



Tour:

## Cozumel Scuba PADI Dive Certification Program

*Destination:*

*Cozumel, Mexico*

*Specialization:*

*Personal Sport, Marine Sciences, Physics, History & Culture*

*Itinerary:*

*7-days / 6-nights*

PADI Scuba Dive Certification Program COZUMEL, MEXICO			
Day	Morning	Afternoon	Evening
1	Travel by air to Cozumel Mexico; check into hotel, Welcome, Safety & Orientation Meeting; Dinner		
2	Scuba Registration	Theory Review / Confined & Open Water Training / Dives	Dinner & Resort Activities
3	Dive Day - Confined & Open Water Training		Dinner & Resort Activities
4	Full-day Mayan History at Tulum + Adventure Excursion (ziplining, rappeling, cenote snorkeling and more) + Shopping in Playa del Carmen		Dinner at Senior Frogs (pay on own)
5	Dive Day - Confined & Open Water Training		Dinner & Resort Activities
6	Dive Day - Open Water Sessions	Stingray Beach Education Program + Shopping in San Miguel	Certificate Presentation Dinner & Resort Activities
7	Resort Activities	Transfer to Airport; Depart for Home	



As with all sample itineraries, please be advised 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  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY  
HITCH  
History, Language & Culture Tours

**OVERVIEW:** In this tour, students will learn how to Scuba dive and explore the brilliant creations under the ocean's surface. Each person attending will have an opportunity to earn their **Open Water Diver** certification. It's hard work to undertake but one of the most rewarding accomplishments you can achieve.

- ⊕ If your students or staff are already certified, they may opt to earn their **Advanced Open Water** certification or participate in diving without any specialized instruction program.
- ⊕ If your group is already certified, we can also offer a specialty science week with a focus on Coral Reef Conservation, Fish Identification and Research Compilation, or even a specialized **Marine Biology Week** with our resident biologist. Please ask us about specialty programs; we are happy to customize your tour (marine bio is our passion!).
- ⊕ If your group is already certified, we are also able to pair additional PADI certification courses to your itinerary. An example is earning certifications in Peak Performance Buoyancy and Drift Diving. There are many possible options.

**SKILLS REQUIRED:** Water / swimming appreciation & enthusiasm, problem solving, adaption to unexpected problems, the drive to be successful, and the ability to be positive and have fun!

**LIMITATIONS:** Earning your Open Water Certification requires a lot of hard work! It also requires a lot of reading and studying. Those that are not committed to earning this goal may not earn their certification. For those that try diving and determine that it is not for them, or for those that are unable to achieve success in academic theory training, they are welcome to drop down to a Skin Dive (snorkel) platform.

## “A Divers Paradise....”

*- Jacques Cousteau*

Continually named in the top 5 dive locations in the world, Cozumel is Mexico's largest island, nestled just 12 miles off the coast of the Yucatan Peninsula and Playa del Carmen. Before becoming famous for diving, the island was a small community of fishermen until 1961 when **Jacques Cousteau** told the world he had found one of the most beautiful diving areas in his travels. Cozumel measures 28 miles long and 10 miles wide and is world renowned for its dazzling white sandy beaches and the remarkable clarity of the multi-hued azure Caribbean ocean in which it rests. The climate is subtropical & the people native to Cozumel are of Mayan descent.



Cozumel itself was a sleepy little fishing community until Jacques Cousteau declared his love for the island. Since that time, Cozumel has become an underwater marine park to protect the delicate balance of its dazzling coral reefs and abundant variety of tropical fish. The underwater wildlife is stunning, and you don't have to be a diver



Hammock Expeditions, LLC  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY  
HITCH  
History, Language & Culture Tours

to enjoy it. Simply put on a mask and snorkel and jump in! You'll feel like you've been dropped into a tropical fish tank.

What makes diving in Cozumel amazing is the clarity of the Caribbean Sea, with up to 200 feet visibility. Many famous oceanographers have praised these reefs for their beauty and abundant marine life. Due to this, Cozumel's National Marine Park was established in 1996 by federal decree, with the aim to protect and monitor the area. The park is a paradise for scuba diving. Cozumel's National Marine Park is the protected home to one of the most incredible coral reefs and marine inhabitants on the planet.



The park covers about 29,600 acres of safeguarded ocean and coastline estimated to be the home of **262 species of fish** swimming between **105 different types of coral**. These reefs are literally teeming with sea life. Drift diving is very common in Cozumel; allowing you to float effortlessly from one turtle to the next and glide along deep walls. The very same current that carries you also ensures great diving visibility. The coral reefs here are punctured by swim-throughs and tunnels which lead onto the giant sponges and coral banks of Colombia Reef. The reefs of the National Marine Park have something to offer every diver at any level, from advanced deeper dives to intro-dives for those first learning.



Hammock Expeditions, LLC  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY HITCH  
History, Language & Culture Tours

## The Mesoamerican Reef....

The Mesoamerican Reef region lies within the Caribbean Sea and touches the coasts of Mexico, Belize, Guatemala and Honduras. It contains the largest barrier reef in the Western Hemisphere, stretching nearly 700 miles from the northern tip of the Yucatan Peninsula down through the Honduran Bay Islands. Dazzling arrays of different types of coral form this underwater wilderness and provide homes and food to hundreds of fish species and marine turtles. Along the shores, mangroves provide habitat for fish and shorebirds as well as protect coastal areas from the damage associated with hurricanes and strong storms.



For more information about the Mesoamerican Reef, please visit:

[www.worldwildlife.org/places/mesoamerican-reef](http://www.worldwildlife.org/places/mesoamerican-reef)

## PADI OPEN WATER DIVER

Our Cozumel Scuba program includes:

- ✓ All training materials for '**Open Water Diver**' certification including your PADI e-course and a dive logbook for every participant. Students will earn their theory certification prior to departure (plan on 2 to 3 evenings of study to complete this). Once in Mexico, students will meet with their instructors for a theory review and start the in-person training to obtain their certification. Included in their certification are both Confined Water dives and also Ocean dives.
- ✓ All rental gear including wetsuit, BCD, regulator, fins, mask and snorkel for every participant
- ✓ Ocean-based Instruction in classes of 1 instructor for every 6 pupils 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
- ✓ Instruction/Certification for divers who have already achieved their Open Water Diver certification and wish to obtain their **Advanced Open Water Diver Certification** (3-days of 2-tank dives plus on-site course work)
- ✓ 4-days of 2-tank dives for participants who already hold an OWD certification and are not participating in any training programs
- ✓ Nitrox dives for those who hold an Enriched Air certification



Hammock Expeditions, LLC  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY  
HITCH  
History, Language & Culture Tours

- ✓ All 'ocean dives' noted in the itinerary will be 'boat dives.' Each participant will have 2 tanks for each of these boat trips.

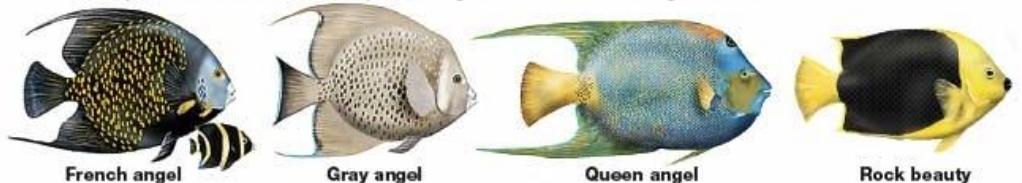
*Note: If anyone is a certified diver but has not dived within the last 12-calendar months, they will be required to take a Refresher Course to ensure their skills are sharp before heading for ocean dives. The fee for this extra course is generally \$60 per person if required.*

It's important to note that there's a lot of studying involved in earning your dive certification. Participants will need to devote adequate time for this and will need to pass the "theory" training for their certification prior to travel. Plan on 2 – 3 days at home with your computer for online theory training. Once in Mexico, part of the certification process is a 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 activities. You will not be able to progress to the swim/dive portion of your training if you are unable to pass the e-learning examination.

### Fish commonly seen in Cozumel's snorkeling areas

Almost every time we get into the water we see angelfish, parrot fish, sergeant majors, blue tangs, ocean surgeons, blue runners, and grunts. The other fish shown here are more uncommon to see, and some, like the shark family, are rarely seen. You'll have to watch closely for some of these fish; they like to hide among the coral.

**Angelfish.** You'll commonly see these members of the Angelfish family at almost every reef in Cozumel. Their main body is about the size of a dinner plate, with graceful fins and tail adding to their size.



**French angel**      **Gray angel**      **Queen angel**      **Rock beauty**

**Parrot fish.** This species is named for the beautiful colors that often resemble a parrot and the sharp parrot-like beak used to break off small pieces of coral. Parrot fish are difficult to identify because several varieties change color (and sex) at various stages of their life (called phases).



**Stoplight parrot fish.** The color differences as this fish moves through different phases is very dramatic.

**Queen parrot fish**

**Midnight parrot fish**

**Small fish.** You'll find this colorful group swimming around coral heads where they can find protection from predator fish. We have seen all of these living among the elkhorn coral at the spot we call The Twins (B6).



**Smallmouth grunt**

**Blue runner**

**Sergeant major**

**Bluehead wrasse**

**Four-eye butterfly fish**

**Juvenile French angel**

**Juvenile midnight damsel**

**Yellow tang**

Cozumel is famous for its **drift diving**. Currents are usually mild (1 – 2 knots) allowing divers to glide effortlessly along the reefs. The Gulf Stream 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.

## Our Dive Partner



### **Pro Dive International** - Pro Dive 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 or snorkel excursions, the trained staff of Pro Dive are ready to provide you with professional service and a most memorable experience.

## Our Accommodation

### **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 participants per room in individual beds, air-conditioning, ceiling fan, cable television, telephone, bathtub and shower, balcony or terrace, coffee maker, hairdryer, hammocks, iron & ironing board and in-room safety deposit boxes.



Hammock Expeditions, LLC  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)





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

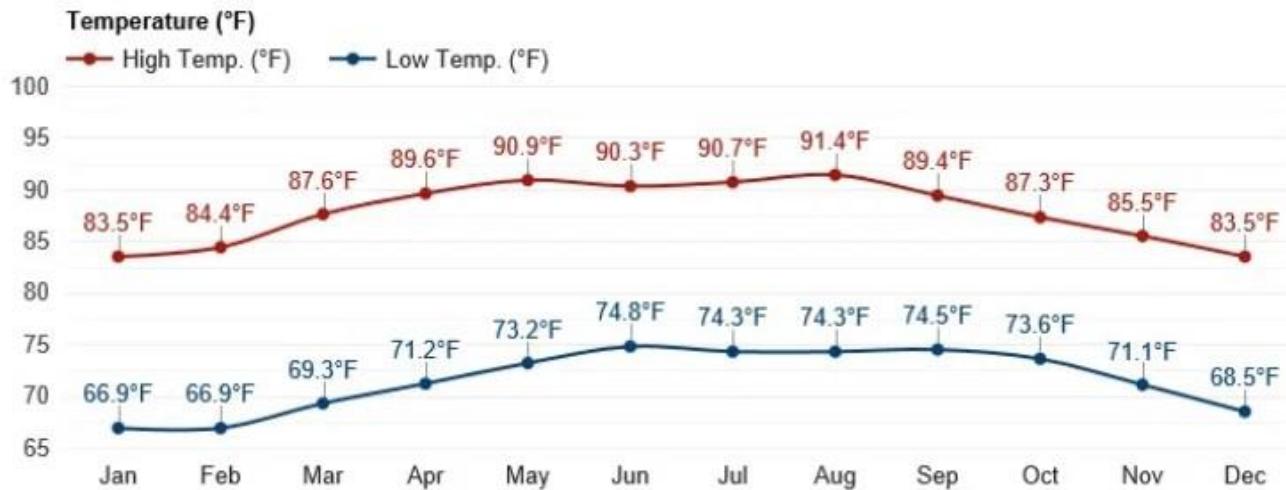
- ✓ Unlimited meals, snacks & beverages in four restaurants
- ✓ Multiple swimming pools plus kids' water park with slides & splash fountain
- ✓ Jacuzzi, Sauna & Fitness center room
- ✓ Three tennis courts plus one multipurpose court for Basketball
- ✓ Beach Volleyball & Beach Soccer
- ✓ Ping-pong, Darts & 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
- ✓ General Resort gratuities

Other activities available that require additional cost include:

- ✓ Spa facilities
- ✓ Gift Shop
- ✓ Car rental
- ✓ Guest Laundry
- ✓ Currency Exchange
- ✓ 24-hour medical services (on call)
- ✓ Internet access

## Weather, Currency & Language

### Average temperature Cozumel, Mexico



**Currency** - The Mexican peso (MXN) 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. Most all visitor services speak fluent English.

## Mayan Culture Excursion

Groups will also have the opportunity to participate in a Mayan excursion day to learn about the history and culture of the Maya people. This day requires a very early start, departing the hotel at 6:15 AM to take the island ferry over to the mainland. Groups will be scheduled for the Maya Jungle Tour visiting Tulum, but if you have already done this day, you are welcome to try the Coba Maya Encounter. The choice is yours!

- ✿ **Maya Jungle Tour** - Explore the impressive **Tulum** archaeological site in a Riviera Maya excursion with stunning views of the Caribbean Sea. Enter into the amazing Sac-Actun system, snorkel surrounded by awesome rock formations, ride through the jungle on all-terrain Mercedes Benz Unimogs, rappel down into a cenote (underground cave) and swim in a unique natural pool. Enjoy nature flying over the jungle's foliage on exciting zip-lines and participate in a traditional Maya purification ceremony.
- ✿ **Coba Maya Encounter** - Visit the archaeological site of Coba and discover the amazing Nohoch Mul temple. Visit a secluded Mayan village and enjoy its well-preserved natural lagoons, cenotes (underground rivers), jungle paths, and the natural reserve that protects the local flora and fauna. Rappel down thrilling cenotes and soar the canopy in zip lines, swim in hidden caves and walk through the jungle learning about the environment.



Hammock Expeditions, LLC  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY  
HITCH  
History, Language & Culture Tours

After the excursion is completed in the late afternoon, schools have a bit of time to enjoy the main tourist area of Playa del Carmen – lot of shops, restaurants and fun things to see and explore. Schools may also elect to have dinner at Senior Frogs located near the ferry terminal in Playa del Carmen before boarding the ferry back to the island if they wish, or you are welcome to have dinner at the resort with no extra cost incurred. Another option for dining out is after arriving back on the island, there's many restaurants to enjoy that are located near the Cozumel ferry terminal. If you do decide to eat out, please understand that schools will be responsible for paying for dinner independently.

## Important Notes

### **Required documents for diving:**

- ✓ Student Record / 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](#)

**Additional Dives** – Divers that are certified as Open Water Divers may feel free to upgrade to add additional dives, night dives or other special certifications. These upgrades are at extra cost and may be booked in advance of travel, simply let us know your preferences. No diving is permitted 18-hours prior to your return flight time.

**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.

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

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

**Instructor / Boat Crew Gratuities** – **Tips are not included for dive instructors, snorkel guides, boat captains and deckhands and are at your personal discretion.** Tips for good service are generally estimated at \$5-10 USD per tank (generally x2 as 2 tanks per session/day) and are split among your instructor/guide and your boat captain and deckhand. Additionally, tips for your Instructor if earning your OWD certification may range from an additional \$40 - \$60 dependent upon the service you received from your instructor.

**Mayan Day Excursion Gratuities** – **Tips are not included for your driver nor local guide(s) during your Mayan Culture Excursion day on the mainland.** Best practice is to budget \$5 per person for these gratuities, to be paid after the services are completed for the day and based upon the service received.

**Stingray Beach Excursion Gratuities** – **Tips are not included for your Stingray Beach crew.** Best practice is to budget \$2 per person for these gratuities, to be paid after the services are completed and based upon the service received.



Hammock Expeditions, LLC  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



**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.

**Sunscreen / Sun Cream** – As a protected environment, please ask your group to 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

- We recommend you bring your own personal snorkel gear to include mask, snorkel and fins. This allows the best comfort when using personal gear rather than rental gear.
- Hat / Visor
- Sunglasses
- 2 Swimsuits & a cover-up (lunch is served pool side and proper cover must be worn)
- 2-3 pairs of shorts
- 3-4 t-shirts/tops
- Males: 1 pair of closed-toe shoes for special restaurant evenings
- Females: 1 sundress for special restaurant evenings
- Sandals / Flip-flops plus Athletic Shoes / Trainers
- Personal Toiletries (soap and shampoo are provided)
- Waterproof Biodegradable Sunscreen
- After Sun Spray / Gel / Lotion
- Mosquito Repellent
- Cash / Credit card for meals on travel days
- Cash for Dive Instructor / Boat Team / Mayan Day / Ambassador gratuities (\$100 per person is suggested for combined gratuities)



Hammock Expeditions, LLC  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)





<b>Minimum Booking Numbers:</b>	16 students
<b>What's Included:</b>	<p>Roundtrip international flights to Cancun or Cozumel Airport transfers to/from Mexico airport plus transportation for included excursions 6-nights' accommodation at the Allegro Resort Cozumel All meals, snacks &amp; beverages while at resort hotel Choice of program: Open Water Diver certification, Advanced Open Water Diver certification or 4-days of 2-tank dives Specialized PADI instructor team and boat crews Onsite dock pick-up for all diving excursions Scuba rental equipment Full-day excursion to mainland for Mayan Adventure Day to include a private guide for the Tulum Ruins, rappelling, cenote swimming, ziplining, shopping in Playa del Carmen, plus roundtrip ferry crossing Stingray Beach excursion with educational program Use of watersports equipment Use of all resort amenities and inclusions Day and evening resort activities Fund-a-Forest: A tree is planted in the name of each guest Dollar\$ For Scholars: \$2 donation in the name of each guest Personal Ambassador 24-hour emergency cover</p>
<b>What's Not Included:</b>	<p>\$60 refresher course, if required Additional Scuba certification courses Gratuities - Dive Instructor, Boat Crew, Mayan Day Guides, Stingray Beach crew, Ambassador (\$100 pp suggested) 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 Meals not taken at resort property Sightseeing options not shown as included Hotel incidental deposits &amp; bills</p>

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.



Hammock Expeditions, LLC  
North Carolina, USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HistoryHitch.com](http://www.HistoryHitch.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY HITCH  
History, Language & Culture Tours