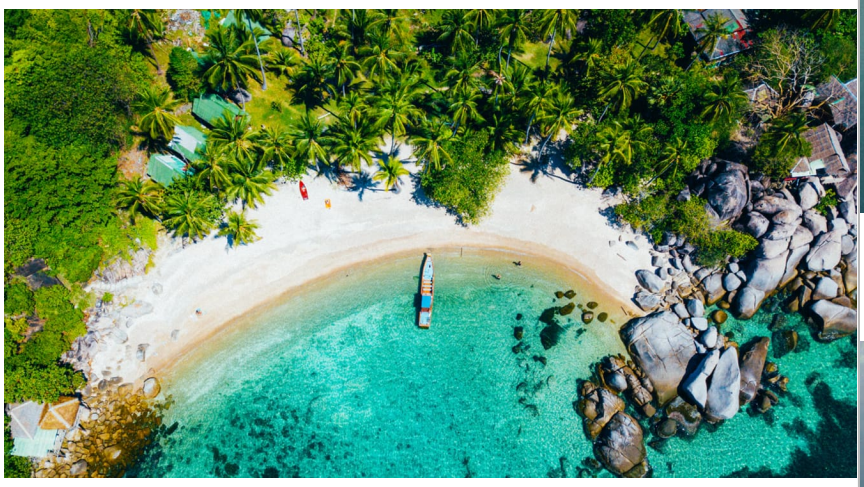
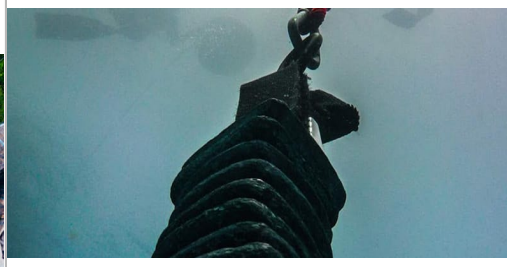
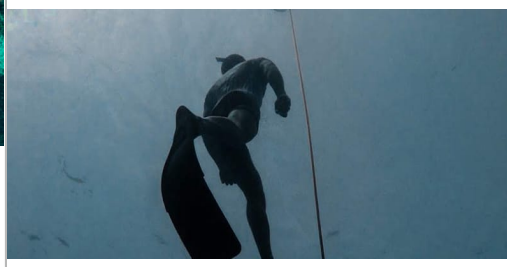
Transfer information
The easiest way to get to Koh Tao from Bangkok, is to take either the bus or the train down south to connect with the Lomrayah High Speed Catamaran in Chumphon, for a 1.5 hour crossing to Koh Tao. If travelling down to Koh Tao in the high seasons or around a full moon party it's always a good idea to book your bus ticket in advance!
Your travel agency can help you reserve and book your ticket.

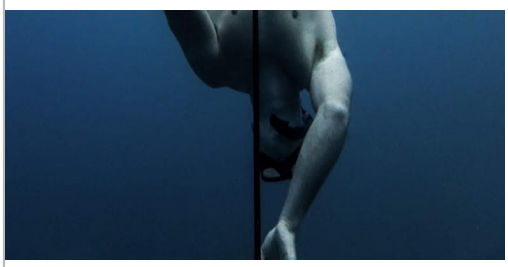
Regardless of where you are in Thailand, your travel agency can get you to Koh Tao on the fastest and most convenient way.

To be picked up at the pier on Koh Tao, contact your dive center with your ferry information. You will find the contact details for the dive center, on your voucher.









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Prices below are based on 2 persons sharing accommodation, unless stated otherwise.

FREEDIVER COURSE - PRIVATE ROOM	
Days / Nights	3/2
Amount of dives	0
Price (incl. accommodation)	375 EUR

Supplements	
2 Extra Dives	55 EUR
A/C upgrade per night	10 EUR
Extra night - private room (after)	21 EUR
Extra night - private room (before)	21 EUR
Refresher dive (added to first dive in package)	29 EUR

Prices for supplementary accommodation are based on 2 persons sharing accommodation, unless stated otherwise.

Supplements
A supplement can be chosen to be added onto your package. All supplements can also be booked on site. In high season, rooms and boats get filled fast and you might find trouble getting an extra night in your resort or an extra day of diving. It is recommended to book an extra day prior your course to get settled and get up front on the studying.



Included
PADI Freediver Course
PADI course materials
Instructor Fee
Certification Fee
Accommodation in private room
Bed linen & towels
Snacks on dive trips
Rental dive equipment
Pick up service from ferry pier
Good vibes!

Not included
All meals and drinks
Transport to Koh Tao
Local dive insurance THB 200 (mandatory)

Also available on site (based on availability)
Extra days of Freediving/diving
Extra accommodation
Upgrading of room

Continuing education
Courses are available on request for all levels of continuing education.

Cancellation
Please refer to FAQ & Terms on www.blueventure.net

Dive insurance
Basic dive travel insurance required

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General terms and conditions

GENERAL CONDITIONS

CHANGES OF BOOKINGS:
You can change your booking request or start date free of charge.
If you need to change your booking you must contact the **dive center** directly by e-mail or phone. You will find the contact details on your voucher. For verification purpose, please remember to mention your name and booking ID.

If you want to change your start date, we recommend that you do so minimum 10 days before the beginning of your dive package. Later than this, might cause the accommodation to be fully booked for alternative dates. During high seasons, 10 days might not be sufficient time, please allow extra time for changes in the high season. As a reminder, you will receive an email with general information and contact information of your dive center 10 days prior to your start date.

CANCELLATION RULES:
Any customer has the right to cancel their booking with Blue Venture Diving. In order to do so, you must contact your selling agent. The cancellation fees and rules of your selling agent will apply for your cancellation.

Blue Venture is not liable for any cancellations done by the customer of personal reason such as/or in the same category as sickness, family, missed flights etc, or other circumstances that is beyond reasonable control such as force majeure.

Blue Venture booking cancellation
In the unlikely event that Blue Venture is forced to cancel a booking, the customer will get direct notice. A cancellation will only happen if Blue Venture finds that the contracted dive center can't perform the needed service of the booked package or if the dive standards can't be fulfilled accordingly. Minor changes in the itinerary will not be defined as a valid cancellation reason, as diving is dictated by the environment and the people enrolled in the activity.
Blue Venture will always do their best to find another operator of same or higher standard, but it is up to the customer to decide whether they want to accept the change or get a refund.

INSURANCE:
A cancellation insurance is not included. It is highly advised recommended that you obtain adequate travel insurance prior to your departure from your home country.

REFUNDS:
Medical Statement
To enroll in an Open Water Course, all students MUST fill in the Medical Statement. Please ensure that you have received the medical statement from your travel agent. If any questions are replied with a "Yes", the medical statement must be signed by a doctor. Failing the medical statement at the destination, and therefore not being able to enroll in the diving course, you will not be entitled to a refund.

If you have not received your Medical Statement, please make sure to print it from this link.
https://blueventure.net/files/information/12.pdf

Medical statements, specifically for courses in Cairns (Australia)

Entry level (E.g. Open Water course)
https://blueventure.net/files/required/138.pdf

Continuing education (e.g. advanced course)
https://blueventure.net/files/required/139.pdf

Restricted dives
Diving is dictated by the environment and the people enrolled in the activity. All diving is performance based. It is up to the discretion of the dive guide/instructor to restrict divers from entering activities that goes beyond their experience level. All guides strive to reach the expectations of the customers. However, if they find that the safety of the group or an individual is jeopardized or at risk by one or several individuals, it is up to the dive guide/instructor to restrict any divers from entering the water.
In this event the dive center or Blue Venture is not obliged to give a refund.

Dives not completed

There is no refund for dives not carried out.
Refund for dives not done for any reason is up to the discretion of the dive center. Most dive centers do not give refunds for dives not done with personal causes such as seasickness, low on air situations or a failure in mastering the equipment etc. All log books will be checked prior to the dive and the dive sites will be chosen accordingly to the experience level. It is however expected that certified divers keep within their limits and do not cross their comfort zone. Blue Venture and your travel agent is never responsible to pay a refund for dives not done.

Courses not completed
There is no refund for courses not completed! All courses are performance based, but it is up to the instructor to pass the student. If a customer can not complete a course with success they will receive their course documents for an optional referral, but the contracted dive center, your travel agent and Blue Venture is not responsible to pay a refund.

Boats or dives not departing
If boats or dives are cancelled due to bad weather or sea conditions, it is up to the dive center to re-schedule and compensate with a similar dive trip when conditions allow. If the customer does not have adequate time to enroll in another trip/course it is up to the customer to make sure the dive center notify Blue Venture of this in order to secure a refund via the sales agent who completed the sale with the customer. There will only be refund on the diving and not the accommodation.

ACCOMMODATION:
Unless mentioned in the destination information folder the accommodation is always part of the package.
If the dive center by any means can't deliver the agreed accommodation, it is up to their discretion to supply immediate accommodation of the same or higher standard. (the destination information folder is found on the Blue Venture website.)
If the accommodation somehow does not live up to satisfactory standards of the customer, the customer must contact Blue Venture by phone or email as soon as possible (preferably while still on site) in order to solve the problem.

DIVE INSTRUCTORS & DIVE GUIDES:
All contracted dive centers has been handpicked based on their level of professionalism and expertise. Blue Venture ensures that all guides and instructors have the correct education and experience. In the unlikely event that a customer suffers a bad experience with any guide, instructor or dive center facilities, Blue Venture is entitled to know, but can't by any means be held liable.
At the end of you dive experience as questionnaire will be sent out to you, that we would like you to answer. By doing this, you help securing a high level of professionalism towards all customers.

MEDICAL STATEMENT & LOGBOOK:
If you are about to enroll in a dive course (entry level only), you must fill out the RSTC Medical Statement before you leave your home country. Please make sure your agent has provided you with the RSTC Medical Statement. You can also print the medical statement from the link, further up on this page. If you need the medical statement reviewed by a doctor, you have 10 days from the date of the booking with the option of cancelling for free.
If you are already certified as a diver and about to go fundiving, you must remember your current dive certificate and your personal logbook or dive computer.