

Welcome to Euro-Divers El Gouna Red Sea

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

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Dear Guest,
Welcome to Egypt and to your Euro-Divers Base.

We are here to help you to enjoy the best of what the Red Sea 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: French, English, Spanish, Italian, German and Arabic

You will find on the following pages information about our services.

Welcome to the Underwater World

The Red Sea:

With about 2350 Km long and 350 km large the Red Sea is well known to be one of the best diving destinations in the world. The red sea is a long and narrow body of water separating North East Africa from the Arabian Peninsula, with its uppermost part branching around Egypt's Sinai Peninsula.

Different from the Gulf of Aqaba where you find a deep relief and wall diving at its best, the Gulf of Suez where El Gouna is situated offers shallow reefs with coral heads formation and a unique biodiversity of coral non affected at all by the phenomenon El Nino. There are about 250 species of corals living in the Red Sea and a 1000 + species of fishes, soft and hard corals abound with a prolific marine life from the colourful nudibranchs to dolphins.

The Red Sea is almost a closed sea, offering quite a few endemic species and has one of the biggest numbers of fishes per square meter in the world. Corals are very tiny sensitive organisms, so as responsible divers we should all avoid touching them, as this action will have a dramatic result. Water temperatures in El Gouna range from 20°C in the wintertime to 28°C during the summer, we recommended a 7 mm wetsuit in the winter and 5 or 3 mm in the summer.

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? You are welcome to join **our FREE TRY DIVE** in the main pool once a week; we usually propose this activity every Monday at 14:00

Our Instructor will guide you through 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 DISCOVER SCUBA DIVING PROGRAM, where 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.

You are now ready to dive on the reef and have a close encounter with its inhabitant and complete your discover scuba diving program. You can join the full day trip for two dives daily or if you prefer to have only one dive a day, join our half-day trip twice a week.

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. (12 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

The Professional Association of Diving Instructors is the largest recreational diver training organization 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 free of charge check dive where we will review some basic skills from your Open Water Course. After all, safety is our main concern. As a certified diver, you will be able to discover the wonders of the underwater world around El Gouna on board of one of our three double deck, spacious vessels.

Our boats (26 meters/85 feet long) have a spacious dive platform, sun deck, saloon for a light snack in between the dives and cater for approximate 25 divers each

All vessels comply with Egyptian and International Safety regulations and are all equipped with oxygen, medic first aid, VHS, mobile phone. Euro-Divers Egypt has a permanent contract with Hurghada Marine Med-Vac, for emergency evacuations on fast RIB's to the nearest medical facility. Following Euro-Divers goal towards safety, we installed a NRC membrane in 2006 and since then we offer free Nitrox 32% for all Nitrox certified divers as well as Nitrox courses level 1 & 2

Our Diving Schedule

- **Full Day trips – Daily:** Departure at 8.00 a.m. from the Club Med Reception for a 5 minutes bus trip to the near by marina, return around 3.00 p.m. (Depending on the dive site)
- **Half day Trips – Twice a week:** Departure at 1.30 p.m. from the Club Med Reception for a 5 minutes bus trip to the near by marine and return around 5.30 p.m.

* All the dive sites are chosen the day before accordingly to the weather conditions

El Gouna Special Trips : From March to October and depending on the weather and demand we offer some unique trips

- **Sunset Dive:** Departure at 3.00 p.m. for two dives, one under day-light and one night
- **Night Dive:** Departure at 4.00 p.m. to discover the Red Sea by Night
- **Wreck Dive:** For certified divers only, trips to the famous wrecks in the Red Sea; Rosalie Muller, Thistlegorn and all the wrecks of the Abu Nuhas Reef (Red Sea Ship Cemetery)
- **Giftun National Park:** Two dives to discover the wall diving around Giftun Island
- **Gobal Island Safari:** Two or three dives around Gobal Island, walls, wrecks and reefs

* The above trips have an extra charge and depend on a minimum number of participants, weather conditions and in some cases a minimum level of certification

Your Dive Centre

The Dive Centre is located inside Club Med El Gouna right on beach, just beside the Sailing Centre and caters for Club Med guests only.

The Dive Centre is daily open year round from:
08.00 a.m. – 12.30 p.m.
02.00 p.m. – 05.30 p.m.

Advanced Diving Education

- Adventure Diver
- Advanced Open Water Program
- Specialties:
 - Fish ID
 - Peak Performance Buoyancy
 - Underwater Digital Photographer
 - Deep
 - Nitrox
 - 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.

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:

- Don't hesitate to contact the instructors for more information and
- Plan your dives extremely safe i.e. max. 5 min. to NDL on your computer when diving at any depth
- Plan your repetitive dives shallower than 20m
- 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 located at the El Gouna Hospital in downtown, only 10 minutes away from our dive centre.