

# Conservation

## Diving & Marine

### High School Special Schedule Thailand

Welcome to our High School Special Conservation Project in Thailand! Are you ready for a once-in-a-lifetime experience working in and exploring this beautiful country?

#### Programme Goals:

- ▶ **Learn to Dive:**  
Join a team of experienced dive instructors and gain your Advanced Adventurer SSI certification. You'll receive three qualifications during a whole week of training. This is necessary to ensure you can safely conduct conservation dives without causing harm to the coral. Throughout your training you will also explore reefs and learn about life underwater.
- ▶ **Plant and maintain coral reefs:**  
Coral play a crucial role in maintaining the balance of marine ecosystems. However, human activities and climate change threaten these vital creatures. Assist conservationists with surveys and measurements of coral and water quality. Remove invasive species, nets and debris from the reefs. Help construct new artificial reef structures that will be the home for a whole new marine ecosystem.
- ▶ **Protect coastal environments:**  
Help to clean and protect the coastal environment through beach clean ups and upcycling workshops. Record data as part of citizen science projects that will assist policy making and long-term conservation plans for the area. Learn how to reduce and reuse waste efficiently and pick up ideas that may help you when you return home.





### Highlights

- ▶ Learn to dive in a safe setting
- ▶ Gain THREE SSI qualifications
- ▶ Support the efforts of conservationists
- ▶ Become immersed in Thai culture
- ▶ Explore a mesmerising underwater world

### Accommodation

Hotel

### Transport

Boat, minibus and foot

### Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive!

By travelling with us, you're making a positive contribution to the economy of communities around the world, supporting local jobs.



## Thailand Conservation 14 Days

### Overview

Volunteers will live in one of the most idyllic coastal destinations, experiencing first-hand how important it is to protect the planet's marine life. Thailand offers natural beauty and a strong cultural identity.

With the support of expert conservationists, volunteers on this project will be taught to scuba dive and will even gain three SSI certifications. This includes SSI Open Water, SSI Advanced Adventurer, and Perfect Buoyancy certifications! Then the group can get into the marine surveys and conservation activities.

Living on the beautiful island of Koh Tao, volunteers will monitor marine life, clean beaches, and learn about different aspects of marine conservation.



## Day 1

### Arriving in Thailand

#### Arrival

There's a noticeable feeling of excitement and anticipation in the group as the plane soars towards Southeast Asia.

After landing at Koh Samui Airport (USM), volunteers spot a Projects Abroad team member. They're then taken to the nearby ferry port to begin the two-hour journey to the tropical island of Koh Tao.

#### The First Day

Students spend some time soaking in the beautiful surroundings. They complete a cultural awareness course before being shown around the area.

Local staff members explain the plan for the week and the volunteers begin to look forward to the great work that they know they'll be completing.

The first evening is spent relaxing, playing games, and having fun in preparation for the coming days. Volunteers enjoy some deliciously authentic Thai food in the hotel restaurant, then make sure to get an early night.

## Day 2

### Introduction

#### Morning

Introduction to marine conservation work on the island. Start your Open Water SSI course - Open Water Theory. Learn skills in a classroom based setting.

#### Afternoon

Take your first plunge into the training pool. Learn how to set up your diving gear and get used to breathing underwater.

Enjoy a welcome dinner by the beach.



# Day 3

## SSI training

### Morning

Open Water Theory - watch videos and study from workbooks to learn the science and safety related to diving.

### Afternoon

Open Water Dives 1 & 2 - Join the team on the dive boat for the first time and see a new underwater world during your first dives in the sea!

During the Open Water SSII Course, volunteers will learn the safety and rules of diving, basic skills and buoyancy. They will learn to set up their dive gear and check their dive buddy. Theoretical and practical tests are conducted to gain the certificate.

### Social/cultural activity

Explore the main tourist street on the island during the evening.

# Day 4

## Open Water Exam and dives

### Morning

Open Water Dives 3 & 4 - the first half of each dive will focus on practicing different skills. Then the group can explore reefs and improve their buoyancy ability.

### Afternoon

Paperwork and certification. The Open Water SSI certificate is the first among three certifications that you will gain. It's time to relax and celebrate your achievement. It's also a time to reflect on your learning and skills developed during these few days on the project.

# Day 5

## Perfect Buoyancy Certification

### Morning

Classroom theory - learn the theory for you next certification.

### Afternoon

2 sea dives to test buoyancy skills. This is an important skill as conservation work requires accuracy and control of movement. You will visit an underwater obstacle course to challenge yourself in different settings.

# Day 6

## Advanced Adventurer Training

### Morning

Advanced Adventurer Theory lessons

### Afternoon

2 Advanced Adventurer Sea Dives. This can include a night dive if chosen as a specialisation. Navigate using only torchlight at night to see nocturnal sea life.

# Day 7

## Advanced Adventurer Certification

### Morning

2 Advanced Adventurer Sea Dives. The Advanced Adventurer SSI requires 4 dives in the sea. You will learn to dive to deeper depths of up to 30 metres. This can include a wreck dive if chosen as specialisation. Explore one of the three shipwrecks around the island, and see schools of fish swimming in and out of the ship.

### Afternoon

Complete paperwork and certification documents for the SSI course. Then take time to rest a relax by the beach.



# Day 8

## Relaxation

### Morning

Take a day off from scuba diving and explore the beautiful beaches of Koh Tao. The group will take a ferry to the neighboring island of Koh Nang Yuan. Relax on the white sand beaches and explore the coast.

### Afternoon

Have a late lunch and explore the coastal area with staff. Later, join a cooking class - learn to make traditional Thai cuisine.

# Day 9

## Land-based conservation

### Morning

Land based conservation - Have an introduction to the land based actions and practices utilised by the conservation team.

### Afternoon

2 dives - Marine conservation orientation dives. Learn about conservation practices and methods used during dives. Explore reefs protected by the local team.

# Day 10

## Surveys

### Morning

Marine Ecology Presentation

### Afternoon

2 dives - Fish and invertebrate surveys. Take notes and recordings while diving. Collect data to support research.

## Day 11

### Coral survey

#### Morning

Coral Watch presentation - learn how to identify and record the health of different corals.

#### Afternoon

2 Coral Watch dives and time to input the data collected.

#### Social/cultural activity

Beach BBQ at the dive school

## Day 12

### Beach cleanup

#### Morning

Beach cleanup - collect trash dropped by tourists or that has been washed up from the sea. Help to protect local wildlife.

#### Afternoon

2 Dive Against Debris dives and data input - remove fishing nets and debris on the sea bed or trapped around coral. These suffocate the coral and threaten sea life.

During these few days, volunteers will learn about microplastics, water quality, coral health, and recycling.

## Day 13

### Explore Reefs

#### Morning

2 safari dives to explore reefs - enjoy your final dives and spot different marine life.

#### Afternoon

Micro-plastic survey and data input. Survey transects of sand and learn about the impact plastics are the environment and wildlife.

The final night is a chance to celebrate the amazing work that's been completed. Volunteers gather on the beach for one last barbecue, savouring the delicious flavours and thanking the staff for their support. Relax by the beach and watch the sun set.

## Day 14

### Thank you and Goodbye!

#### Thank You & Goodbye

Enjoy a fresh breakfast by the beach.

Escorted by a member of staff, the group boards the ferry and heads back towards the island of Koh Samui for their flights.

#### Social Media



@projectsabroadglobal



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### Want to learn more?

We'd be happy to talk to you and answer any questions you may have. You can call or email our team, or use the 'live chat' feature on the Projects Abroad website.

General inquiries: [info@projects-abroad.org](mailto:info@projects-abroad.org)

## Personal Achievements



- Completed a total of 20 service hours.
- Gained an Open Water and Advanced Adventurer SSI certification with a Perfect Buoyancy Specialisation.
- Contributed to coral restoration efforts and data collection to protect marine life.
- Increased practical knowledge about land based conservation activities.
- Completed 18 dives in the ocean.



### Student Learning Outcomes

#### Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

#### Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

#### Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

#### Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

#### Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.