



**FROM  
\$560 USD  
PER PERSON**

**IN AMED OR PENIDA**

# **RESCUE READY**

**LEARN RESCUE SKILLS, EMERGENCY RESPONSE, AND  
BECOME A SAFER, MORE CONFIDENT DIVER.**

- 3 nights accommodation in Amed or Penida
- **PADI Rescue** and **EFR Certification**
- 4 ocean dives and land safety training
- Breakfast included and lunch when diving
- Incredible sites such as USAT Liberty, Manta Point, and Crystal Bay

# YOUR RESCUE ITINERARY

## DAY 1: ARRIVAL AND EFR TRAINING

Arrive at Jukung Dive Resort in Amed or Nusa Penida, settle into your accommodation, and meet your instructor team. Begin your Emergency First Response (EFR) training covering CPR, primary and secondary care, and emergency response skills.

## DAY 2: RESCUE DIVER TRAINING

Start your PADI Rescue Diver course with confined and open water rescue exercises. Learn self rescue techniques, diver stress recognition, emergency management, and problem solving skills. Breakfast and lunch at the resort included. 2 dives at Manta and Crystal Bay.

## DAY 3: RESCUE SCENARIO AND OCEAN DIVES

Complete your final rescue scenarios and ocean training dives at local dive sites around Amed, Tulamben, or Nusa Penida depending on your chosen location and ocean conditions. Breakfast and lunch at the resort included.

## DAY 4: BREAKFAST AND DEPARTURE

Enjoy breakfast at the resort before check out and onward travel. Fast boat and airport transfers can be arranged upon request.

*Please note dive schedules and sites are dependent on weather and ocean conditions.*