



DEEP WEEK

NOV 9-16 2019
AMED, BALI

An underwater photograph showing several divers in various poses, some ascending and some descending, against a blue background. The image is used as a background for the top section of the poster.

**IMPROVE YOUR FREEDIVING
WITH AUSSIE RECORD HOLDER,
ADAM STERN AND WORLD-RECORD
HOLDER, WILLIAM TRUBRIDGE.**

**Join us for an immersive 8 days
of freedive training in Amed, Bali.**

Deep Week brings the best freedivers, freediving instructors and freediving experts from all over the world, to one place. Where we can share knowledge and maximise learning. No other freediving camp is able to offer this level of experience and expertise.

NOVEMBER 9–16 2019

Deep Week is suitable for all levels, from absolute beginner all the way to professional.

This camp is individually focused so you can get the most out of your freediving training.

Everyone dives for their own reasons, which is why we bring instructors of all different specialties to work with you in your particular goals.

CERTIFICATIONS DURING DEEP WEEK

If you currently don't have any freediving certification you can complete your Wave 1 and your Wave 2 course during Deep Week.

If you've completed your Wave 1 course (or equivalent) you can complete your Wave 2 course and part of your Wave 3 course.

If you've completed your Wave 2 course you can complete your Wave 3 course.

If you've already completed your Wave 3 course you can complete the highest level of freediving certification, the Wave 4 course.



ACCOMMODATION

Amed is a small diving town in North Eastern Bali, about a 3 hour drive from Denpasar Airport. You can get a taxi from the airport to your hotel in Amed for around 500 000 IDR (roughly \$50AUD).

Accommodation in Amed is plentiful! There are nice bungalows and rooms up and down the long stretch of beach. Prices range from AUD \$10–\$50 per night. For \$20AUD a night you can have a nice private room with air conditioning, private bathroom and a queen size bed. A full list of accommodation near the dive centre (Apneista) will be provided upon booking. But here is a list that you can check out on Google just to get your started!

BUDGET	MID-RANGE	HIGH END
\$10–\$20AUD per night	\$30–\$50AUD per night	\$60AUD+ per night
<ul style="list-style-type: none">• Pacha hostel• Dharma Yoga• Sunrise café & bungalows• Warung Pantai• Teman Teman• Geria Geri Shanti	<ul style="list-style-type: none">• Pakel's Villas• Amed Cafe• Pondok Laut• Kembali beach bungalows• Ganesha• Jukung Bali	<ul style="list-style-type: none">• Casa de Amed• Villa Disana• Life in Amed• The Griya• Santai



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 three 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** Diving
- 3.00pm** Workshops and Dry Training
- 5.30pm** Meditation or Strength & Conditioning

WRECK DIVING

There are three stunning wrecks in the area that we will visit on day 4 of Deep Week. The USAT Liberty Wreck, The Kubu Wreck and the Japanese Wreck. There are also stunning coral reefs and beautiful blue water with 20–30m visibility.

OPTIONAL DAY TRIPS

Manta Trip

Just a short drive and boat ride from Amed is Nusa Penida, one of the best places on earth to dive with manta rays. \$110AUD per person.

Blue Water Spearing

Fusion Freediving offer spearfishing trips to the numerous Rumpungs (fish aggregating devices) off of Amed. fusionspearfishing.com



WHERE WE WORKSHOP AND MEET

Blue Earth Village (BEV) is an evolving educational and community hub on the beautiful Amed coast of East Bali. Blue Earth Village is a labor of love growing with the patient efforts of locals, long term residents and their extended international freediving and yoga community. Every morning we meet here and hold workshops and classes and at night we have dinner at Blue Earth and you are always welcome to join. The food is delicious and the view is incredible. Check out Blue Earth here: blueearthvillage.com

WHERE WE DIVE

Apneista is situated right in on the beach in Bali's best bay for freediving. You will love the ease of access to the buoys and also being able to sit and enjoy delicious vegan food while on the beach. Check out Apneista here: apneista.com





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\$990AUD PER PERSON

The price covers all training and certification costs. Price does not include travel, accommodation, meals or gear hire. To ensure your booking is confirmed please provide a \$250AUD non-refundable deposit. The remaining amount can be paid up to 1 month prior to Deep Week (October 9, 2019).

Direct Deposit

Commonwealth Bank of Australia

Freediving Family

BSB: 06 2735

Acc: 1036 8079

Email deepweekfreediving@gmail.com to book, or if you have any questions at all.

BOOK NOW