



Tour: San Andrés Dive Week
Itinerary: 8-days / 7-nights, departing Saturdays
Specialization: Scuba, Watersports, Nature & Culture
Location: San Andrés & Bogotá, Colombia

San Andrés - Colombia Dive Week FOR CERTIFIED DIVERS

Day	Morning		Afternoon		Evening	
1	Fly to San Andrés, Colombia; transfer to beach hotel and check-in				Welcome Dinner	
2	<i>2-Tank Boat Dives</i>		Lunch, City/Island Tour & Botanical Gardens		Hotel Dinner	Blue Indigo Foundation Presentation
3	<i>Coral Nursery Cleaning (1-Dive / Blue Indigo)</i>	<i>Coral Replanting (1-Dive / Blue Indigo)</i>	Lunch and free time at hotel / beach		Beach Yoga Class	Dinner at Namaste
4	<i>Shipwreck Dive</i>	Lunch at Beach Club	<i>Marine Debris Clean-Up Dive</i>	Lionfish Master Class	<i>Lionfish Hunt Dive</i>	Lionfish Dinner
5	Free Time	<i>Fun Dive</i>	Lunch	<i>Fun Dive</i>	San Andrés Culture Night / Dinner with Coconut Rondón	
6	Snorkeling at Haynes Caye / The Aquarium		Beach Time / Free Time		Farewell Dinner at the Beach	
7	Travel to Bogota	Walking City / Food Tour		The Bogota Gold Museum	Local Dinner	
8	Return flight					



As with all sample itineraries, please be aware that this is an “example” of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



Hammock Expeditions, LLC
 51 Hillcrest Way
 Bluffton, SC, 29909 USA
 P: 984.223.9866
www.STEMstudytours.com
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COLOMBIA... With world-class coffee plantations, amazing beaches, incredible food, rich history and friendly people, Colombia is a star of South America.

Colombia is blessed in many ways. On the continent's northern tip, it's the only South American country that fringes both the Atlantic and Pacific. It's rich in emeralds, coffee, and oil. And because it straddles the equator, it's one of the lushest countries in terms of tropical flora and wildlife. There are literally more species of birds in Colombia than anywhere else in the world. You can jump on a plane and in less than an hour find yourself in a different dramatic setting—be it the cobblestone streets of a weathered colonial port, the stalls of a crowded market where merchants still speak the tongues of their ancestors, or at the base of snow-covered peaks rising sharply from a steamy coastal plain.

Most of the country's 42 million people live in Colombia's western half, where the Andes split into three cordilleras, or ridges: Oriental, Central, and Occidental. As you ascend the mighty mountains, subtropical valleys give way to rigid, fern-carpeted peaks where the ever-present mists are brightened only by votive candles placed by truck drivers at roadside shrines. Further south, the high-altitude valleys with volcanic soil and ample rainfall create perfect conditions for growing coffee. Proud café-cultures have carpeted the valleys with man-sized, red-berry-bearing bushes, the waves of green only interrupted by the occasional red-and-white hacienda or rough wooden home improbably perched on a ridge and taking in seemingly eternal vistas of cloud-topped blue hills.

SAN ANDRÉS – With almost forty scuba diving sites, one of the best beaches in the **Caribbean**, a blue sea that's also green and even purple, and people brimming with friendliness, San Andres is a warm and welcoming destination for our groups! Combined with **Providencia and Santa Catalina**, all located in the Colombian Caribbean, the islands are located about 230 kilometers east of mainland Central America and 750 kilometers north of mainland Colombia. Declared a UNESCO world biosphere site in the year 2000, the "**Seaflower Biosphere Reserve**" is not just the islands and its outlying cays, it also takes in 10% of the Caribbean Sea, covering an expanse of over 300 thousand square kilometers.



Adorned by 7 colors of the sea, in San Andrés you can enjoy the natural wealth, crystal clear and warm waters (28°C), visibility from 30 to 40 meters and the third largest coral reef barrier in the world. Its gastronomy loaded with traditional flavors mixed with contemporary fusions will delight your palate and rhythms such as calypso, mazurka, reggae, and dance hall, among others, will mark the beat of your steps. White sand beaches, colorful architecture, history, culture, adventure and diving will be within your reach to create unforgettable experiences and memories.



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BOGOTA - Colombia's sprawling capital of more than 8 million people, stands at the end of a vast plateau in the eastern Andes. It's a city renewed, the proud heart of a colorful and storied nation, creative, chaotic and fun. And it's a city that's reclaiming its place as one of the great South American capitals, with elegant shopping streets, lovely colonial neighborhoods, a flourishing restaurant scene, and chic nightclubs where stylish young Bogotanos (as inhabitants of Bogotá are called) play into the night.



DID YOU KNOW?

- ✓ Colombia is the second most biodiverse country in the world (only second to its massive neighbor Brazil). Colombia is also one of only 17 countries in the world classified as “megadiverse”. One out of every 10 species can be found in Colombia. The key is its varied eco-systems - Colombia has deserts, rainforests, Andean cloud forests, and wide-open savannahs allowing almost every kind of organism to thrive.
- ✓ Colombia is the most biodiverse country in birdlife. It ranks second in plants, fish, and amphibians and fourth in mammals. If you love nature this is the place to experience it.
- ✓ Colombian coffee ranks third globally. With over 500,000 farming families it’s no surprise, but the big secret is, coffee isn’t actually native to Colombia. Although perfectly suited for growing the energizing elixir, it wasn’t naturally occurring. It was imported in the 1700s and then production exploded from there.
- ✓ Colombia is top emerald exporter in the world. 70-90% of the world’s emeralds come from Colombia. The Colombian emerald is highly esteemed because of its deep bright green hue.
- ✓ Colombia has 30+ different kinds of exotic fruits. Whether blended into a fruit smoothie or plucked straight off the tree, Colombia is a fruit-lovers paradise. Here are a few of the unique tropical fruits to try: Araza - Amazonian sour fruit, Carambolo aka Starfruit, Cherimoya - sugar apple, Curuba – a type of passionfruit, Granadilla - tasty orange fruit similar to passionfruit, Guama – aka Ice Cream Bean, and Guanabana.
- ✓ Colombia contains 10% of the Amazon rainforest and they have taken great precautions to protect it and the indigenous peoples that reside there. The rainforest covers about 1/3 of the entire country.



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- ✓ Colombia has 102 different indigenous groups, some of which were living in Colombia 14,000 years ago. People were residing in Colombia long before Christopher Columbus (the namesake of Colombia) came ashore.
- ✓ At 8,360 ft above sea level, Bogota is one of the highest major cities in the world.

SCUBA DIVING

PROGRAM OVERVIEW: In this specialized tour, certified divers will explore a number of different dive types all while learning about the culture of this amazing island. Your package will include:

Fun dives (4-tanks)
Coral Nursery Cleaning Dive
Coral Replanting Dive
Lionfish Hunt Dive
Shipwreck Dive
Marine Debris Clean-Up Dive



TEAM COLOMBIA: PARADIS DE COLORS

In this Colombian adventure we partner with Paradis de Colors, a Scuba diving specialist promoting regenerative, sustainable, conscious, and low-impact tourism in Colombia, focusing on San Andrés Island.

IMPORTANT DIVE NOTES

Required documents for diving:

- ✓ Certified Diver Registration
- ✓ Liability Release
- ✓ Medical questionnaire - Please note that if **any box is ticked positive**, a physician's consent is required prior to participation in diving activities. This should be obtained prior to travel, however if needed, there are physicians available on the island. Please understand this may disrupt your group learning and any extra fees required for screening or transportation will be assumed by the participant. PADI MEDICAL RELEASE

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. Please know you will also be responsible for any excess luggage fees charged by the airlines. It is mandatory that you bring your personal mask, fins and snorkel.

Dive Insurance - If you carry DAN dive insurance, don't forget to bring your card.

Instructor / Boat Crew Gratuities - **Tips are not included for dive instructors, boat captains, deckhands and equipment crew; this is at your personal discretion.** Tips for good service are generally estimated at \$5-10 USD per tank (x 9 tanks per the standard itinerary) and are split among your instructor/guide and your boat captain



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and deckhands. **Additionally, tips for your local guide, transport providers and Ambassador are also suggested.** Please contact us if you would like assistance with suggested amounts or if you wish for these to be included in your rates.

Sunscreen / Sun Cream – As a protected environment, please ask your group to bring **bio-degradable** sunscreen if available.

Day 1

Dinner included

Welcome to Colombia! Most groups will arrive through Bogota as their point of entry and will clear Customs & Immigrations there before traveling on to San Andres. Once arriving on the island, our team will meet you just outside the airport to kick off our amazing week!

Once you arrive, our transportation will take us to our hotel. Once there, we'll get checked in and refreshed, and have our **Welcome, Safety & Orientation** meeting. Please budget for lunch while traveling today. Our Welcome Dinner will be served at our hotel under the Caribbean stars. Get ready for a lovely evening!

Sample Hotel: Hotel Cocoplum Beach – Located on San Andres Island, the hotel is surrounded by nature and tranquility in the sector of San Luis just in front of the Caribbean Sea. Rooms sleep 2 – 3 pupils in individual beds.



Day 2

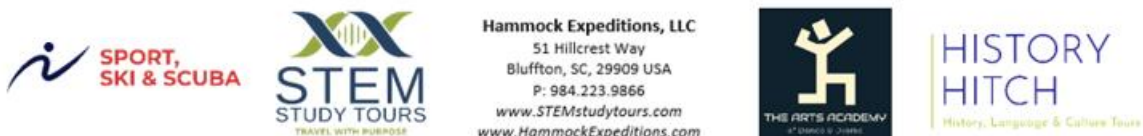
Breakfast, lunch & dinner included

Rise and shine! After breakfast at our hotel, we'll transfer out to start our diving adventure! Today we'll enjoy **2-tanks of fun dives**, followed by lunch, a **San Andres City Tour** and a visit to the **San Andres Botanical Gardens**. This evening we'll have dinner at our hotel and a special **Coral Gardening Presentation** by the Blue Indigo Foundation.



Day 3

Breakfast, lunch & dinner included



Good morning San Andres! Today we'll put our newfound knowledge to the test as we conquer coral gardening. We'll participate in a **single-tank dive learning about the nursery and participating in a Coral Cleaning**. You'll see the artificial reefs where the newly planted corals are grown and help take care of them by scrubbing away algae to keep them healthy.



Next, we'll participate in another **single-tank dive, this time planting new corals**. Everyone will be able to take a turn to bring new life to the ocean. Both of these dives are done in coordination with our team from the Blue Indigo Foundation at our side.



After an incredible morning, we'll transfer back to the hotel for lunch and free time at the beach. Bring your snorkel, mask and fins for snorkeling or maybe some beach volleyball! In the late afternoon we'll walk down the beach a tad and participate in a **Beach Yoga Class** followed by dinner at Namaste.

Day 4

Breakfast, lunch & dinner included

Rise and shine Colombia! We'll kick off the day with a **shipwreck dive!**

Blue Diamond Wreck Site: Explore a large sunken ship and see the jewel that is surrounded by fish and corals that have grown on the walls over time. Common sightings include Boxfish / Pufferfish, Parrotfish, Moray Eel, Pez Angel, Queen Angelfish and Blue Angelfish. Maximum depth is 45 feet / 14 meters.



After our dive, we'll kick back at the local **Beach Club for lunch** and then head back out for a **Marine Debris Clean-Up Dive**. Gather fishing line and all sorts of odds-and-ends absorbed by the sea. After our dive, we'll come back up for a **talk about Lionfish**.

Lionfish: Lionfish are an invasive species in the Caribbean. They are native to the Indo-Pacific, but have spread across the Caribbean and the southeastern U.S. since 1985. Lionfish are voracious predators that have few



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natural predators in the Caribbean. They can consume more than 50 other species of fish, and can decimate native fish populations by an average of 79% in five weeks. They can also release thousands of eggs every few days, and up to 2 million a year.

Lionfish are harming native coral reef ecosystems in the Caribbean. They are also seriously threatening the quality of life of coastal communities, and have an economic impact on commercial activities such as tourism and fishing. Some governments are promoting human consumption of lionfish, and are training divers to capture them. Lionfish now inhabit reefs, wrecks, and other habitat types in warm marine waters and continue to expand at astonishing speeds, harming native coral reef ecosystems in the Atlantic, Gulf of Mexico, and Caribbean.



After our talk we're off for a **Lionfish Hunt!** We'll work with a local team to track and hunt these predators, removing them from our beautiful oceans and into the kitchens of fantastic chefs. This evening, we'll enjoy a **lionfish dinner**, considered a delicacy by most everyone, with **live music by the Caribbean Sea**. For those who don't care for fish, an alternative will be available!

Day 5

Breakfast, lunch & dinner included

Good morning San Andres! Today we'll have a bit of time to relax this morning and watch the sea roll up onto the sand. Later in the morning, we're off for **2-tanks of fun dives** to finish off our dive expedition to San Andres! This evening, we're in for a treat as we help in cooking our own **Coconut Rondon** with a special culture team. It's going to be a great night!



Day 6

Breakfast, lunch & dinner included

Rise and shine Colombia! Today is a day to wind down and just enjoy the essence of San Andres as we spend our last day on the island soaking up the fun and relaxation. We'll start by visiting the world-famous **Haynes Caye** and enjoy **snorkeling in The Aquarium!**



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The Aquarium: Located on a sand bar and reef formation, the San Andres Aquarium is a great place to visit. It's a natural aquarium where you can snorkel, see lots of fish swimming in their natural habitat, and wade across to the palm tree covered island of Haynes Cay (not an inside aquarium where you will see fish in tanks). In this aquarium, nature herself gets all the credit! While your boat approaches the aquarium, your eyes will struggle to see where the sea ends and sky begins. It's nothing short of visual ecstasy.



This afternoon we'll enjoy lunch and then free time at our hotel beach for kayaking, swimming, snorkeling and fun! In the evening we'll have our **farewell dinner at the beach** and then time to get packed up for Bogota with an early transfer tomorrow morning.

Day 7

Breakfast, Bogota Food Tour & dinner included

Hello San Andres! Today we say goodbye to this amazing island as we head for the airport and travel to Bogota. We'll check into our hotel and then head out for a **Bogota Food Tour** to discover the favorites of this region. Its fun and entertaining and we definitely won't walk away hungry! We'll learn about the fascinating history of this area and the struggles that the Colombian people have had to overcome. Next, we'll have the chance to explore the **Colombia Gold Museum**.

The Gold Museum: We'll visit the world-famous Gold Museum, hosting one of the largest and most amazing collections in the world. An expert will accompany us, giving insight behind the scenes and background about gold – where it comes from, how it is mined and used throughout time.



This evening we'll have a **fabulous local dinner** and prepare to fly home tomorrow.

Day 8

Breakfast included

Rise and shine Bogota! Dependent upon our flight time, we'll head to the airport and prepare for our return flight home, taking away memories that will last forever. If time permits with flights, we can also add in other



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activities to round out your day. Suggestions include a bicycle tour, a local history tour, a coffee plantation tour, a market tour, a University campus tour, or just some shopping time. We're here to set up anything you need!

SUGGESTED PACKING GUIDE

PERSONAL GEAR

Snorkeling Gear - fins, mask & snorkel
Sunscreen, ideally 30+, "reef safe"
Mosquito repellent
Wide-brimmed hat / baseball-type cap
Camera
Headlamp / Flashlight / extra batteries
Sunglasses with strap / reading glasses
Personal first aid kit - allergy tablets, pain reliever, swimmer's ear, tummy tablets,
Lip balm, anti-itch for bug bites, sea sickness tablets, etc.
Water bottle
Beach bag / dry bag
Books / Journals
Cash for Gratuities (suggested gratuities are \$150 pp), snacks & beverages
Passport

CLOTHING & FOOTWEAR

2 Bathing suits
2-3 Pairs shorts
3-4 Shirts (consider quick dry material)
Lightweight long-sleeved shirt
1 Sweatshirt
Lightweight long pants / joggers
Appropriate underclothes & Pajamas
Lightweight "dive skin" / rash guard / wetsuit
Lightweight rain jacket
Neoprene reef shoes or sturdy river shoes
Athletic shoes / Sandals / Flipflops

MOST IMPORTANT: A GREAT ATTITUDE!



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PRACTICAL INFORMATION

Currency - The Colombian peso is the country's legal tender. It is generally identified with the abbreviation COP, and you'll find that the official peso symbol (\$) is used locally. A wide selection of banknotes and coins are used. You will find 50, 100, 200, 500 and 1,000 peso coins and 1,000, 2,000, 5,000, 10,000, 20,000, 50,000 and 100,000 peso banknotes, highlighting Colombia's wealth and diversity.

In the country's main tourist destinations, such as Bogotá, Santa Marta, Barranquilla, Cali, Medellín, Cartagena, San Andrés, Pereira or Bucaramanga, as well as in other cities, you can pay for your purchases in cash, or with debit or credit cards. Credit cards can be used in all department stores and in some smaller stores also. The most widely accepted cards are Visa and MasterCard first and foremost, but also American Express and Diners Club.

Health & Vaccines - Currently, no vaccines are required to gain entry to Colombia. However, if you wish to visit tourist sites such as the Sierra Nevada de Santa Marta National Park, the Tayrona National Park or the different Amazon reserves, the Colombia authorities will require that you are properly vaccinated against yellow fever. Remember that this vaccine must be administered at least 10 days prior to traveling to these destinations. Other recommended vaccines, but not mandatory, include immunization against Hepatitis A and Typhoid fever. The same applies to Malaria pills, which are advisable if visiting the rainforest regions, where we would also recommend the use of insect repellent and mosquito nets.

Medication and Healthcare Services - If you take medication, it is essential that you bring your prescription with you so that you can purchase it at a pharmacy if needed. Remember to always keep handy any related documentation regarding any special health condition you may have that would need to be considered in the event of an emergency. Another key tip for you to follow in any part of the country, no matter what the climate, is to use sunscreen and stay well hydrated at all times. Keep in mind that in certain regions it is recommendable that you only consume bottled mineral water. You'll have no problem finding bottled water at any local store.

Visas – USA citizens are not required to have a short-stay visa, however citizens of certain countries need to present a tourist visa to gain entry. These can be processed at the Colombian embassies and consulates abroad. Check countries requiring visas [HERE](#).

Measurements - Colombia uses the International System of Units (SI), the successor of the Decimal Metric System. This is very important for understanding sizing and distances, since instead of inches, feet or miles, you'll be using centimeters, meters and kilometers. Mass is measured in grams, kilograms and tons; speed is measured in kilometers per hour (km/h) and the temperature in degrees Celsius or centigrade (°C).

Electricity - In Colombia, the domestic power supply is 110 volts of alternating current or 60 hertz (110V AC, 60Hz). You will use a power socket that is a flat 2-prong socket or ones with a third, round prong.

Official language - The official language of Colombia is Spanish. According to the 2005 Census of Colombia, the country has 37 major languages. More than 99.5% of Colombians speak Spanish. English has official status in the San Andrés, Providencia and Santa Catalina Islands. In addition to Spanish, there are several other languages spoken in Colombia. Sixty-five of these languages are Amerindian in nature within Indigenous languages of the Americas. The 65 Amerindian languages spoken in Colombia can be grouped into 12 language families, including Arawakan, Cariban, Tupian, and Quechuan.



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COLOMBIA DIVE WEEK

Booking Numbers:

Minimum 20 students
Rates vary by number of passengers and staff places

What's Included:

Round-trip international flights
Airport transfers & transportation to included activities
7-nights' accommodation – 6-nights San Andres + 1-night Bogota
Breakfasts, lunches & dinners daily starting with dinner on arrival and ending with breakfast on your day of departure (time permitting)
Dive package (Certified Divers only) to include 9-dives:

- **Fun dives (4-tanks)**
- **Coral Nursery Cleaning Dive**
- **Coral Replanting Dive**
- **Lionfish Hunt Dive**
- **Shipwreck Dive**
- **Marine Debris Clean-Up Dive**

San Andres Botanical Gardens
San Andres Guided Island Tour
Beach Yoga Class
Lionfish Presentation
Blue Indigo Coral Gardening Presentation
Culture Night with Coconut Rondon
Snorkeling at The Aquarium with Haynes Caye Visit
Bogota Food Tour
The Gold Museum with a Guide

What's Not Included:

Fully comprehensive insurance (mandatory)
Luggage fees if not included with airline ticketing
\$75 refresher course, if required
Extra drinking water at hotel, please budget up to \$25 for bottled water
Wetsuits or rash guards
Transfers to/from home airport
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, mini-bar items, purchases
Any gratuities – shuttle drivers, local guides, tour ambassador

As always, our staff are always 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.



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