# Discover SCUBA Diving with Paul Gauguin Cruises

Float effortlessly over rainbow-colored coral reefs and pirouette with parrotfish, clownfish, giant clams, and sea turtles. Dive deeper to swim alongside colorful sea anemones, eagle rays, sharks, and octopi. Polynesia's translucent, shimmering, aqua lagoons are begging to be explored. And there's no better place to do so than from the m/s *Paul Gauguin*'s retractable watersports marina, where you can embark on an optional SCUBA adventure.

Even if you have never SCUBA dived before, as a guest aboard *The Gauguin*, you can witness spectacular marine life up close and swim among beautiful, rainbow-colored coral reefs within a matter of hours. *The Gauguin*'s SCUBA diving excursions are designed for all levels of experience, and we offer PADI certification on board for novice divers, as well as refresher courses.

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# The SCUBA Experience Aboard the m/s *Paul Gauguin*

## Offering PADI certification on board

The m/s *Paul Gauguin* offers PADI certification on board. All dives offered are guided by a professional PADI (Professional Association of Diving Instructors) Dive Master/Instructor. Each is skilled in ensuring that you have the best dive possible, from helping you identify and improve your level of experience to seeking out the most rewarding dive locales.

Plus, *The Gauguin* is fully equipped, including an onboard practice pool, a tank-filling station, and two inflatable dive boats with ladders. Each holds eight divers and two instructors. No tender to shore is needed—you simply leave from the marina platform of the ship and return to it after your dive, where a warm shower awaits.

And on top of that, we take care of all the details for you, from set-up and gearing you before you enter the water to leading you through the deep. The only thing you have to do is breathe.

# Diving Destination Guide

Beneath the waves, you can view blacktip and whitetip reef sharks, parrotfish, lion fish, tuna, snappers, jackfish, Napoleon fish, and more up close. Here are highlights of what you might expect to find in dives off specific islands along the path of your itinerary.

## Society Islands

**Moorea** | Catch a glimpse of blacktip reef sharks, impressively large moray eels, lemon sharks, sea turtles, and barracudas.

**Bora Bora** | View lemon sharks and manta rays up close.

## Tuamotus Islands

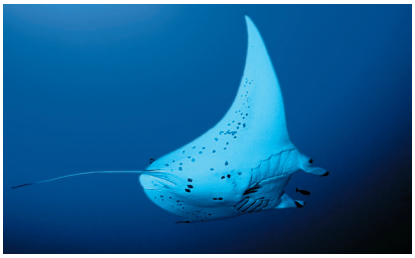
**Rangiroa & Fakarava** | In this premier diving location, look for hammerhead sharks (Dec–Feb) or manta rays (Sept–Oct). In addition, dolphins, turtles, eagle rays, barracuda, and other fascinating fish species are often spotted here, among coral reefs and canyon passes – including Fakarava's reef, a UNESCO-Classified Nature Reserve.

## Cook Islands

**Aitutaki** | Dive along the sheer drop off and large coral bommies to come across impressively large hawksbill turtles, white tip reef sharks resting on the sea floor, friendly emperor angel fish and occasional eagle rays.

## Marquesas Islands

**Nuku Hiva** | The steep cliffs and caves off this island reveal a variety of unusual marine life, including hammerhead sharks, moray eels, manta rays, and scorpion fish.



**Tahuata** | Jump into an underwater wilderness and observe gray sharks, manta rays, dragon moray eel, lobster, and schools of juvenile fish dancing among predators such as giant trevally or tuna.

# About Our SCUBA Equipment

The word SCUBA is an acronym for Self-Contained Underwater Breathing Apparatus. For your SCUBA diving experience on board *The Gauguin*, you'll be provided with all necessary equipment: a dive computer for all dives above 20 meters, a BCD with integrated weight, a regulator, a 3mm shorty or a full wetsuit (only for divers), and weight for your integrated weight BCD. The tanks provided are 12L aluminum (80 cubic). 15L (100 cubic) steel tanks are also available for heavier breathers.

At the watersports marina, you can also pick up snorkeling equipment (mask, fins, and snorkel), which you can keep for the entire cruise. The fins are not adjustable and are to be worn barefoot. Dive fins are provided per dive per person; snorkel fins can be kept for the duration of the cruise.

## How to Sign Up for SCUBA Diving Aboard *The Gauguin*

All guests wishing to dive or take a diving course from *The Gauguin* need to bring either proof of certification and a logbook, and they must possess a valid recent medical certificate less than a year old of no contraindication to scuba diving. The doctor on board will not be able to issue this certificate. Before signing up for a dive, divers at all levels of experience must meet with one of our dive instructors and also fill a liability disclaimer. The marina team reserves the right to refuse permission to dive if the guest does not meet physical requirements. You may sign up for a dive at the dive desk, located near the Travel Concierge Desk. If you are a certified diver, simply identify yourself to the Marina Supervisor at the Dive Desk on the first day of the cruise. As a licensed PADI Resort, *The Gauguin* recognizes divers from all international certifying agencies.

## How to Book a Diving Certification Program

If you are not a certified SCUBA diver and have always wanted to try SCUBA, a Discover SCUBA Diving (DSD) class is available. The course consists of one hour of theory and a one-hour pool session. It is brief, safe, and a rewarding experience for those participating.

## Certification Offered

The resort certification or *Discover SCUBA Diving* program offered aboard *The Gauguin* is the beginning of the PADI open-water diver course. If you sign up for one dive on board *The Gauguin* after completing a Discover SCUBA Diving course, you are registered with PADI and receive credit for one confined-water (pool) session and one open-water dive. This certification can be used for up to one year for a dive of up to 40 feet with a dive instructor at any PADI dive center around the world.

## Diver Certifications for Minors

You must be at least 10 years old to receive Junior Open-Water Diver Certification. Ten- and 11-year-old Junior Open-Water Divers must dive with a certified parent, guardian, or PADI professional to a maximum depth of 40 feet (12 meters). Twelve- to 14-year-olds must dive with a certified adult. At age 15, the Junior Certification upgrades to a regular Open-Water Diver Certification. Divers with Junior Open-Water and SCUBA Diver certification may not be able to participate in some dives due to limitations imposed by these certifications.

**RESTRICTIONS:** *You need to be a reasonably proficient swimmer and comfortable in the water. You must swim 200 yards/meters nonstop, without a time or specific stroke requirement or a 300-yard/meter swim with mask, fins, and snorkel. You'll also perform a 10-minute tread/float.*

*Divers who have not been diving within the last twelve months and cannot provide proof of a SCUBA review course since their last dive may be requested to participate in a SCUBA review course on board prior to a dive in the open water.*

*To SCUBA dive safely, you must not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with coronary disease, a current cold or congestion, epilepsy, or a severe medical problem or who is under the influence of alcohol or drugs should not dive. If you have asthma, heart disease, or other chronic medical conditions or if you are taking medications on a regular basis, you should consult your doctor and the instructor before participating in this program. Women who are pregnant or trying to get pregnant also should not dive.*

*Diving certifications are subject to availability and not available in the Marquesas Islands. Some dives are operated by outside vendors.*

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