

# Welcome to Euro-Divers Laguna Beach

Everything you need to know about your dive holiday with us.

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Dear Guest,

Welcome to Phuket Laguna and to your Euro-Divers Base.

We are here to help you to enjoy the best of what the Thai waters have to offer. We would like to make your visit unforgettable and put at your disposition a team of fully qualified professional PADI Instructors.

We speak: English, German, Swedish, Danish, Norwegian, Spanish and Portuguese  
You will find on the following pages information about our services.

## **Repeater Guests:**

We thank you for your renewed confidence. When you visit a Euro-Divers dive centre, as a repeater you get 15% discount on courses and diving.

For any further information, please do not hesitate to visit us at the Dive Centre.

## **Welcome to the Underwater World**

*The Andaman Sea and the island of Phuket.*

The Andaman Sea, separated from the Bay of Bengal by the Andaman Nicobar Ridge, is part of the Indian Ocean. Thailand's Andaman coast extends for 870km/544miles from the Surin Islands on the northern border to Burma and Tarutao National Park sharing the southern border with Malaysia.

Koh Phuket is the largest island in Thailand and is located some eight degrees north of the equator.

There is a vast range of exhilarating dive sites of many different kinds, providing something for everyone, regardless of their qualification levels or experiences.

Spectacular soft and hard coral abound and the marine life is prolific, ranging from colorful reef dwellers to manta and sting rays, sharks and pelagic visitors such as barracudas, jacks, tuna and the mighty whale shark.

Water temperatures in Phuket range from 27° (75°F) to 31°C (88°F)

On the reef you can see many different kinds of coral in different shades and shapes (800 different coral species here when only 40 in the Caribbean waters) and you will agree that it is one of the wonders of the world.

Corals are very tiny sensitive organisms so as responsible divers we all should avoid touching them, as this action will have a dramatic result.

## Discover Scuba Diving

Did you think about doing a little bit more than just snorkelling and did you always wonder how it is to dive – every one can dive.... so why not you?

**Every day** you are welcome to join **the free scuba try** in the Laguna Beach Resort pool at 10:00am and 2:00pm or in the Dusit Resort pool at 12:30pm. Our Instructor will let you experience your first bubbles underwater. The only requirements are to be at least 8 years old and to know how to swim.

After that you will have the opportunity to join our daily discover scuba pool lesson where together with your instructor you will learn the basics of scuba diving in an approx 1½-hour time. That experience will give all the knowledge needed to enjoy safely your first open water dive. The Laguna Beach pool makes it ideal for anyone to proceed at his own pace starting from 120cm of depth down to 3meters. No more than 4 people per group

You are now ready to dive on the reef and have a close encounter with its inhabitant and complete your discover scuba diving program. This open water dive will be under your instructor's careful supervision to enjoy your first dive on the reef to a maximum of 12m deep. (10 years old minimum)

After the dive it is possible for you to do more 12m diving during your holiday. Please ask at the dive centre for our dive schedule.

If you are interested in becoming a certified diver, which allows you to dive everywhere in the world, you have the opportunity to continue. It's easy, because what you have done already is the first steps of both the Scuba Diver course and the Open Water course.

## Diving Courses

We currently work with The Professional Association of Diving Instructors (PADI), the largest recreational diver training organizations in the world. This means that PADI certifications are recognized and accepted internationally. All courses are structured to be safe, enjoyable and easy to learn.

**The following courses are available:**

- [Scuba diver](#)
- [Open Water Diver](#)

## Diving

If you are already a certified diver but did not dive for some time we would like to invite you for a refresher dive in the 3meter deep Laguna Beach Resort pool.

You will go with the instructor in the pool and do a few skills to make you feel comfortable back in the underwater environment.

You will be able to discover the wonders of the underwater world around Phuket on board of our diving vessel, which accommodates comfortably 25 divers for full day diving trips. For the ones that prefers a half day trip or a more personalise “a la carte” excursion, we also offer a speedboat or “long tail” boat excursions for half and full day trips.

## The Dive Sites

[Click Here!](#)

### Our Diving Schedule

#### HIGH SEASON DAY TRIP SCHEDULE

1st November to 30th April

DAY	DESTINATION	NO OF DIVE
MONDAY	PHI PHI	2
TUESDAY	RACHA NOI	2
WEDNESDAY	WRECK / SHARK POINT / KOH DOC MAI	3
THURSDAY	PHI PHI	2
FRIDAY	RACHA NOI / RACHA YAI	3
SATURDAY	SHARK POINT / ANEMONE REEF	2
SUNDAY	RACHA YAI	2

#### LOW SEASON DAY TRIP SCHEDULE

1st May to 31st of October

DAY	DESTINATION	NO OF DIVE
MONDAY	RACHA YAI	2
TUESDAY	RACHA NOI	2
WEDNESDAY	SHARK POINT / WRECK / KOH DOC MAI	3
THURSDAY	RACHA YAI	2
FRIDAY	RACHA NOI	2
SATURDAY	SHARK POINT / ANEMONE REEF	2
SUNDAY	RACHA YAI / RACHA NOI	3

From May to October all Dive sites can be changed without prior notice, depending on weather conditions.

## Your Dive Centre

The Dive Base is located on the beach beside the Marine centre

**The Dive Centre is daily open all year from:**

**9.00 a.m. - 5.30 p.m.**

(Outside these hours dive excursions can be booked through the “Laguna Travel and Tour desk” at the hotel and/or you can call us on tel. 089 – 86 70 424 or 081 – 270 49 25)

## Advanced Diving Education

- Adventure Diver
- Advanced Open Water Program
- Specialties:
  - Fish ID
  - Peak Performance Buoyancy
  - Underwater Photographer
  - Deep Diver
  - Nitrox
  - Wreck Diver
  - Others
- Rescue Course
- E. F. R.
- Go Pro

## Safety Procedures

It is very important, that you drink a lot of fluids, especially during daytime. The body very easily dehydrates when the water reservoirs in the body are running low. To make sure you stay all right you should drink at least 2-3 litres of water or juice. Remember, that most soft drinks, coffee, tea and alcohol are dehydrating. You should never drink alcohol and go swimming, snorkelling or diving.

Evaluate your condition and do only water sports within your own limits.

When staying in the sun, remember that you are only a few degrees from Equator and the sun is very strong. Use a sun factor that is well above what you normally use.

After you have been in the swimming pool or in the sea, please remember to wash your ears with fresh water to avoid the chance of getting an ear infection. The heat and moist in the air create perfect conditions for bacteria. To be safe, wash every time and straight after. Just flush with fresh water from the shower (softly) for 10-15 sec., in each ear.

For more advice, please see your travel agency brochure or safety advice leaflet.

### ***Especially for divers***

You know that there are several circumstances that make you susceptible to decompression illness. To remind you these factors are:

- Fatigue and/or vigorous exercise during a dive
- Dehydration, due to for ex. Diarrhoea, or overexertion from other sports, like tennis.  
(Think that you normally in a tropical environment should drink at least 2.5 – 3 litres of water a day.)
- Feeling cold
- Older age
- Illness (also seasickness)
- Injuries (also old ones, like broken legs, arms etc. earlier in your life)
- Alcohol consumption (also the evening before the dive)
- Being over weighted
- Certain medications
- For women: taking the contraceptive pill or other hormones

If you fall into one or more of the groups above:

- a) Don't hesitate to contact the instructors for more information and
- b) Plan your dives extremely safe i.e. max. 5 min. to NDL on your computer when diving at any depth
- c) Plan your repetitive dives shallower than 20m
- d) Ascend slowly, not faster than 18m/min and end ALL your dives with a safety stop at 5m/3min.

**“NITROX”** is a term that has been around in scuba diving for a number of years and has aroused a large number of different views.

Used in the beginning as a “deco gas” for technical dives, the gas was viewed as a tool only usable by professional, technically orientated divers. The advantages of Nitrox are however more substantial since the gas allows for a reduced nitrogen intake, when existing dive profiles are retained – **increase the safety margins!!!!**

Compressed air has never been the best, but only the most commonly used and least expensive gas for scuba divers. Limited training opportunities, low availability and high prices have also contributed to prevent the spread of Nitrox in scuba diving. Fortunately things have changed.

More and more divers are asking for Nitrox – enriched air – to dive more safely. Extending bottom times has a lower priority – it is intended to make existing dive profiles even safer than they are today.

The recompression facility is in Patong, which is approx. 30 min. away by car.

Thank you for reading our information map. Please don't forget that the instructors in the diving school are there for you. If you have any further questions please do not hesitate to contact the dive centre manager by email.

Your Euro-Divers team.