



Reefs Catalogue

Outdoor Pursuits Programme

Purposes and format

Primary purposes

In this programme, there are three core areas: developing swimming/snorkeling/diving skills; contribute to coral regeneration; practice coral monitoring (maintenance and collection of data).

The students develop sufficient water-related skills to eventually contribute to the Coral Reefs Regeneration Project in Tanga, in collaboration with Fish Eagle Point.

Water is an additional factor to consider when going on Reefs trips. The students are required to demonstrate their swimming ability prior to the trip (see fitness requirements).

Format

The Reefs trips are weather dependent, and the activities are tide dependent. Schedules are adjusted continuously, so students are encouraged to show adaptability.

In groups, students rotate between various activities like mangroves and coral reefs snorkeling excursions, beach clean-ups, kayaking and paddle boarding, recreational dives, service dives, and more.

Everyone contributes to setting camp, cooking, washing dishes, and any camping-related chores.

Reefs Trips Catalogue

Lower Secondary trips (M1 to M4)

Discovery to Fish Eagle Point

Exploration to Open Waters

Adventure of Scuba Diving

Challenge to Coral Reefs Project

Upper Secondary trips (M5 to D2)

No Discovery. The programme starts at Exploration.

Exploration to Fish Eagle Point

Adventure of Scuba Diving

Challenge to Coral Reefs Project

Lower Secondary Discovery to Fish Eagle Point

Summary

Four days, three nights trip for lower secondary students (M1 to M4). On this trip, the activities include: beach clean-ups, urchin removal (fish feeding), forest walks, mangroves climb, mangroves canal snorkeling excursions, open waters snorkeling, kayaking and paddle-boarding, and tubing. The students learn the rudiments of snorkeling, practice underwater communication (same as scuba diving), etc. Various explanations about the Coral Reefs Regeneration Project, as well as the threats faced by the marine wildlife in this area.

School staff-student ratio = 1 for 6.

Local guide ratio = 1 for 6.

Itinerary

Day 1

Travel to Fish Eagle Point (8 to 10 hours), setting camp and kitchen area, then initial snorkeling session with safety measure briefing.

Day 2

In groups, students engage in the different activities and complete the camp chores.

Day 3

In groups, students engage in the different activities and complete the camp chores. That afternoon, we start packing the equipment on the bus to optimize the schedule. The dinner is at Fish Eagle Point.

Day 4

Wake-up at 4:45 am, pack tents and day bag, departure at 5:30 am.

Fitness requirement

Swim 8 laps (200 meters) non-stop + 1 minute treading water or floating.

Minimal outdoor experience requirement

M1 - Campcraft or another OP trip.

M2 to M4 - None.

Lower Secondary Exploration of Open Waters

Summary

Four days, five nights trip for lower secondary students (M1 to M4). On this trip, the activities include: beach clean-ups, urchin removal (fish feeding), mangroves climb, snorkeling excursions, kayak expedition, AND coral ball moving with the raft. The students develop their various water-related skills and start contributing to the Coral Reefs Regeneration Project by moving coral balls.

School staff-student ratio = 1 for 6.

Local guide ratio = 1 for 6.

Itinerary

Day 1

Travel to Fish Eagle Point (8 to 10 hours), setting camp and kitchen area, then snorkeling and paddle-boarding.

Day 2

In groups, students engage in the different activities and complete the camp chores.

Day 3

In groups, students engage in the different activities and complete the camp chores. That afternoon, we start packing the equipment on the bus to optimize the schedule. The dinner is at Fish Eagle Point.

Day 4

Wake-up at 4:45 am, pack tents and day bag, departure at 5:30 am.

Fitness requirement

Students are expected to train at least twice per week in the pool starting 1 month before the departure of the trip, doing minimum 32 laps (800 meters) per training.

The week before the trip, they will have to demonstrate this ability to be allowed on the trip.

Minimal outdoor experience requirement

Have completed Reefs Discover at Fish Eagle Point.

Upper Secondary Exploration to Fish Eagle Point

Summary

Five days, four nights trip for upper secondary students (M5 to D2). On this trip, the activities include: beach clean-ups, urchin removal (fish feeding), forest walks, mangroves climb, mangroves canal snorkeling excursions, open waters snorkeling, kayaking and paddle-boarding, tubing, AND coral ball moving with the raft. The students learn the rudiments of snorkeling, practice underwater communication (same as scuba diving), etc. Various explanations about the Coral Reefs Regeneration Project with an initial contribution by moving coral balls. There are also discussions around the threats faced by the marine wildlife in this area.

School staff-student ratio = 1 for 6.
Local guide ratio = 1 for 6.

Fitness requirement

Students are expected to train at least twice per week in the pool starting 1 month before the departure of the trip, doing minimum 32 laps (800 meters) per training. The week before the trip, they will have to demonstrate this ability to be allowed on the trip.

Itinerary

Day 1

Travel to Fish Eagle Point (8 to 10 hours), setting camp and kitchen area, then initial snorkeling session with safety measure briefing.

Day 2

In groups, students engage in the different activities and complete the camp chores.

Day 3

In groups, students engage in the different activities and complete the camp chores.

Day 4

In groups, students engage in the different activities and complete the camp chores. That afternoon, we start packing the equipment on the bus to optimize the schedule. The dinner is at Fish Eagle Point.

Day 5

Wake-up at 4:45 am, pack tents and day bag, departure at 5:30 am.

Minimal outdoor experience requirement

None.

All Secondary Adventure of Scuba Diving

Summary

Five days, four nights trip for all secondary students (M1 to D2). On this trip, students do their practical PADI training. To be allowed on the trip, students are required to have completed the PADI eLearning (online), show their completion, and have the medical waiver signed by their parents/guardians.

School staff-student ratio = 1 for 6.

PADI instructor ratio = 1 for 6.

Itinerary

Day 1

Travel to Fish Eagle Point (8 to 10 hours), setting camp and kitchen area.

Day 2

In groups, students attend their PADI training while completing chores at camp when it's their turn.

Day 3

In groups, students attend their PADI training while completing chores at camp when it's their turn.

Day 4

In groups, students attend their PADI training while completing chores at camp when it's their turn. That afternoon, we start packing the equipment on the bus to optimize the schedule. The dinner is at Fish Eagle Point.

Day 5

Wake-up at 4:45 am, pack tents and day bag, departure at 5:30 am.

Fitness requirement

Students are encouraged to train at least twice per week in the pool starting 1 month before the departure of the trip, doing minimum 32 laps (800 meters) per training. The week before the trip, they will have to demonstrate this ability to be allowed on the trip.

Minimal outdoor experience requirement

Lower Secondary

- Completed Reefs Discovery and Reefs Exploration

Upper Secondary

- Completed Reefs Exploration

All Secondary Challenge of Coral Reefs Regeneration

Summary

Five days, four nights trip for all secondary students (M1 to D2). The students now actively contribute to the Coral Reefs Regeneration Project. We move coral balls in the campsite bay, we extend the coral reefs by dropping the coral balls underwater, we proceed to coral monitoring (cleaning coral balls and collecting data), and we do recreational dives. This trip involves heavy lifting: the raft, the pontoon, the diving equipment, the air tanks, etc.

School staff-student ratio = 1 for 6.
PADI instructor ratio = 1 for 6.

Fitness requirement

Students are encouraged to train at least twice per week in the pool starting 1 month before the departure of the trip, doing minimum 32 laps (800 meters) per training. The week before the trip, they will have to demonstrate this ability to be allowed on the trip.

Itinerary

Day 1

Travel to Fish Eagle Point (8 to 10 hours), setting camp and kitchen area. Moving coral balls out in the bay if the tide allows.

Day 2

In groups, students engage in the different activities and complete the camp chores.

Day 3

In groups, students engage in the different activities and complete the camp chores.

Day 4

In groups, students engage in the different activities and complete the camp chores. That afternoon, we start packing the equipment on the bus to optimize the schedule. The dinner is at Fish Eagle Point.

Day 5

Wake-up at 4:45 am, pack tents and day bag, departure at 5:30 am.

Minimal outdoor experience requirement

All secondary students

- Completed the Reefs programme up to Reefs Adventure of Scuba Diving
- or
- Completed up to Reefs Exploration and have an Open Water diving license + have dived within a year of the trip