



## ***Freediving safari among the Croatian islands Stage, SSI courses and Recreational Freediving***

### **When and where**

We will start on July 1<sup>st</sup>, 2017 in the early afternoon from Zadar and we will return on the 8<sup>th</sup> the morning July 2017.

### **Objectives**

The key words of this event are "Technical Freediving, Recreational Freediving and Spearfishing". This slogan tries to express in three concepts the live aboard just set up and designed by Frederico Mana and Ghigo Minak.

The safari, in fact, wants to change radically the classical concept of stage and to propose real recreational activities for all participants.

The daily program foresees first training activities with the aim of improve breathing, equalizing and diving techniques, and then apply what it has been learned to enjoy the magnificent scenery offered by Croatian sea.

Every day, in fact, recreational freediving sessions will take place during which you will be able to dive in sites of rare beauty. On the route there are several wrecks at depths accessible sites, small caves and passages, cliffs and everything a free diver could want.

### **Boat accommodation and Route**

AGRAME I, 24 m steel / aluminum Yacht

- 5 double cabins with private bathroom
- Two lounges, fly bridge, sunbathing and large area for outdoor dining.
- Inflatable dinghy with 25 hp engine.
- Route: Saturday Boarding Zara-Kornati-Hvar-Vis-Primosten-Kornati-Zadar or Zara-Solta-Korcula-Lastovo-Kornati-Zadar
- Full board (breakfast, lunch and dinner) with the exception of beer (2 euro a pint) soft drinks and espresso coffee (1 euro).
- In the evening, normally we will stay in some marina, occasionally at anchor.
- In the ports you can go down and have dinner on the ground (at your own expense) saying it in advance to the cook.
- On board there will be a mobile Internet connection for everyone where available Wifi in ports is generally free.



### **Instructors team**

The live aboard will be conducted by the SSI Freediving Instructor trainer Giangiacomo Minak good connoisseur of the Croatian islands where over the years he has made hundreds of Scuba and Apnea dives

The lessons will be directed by the SSI Freediving Instructor trainer Federico Mana, freediving Italian record holder and author of several manuals in freediving world.

### **Daily program and activities**

8:00 a.m. to 8:30 Breakfast

08:30 to 10:30 theoretical and practical session (during the travel to the dive site)

10:30 to 12:30 Open water session

13:00 to 14:00 Lunch Break

14:00 to 15:30 Relax / Transfer

15.30 to 18.30 recreational apnea or Spearfishing

18:30 to 19:30 Debriefing of the day - Transfer to port / harbor

20.00 Dinner

\* The program variations depends on the weather and sea conditions

### **Estimate route of the week**

Saturday Boarding Zara

Sunday night Kornati Islands Kaprije, Prvic and Zlarin depending on the weather [or Solta]

Monday Hvar [or Korcula]

Tuesday and Wednesday Vis [or Lastovo]

Thursday Primosten

Friday night in the Kornati and Zadar

Saturday landing in Zadar

### **Recreational activities**

For spearfishing an online permit is needed (it can be done 24 hour before) and card of the national federation (eg. FIPIA or Fipsas for Italy, HRS for Croatia).

The fuel for the dinghy must be payed extra.

### **Equipment**

For Open Water sessions each participant should have: mask, snorkel, fins, wetsuit (recommended a 5mm), elastic belt and weight, lanyard. The dive computer is strongly recommended.

For theoretical and practical lessons is recommended to have comfortable and a towel or mat where you can sit or lie down.



### **Requirements for entry to the Stage and the SSI courses.**

- Be 14 years old at registration (if a minor accompanied by a parent)
- Certificate of Freediver (except for the courses)
- Medical certificate (The certificate must be valid at the date of the safari and must be presented with the registration).
- Being associated with Moving Limits ASD or ASD Blue Free for sports year 2017

### **Costs**

The fee per person in a double cabin is 1070 €

The price includes:

- 7 days full board
- Course or theoretical sessions
- recreational Apnea Sessions according to defined schedule
- Spearfishing sessions according to the defined schedule
- SSI Certification (only for the courses).

Not included:

- Fishing
- drinks
- tips
- expenditure made not on board
- tender fuel for spearfishing sessions
- Medical expenses
- anything not listed under the item "the price includes".

### **How to register**

The safari will take place in the achievement of a minimum number of 7 participants while the maximum number is 10. To subscribe you must submit the registration form completed in all its parts to [info@movinglimits.com](mailto:info@movinglimits.com) including an advance deposit of 500€ before 30 March 2017 - if the minimum number of participants is not reached, the deposit will be returned - and balance by 30 May 2017 at:

Moving Limits  
Banca Prossima  
IBAN: IT73H0335901600100000120218  
BIC: BCITITMX

Payment description: NAME\_Safari Croatia\_Month\_2017

All activities depend on weather conditions.

### **Pre-registration and information**

For further information and pre-registration, please contact:

Movign Limits Office	<a href="mailto:segreteria@movinglimits.com">segreteria@movinglimits.com</a>	cell. +39 393 905 4908
Ghigo Minak	<a href="mailto:giangiaco.minak@unibo.it">giangiaco.minak@unibo.it</a>	cell. +39 348 293 7212
Federico Mana	<a href="mailto:federico@federicomana.com">federico@federicomana.com</a>	cell. +39 333 573 2935