

3 M

SCUBA DIVING

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12 M

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Bawah
RESERVE



LABELLED ONE OF ASIA'S SPECTACULAR TROPICAL ISLAND PARADISES,

THE ANAMBAS ARCHIPELAGO IS A TRUE UTOPIA FOR DIVERS

Bawah Reserve is a boutique resort consisting of six pristine islands, surrounded by spectacular underwater scenery. We have access to 13 dive sites, located either off our shores or just a short boat-ride away. We offer easy, relaxing diving, with vibrant shallow reefs and gentle currents.

As one of Indonesia's first marine conservation areas, Bawah features an abundance of flourishing coral reefs and vibrant marine life. We are proud to be part of the World Wildlife Fund's (WWF) Signing Blue Initiative, and our surrounding lagoons and reefs are marine conservation areas certified by WWF Indonesia.

We are a PADI-certified five-star diving centre with marine biologists on staff. While safety is always our first priority, our mission is to help children and adults fall in love with the ocean and the marine life in it.

WHAT TO EXPECT

Our dive sites have colourful shallow reefs, generally from two to six metres deep, that gently slope down to depths of 25 to 30 metres. We use **Scubapro** diving equipment and offer flexible diving schedules that help you make the most of your underwater experiences.



PADI BUBBLE MAKER

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The **PADI Bubblemaker Experience** is a fantastic way to introduce children up to 10 years of age to basic scuba diving skills.

It starts with a safety and theory briefing, where they learn to stay close to their instructors and are shown what to do if they start to feel afraid or get water in their masks.

Once they are comfortable with this, we show them how to assemble their equipment, put it on and then – after practising these skills in our swimming pool – enter the safe shallow reefs of our lagoon for a fun dive to a maximum depth of four metres. If they enjoy the experience and are comfortable we can then take them on additional fun dives from our custom dive boat on the outer reefs, again to a maximum depth of four metres. To ensure the highest standard of safety, each Bawah Reserve diving instructor teaches no more than two students at a time.

PROGRAMME DETAILS

What's included?

- ~ 1.5 hours of instruction and skills practice
- ~ 1 Fun Dive in our sheltered lagoon
- ~ Use of Scubapro diving equipment

What do you need?

- ~ To be at least 8 years old (for kids 10 years and older we offer the PADI Discover Scuba Diving programme)
- ~ To be medically fit to dive



PADI DISCOVER SCUBA DIVING

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PADI Discover Scuba Diving provides a taster before committing to a full diving course. It includes introductory theory training as well as skills practice in our swimming pool to instruct you in the basics of diving.

Your Bawah Reserve Dive Professional will cover all aspects of safety – both above and below the water – and teach you how to use the equipment correctly. Once you're competent, confident and ready to experience the magic of diving, you will accompany your instructor to one of the beautiful reefs around Bawah Reserve for a fun dive to a depth of no more than 12 metres.

PROGRAMME DETAILS

What's included?

- ~ Introduction to Dive Theory
- ~ 1.5 hours of instruction and skills practice
- ~ 1 Fun Dive
- ~ Use of Scubapro diving equipment
- ~ Dive insurance

What do you need?

- ~ To be at least 10 years old
- ~ To be medically fit to dive



SCUBA REFRESHER



Our **Scuba Refresher** is designed to quickly reintroduce you to diving and boost your confidence by reinforcing your existing skills and dive knowledge.

Required for certified divers who haven't been diving in one year or more, this short course includes a dive theory review as well as a practical guided session to refresh your dive techniques. After a discussion about your previous dive experiences we design the refresher around you; by tailoring the skills to include aspects of diving that you may have struggled with in the past, so you are completely confident when experiencing our vibrant reefs. We review your skills and answer your questions before practising the skills and having a mini dive in the sheltered waters of Bawah Reserve's lagoon.

PROGRAMME DETAILS

What's included?

- ~ 1.5 hours of instruction and skills practice
- ~ Use of Scubapro diving equipment
- ~ Dive insurance

What do you need?

- ~ To be medically fit to dive
- ~ To hold a PADI Open Water Diver certification, or the equivalent from another agency



FUN DIVING

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If you are a certified diver, you can get a proper introduction to Bawah's colourful and fascinating marine life on this **Fun Scuba Diving** Experience.

Suitable for beginners and seasoned divers alike, Fun Diving is the ideal way to experience the incredible underwater world surrounding Bawah Reserve. After a short 15-minute boat ride, you will enjoy exclusive access to pristine reefs and marine landscapes harbouring high levels of marine biodiversity.

PROGRAMME DETAILS

What's included?

- ~ A Fun Dive lasting either 60 minutes, or when tanks reach 50bar
- ~ Boat fee
- ~ Rental of Scubapro diving equipment
- ~ Dive insurance

What do you need?

- ~ To be at least 10 years old
- ~ To hold and present evidence of PADI Open Water Diver certification, or the equivalent from another agency
- ~ To have been diving or to have completed a Scuba Refresher within the past 12 months
- ~ To be medically fit to dive



PADI NIGHT DIVING

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Experience the thrill of **Night Diving** here at the Reserve. Night diving provides an alternative, exciting look into the underwater world. Night dives offer a totally different perspective on any dive site you may have experienced during the day.

By showcasing underwater life that is well hidden while the sun is in the sky, night diving offers wonderful insights into the reef after dark. You will commonly see coral feeding, plus crabs, shrimp, moray eels, nudibranchs and other invertebrates roaming their territory; even the glow of bioluminescent plankton. The incomparable mystery and calm of a night dive offers an unforgettable experience for any diver.

Night diving is available to anyone with a PADI (or equivalent) Advanced Open Water certification. If you only have an Open Water certification you may join a Night Dive as part of a PADI Adventure Dive, or your PADI Advanced Open Water Course.

PROGRAMME DETAILS

What's included?

- ~ A Night Dive lasting either 60 minutes, or when tanks reach 50bar
- ~ Boat fee (for local boat dives)
- ~ Use of Scubapro diving equipment
- ~ Dive torch
- ~ Dive insurance

What do you need?

- ~ To be at least 10 years of age
- ~ To be medically fit to dive
- ~ To hold and present evidence of a PADI Advanced Open Water Diver certification, or the equivalent from another agency
- ~ To have been diving or to have completed a Scuba Refresher course within the past 12 months



MARINE CONSERVATION DIVING



Marine Conservation is recognised as vital to the continued health of our planet and is something that we at Bawah Reserve are very passionate about.

With this programme we ensure you receive an understanding of the threats that underwater ecosystems face and practical experience in our marine conservation efforts. All marine conservation dives are preceded by a 45 minute presentation from one of our qualified Marine Biologists.

CORAL TRANSPLANTING

Make your dive count! Although the majority of coral reefs surrounding Bawah Reserve are flourishing, a few areas have been affected by decades of unsustainable fishing. Our marine biologists have identified the reefs most in need of repair, and our dive guests are now invited to actively participate in repopulating them with healthy coral from our coral nursery.

UNDERWATER CLEAN UP

Join our dive team and assist with our marine conservation efforts. This dive will include searching for and removing man made debris that has floated onto our reefs on water currents, such as drift nets that get tangled in our reef, or plastic items.

REEF HEALTH MONITORING

This educational dive programme is designed to enhance your knowledge of coral reefs while you learn how to help them remain healthy for future generations. You will learn survey techniques and then participate in a survey at one of our 7 sites and help monitor the health of our reefs.



Marine Conservation Adoption

The underwater world is a marvel of fascinating ecosystems teeming with a rich variety of vibrantly coloured marine plants and sea creatures. At Bawah Reserve, we believe wholeheartedly in marine conservation and are doing all we can to protect the Anambas reefs.

For valued guests who share our commitment to marine conservation, we offer adoption programmes that give you the opportunity to directly influence and support this work of ours.

Donations can be added to your final bill.



ADOPT A TURTLE NEST USD \$200 (season-dependent)

To protect our local population of turtle nests we patrol and relocate freshly laid eggs in our purpose-built nest enclosure where we can protect them from poachers and other predators.

By adopting one of our turtle nests, you will be supporting our efforts to increase the local population of these endangered creatures. We will send you information on the number and species of successful hatchlings, plus photos of the miraculous event.

ADOPT A CORAL TREE NURSERY USD \$300 p/year

Coral trees are safe spaces where threatened coral fragments from our local reefs receive the nutrients they need to grow and thrive. After maturing they are transplanted on to a natural or artificial reef structure by our marine conservation divers (that could be you!), where they continue to grow.

ADOPT A CORAL SPIDER OR BOTTLE REEF

USD \$350 p/year or \$1,500 for a whole site

Coral spiders are stainless steel frames that help rebuild reefs where they have been damaged. We attach coral fragments to the metal structure, and fish are able to swim through the gaps. As the coral grows, it starts to spread out and will eventually envelop the metal.

Bottle reefs are a sustainable answer to rebuilding reef environments. They're made from recycled wine bottles on a concrete base, materials that will take thousands of years to decompose, giving the coral a chance to grow and cover the surrounding area.

ADOPT A HEXADOME USD \$750 p/year or \$2,500 for a whole site

Hexadomes are artificial reef structures to rehabilitate damaged reefs. By forming a three-dimensional landscape on previously bare reef, they rapidly become sanctuaries for large numbers of fish and other sea creatures. These domes will last for many years – long enough for the natural reef to fully re-establish itself.



TURTLE SATELLITE TAGGING USD \$4,000

Our marine conservation team has the ambitious goal of being the first group in the Riau islands to utilise GPS technology to tag and track the movements of endangered hawksbill and green turtles.

This tagging programme would allow our team of marine biologists to track the turtles so as to monitor their movements. This information could lead to the identification of key foraging sites for Bawah's population of breeding sea turtles, leading to the creation of expansion of Marine Protected Areas to help with the continued conservation of these sea turtles.

As an adopter, you would be able to name your turtle, have access to the Argos Satellite System so as to track your turtle's movements, and be updated on the impact of the research. Just imagine the satisfaction of supporting such a worthwhile project!

PADI OPEN WATER DIVER

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If you want to dive, this is where it starts! The **PADI Open Water** certification course is the first step towards discovering the spectacular marine ecosystem beneath the waves. This performance-based course will provide you with the skills to dive – not only around Bawah Reserve, but at diving spots all over the world.

PART 1

Theory (e-Learning)

You will learn the major aspects of diving theory, diving equipment and diving skills. To save precious time, this part of the course can be completed before you come to Bawah.

PART 2

Skills Practice & In-Water Training

Having studied the theory behind safe diving, you will join a Bawah Reserve Dive Instructor in shallow water to learn the skills needed for open water dives.

PART 3

Open Water Dives

Now we move to deeper water over 4 dives, culminating in an open water dive to a maximum of 18 metres, where you will demonstrate your mastery of skills learned in the shallow water and utilise the confidence you have developed through the course to relax and enjoy the underwater scenery.

PROGRAMME DETAILS

What's included?

- ~ Theory training (with PADI e-Learning materials)
- ~ 3 days of water-based training, including 1 day in the shallows, and 2 days with 2 dives per day (depending on weather and competency)
- ~ Use of Scubapro diving equipment
- ~ Dive insurance
- ~ Dive log book
- ~ PADI Open Water certification (allows you to dive to a maximum of 18 metres)

What do you need?

- ~ To be at least 10 years old (if under 15 years old you will receive a PADI Junior Open Water certification)
- ~ To be medically fit to dive
- ~ To be able to swim: you will need to pass a 200-metre swim test or a 300-metre snorkel test during the course
- ~ To be able to float for 10 minutes in water too deep to stand in

PADI ADVENTURE DIVES

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These are for divers certified to Open Water level who want to do a more advanced type of dive, but do not yet want to do the Advanced course or take a speciality.

Each adventure dive counts towards one dive from the Advanced course or relevant speciality. Doing an adventure dive can count towards the advanced course, or towards a speciality course that you do here or somewhere else in the future, valid for one year.

Please contact our dive team directly for more information on any of the adventure dives listed below.

We offer the following adventure dives:

- ~ Drift Diving
- ~ Digital Underwater Imaging
- ~ Peak Performance Buoyancy
- ~ Search and Recovery
- ~ Fish Identification
- ~ Underwater Naturalist
- ~ Night Diving
- ~ Deep Diving
- ~ Underwater Navigation

PROGRAMME DETAILS

What's included?

- ~ 3 hours of independent study
- ~ 1 hour of information and instruction
- ~ 1 Adventure Dive

What do you need?

- ~ Open Water certification
- ~ To be medically fit to dive





PADI ADVANCED OPEN WATER DIVER

The **PADI Advanced Open Water Diver** course increases your competence and confidence by expanding your dive theory knowledge and building your skills.

PART 1

Theory (e-Learning)

You will learn about adventure dives, including the practical aspects and physiological effects of deeper scuba diving and how to navigate using water compasses, kick cycles, visual landmarks and time. You will also learn how to use your dive computer more effectively.

To save time, this part of the course can be completed before arriving at Bawah.

PART 2

Open Water Adventure Dives

This performance based course includes five adventure dives, of which two must be adventure dives that focus on deep scuba diving and navigation skills. For the other three dives, you can choose from:

- ~ Drift Diving
- ~ Digital Underwater Imaging
- ~ Peak Performance Buoyancy
- ~ Search and Recovery
- ~ Fish Identification
- ~ Underwater Naturalist
- ~ Night Diving

PROGRAMME DETAILS

What's included?

- ~ Theory training (PADI e-Learning materials)
- ~ 5 dives over 2-3 days (depending on weather and competency)
- ~ Use of Scubapro diving equipment
- ~ Dive insurance
- ~ PADI Advanced Open Water Diver certification

What do you need?

- ~ To be at least 15 years old (if under 15 years old you will receive a PADI Junior Advanced Open Water certification)
- ~ To be medically fit to dive
- ~ PADI Open Water certification, Junior Open Water certification, or equivalent certification from another organisation

PADI SPECIALITIES

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DISCOUNT FOR MULTIPLE SPECIALITY DIVES

If you would like to combine specialities (e.g. Peak Performance Buoyancy and Digital Underwater Imaging), a discount will be given. Please contact divemgr@bawahreserve.com for details.

PADI Specialities are a great way to increase your confidence and add more dimensions to your scuba diving.

With these courses you are going to increase your diving knowledge, experience and have new ways to enjoy your diving experience.

PADI Specialities are the first step in gaining your PADI Master Diver certification. If you complete 5 specialities and your PADI Rescue Course you can apply to become a PADI Master Diver!

At Bawah Reserve, we currently offer four specialities:

- ~ Peak Performance Buoyancy (2 dives)
- ~ Night Diver (3 dives)
- ~ Digital Underwater Imaging (2 dives)
- ~ Deep Diver (4 dives)

PEAK PERFORMANCE BUOYANCY

Perfect buoyancy is the hallmark of a skilled diver. Learn to glide effortlessly, and to ascend and descend as if by thought. Practise your buoyancy over this two-dive course and take your skills to the next level.

NIGHT DIVER

Experience the joy of diving during the hours of darkness. Learn techniques to keep you feeling comfortable and safe underwater at night, and then marvel at all the wondrous creatures that hide themselves from sight during the day. From crabs to bioluminescent plankton, night diving offers incredible experiences. If you're especially lucky, you may even see coral spawning, which has been described as a once-in-a-lifetime experience!

DIGITAL UNDERWATER IMAGING

If your underwater photos tend to be blue and blurry, this is the course for you! Learning different techniques will allow you to find the right subject, positioning and composition for your photos and allow you to record great images of the underwater world.

DEEP DIVER

Ever wanted to see what's down there in the deep blue water? With this speciality, you will discover the preparation and planning required to deal with the pressure changes associated with deep diving, together with procedures that ensure a safe descent and ascent. You will learn how to dive safely to 40 metres.

PADI RESCUE DIVER



Scuba divers have described the **PADI Rescue Diver** course as the most challenging, yet most rewarding, course they've ever taken. Learning various methods of rescuing both yourself and others makes you more self-sufficient and raises to new heights your confidence as a knowledgeable and experienced diver.

This course is perfect for those who want to help others. For those considering a career in the diving industry, it is also a prerequisite for both Divemaster and Instructor courses.

PART 1

Theory (e-Learning)

Here you will learn the fundamentals of self-rescue, diver rescue, accident prevention and stress management during an emergency situation. To make the most of your time with us, this part of the course can be completed before arrival at Bawah.

PART 2

Skills Practice & In-Water Training

After completing your e-Learning, you will perform 10 rescue exercises in the water with a Bawah Reserve Dive Instructor. During this time, you must successfully prove your competence in rescuing yourself and others.

PART 3

Open Water Exercises & Rescue Scenarios

You will be placed in two simulated scenarios where you will rescue other divers in the ocean.

PROGRAMME DETAILS

What's included?

- ~ Theory training (PADI e-Learning materials)
- ~ 2-3 days of water-based training, including 10 rescue skills in both shallow and open water, plus 2 rescue scenarios in open water
- ~ Use of Scubapro diving equipment
- ~ Dive insurance
- ~ PADI Rescue Diver certification

What do you need?

- ~ To be at least 12 years old (if under 15 years old you will receive a PADI Junior Rescue Diver certification)
- ~ To be medically fit to dive
- ~ EFR Primary and Secondary Care training completed within the last 24 months (this can be completed along with the Rescue Diver course)

PADI EFR COURSE

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Padi Emergency First Response (EFR)

course gives students the skills required to respond to a medical emergency. In line with internationally recognised guidelines for emergency care, the course teaches simple steps to respond to emergencies in a non-stressful learning environment.

You will learn both primary and secondary care skills, including:

- ~ Primary assessment
- ~ Cardiopulmonary resuscitation (CPR)
- ~ Serious bleeding, shock and spinal injury management
- ~ Conscious and unconscious choking management
- ~ Injury and illness assessment
- ~ Bandaging and splinting for dislocations and fractures

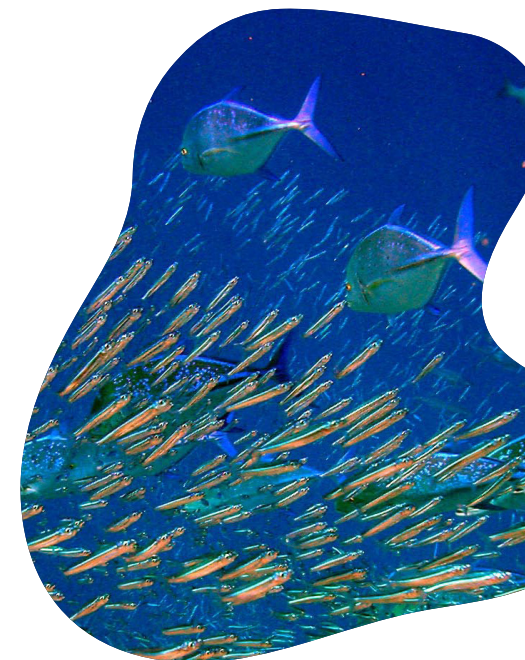
PROGRAMME DETAILS

What's included?

- ~ 6 hours of instruction
- ~ Online EFR Primary and Secondary Care Manual
- ~ EFR Primary and Secondary Care Certification E-Card

What's included?

- ~ No minimum age, but we recommend 12 years or older
- ~ Online EFR Primary and Secondary Care Manual



DIVE FEES

CAT	DIVE TYPE	*IDR **	**USD \$ **
Try Dives	Bubblemaker	3,500	233
	Fun Dive after Bubblemaker	2,500	167
	Discover Scuba Diving (DSD)	3,500	233
	Fun Dive after DSD	2,500	167
	Scuba Refresher	800	54
Fun Dives	Fun Dive	2,100	140
	Night Dive	2,300	153
	Marine Conservation Dive	3,500	233
Diving Courses	Open Water (Referral)	15,000	1,000
	Open Water Course	19,500	1,300
	Advanced Course	19,000	1,267
	Rescue Course	16,500	1,100
	EFR Course	5,000	333
Adventure Dives Single dives	Drift Diving	5,000	333
	Digital Underwater Imaging	5,000	333
	Peak Performance Buoyancy	5,000	333
	Search & Recovery	5,000	333
	Fish Identification	5,000	333
	Underwater Naturalist	5,000	333
	Night Diving	5,000	333
	Deep Diving	5,000	333
	Underwater Navigation	5,000	333
	Specialty Courses	Peak Performance Buoyancy (PPB)	7,500
Digital Underwater Imaging		7,500	500
Night Diver		10,500	700
Deep Diver		13,500	900
Peak Performance Buoyancy (PPB) and Digital Underwater Imaging Combination		12,000	800

Discounts are available for multiple dives. e.g.

- 5% off for 5 or more dives
- 10% for 10 or more dives
- 10% for 2 or more courses

*Dives are charged in IDR at prevailing currency conversion and subject to 21% tax and service.

**USD \$ conversion is an estimate based on an exchange rate of IDR 15,000 to US\$1.

DIVE SITES

REEF CONSERVATION

- Bottle Nursery
- Coral Nursery
- Coral Spider
- Cluster of Artificial Reef
- Hexadome

DIVE SITES



BEACHES (PANTAI)

- 1 Barat
- 2 Coconut Kecil
- 3 Coconut
- 4 Sunrise
- 5 Boat House
- 6 Timur
- 7 Muerba
- 8 Sangah
- 9 Turtle
- 10 Turtle Point
- 11 Sangah Kecil
- 12 Elang Kecil*
- 13 Elang Timur*

* Reserved for the private use of Elang guests

POINTS OF REFERENCE

- A East Lagoon
- B Seaplane Lagoon
- C Boat Lagoon
- D Solar Farm
- E Coconut Lagoon



BOOK YOUR DIVE EXPERIENCE

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TERMS AND CONDITIONS

Prices per person in Indonesian rupiah.
Excludes 21% tax and service.
Advanced reservations are advised.
Dive times are subject to change.



Bawah Reserve, Anambas, Indonesia

