



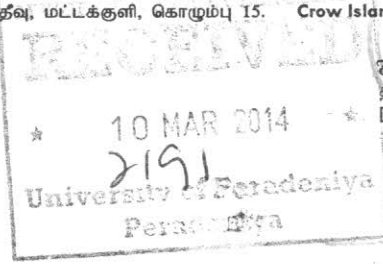
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தேசிய நீரியல்வள ஆராய்ச்சி அபிவிருத்தி முகாமை
NATIONAL AQUATIC RESOURCES RESEARCH & DEVELOPMENT AGENCY

කාක දූපත, මට්ටක්කුලිය, කොළඹ 15. காக்கை தீவு, மட்டக்குளி, கொழும்பு 15. Crow Island, Mattakkuliya, Colombo 15.

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எனது இல.
My No.

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Your No.

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திகதி
Date

12 MAR 2014

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Student: Slafu
Nokor Nawaly
15/3/2014

Vice Chancellor,
University of Peradeniya.

Dear Sir,

Eco-friendly learning experience

We are glad to inform you that NARA has started a training school on diving at our Kalpitiya Regional Research Centre. Kalpitiya is a perfect destination for those looking for an adventurous or eco-friendly learning experience. In this regard, the diving unit of NARA, now offers guided tours for those who want to experience bird watching, mangrove parks, corals, mussels, clams and exotic marine creatures populating the coral reefs enough for identifications-at-leisure.

NARA welcomes students and researchers from your institute for this eco-friendly learning experience. More information can be obtained from the diving unit of NARA.

Thanking you,
Yours faithfully,

Dr. S.G. Samarasundara
Chairman / NARA

✓ All Deans
Pls circulate

Vice - Chancellor
University of Peradeniya
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Chairman

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Welcome to NARA Diving & Activity Center

National Aquatic Resources Research and Development Agency (NARA) has established a Diving School at the Regional Research Station in Kalpitiya. We offer a wide range of diving services and facilities including consultancy services. The objective of the Diving School is to provide high quality, convenient and comprehensive driving education courses at the lowest cost. The programme is designed to build confidence and self-reliance, whilst ensuring utmost safety.

Our staff is extremely professional, friendly, positive, energetic and customer-orientated. Most of all, love diving in open waters. We believe that a good diving center is not only based on the facilities and services provided, but most importantly the support, guidance, dedication and professionalism of the staff which puts a center above the rest. By joining the Diving School, of NARA you will get all the advantages of learning and improving your diving skills. Below is a list of our current offers that you can take advantage of.

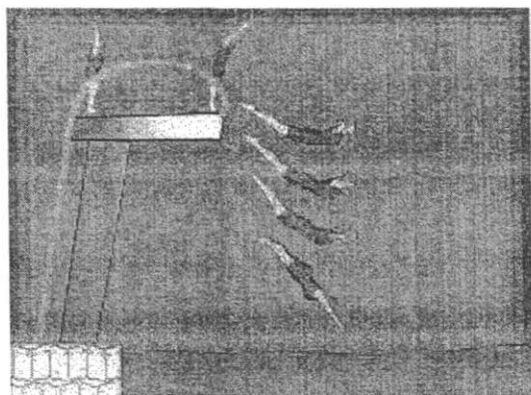
In addition to training in diving, we run daily recreational diving and snorkeling trips to see a wide range of wrecks and reefs around Kalpitiya, Galle, Hambantota and Batticaloa. Some of our favorite sites include the wrecks at Kayankeni, Kalmunai (Batticaloa), where we have several shipwrecks encrusted with marine life. Bar Reef at Kalpitiya, Vankalai Reef at Mannar, Basses in Hambantota are some of the best diving destinations in the country, with a huge variety and abundance of sea life, from the amazingly benthic macro life as well as pelagic sea life including graceful manta rays and huge and curious whalesharks. Our "ocean safari" boats often encounter sea life such as whales, turtles and dolphins.

1. Aquatic conditioning

This course is designed to introduce the different conditions in water. This is the basic level which helps eliminate the students' fear of the water as well as their ability to care for themselves in the water. Each student will work at his/her own pace in the process of developing muscular strength and cardiovascular endurance. Subjects covered will vary from lap swimming to hydro-fitness. The student will be taught how to properly use kickboards, pull buoys, hand paddles, and

swim fins and how to get the highest benefit of them. Major emphasis is on conditioning. Being a safe and confident swimmer is a skill that is the core of a wide variety of aquatic activities.

Prerequisites: Intermediate Swim Skills

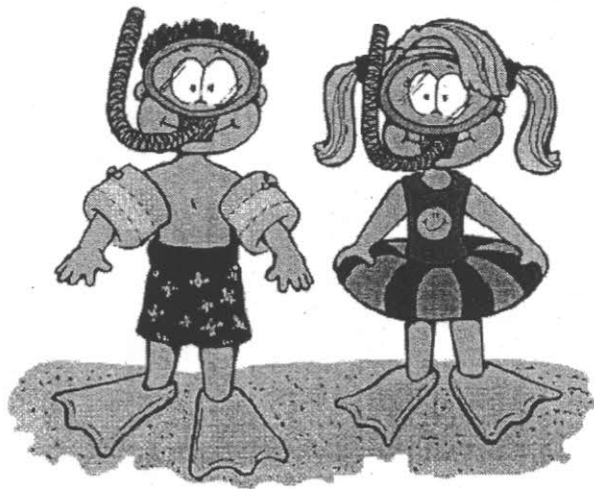


2. Snorkeling

This is the practice of swimming in the pool as well as in Open Waters while equipped with a diving mask, snorkels and fins, while floating face-down on the surface of the water. The primary appeal is the opportunity to observe underwater life in a natural setting without the complicated equipment and training required for scuba diving.

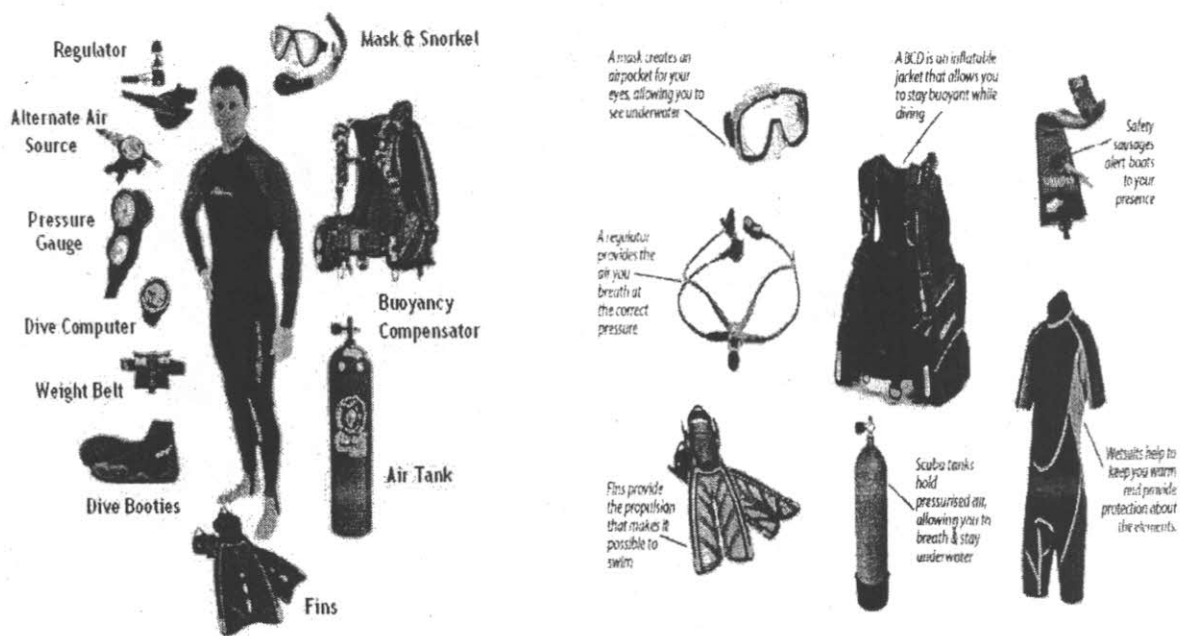
NARA offer guided Open Water snorkeling trips from either the boat or the shore. Snorkelers are accompanied by an Instructor who provides them with a briefing on the site to be visited and local marine life they will see. NARA staff ensures the safety of all snorkelers and will point out creatures and points of interest to you. Instruction by our staff is also available for those who have never snorkeled in the Open Water before.

Things you will need are; 1 snorkel tube, 1 pair of fins, and a buoyancy vest.



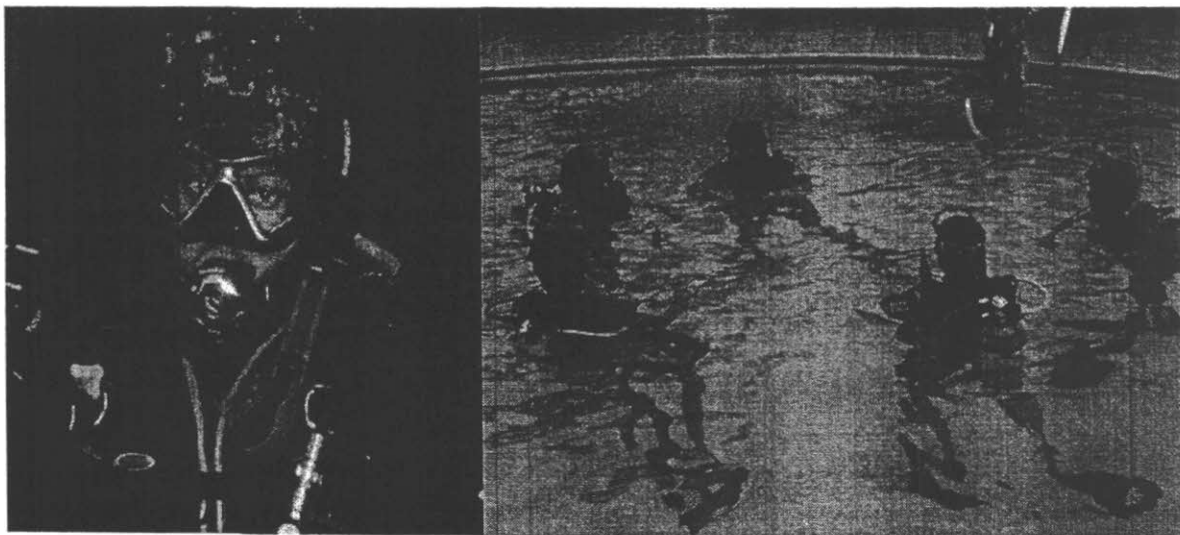
3. Introduction to scuba diving

This course has two components; classroom and pool training. The purpose of the classroom and pool training is to provide students with the fundamental knowledge and skills they need to enjoy and safely complete the open water training. The class room training session includes knowledge development chapters. Areas of learning include diving equipment, safe diving practice, diving planning, diving physiology, problem management, dive table usage and gear assembly. This course is for students with little or no knowledge of scuba diving. The course is designed to develop practical knowledge of the theory, principles and operation of diving equipment, teach students how to perform routine recommended care and maintenance procedures, and how to store equipment properly. Further, the course would familiarize divers with the safety, protocols, hazards, risks, benefits, and theory of no-decompression diving with oxygen-enriched air containing 22% to 40% oxygen.



4. Surface diving

This is where you learn how to dive. During the pool sessions you will learn how to use Scuba Equipment and the various underwater Scuba skills. Confined water training is conducted mostly in pools where you will be introduced to, and practice, your diving skills. Skills include how to breathe underwater, how to clear your regulator, how to monitor your air supply, establishing neutral buoyancy, clearing your mask, entering the water, and exiting the water.



Classroom and pool training using state of the art equipment, combined with small group size, assures a thorough and enjoyable training programme. Classroom and pool training is conveniently scheduled throughout the year. We offer evening, day-time and weekend courses.

5. Open Water scuba diving

In the open water training, you will apply the skills learned in the confined water sessions in an actual diving environment. This open water environment is most often the ocean. In the open water training, you will learn a few new skills such as navigation, beach entries, or dive boat operations. During this course you will be evaluated by your instructor to see how well you apply skills on your own, such as monitoring your air supply, having proper buoyancy, and being a good dive buddy.

6. Dive Master

This option is provided for students who successfully complete their classroom, pool training course and Open Water scuba diving session under the supervision of a PADI (Professional Association of Dive Instructors) Open Water SCBA Instructor. This is for the students who would like to continue with their underwater education. This course will provide students with the opportunity to be a professional scuba diver.

The Dive Master programme gives you the experience to become a PADI diving professional which goes beyond the course requirements and, will give you a broader range of skills to make you employable in the diving industry.

PADI Dive Master training develops your leadership abilities, qualifying you to supervise dive activities and assist instructors with student divers. PADI Dive Master is the prerequisite certification for both the PADI Assistant Instructor and PADI Open Water SCUBA Instructor certification.

Information about our training philosophy

a) How many people area in each class?

Open Water Diver classes are small, limited to a maximum of five students per instructor during training, to assure personal attention and fun while learning.

b) What equipment is provided?

We will provide state-of-the-art scuba diving equipment for your course pool work.

c) What equipment do I need for the class?

You will need your own mask, fins, snorkel, as these are individually fitted items that you will take with you on every dive. Please make sure that you have scuba rated fins. The fins you have for snorkeling may not have the power required when you add the additional drag of the scuba tank, buoyancy compensator, weight belt, wetsuit, etc. Also, your mask should be made of quality silicone rubber to ensure the best seal to your face. A mask that leaks on the surface may be a nuisance, but one that leaks at 60 feet is more problematic. Our highly experienced staff of diving professionals can assist you in selecting the appropriate items. You will also need a swimsuit and towel for your pool sessions.

d) What certification card will I receive?

Upon completion of the training in Open Water diving under the guidance of PADI Open Water diving instructors, you will be offered an Open Water certification form NARA for local dives. Upon the completion of Dive Master Course with PADI Open Water training under the supervision of a PADI Open Water SCUBA Instructor, you will get a Gold Open Water certification. This certification allows you and a certified buddy to dive throughout the world.

e) Is there any age restriction?

You must be at least 15 years old to receive PADI Open Water Diver certification; there is no maximum age. Everybody follow the Open Water Diving course should produce a medical certificate signed by a physician prior to the first pool session.

f) Cause fee and cancellation policy

The cause fee is due when you register for your cause. Your cause fee is non-refundable.

Course	Location	Group Strength	Duration		Course Fee (Rs)
			Hours /day	No. of days	
Aquatic conditioning Snorkeling	Local Pool	1-5	02	03	Rs. 28,000.00
Aquatic conditioning Snorkeling					
Aquatic conditioning Snorkeling	Local Pool	6-10	02	03	Rs. 40,000.00
Aquatic conditioning Snorkeling					
Aquatic conditioning Snorkeling	Local Pool	11-15	02	03	Rs. 50,000.00
Aquatic conditioning Snorkeling					

Open Water

Course	Sessions	Group Strength	Depth (Feet)	Duration		Group Course Fee (Rs)	
				Time /day	No. of days	At Kalpitiya	At Trincomalee
Snorkeling & Diving Session	Day 01	1-4	30	1 hour	03	55,000.00	60,000.00
	Day 02		40	45 mins.			
	Day 03		50-70	30 mins.			
Snorkeling & Diving Session	Day 01	5-8	30	1 hour	03	90,000.00	100,000.00
	Day 02		40	45 mins.			
	Day 03		50-70	30 mins.			

At Kalpitiya

- Accommodation can be arranged by NARA
 - Accommodation (Room only Rs. 200.00 per head per day)
 - Accommodation with meal Rs. 500 per head per day.

The length of your diving program will depend on a number of factors including your current certification level, number of logged dives, and dive experience. If you are looking to turn your diving skills into a career a longer training will be more beneficial, allowing you to gain practical work experienced as a Dive Master.



Dr. S. G. Samarasundara
Chairman
National Aquatic Resources
Research and Development Agency