

# DEEP WEEK



Panglao July 2019



**WELCOME TO ADAM STERN'S DEEP WEEK!  
THE WORLD'S LARGEST FREEDIVING  
FESTIVAL, COURSE AND GATHERING  
OF THE FREEDIVING FAMILY.**

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**WHERE:** Panglao, Philippines  
**WHEN:** 20–27 July 2019

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Deep Week brings the world's best freedivers, freediving instructors and experts to one place where we can share knowledge and maximize the learning experience. No other freediving training camp offers this level of experience.

This Deep Week will be lead by British Record Holder **Dean Chaouche**. It will be the first Deep Week not lead by Adam Stern, who will be at home with his hopefully not screaming baby.

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**PANGLAO JULY 2019**

Deep Week is suitable for all levels of divers. From beginner to professional.

Deep Week is individually focused so you can get the most out of your training. Everyone dives for their own reasons, which is why we bring instructors of all different specialties to work with you on your particular goals.

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### **NO FREEDIVING CERTIFICATION**

You can complete your Wave 1 and Wave 2 course during Deep Week.

### **COMPLETED A WAVE 1 COURSE**

You can complete your Wave 2 and part of your Wave 3 course.

### **COMPLETED A WAVE 2 COURSE**

You can complete your Wave 3 course.

### **COMPLETED A WAVE 3 COURSE**

You can complete the highest level of freediving certification, Wave 4.

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Find out more about Molchanov  
Wave Courses [here](#).

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## GETTING TO PANGLAO

Panglao is a small island on the Southern tip of Bohol Island. There are two ways of getting there:

### **By Plane**

Fly into the Philippines, typically to Manila or Cebu Airport and then get a connecting flight to Tagbilaran airport. Tagbilaran airport is 30 minutes by car from the Almira Resort where the event is taking place.

### **By Ferry**

Fly to Cebu then take a car to the ferry terminal and get a ferry From Cebu ferry terminal to Tagbilaran ferry terminal. It will be 30 minutes by car from the ferry terminal to the Almira Resort where the event is taking place.



## ACCOMMODATION

It would be best to hop online and check out each resort to work out which one you would prefer to stay in.

All accommodation is to be organised individually by each Deep Weeker

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**Almira Resort:** The resort has many types of room that range from dormitories to basic rooms to delux rooms. The event will take place in the Almira resort so it would be easiest to stay there.

[Check out photos here.](#)

**Kalikasan Resort:** Has accommodation ranging from basic single rooms to delux suites.

[Check out photos here.](#)

**Alexis Resort:** has the most basic accommodation but the rooms are spacious and clean.

[Check out photos here.](#)



## TIMETABLE

**Everyday our instructors will hold a variety of workshops on different freediving topics. You are welcome to attend as many or as few activities as you like and choose which workshops to attend based on your interests.**

During the workshop times, there will be two different workshops that will run simultaneously that you can choose from.

A daily schedule will look similar to the below:

**7.00am** Yoga

**8.30am** Workshops

**10.30am** Depth Training

**3.00pm** Workshops and Dry Training

**5.30pm** Yoga or Strength & Conditioning

## MARINE LIFE

There are schools of sardines right out front of the Almira Resort that we can dive with everyday. On the rest day we will run a trip to Balicasag Island. Balicasag Island is a beautifully preserved marine park with stunning coral and marine life and an abundance of turtles. If you see less than 20 turtles in your dive there it was a bad day!



## **PAYMENT INFO**

**The cost of Deep Week is \$990AUD per person. This covers all training and certification costs.**

Price does not include travel, accommodation or meals.

To ensure your booking is confirmed please provide a \$250AUD non-refundable deposit. The remaining amount can be paid 1 month prior to Deep Week.

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## **PAYMENT OPTIONS**

### **Direct Deposit**

Commonwealth Bank of Australia  
Freediving Family  
BSB: 06 2735  
Acc: 1036 8079

### **or PayPal**

[adam.thomas.stern@gmail.com](mailto:adam.thomas.stern@gmail.com)

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## **QUESTIONS OR BOOKING?**

**email:** [deepweekfreediving@gmail.com](mailto:deepweekfreediving@gmail.com)

**phone:** +61 2 413 109 881

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