

DIVE & SNORKELLING PROGRAMMES

AT TANJONG JARA RESORT



DIVE & SNORKELLING PROGRAMMES

Maximise your snorkelling and diving adventure throughout your stay. As a certified PADI Dive Resort, we offer a comprehensive range of programmes tailored to ages 8-years and above. Whether you are a beginner or an experienced enthusiast, we have a program perfectly suited to ensure abundant treasured moments and lasting memories for all.

EXPERIENCE PROGRAMMES

- Discover Guided Snorkelling
- PADI Discover Scuba Diving
- Dive Refresher Course
- Bubblemaker

LEISURE DIVES

- 2 Dives per day
- 3 Dives per day

PADI COURSES*

- Open Water Diver
- Advanced Open Water Diver
- Rescue Diver
- Emergency First Response - EFR
- Dive Master Course

PADI SPECIALITY COURSES*

- AWARE - Fish Identification
- Project AWARE - Coral Reef Conservation (Theory class, no dives involved)
- Deep Diver
- Peak Performance Buoyancy
- Project AWARE Specialist (Theory class, no dives involved)

**Courses offered include certification and manual.*

DISCOVER GUIDED SNORKELLING

1-DAY SNORKELLING WITH A DIFFERENCE

Embark on a captivating and secure snorkelling expedition led by our expert Snorkelling Guide. With their guidance, explore the finest spots around Tenggol Island to witness a diverse array of marine life.

Additionally, your guide will provide essential water safety insights, including tips on water temperature awareness, hand signals, safe entry and exit techniques, and proper utilisation of snorkelling equipment. These personalised instructions enhance your experience while ensuring heightened safety measures.

INCLUSIONS

- Guided visit to Snorkelling sites.
- Boat transfers that include refreshments on board and lunch provided to the island.
- Complimentary use of Snorkelling gear and towel.
- Use of Life Jacket

PRE-REQUISITES

For optimal enjoyment, participants are encouraged to possess basic swimming abilities and feel at ease in waters where standing is not possible, though this requirement may be flexible. Guests can also request pool training sessions to acquaint themselves with the snorkelling equipment.



PADI DISCOVER SCUBA DIVING

1-DAY TRY DIVING FOR NON-DIVERS

PADI Discover Scuba Diving (DSD) offers an excellent option for those seeking an enjoyable, safe, and high-quality introductory dive experience. This one-day program includes dives in either a pool or appropriate dive sites around Tenggol Island.

INCLUSIONS

- A short scuba diving education session.
- Leisure dive to a maximum of 12m depth.
- Instruction from qualified PADI Instructors or Dive Master.
- Maximum 2 persons per PADI Instructor for personalised attention.
- Boat transfers that include refreshments on board and lunch provided on the island.
- Complimentary use of diving gear and towel.

PRE-REQUISITES

- Must be 10 years or older, be comfortable in the water and have basic swimming skills.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to fill in a medical declaration form before starting the PADI Discover Scuba Diving Experience.

DIVE REFRESHER COURSE

REFRESHER PROGRAMME

The PADI Dive Refresher course is the perfect opportunity to reacquaint yourself with diving knowledge and skills. Led by a PADI Professional, this session ensures you regain confidence and enjoyment in the water swiftly and effortlessly convenient way to prep for your upcoming PADI course or dive vacation adventure.

INCLUSIONS

- A fast and straightforward course for refreshing basic scuba diving skills before embarking on a dive trip.
- Instruction provided by a qualified PADI instructor or Dive Master.
- Techniques and strategies for managing common scuba diving challenges.
- Complimentary use of diving equipment.
- Any certified diver who needs a refresher, pre-travel update, pre-assessment for a continuing education course or an upgrade from Junior diver can complete the PADI Scuba Review course.

The PADI Dive Refresher Course is designed for certified divers seeking a skills update, pre-travel preparation, readiness assessment for further education, or progression from Junior diver status.

It is also suitable for non-certified divers referred for training completion or PADI Scuba Divers transitioning to Open Water Diver certification. Additionally, any diver with fewer than 20 dive logs or who has not dived in the past 6 months is required to undergo this refresher program.

PADI BUBBLEMAKER PROGRAMME

1 DAY ON BREATHING UNDERWATER

Bubblemaker offers an exciting opportunity for children aged 8 and above to delve into the world of scuba diving and blow bubbles beneath the waves. Under the expert guidance of a PADI Professional, kids can breathe underwater and explore the wonders of shallow waters.

The PADI Bubblemaker programme ensures a safe and enjoyable experience, allowing youngsters to take their first breaths below the surface, learn about specialised scuba gear tailored for children, and most importantly, have a blast underwater.

INCLUSIONS:

- Bubblemaker Crew-Pack which contains memorable keepsakes like a kid-sized beach towel, logbook, certificate, temporary tattoo decal, and the adorable Bubblemaker water toy.

PREREQUISITES:

- Participants must be 8 years or older.

2 LEISURE DIVES / 3 LEISURE DIVES

1 DAY LEISURE DIVE AT TENGGOL ISLAND

Indulge in the serenity of leisure diving with our carefully curated trips. Ideal for both novice and seasoned divers, immerse yourself in the wonders of over 20 dive sites nestled within Terengganu Marine Park. Here, pristine sandy beaches meet untouched coral gardens teeming with diverse marine life, offering a perfect escape from the ordinary.

INCLUSIONS

- Full dive briefings and visit to leisure dive sites that match participants' diver certification level.
- All dives are guided by qualified PADI Dive Instructors or Dive Master.
- Maximum 4 divers to 1 Dive Instructor or 1 Diver Master.
- Boat transfers that include refreshments on board and lunch provided on the island.
- Complimentary use of towel and diving gear.

PRE-REQUISITES

- Participants must be minimum open water diver certified. Please produce diver certification card and dive log book before diving.
- If participants have not dived for the last 6 months or less than 20 dive logs, a Dive Refresher course is required.
- Deep diver experience is required for a certain dive sites. If you are not certified with advance diver level or never have any experience in 18m and below, you should request for training with a dive professional.

PADI OPEN WATER DIVER COURSE

4-DAY ON LEARNING TO DIVE

Embark on your diving journey amidst the stunning backdrop of Tenggol Island with the renowned PADI Open Water Diver Course. Tailored for individuals aged 10 years and above, this course grants you the opportunity to explore depths of up to 18 meters.

The PADI Open Water Diver Course promises an enriching experience as you discover dive sites carefully selected within Tenggol Island, renowned for its pristine sandy beaches and remarkable untouched coral gardens teeming with diverse marine life.

INCLUSIONS:

- PADI Open Water Diver Manual and review exercises.
- Comprehensive 3-hour theory lesson conducted in a classroom setting.
- Two (2) pool training sessions encompassing confined skills training.
- Four (4) open water dives to hone your skills and explore the underwater wonders.
- PADI Open Water Diver e-certificate upon successful completion of the course.
- Supervision by qualified PADI Instructors throughout all dives.
- Boat transfers inclusive of refreshments and island lunch.
- Complimentary use of towels and diving gear.

PREREQUISITES:

- Participants must be at least 10 years old and capable of swimming 200 meters and treading water for 5 minutes.
- Good overall health with a well-functioning respiratory and circulatory system. A medical declaration form must be completed before commencing the course.

PADI ADVANCED OPEN WATER DIVER COURSE

2½ -DAY OF CONTINUED DIVER EDUCATION

Improve your diving skills and reach new depths down to 30m with the PADI Advanced Open Water or Junior Open Water Diver Course in just two and a half days. To complete 2 core dive specialty and 3 selective adventure dive specialty. Total of 5 dives in 2 days.

- Fish Identification
- Boat Dive
- Multilevel & Computer Diver
- Peak Performance Buoyancy
- Wreck Dive
- Underwater Naturalist
- Underwater Photography
- Deep Diver
- Drift Diver
- Underwater Navigation

The PADI AOW course will take you to suitable dive sites in Tenggol Island, part of the fabulous Terengganu Marine Park famous for its tropical jungle, sandy white beaches and most of all, the untouched coral gardens and diverse marine life.

INCLUSIONS

- PADI Advanced Open Water Diver Manual.
- Five (5) course dives.
- PADI e-certificate upon successful completion of the course.
- All dives are guided by qualified PADI Instructors.
- Boat transfers that include refreshments on board and lunch provided on the island.
- Complimentary use of towel and diving gear.

PRE-REQUISITES

- Must be minimum a PADI Open Water Diver or equivalent.

PADI RESCUE DIVER COURSE

2½ -DAY TOWARDS BECOMING A MORE RESPONSIBLE DIVER & BUDDY

Become a more responsible diver and buddy with the PADI Rescue Diver Course. This course not only teaches you to care for others but also how to assist, reassure, and prevent scuba diving incidents. It is one of the most rewarding diving courses, covering pre-study activities, ten confined water exercises, and two rescue scenarios in the ocean. The course will be held at various locations, starting at the Resort Dive Centre, then moving to the swimming pool, and finally at suitable dive sites in Tenggol Island for the rescue scenarios.

INCLUSIONS

- PADI Rescue Diver Manual.
- Confined skill sessions and rescue scenarios taught by qualified PADI Instructors.
- PADI e-certificate upon successful completion of the course.
- Boat transfers that include refreshments on board and lunch provided to the island.
- Maximum 4 students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear.

PRE-REQUISITES

- Must be minimum a PADI Advanced Open Water Diver or equivalent.
- Participants should possess CPR Primary Care and Basic First Aid Secondary Care qualification which are not more than two years old. For divers without it, they can combine the PADI Emergency First Response course with the PADI Rescue Diver course.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to fill in a medical declaration form before starting the course.

PADI EMERGENCY FIRST RESPONSE - EFR COURSE

HALF-DAY DRY COURSE TO ENHANCE YOUR SKILLS

The Emergency First Response (EFR) is a half-day 'dry' course at the Resort Dive Centre that equips you with primary and secondary first aid care as well as CPR skills. These essential skills and knowledge are useful for anyone involved in adventure sports and is also a prerequisite for the PADI Rescue Diver course.

During the PADI EFR Course, you will learn about Basic Life Support (BLS) CPR and rescue breathing at the layperson level; how to attend to spinal injury, serious bleeding and shock management; making use of barriers to reduce disease transmission risk; and basic first aid and first aid kit considerations.

INCLUSIONS

- Primary and Secondary Care Manual.
- Taught by qualified PADI Instructors.
- PADI EFR e-certificate upon successful completion.

PRE-REQUISITES

The PADI EFR course is open to divers and non-divers. To enroll in the Emergency First Response courses, students must care about other people and want to be able to assist them in a medical emergency.

PADI DIVEMASTER COURSE

14-DAY COURSE TO BECOMING A DIVE LEADER

The PADI Divemaster course is your first level of professional training. Working closely with a PADI Instructor, you will fine-tune your dive skills, like perfecting the effortless hover, and refine your rescue skills so you anticipate and easily solve common problems. You will gain dive knowledge, management and supervision abilities so you become a role model to divers everywhere.

Through knowledge development sessions, waterskills exercises and workshops, and hands-on practical assessment, you develop the skills to organize and direct a variety of scuba diving activities.

INCLUSIONS

- PADI Divemaster manual.
- Taught by qualified PADI Instructors.
- PADI certification upon successful completion.
- Complimentary use of towel and diving gear.

PRE-REQUISITES

- Must be a PADI Rescue Diver.
- Must be aged 18 years and above.
- Completed Emergency First Response Primary and Secondary Care (CPR and First Aid) training within the past 24 months.
- A medical statement signed by a physician within the last 12 months.
- At least 40 logged dives to begin the course and 60 dives to earn the certification.



PADI AWARE FISH IDENTIFICATION SPECIALITY COURSE

1-DAY COURSE TO ENHANCE YOUR KNOWLEDGE

Enhance your diving experience by mastering the art of aquatic life identification with the PADI AWARE Fish Identification Specialty course. This specialised programme will equip you with the skills to recognise local fish families and species, learn effective fish survey techniques and strategies, and engage in Project AWARE activities aimed at safeguarding aquatic life. Immerse yourself in two scuba dive sessions, where you'll apply your newfound knowledge and appreciation for marine biodiversity.

INCLUSIONS

- Taught by qualified PADI Instructors.

PRE-REQUISITES

- Must be 10 years or older and a PADI (Junior) Open Water Diver or higher.



PADI PROJECT AWARE CORAL REEF CONSERVATION SPECIALITY COURSE

4-HOUR THEORY CLASS ON CORAL REEF CONSERVATION

While many enjoy scuba diving or snorkelling in warm, clear waters among vibrant coral reefs, few truly understand what they are witnessing or the significance of reef ecosystems. PADI Project AWARE Coral Reef Conservation is a specialty course that aims to deepen your appreciation for these intricate habitats and instructs you on ways to contribute to their conservation.

Engage in classroom discussions where you explore topics such as the importance of coral reefs, the threats they face, and actionable steps to mitigate further decline. Discover how Project AWARE brings together divers and water enthusiasts to enact meaningful change and protect these vital systems.

INCLUSIONS

- Digital manual, AWARE - Our World, Our Water, available for free download on ProjectAWARE.org website. Although this manual is not required for the course, you can read the chapter on coral reefs in preparation for meeting with your instructor.

Anyone who has an interest in the aquatic world can take this course. There are no pre-requisites or age restrictions and no water sessions are required to earn this non-diving certification.

PADI DEEP DIVER SPECIALITY COURSE

2-DAY COURSE ON HOW TO DIVE DEEPER SAFELY

Obtain certification for recreational diving up to 40m with the PADI Deep Diver course. This course offers a safe and supervised introduction to deeper diving within the recreational scuba diving limits at suitable dive sites in Tenggol Island.

THIS COURSE COVERS

- Planning, organisation, procedures, techniques, problems and hazards of deep diving.
- Risk factors and decompression tables review.
- Safety stops and emergency decompression procedures.
- Special equipment, descent lines and buoyancy control considerations.
- Procedures for flying after diving and high-altitude diving.
- Orientation to re-compression chambers.

INCLUSIONS

- PADI certification upon successful completion of the course.
- All dives are guided by qualified PADI Instructors.
- Boat transfers that include refreshments on board and lunch provided to the island.
- Small ratio of students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear.

PRE-REQUISITES

- Minimum age 15 years old and at least a PADI Advanced Open Water Diver or equivalent.
- Be in overall good health to dive, with good respiratory and circulatory system.
Each participant will be asked to fill in a medical declaration form before starting the course.



PADI PEAK PERFORMANCE BUOYANCY SPECIALITY COURSE

1-DAY COURSE TO IMPROVE BUOYANCY SKILLS

Excellent buoyancy control is what defines skilled scuba divers. You have seen them underwater. They glide effortlessly, use less air and ascend, descend or hover almost as if by thought. They can easily observe aquatic life without disturbing their surroundings.

You can achieve this too. The PADI Peak Performance Buoyancy Speciality course improves the buoyancy skills you learned as a new diver and elevates them to the next level.

During two scuba dives, you will learn how to determine the exact weight so you are not too light or too heavy; trim your weight system and scuba gear so you are perfectly balanced in the water; streamline to save energy, use air more efficiently and move more smoothly through the water; and hover effortlessly in any position either vertically or horizontally.

INCLUSIONS

- PADI Peak Performance Buoyancy Manual and Peak Performance Buoyancy video.
- Taught by qualified PADI Instructors.

PRE-REQUISITES

- Must be at least 10 years old and a PADI (Junior) Open Water Diver or higher.



PADI PROJECT AWARE SPECIALIST SPECIALITY COURSE

1-DAY COURSE TO IMPROVE BUOYANCY SKILLS

Project AWARE's philosophy is to mobilise a global force of scuba divers and water enthusiasts who care about protecting the world's water resources and choose to make a difference – one dive at a time. By earning the Project AWARE Specialist certification, you will be aware of the most pressing problems facing vulnerable aquatic environments and know what everyday actions you can take to help protect them.

Through classroom discussion, you will learn how Project AWARE unites scuba divers and water enthusiasts to make a difference; environmental issues in the ocean commons and coastal zones; fisheries challenges and sustainability problems; what is happening to coral reefs and reef inhabitants; and your role in protecting aquatic environments.

INCLUSIONS

- Digital manual, AWARE - Our World, Our Water, available for free download on ProjectAWARE.org website.
- Education session by qualified PADI Instructors.
- Project AWARE Specialist certification upon successful completion of the course.
- Small ratio of students per PADI Instructor for personalised attention.

Anyone who has an interest in the aquatic world should take this course. There are no pre-requisites, age restrictions or water sessions required for this non-diving speciality.

PRICING

All snorkelling activities and dive programmes undertaken through Tanjong Jara Resort include sea transfer charges. Private boat charter is available for snorkelling and diving trips outside of regular schedule with a maximum of 12 persons per boat trip. A fee of MYR2,000++ is chargeable for the boat charter, on top of the regular snorkelling or diving fee for each person.

PADI SNORKELLING & DIVE PROGRAMMES	PERSON PER TRIP (MIN)	PERSON PER TRIP (MAX)	DURATION	PRICE PER PAX (MYR)
EXPERIENCE PROGRAMMES				
PADI Discover Guided Snorkelling • Inclusive of complimentary snorkelling gear	4	12	1 day	330
PADI Discover Scuba Diving • Inclusive of complimentary dive gear				
1 Dive	2	12	1 day	650
2 Dives	2	12	1 day	750
Dive Refresher Course • Inclusive of complimentary dive gear	1	8	3 hours	260
Bubblemaker • Inclusive of complimentary dive gear	3	12	1 day	380
LEISURE DIVES (Inclusive of complimentary dive gear)				
2 Dives	2	12	1 day	580
3 Dives	2	12	1 day	680

**Prices are in Malaysian Ringgit (MYR) subject to prevailing service charge, taxes and Dive Permit charge.*

TYPICAL MAXIMUM NUMBER

For some programmes, larger groups can be catered for, subject to availability.

Please specify the group size and their requirements for a customised programme.

Advance booking of at least two weeks before arrival is required for groups of up to 20 persons.

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PADI SNORKELLING & DIVE PROGRAMMES	PERSON PER TRIP (MIN)	PERSON PER TRIP (MAX)	DURATION	PRICE PER PAX (MYR)
PADI COURSES (Inclusive of e-certificate and manual)				
Open Water Diver <ul style="list-style-type: none"> Inclusive of PADI OWC manual, all training dives, use of dive gear and complimentary log book 	2	12	3 ^{1/2} days	1,800
Advanced Open Water Diver <ul style="list-style-type: none"> Inclusive of PADI OWC manual, all training dives, use of dive gear 	2	12	2 ^{1/2} days	1,600
Rescue Diver <ul style="list-style-type: none"> Inclusive of PADI rescue manual, all training dives, use of dive gear 	2	12	2 ^{1/2} days	1,600
Emergency First Response - EFR <ul style="list-style-type: none"> Theory class, no dives involved Inclusive of EFR manual 	2	12	Half-day	450
Dive Master Course <ul style="list-style-type: none"> Inclusive of PADI dive master manual, unlimited dives and use of dive gear 	1	4	14 days (performance based)	4,500

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PADI SNORKELLING & DIVE PROGRAMMES	PERSON PER TRIP (MIN)	PERSON PER TRIP (MAX)	DURATION	PRICE PER PAX (MYR)
PADI COURSES (Inclusive of e-certificate and manual)				
AWARE Fish Identification • Inclusive of 2 training dives with dive gear	2	12	1 day	1,200
Project AWARE Coral Reef Conservation • Theory class, no dives involved	1	8	4 hours	900
Deep Diver • Inclusive of 4 training dives with gear	2	12	1 day	1,200
Peak Performance Buoyancy • Inclusive of 2 training dives with dive gear	2	12	1 day	1,200
Project AWARE Specialist • Theory class, no dives involved	1	8	4 hours	900

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Please specify the group size and their requirements for a customised programme.

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OTHER INFORMATION

NOTES, ESSENTIAL ITEM, SAFETY TIPS & BOOKING PROCEDURES

Please read the following important information before you make your booking for any of the programmes or courses offered by PADI 5 Star Dive Resort.

NOTES

- All loaned items must be returned at the end of the day. Charges will apply for any loss or damaged gear.
- Do not bring valuables with you on your trip to snorkelling or diving.

ESSENTIAL ITEMS

To ensure that you are well-equipped for your trip, some general items that you should bring along are appropriate swimwear, sunglasses, sunblock and a sun hat.

For divers:

- You will need a water-resistant torch and your PADI Manuals for the respective pre-requisites.

For underwater photography:

- Participants will need to have a camera with underwater housing.
- Housing must be able to operate down to a minimum of 20m in depth.
- Able to perform manual white balancing via camera housing.
- Familiar with the camera's controls and operating them via camera housing. Do bring along your manufacturer's guidelines if you are not familiar with your equipment.

SAFETY TIPS

To ensure that you have a safe, fun and high quality experience, PADI applies the following safety practices:

- It is recommended that you are fit, healthy and comfortable in waters that are too deep to stand up in.
- Any participant under 18 years must be supervised by a parent or guardian at all times.
- Personal Buoyancy Aids (vests) are available for use when snorkelling and can be requested from any of the Boat Crew on board.

For divers:

- Please note you need to have minimum 18 hours free after diving before flying on a plane.
- Some courses require you to be a certified diver. Please produce your diver certification card, or dive log book before the dive trip.
- If you have not dived in a while it is advised to visit a doctor for a medical check-up.

OTHER INFORMATION

NOTES, ESSENTIAL ITEM, SAFETLY TIPS & BOOKING PROCEDURES

BOOKING PROCEDURES

PADI requires the following information in advance:

- Number of participants wishing to join in the respective programmes as well as the preferred date(s).
- Full name and nationality for each person.
- Sizes for each person that includes height, weight and shoe size (UK/USA/EUR) for correct snorkelling or diving equipment fitting.
- Any special dietary requirements.
- For divers, please provide certification level, number of logged dives and date of last dive of each diver.