

ALMUNECAR fiche technique

- Cours de langue et culture espagnole (2 semaines / 15 h. de cours par semaine).
- Hébergement en famille en pension complète (2 semaines / chambre double).
- Grande excursion de toute la journée (samedi 8 juillet) : Grenade (centre ville, L'Alhambra et le Généralife).
- Stage sportif (15 h. de cours par semaine) : vous pouvez choisir pirogue, voile, windsurf, catamaran et plongée (Open Water Diver ou Advanced Open Water)

Hébergement en famille d'accueil en pension complète en chambre double (1 seul enfant français par famille). La chambre à partager avec un enfant de la famille ou bien un autre étudiant étranger non francophone.

À Almunecar on peut **aller à pied** soit à l'école de langues ou bien à l'école de plongée. Pour la voile on amène les étudiants jusqu'à l'école de voile/windsurf.

Plongée : Il s'agit d'une école de plongée PADI, située à Almunécar, qui forme les étudiants vers l'obtention du Brevet de plongée PADI « Open Water Diver » et aussi « Advanced Open Water Diver ».

Voici la description en anglais qui vient de m'envoyer l'école pour OPEN WATER DIVER :

« The Open Water Diver Course is the first stage of the PADI system of Scuba Diving. On this course our instructors will show you the fundamental aspects of diving to improve your confidence and well-being whilst diving. This is stressed during the student's initial dives, first in the two confined water dives and later in the open water dives. In brief, with this course, lovers of diving can gradually become acquainted with the world of Sub-aqua in total safety under the direction of our specialists.

The course is taught by qualified instructors and consists of two parts: Theory and Practical.

THEORY

PADI has developed an easy to understand student instruction manual, which contains all the essential information needed to dive safely. It emphasizes the relationship of cause and effect and encourages the student to assimilate these factors. The instructors give lectures where they explain points, which are unclear to the student and dispel any doubts which may arise. Later, students are shown a video and given a practical demonstration of the main points covered in each lesson, thus reducing the student's workload.

The theory is taught on our premises in Almunécar and the maximum number of students per class is 8. The theory takes approximately 8 - 10 hours, at the end of which a question & answer type exam is taken to determine the level of understanding of each student.

PRACTICAL

Confined Water Diving:

This is carried out in a swimming pool (or in the sea, if the conditions are calm and similar to those of a swimming pool) in a depth of no less than 1.50 metres. Two dives in confined water are carried out during which the very basic techniques of diving are learnt and practiced. In both sessions the students are shown how to use scuba equipment, which will be provided by the school. A series of exercises are carried out so that the student learns a number of skills: Control and use of equipment, Buoyancy control, how to deal with the different situations which may arise in open water and finally, how to make contact with another world, that is Sub-aqua.

Open Water Diving :

Under the supervision of our instructors students have their first experience as divers with their own equipment in open water. The student should be able to carry out those exercises which have been learnt in the confined water sessions - Dive planning, methods of entering the water safely, swimming on the surface, controlled descent, clearing water from the mask, underwater signals, the use of an alternative air source, a controlled emergency swimming ascent as well as the use of a compass. The aim at this stage is to monitor the behavior of the prospective Open Water Diver. Once the student has completed all of these tasks, he or she may spend the rest of the dive exploring the dive site for their own pleasure under the supervision of the instructor.

The aim of the Open Water Course is to enable you to dive with a partner at depths not exceeding 18 metres. It does not teach the Diver to wreck dive, cave dive or dive in any overhead situations nor does it qualify the diver to dive at night or drift dive.

One of the aims of the school is to teach the public about the beauty of the aquatic world, stressing the importance of conserving it for future generations.

Once the course has been taken and the exam passed, PADI will issue your qualification and identity card, needed to practice the sport in waters all over the world. This card is essential for anyone attempting to dive, hire or buy equipment.

Les conditions pour pratiquer la plongée : **15 ans pour être Open Water Diver** et aussi être en bonne santé (déclaration médicale). Comme vous pouvez lire il se déroule en 3 parties (les cours théoriques, les plongées en piscines et finalement les plongées en milieu naturel) sur 5 modules :

Module 1 :

- le monde sous marins
- matériel de plongée
- le scaphandre
- le système de binôme
- présentation de la plongée en milieu protégé

Module 2 :

- adaptation au monde sous marin
- respiration
- matériel de plongée
- le système de binôme : communications et procédures
- présentation de la plongée en milieu protégé

Module 3 :

- l'environnement de plongée
- planification de plongée
- plongée à partir d'un bateau
- gestion de problèmes
- présentation de la plongée en milieu protégé
- plongées en milieu naturel

Module 4:

- accessoires de plongée
- la santé et la plongée
- respirer l'air en profondeur
- présentation de la plongée en milieu protégé

Module 5 :

- utilisation de la Table de Plongée Loisir
- utilisation de l'ordinateur de plongée
- base de l'orientation
- présentation de la suite de cette formation
- présentation de la plongée en milieu protégé
- plongées en milieu naturel

Voici la description en anglais qui vient de m'envoyer l'école pour le **cours ADVANCED WATER DIVER** :

« Out of all courses the Advanced Open Water Diver course is one of the most enjoyable and beneficial, in the PADI system of continuing education. On this course you will improve and extend both your knowledge of the underwater environment and your own ability as a Diver. It is a programme that introduces and demonstrates the various specialized areas of diving. Also there is hardly any theory

There are three required dives, and two elective dives, which you can choose under guidance from your instructor, depending on your preferences and experience. For the obligatory dives, you undertake an underwater navigation exercise, using both your awareness of your surroundings, and your compass. The rest of the dive proceeds as normal. Next you do your deep dive, to around 30 metres, the maximum permitted for recreational diving, in which you experience the effect on your body of diving at such depths

The third dive is a night dive. This is an incredible experience in which you learn the use of new equipment and shows you an environment very different to that during the day. The elective dives are; drift dive, multi-level dive, underwater photography, underwater naturalist, search and recovery, and wreck dive

Les conditions pour suivre le cours **ADVANCED WATER DIVER** : être breveté Open Water Diver , avoir au **moins 15 ans** et aussi être en bonne santé (déclaration médicale).

Il s'agit d'une formation théorique sur les 5 plongées choisies, briefing sur chacune des plongées et débriefing. Objectif : accroître les connaissances en plongée, faire une plongée profonde, faire une plongée orientation (avec une boussole), découvrir les différentes activités possibles en plongée, choisir 2 plongées découvertes au choix.