



Nusa Ceningan's Premier
PADI 5 Star Dive Resort



"Travel off the beaten path and discover Bali the way it was 30 years ago"

Bali, the famed Island of the Gods, with its spectacular landscape of hills, mountains, rugged coastlines, sandy beaches, lush rice terraces and barren volcanic hillsides all providing a picturesque backdrop to its colourful, deeply spiritual and unique culture, stakes a serious claim to be paradise on earth.

With world-class diving, a large number of cultural, historical and archaeological attractions, this is one of the world's most popular destinations and one which consistently wins travel awards.

Nusa Ceningan's Premier PADI 5 Star Dive Resort

From the moment you set foot on Nusa Ceningan, the smallest of the 3 islands off the east coast of Bali. It quickly becomes apparent that you have stepped out of time. Life on this island has retained the charm of its rich Balinese heritage. Here, you will find that people are relaxed and welcoming. They enjoy trivial moments and spending time with new found friends and their family.

Ceningan Divers is an eco-friendly, **PADI 5 Star Dive Resort** located 500 meters on the left side of the Yellow Bridge on Nusa Ceningan. We chose this location because despite being close to mainland Bali, our resort is secluded and feels like a lifetime away from the hustle and busy streets of Kuta!

Reconnect with yourself. Travel off the beaten path and discover Bali the way it was 30 years ago.



PADI's 6 Es are Part of our Core Values and Mission Statement



Experience

Ceningan Divers is lead by an Award-winning team of passionate **PADI** instructors with decades of experience in the diving and tourism industries. Our dedicated dive team can guide you to the most amazing local dive sites as well as teach all levels of the **PADI** system from Bubble Makers to GoPro Internships.



Exploration

Our **PADI** 5 Star Dive Resort is located on the edge of the majestic mangrove forest in the channel between the twin islands. Our private jetty provides us with an easy access to world-class dive sites. Not to mention it is an exceptional setting to enjoy a quiet retreat off the beaten track after an amazing day of diving.



Environment

Ceningan Divers is a member of The International Ecotourism Society, we are a Green Star Award, eco-friendly **PADI** 5 Star Dive Resort and Yoga Retreat. We are also a 100% Project AWARE Partner Centre. We focus our activities on local cleanup initiatives and marine conservation and education programs.

Ceningan Divers is the Premier **PADI** 5 Star Dive Resort on Nusa Ceningan, Bali



Education

Our Award-winning **PADI** 5 Star Dive Resort is staffed by professional instructors with years of experience in the region. Our core team is composed of one Platinum Course Director, 2 Master Instructors, 2 Master Scuba Diver Trainers and our trusted local **PADI** Divemasters.



Equipment

Ceningan Divers is an Aqua Lung Partner Centre. As such we only use quality equipment from Aqua Lung and Apeks. Both our dive gear and our tanks are filled and maintained by our in-house certified technicians. We follow the highest international standards and regulations.



Entertainment

Ceningan Divers offers a world of possibilities for our guests. On site at **Ceningan Resort**, you will find the Jetty Bar, the Mangrove Restaurant, Ceningan Shisha Lounge, Ceningan Yoga Shala, 8 traditional thatched-roof bungalows and our **PADI** 5 Star Diving Operation.

Ceningan Divers is Committed to Safety, PADI Standards & Ocean Conservation

Our team can support you in the following languages: Bahasa Indonesia, English, French, German, Italian, Romansch, Russian, Spanish, and Ukrainian.



Our Award-winning, cross-functional management team is composed of highly passionate **PADI** instructors supported by an amazing team of local employees dedicated to providing you personalized service. Together, we have several decades of experience in the diving and tourism industries, both with the local Balinese and international markets.

There's a saying "*Good Divers Never Stop Learning*". With that in mind, we are always pushing the envelope; improving ourselves, learning new skills, and growing as human beings. Your safety is our number one priority. Teaching you following the highest industry standards is our mission. We hope our commitment to providing you with the best learning experience is apparent in our dedication and our passion for our ocean planet.

Ceningan Divers takes ocean protection to heart, we are a 100% AWARE Partner. We support a clean, healthy ocean by making a donation on behalf of each of our students to Project AWARE. When you take a **PADI** course with **Ceningan Divers**, you will receive the Project AWARE version of your **PADI** certification card and be part of a movement of divers protecting our ocean planet.

Ceningan Divers can support you in these languages: Bahasa Indonesia, English, French, German, Italian, Romansch, Russian, Spanish, and Ukrainian.

About Nusa Ceningan

Nusa Ceningan is the smaller island located between Lembongan and Penida. It is easily reached via the yellow bridge or by boat. There is a notable surf break off the south-west of Nusa Ceningan.

The island offers scenic spots, and the westward view back to Bali is impressive. The channel between Lembongan and Ceningan is home to many seaweed farms and pristine mangrove forests. Viewing the sunset over Bali from the central Ceningan ridge is very much worth the effort.



Nusa Ceningan has been growing in popularity since 2009. Adventurous travellers cross the yellow bridge in search of new destinations. Ceningan is becoming a fun island to explore and spend a few days.

Beyond **Ceningan Divers** and **Ceningan Resort**

Nusa Ceningan has much to offer. The island is approximately 6 square kilometres and now hosts several resorts, restaurants and some interesting points of interest.

On the south west end of the island you will find the Ceningan surf break, Blue Lagoon, its spectacular cliffs and the “Flying Fox” zip line. On the north east end of Ceningan island you will find Eka Jaya’s property.



About Nusa Lembongan

Nusa Lembongan is approximately 8 square kilometres in area with a permanent population estimated at 5,000. Twelve kilometres of the Badung Strait separates Nusa Lembongan from Bali Island. The island is surrounded by coral reefs with white sand beaches and low limestone cliffs. Nusa Lembongan is separated from Nusa Ceningan by a shallow estuarine channel. A suspension bridge links Nusa Lembongan and Nusa Ceningan which takes foot and motorbike traffic only.



There are three main villages on the island. Jungut Batu and Mushroom Bay are the centres of the tourist-based industry and activities on the island whilst much of the permanent local population resides in Lembongan Village.



The north-eastern side of the island is flanked by a relatively large area of mangroves totalling some 212 hectares.

About Nusa Penida

Nusa Penida is the largest of three islands off the south eastern coast of Bali, the others being Nusa Lembongan and Nusa Ceningan.

Totalling some 200 square kilometres, Nusa Penida is much larger than the better known Nusa Lembongan. However, tourist infrastructure is very limited here but growing fast.

Due to a lack of natural fresh water, little is grown or produced on Nusa Penida, and even some basic food-stuffs come in by boat.

Visitors should therefore expect higher prices than in Bali, and not bank on any tourism-related luxury items being available for purchase here.

There are many quiet and secluded white sand beaches along the north and northwest coasts of Nusa Penida. Other geographical highlights include limestone caves, spectacular high coastal cliffs with karst formations and offshore pinnacles in the south and east, and rugged hill tops in the high centre.

Nusa Penida has several interesting Hindu temples. When visiting be respectful and always heed local advice.

Renting a motorcycle is the most practical option, and this will cost you about Rp 80,000. Look for outlets in Toyopakeh and Sampalan.

The roads in Nusa Penida are rough, hilly away from the north coast, and in remote areas no more than stone-strewn tracks. Although the distances may not seem so big, it is recommended not to plan too much in one day. For a less experienced scooter driver the condition of the roads allow an average of 25-35 km/h. Be sure to get your tank filled before leaving into the hills. Fuel burns quickly in these rough conditions!

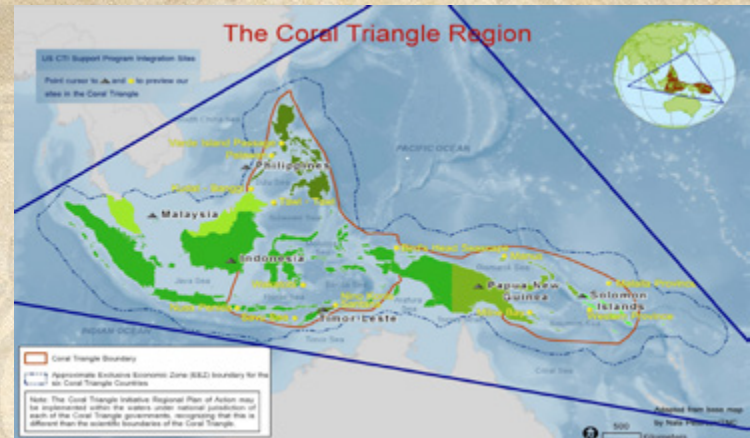


The Coral Triangle

The Coral Triangle is a marine area located in the western Pacific Ocean. It includes the waters of Indonesia, Malaysia, the Philippines, Papua New Guinea, Timor Leste and Solomon Islands. Named for its staggering number of corals (nearly 600 different species of reef-building corals alone). The Coral Triangle is recognized as the global centre of marine biodiversity and a global priority for conservation. It is also called the “Amazon of the seas” and covers 5.7 million square kilometres (2,200,000 sq mi) of ocean waters.

While only covering 1.6% of the planet’s oceanic area, the region has 76% of all known coral species in the world. As a habitat for 52% of Indo-Pacific reef fishes and 37% of the world’s reef fishes, it encompasses the highest diversity of coral reef fishes in the world. More than 3,000 species of fish live in the Coral Triangle, including the largest fish - the whale shark, and the coelacanth. It also provides habitat to six out of the world’s seven marine turtle species.

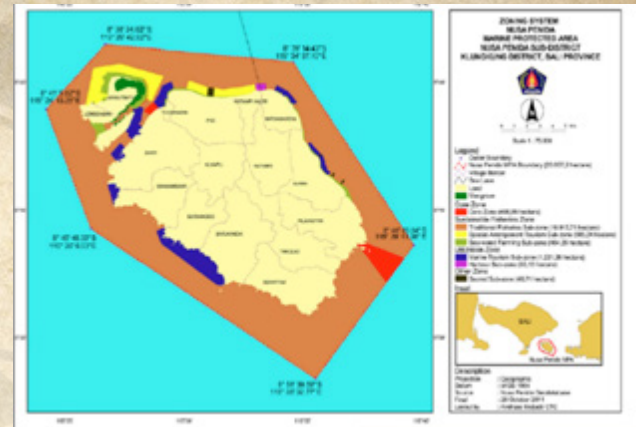
The Coral Triangle also has the greatest extent of mangrove forests in the world. The large area and extraordinary range of habitats and environmental conditions have played a major role in maintaining the staggering biodiversity of the Coral Triangle. Over 120 million people live in the Coral Triangle and rely on its coral reefs for food, income and protection from storms.



Nusa Penida Marine Protected Area

The Nusa Penida MPA covers an area of 20,057 hectares around Nusa Penida and two smaller neighbouring islands, Nusa Ceningan and Nusa Lembongan. The area is host to 296 species of coral and 576 species of reef fish, including five species previously unknown to science.

In 2008, the area was identified as a site with a high livelihood dependency on marine resources and was recognized as a critical area for marine biodiversity through a Rapid Ecological Assessment (REA). Two years later, the Nusa Penida Marine Protected Area (MPA) was established as a marine park with the twin aims to safeguard the island's waters and to sustain the island's communities.



Nearly 48,000 people in 56 traditional villages and sub-villages live on Nusa Penida and its two neighbouring islands. Those living along the coastline all depend on fisheries, seaweed farming, and marine tourism as their main sources of income. Inland, there is also agriculture and animal raising.

Due to its unusual riches, and through the management and commitment of the Klungkung District Government, the MPA has become renowned throughout the Coral Triangle region. It is one of the highest ranked for management effectiveness in Indonesia (at Level 3 based on the Ministry of Marine Affairs and Fisheries MPA effectiveness assessment ranking). In 2013, it received a government award for both management effectiveness and as an exemplary site for promoting a Blue Economy.

Diving Conditions and Seasons

Whether you are a beginner, professional or simply a curious, possible scuba diver, Bali “The Island of the Gods”, is certainly a diving place to get your gear on.

The weather in Bali is tropically warm and almost constant. The island lies between eight and nine degrees south latitude very near the equator. Daily high air temperature varies from 30-32 C, and nightly lows are from 24-26C. Temperatures change little, yet the patterns of wind and rain in Bali create two distinct seasons:

From May-October is the dry season, when the south-east winds bring dry air from over the Australian continent.

From November-March is the wet or rainy season, when northwest winds bring in moist air. Naturally the length of the dry season varies on different parts of Bali.

As the wet season ends and the winds shift one can expect upwelling to the waters South of Bali. As the surface water moves offshore, cold nutrient rich water from

the south of Java and Bali is drawn upward to replace it. As this water reaches the sunlit surface, all the nutrients it contains trigger a phytoplankton bloom.

For a diver, the time of the upwelling is when Nusa Penida sites come alive, when the molas and the other pelagic appear and you can encounter very cold water. The normal sea temperature range between 26-29 degrees can drop below 20 degrees in July to October.

At Nusa Penida and other offshore sites, a dive at first quarter of the moon phase may be calm and easy. The same dive might be more challenging two days after the new moon as the waters rise.

As passionate divers we always take tides into consideration. We pride ourselves in diving on the right tide. We always select the best sites for our guests based on the conditions and your experience. When conditions are not perfect, we offer off-tide dives at quieter sites.

Where to Dive Today?



Toyapakeh

Quick Info:

Required Level : Open Water

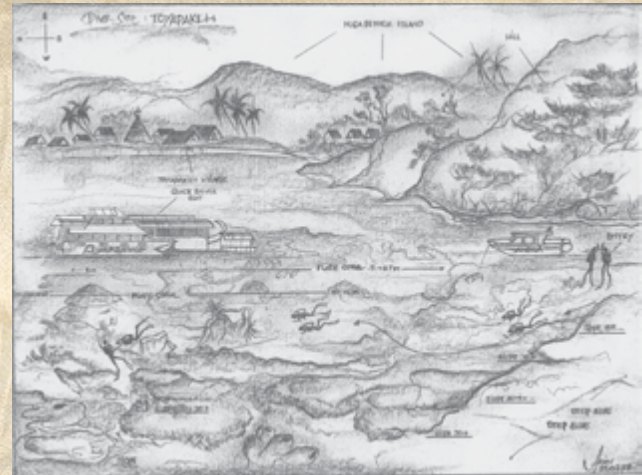
Depth : 5 – 30+ meters

Location : West Coast of Nusa Penida

Travel to Dive site : 10 Minutes

Description:

Toyapakeh (meaning “salt water” in Balinese) is located at the north end of the deep channel between Penida and Ceningan. It offers a steep wall to the south, terraces with huge hard coral bommies in the bay and a terraced reef in the north. We think this is possibly one of the best dives around the area!



Drifting with the current at this site gives you the possibility of seeing anything and everything!

The occasional mola mola (in season), eagle rays, morays, schools of trevally and red-tooth triggerfish can all be spotted here. Vast forests of acropora coral and towering coral heads provide interesting finds for even the most seasoned marine biologists!

Manta Point

Quick Info:

Required Level : Open Water

Depth : 10-30+ meters

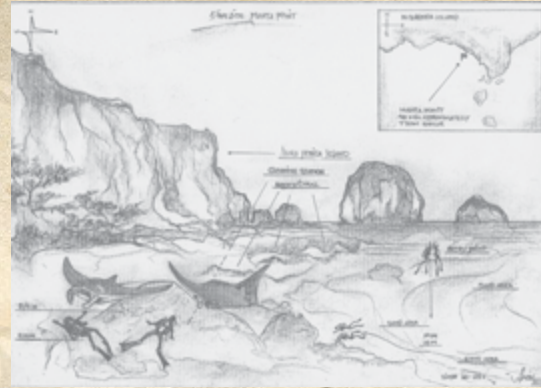
Location : South Coast of Nusa Penida

Travel to Dive site : 35 Minutes

Description:

This Manta cleaning station is located on the south-west side of Nusa Penida. This site provides a fantastic opportunity to see Manta Rays, often in large groups just circling around waiting to be cleaned.

Manta Point actually consists of several small bays and rocky headlands on the exposed south-west coast of Nusa Penida.



Large swell from the Indian ocean pushes up against the coast of Penida and brings plankton rich waters which attract the Mantas all year round. The main reason to come here is diving with Manta rays! However these sites offer interesting underwater topography and are also frequented by Nurse Sharks, Blue-spotted Stingrays and lots of soft corals.

The Mantas are often curious and will swoop down to get a closer look at divers. It can be the dive of a lifetime, if you see the Mantas dancing!

The North Side

The north side of Nusa Penida offers many great dive sites and opportunities. Here's two of the most popular sites.

SD - Quick Info

Required Level : Open Water
Depth : 5 – 40+ meters
Location : North Coast of Nusa Penida
Travel to Dive site : 15 Minutes

Description:

The current can be strong here and is often changing directions. Enjoy drifting past schooling fish and don't forget to keep an eye on the blue as sometime giant trevallies, whitetip sharks and barracuda pass by. Lots of macro life here with the orang-utan crab being regularly sighted. Large coral bommies and massive fields of branching coral. Very healthy reef with normally good visibility.



Buyuk - Quick Info

Required Level : Open Water
Depth : 5 – 40+ meters
Location : North Coast of Nusa Penida
Travel to Dive site : 25 Minutes

Description:

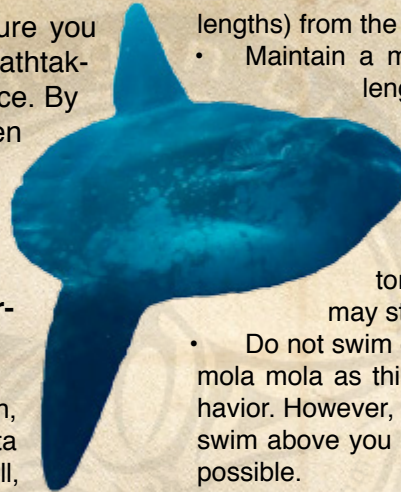
Buyuk is a sloping reef at the north east coast of Nusa Penida. The huge barrel sponges and long whip corals, are good indicators that strong currents are evident. Lots of schooling fish, unicorns, snappers, ribbon eels, moray eels, clouds of triggerfish and anthias. Whitetip reef sharks can sometimes be spotted cruising past in the blue. Another site where the mola mola can be sighted.

Mola and Manta Code of Conducts

These guidelines have been created to ensure you have a great visit in our waters while our breathtaking big fish remain unaffected by your presence. By following these simple rules, it has been proven that you will have longer more enjoyable interactions with our beautiful manta rays and mola mola.

These guidelines apply To divers and snorkelers alike.

- Never touch a manta ray, mola mola, other fish, coral, or anything else while diving. If a manta ray or mola mola approaches you, remain still, but do not touch it!
- Always approach manta rays and mola mola very slowly within their field of view and do not splash the water.
- Stay close to the reef and never surround the manta ray or mola mola.
- Never enter the cleaning station. If the cleaning fish are disturbed or the coral on or near the cleaning station is damaged the cleaning station can be compromised and the manta rays and mola mola may not come back.
- Always maintain a minimum distance of 3m (or 2 body



lengths) from the closest manta ray or mola mola.

- Maintain a minimum distance of 10m (or 5-6 body lengths) when they are unsettled (not cleaning) and approaching the reef.
 - Never be closer to the manta ray and mola mola than your guide.
 - Do not swim closely behind the manta ray or mola mola; this is how predators usually attack and your close proximity may startle them.
- Do not swim directly above or below the manta ray or mola mola as this may disturb cleaning and feeding behavior. However, if the manta ray or mola mola decides to swim above you remain still and blow as few bubbles as possible.
- Never block the escape route off the reef, out of a feeding area, or the pathway onto a cleaning station.
- Do not use personal underwater motorized propulsion vehicles or make any unnecessary loud noises.
- Follow the directions of your dive guide.
- Do not touch or kick the hard or soft coral. Good buoyancy is a must!

AGAIN, NEVER EVER TOUCH A MANTA RAY OR MOLA MOLA!

Ceningan Divers Snorkelling Trips

You are not a certified diver and you don't have the time to take you **PADI**? No worries, Nusa Penida is an ideal location for snorkellers and the casual water lover.

We understand that not everyone is keen to blow bubbles or explore the other 70% of our Ocean Planet. We offer daily snorkelling trips to our guests to amazing sites around Nusa Ceningan, Nusa Lembongan and Nusa Penida.

Fancy snorkelling with giant mantas? Yes, you can do that! Would you like to see healthy, colourful reef? You are in luck, we enjoy one of the largest coral density in the world. Curious about marine life and tropical fish? All you need to do is sign up for one of our guided snorkelling trips, put on your fins, mask and snorkel and voila, you will see passing schools of

colourful fish swim right underneath you while drifting along amazing sceneries and enjoying the day on our boat.



Our guided snorkelling trips are lead by **PADI** Divemasters with in-depth knowledge of the area.

You are provided with a set of rental Aqua Lung fins, mask and snorkel.

Afraid of being cold? No stress, we can also provide you with a wetsuit or a rash guard to protect you from the sun. In between sites, we serve tea, coffee and delicious local snacks and fresh fruits.



Ceningan Divers Fun Dive Trips

Bali offers world-class diving and diversified dive sites that will meet the needs of both new and experienced divers.

Ceningan Divers offers daily dive tips for certified divers looking to explore the best dive sites around Nusa Ceningan, Nusa Lembongan and Nusa Penida.

Our guided dive trips are lead by **PADI** Dive-masters and Instructors with in-depth knowledge of the area.

You are provided with a complete set of rental Aqua Lung dive gear (Computer excluded). In between our dives, we serve healthy local snacks and hot tea or coffee.

We offer on average 3 dives per day. Our morning trip goes out for two dives leaving at around 8am, and normally return to our jetty for lunch, in the afternoon we go back out for a dive.



Safety, Boats, Equipment

Your unforgettable Bali diving experience in Nusa Ceningan, Lembongan and Nusa Penida begins with **Ceningan Divers**.

Your safety is our number one priority. To ensure our guests enjoy world class diving without any incidents, we are committed to provide you with quality equipment, clean air and we follow international safety guidelines to meet your needs.

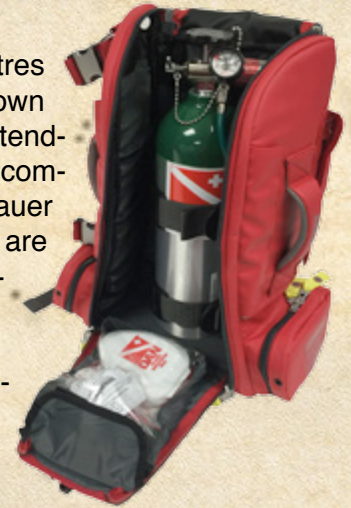


As an Aqua Lung Partner Centre, we only use quality Aqualung, Technisub and Apeks equipment serviced by certified technicians on site.

We fill our Luxfer 12 + 15 litres aluminum cylinders with our own Bauer compressor with extended air filtration system. Our compressor is maintained by a Bauer technician. Our filters and oil are changed as per the manufacturer requirements.

We perform annual visual inspections on all our cylinders and our tanks are filled by certified gas technicians.

Every divers is provided with a DSMB (Surface Marker) and whistle. Our Divemasters and Instructors all carry Nautilus Lifeline GPS Radios, DSMB, whistle, knife and torch with them in case of emergency.



Safety, Boats, Equipment



Ceningan Divers has 2 custom-made dive boats registered with local Marine Police to meet your needs. Both boats are equipped with First Aid and Oxygen kits, spare dive kit and tools for quick fix on the go. On board we have life vests of various sizes, water and snacks for our divers. We also have marine radios on board our boats.

Ceningan One, our larger vessel is suitable for up to 12 divers (heading out for up to 2 dives). It is powered by 3 x 40HP Yamaha Enduro engines with electronic starters, power steering and a 120 litres fuel storage capacity. It can take 25 tanks. Her length overall is 10 meters.

Ceningan Two, our smaller vessel is suitable for up to 6 divers (heading out for up to 2 dives). It is powered by 2 x 40HP Yamaha Enduro engines with manual starters, power steering and a 70 litres fuel storage capacity. It can take 12 tanks. Her length overall is 7 meters.

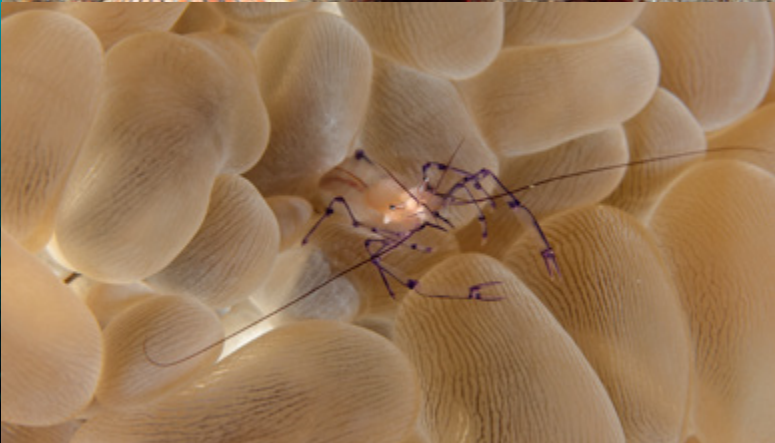
We have a local Emergency Action Plan for our centre and boats. We conduct emergency scenarios with our dive and boat team several times a year to ensure we stay on top of our emergency procedures and we are ready to handle any possible situations.

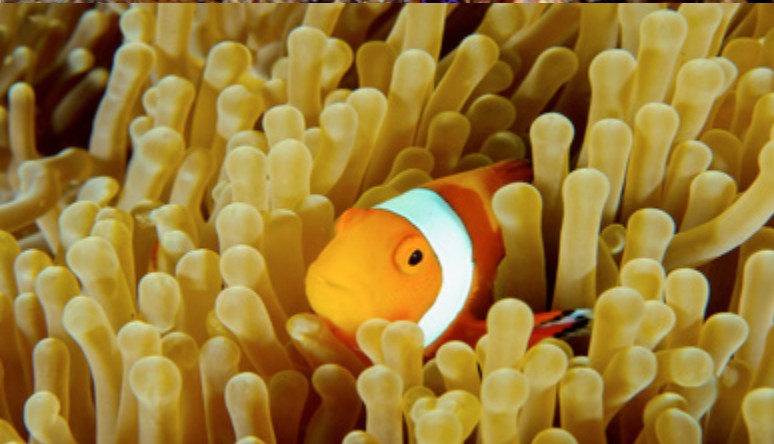
Our award-winning team of local and international dive instructors follow the highest safety guidelines and **PADI** Standards. We will take great care of you.











PADI – The Professional Association of Diving Instructors

The Way the World Learns to Dive

PADI Divers carry the most respected and sought after scuba diving credentials in the world. No matter where you choose to dive, your **PADI** certification card will be recognized and accepted. In fact, on most scuba diving adventures, you'll be surrounded by other **PADI** Divers who made the same certification choice you did – to train with the world's largest and most respected scuba diving training organization.

How is PADI Different?

The **PADI** System of diver education is the most instructionally solid system in diving. **PADI** courses are designed to make learning enjoyable and worthwhile. Under the guidance of your professional **PADI** Instructor, you gain confidence while mastering important safety concepts and skills. **PADI** Instructors are trained and held to diving's highest standards, backed up by a solid, proactive quality management system.

Environmental Responsibility

As a **PADI** Diver, you join millions of others to form a growing force that can and does make a difference in the effort to preserve the underwater world. **PADI** courses encompass environmental awareness and protection philosophies that emphasize the importance of protecting fragile aquatic ecosystems. The worldwide **PADI** organization is committed to preserving the aquatic environment for future generations. Diving won't survive without beautiful places to visit, and **PADI** Divers are encouraged to take action with Project AWARE® and make every dive count for a clean, healthy ocean planet.



PADI Courses and chart

Get your **PADI** today!

The fun and enjoyment of being a confident scuba diver is fuelled by continuing to improve your scuba skills. Each **PADI** course builds on the previous one, teaching you skills and techniques when you're ready to learn them. **PADI** specialty courses let you explore specific dive interests. Professional-level courses let you live the scuba diving lifestyle by becoming a divemaster or scuba instructor.

Educational Standards

All **PADI** programs, from entry-level through scuba instructor training, fall under strict educational standards monitored for worldwide consistency and quality. **PADI** takes a proactive approach to quality management and randomly surveys **PADI** Divers to confirm their courses meet **PADI**'s high standards as well as the divers' expectations. No other diver training organization works to maintain this level of professional reliability and integrity.

Visit **PADI.com** for more information



PADI Discover Scuba Diver Program

Have you always wondered what it's like to breathe underwater? If you want to try scuba diving, but aren't quite ready to take the plunge into a certification course, the Discover Scuba Diving program (DSD) is for you. **Ceningan Divers'** DSD program starts with a session in our pool, followed by an ocean dive at one of our favourite sites from our dive boat.

You can try scuba while you're on vacation in Nusa Ceningan. While not a scuba certification course, the DSD program is a quick and easy introduction to what it takes to explore the underwater world.

You learn the basic safety guidelines and skills needed to dive under the direct supervision of a **PADI** Professional. During your open water dive, you'll practice a few more skills in shallow water to prepare for your adventure. Get ready to:

- Go over the scuba equipment you use to dive and how easy it is to move around underwater with your gear.

- Find out what it's like to breathe underwater.
- Learn key skills that you'll use during every scuba dive.
- Have fun swimming around and exploring.
- Hear about becoming a certified diver through the **PADI** Open Water Diver course.

To sign up for your **PADI** Discover Scuba Diving experience, you must be at least 10 years old. No prior experience with scuba diving is necessary, but you need to be in reasonable physical health.



PADI Open Water Diver Course

If you've always wanted to take scuba diving lessons, experience unparalleled adventure and see the world beneath the waves, this is where it starts. Get your scuba diving certification with the **PADI** Open Water Diver course – the world's most popular and widely recognized scuba course. Millions of people have learned to scuba dive and gone on to discover the wonders of the aquatic world through this course.



The **PADI** Open Water Diver course consists of three main phases:

- Knowledge Development (online, independent study or in a classroom) to understand basic principles of

scuba diving

- Confined Water Dives to learn basic scuba skills
- Open Water Dives to use your skills and explore!

To enrol in a **PADI** Open Water Diver course (or Junior Open Water Diver course), you must be 10 years old or older. You need adequate swimming skills and need to be in good physical health. No prior experience with scuba diving is required.



PADI Advanced Open Water Diver Course

Exploration, Excitement, Experiences

That's what the **PADI** Advanced Open Water Diver course is all about. You don't have to be "advanced" to take it – it's designed to advance your diving, so you can start right after earning your **PADI** Open Water Diver certification. The course helps build confidence and expand your scuba skills through different Adventure Dives. You try out different specialties while gaining experience under the supervision of your **PADI** Instructor. You log dives and develop capabilities as you find new ways to have fun scuba diving.

Get credit! Each Adventure Dive may credit toward the first dive of the corresponding **PADI** Specialty Diver Course. If you've already taken a specialty diver course, ask your instructor if you've earned credit for an Adventure Dive.

You'll plan your learning path with your instructor by choosing from a long list of Adventure Dives. There are

two required dives – Deep and Underwater Navigation – and you choose the other three, for a total of five dives. During the Deep Adventure Dive, you learn how to plan dives to deal with the physiological effects and challenges of deeper scuba diving. The Underwater Navigation Adventure Dive refines your compass navigation skills and helps you better navigate using kick-cycles, visual landmarks and time.

The other knowledge and skills you get vary with your interest and the adventures you have – photography, buoyancy control, fish identification, exploring wrecks and many more.



Emergency First Response Courses

Emergency First Response training focuses on building confidence in lay rescuers and increasing their willingness to respond when faced with a medical emergency. Course participants learn simple to follow steps for emergency care and practice applying skills in a nonstressful learning environment. All courses are supported by self-study manuals, videos and quick reference cards to enhance learning and allow you to start learning right away.

EFR courses meet the CPR and first aid training requirements for the **PADI Rescue Diver** course and are based on internationally recognized medical guidelines for emergency care.



What will you learn?

- **Primary Care (CPR)** – This course teaches you the steps and techniques for handling life-threatening emergencies.
- **Secondary Care (First Aid)** – Because many medical conditions are not life-threatening, this course teaches you how to provide first aid that eases pain and reduces the risk of further harm.
- **Care for Children** – This course allows participants to learn, practice and apply emergency care skills specific to helping infants and children with medical emergencies.
- **CPR & AED** – This course focuses on CPR training and teaching participants how to use an AED (automated external defibrillator).
- **EFR Refresher** – It's a good idea to refresh your CPR and first aid skills every 24 months, and that's what the EFR Refresher course is designed to do.

PADI Rescue Diver Course

Scuba divers describe the **PADI** Rescue Diver course as the most challenging, yet most rewarding course they've ever taken. Why? Because you learn to prevent and manage problems in the water, and become more confident in your skills as a diver, knowing that you can help others if needed. During the course, you learn to become a better buddy by practicing problem solving skills until they become second nature. Plus, the course is just fun – it's serious, but still allows for lots of laughter in between the focused learning.

PADI (Junior) Adventure Divers who are at least 12 years old and have completed the Underwater Navigation Adventure Dive may enrol in a Rescue Diver course. You also need to have Emergency First Response Primary and Secondary Care (CPR and



First Aid) training within the past 24 months. You can complete this training during the Rescue Diver course.

Your instructor may also offer the **PADI** Emergency Oxygen Provider specialty diver course at the same time.

What will you learn?

The **PADI** Rescue Diver course prepares you to deal with dive emergencies, minor and major, using a variety of techniques. Through knowledge development and rescue exercises, you learn what to look for and how to respond. During rescue scenarios, you put into practice your knowledge and skills.

Topics include:

- Self rescue
- Recognizing and managing stress in other divers
- Emergency management and equipment
- Rescuing panicked divers
- Rescuing unresponsive divers

PADI Specialty Courses

Continue your education and expend your skills with a **PADI** Specialty Course

Scuba diving is a way to explore the underwater world in new and different ways. **PADI** Specialty Diver courses teach you new techniques and give you the tools to enhance your exploration.

The best way to learn a new skill or activity is by doing it and the **PADI** Specialty Courses therefore emphasize learning by diving. Student divers will apply the knowledge they gain by reading the **PADI** Specialty Diver Manuals and putting their new skills to practice on the open water dives.

See what options you have from this list of **PADI** Specialty courses available at **Ceningan Divers**:



- AWARE - Coral Reef Conservation
- AWARE - Fish Identification
- Boat Diver
- Deep Diver
- Digital Underwater Photographer
- Drift Diver
- Emergency Oxygen Provider
- Enriched Air Diver
- Equipment Specialist
- Multilevel Diver
- Night Diver
- Peak Performance Buoyancy
- Project AWARE Specialist
- Search and Recovery Diver
- Sidemount Diver
- Underwater Naturalist
- Underwater Navigator
- Underwater Videographer
- Wreck Diver
- Distinctive Specialties – Project AWARE and **PADI**
- Distinctive Specialties - Self Reliant Diver

PADI Divemaster Internships

Love scuba diving? Want to share it with others on a whole new level? Take the **PADI** Divemaster course and do what you love to do as a career. Scuba divers look up to divemasters because they are leaders who mentor and motivate others. As a divemaster, you not only get to dive a lot, but also experience the joy of seeing others have as much fun diving as you do.

The **PADI** Divemaster course is your first level of professional training. Working closely with a **PADI** Instructor, you'll fine-tune your dive skills, like perfecting the effortless hover, and refine your rescue skills so you anticipate and easily solve common problems. You'll gain dive knowledge, management and supervision abilities so you become a role model to divers everywhere.

As a **PADI** Divemaster, you'll lead others as you super-

vise scuba diving activities and assist with diver training. Whether you want to work at a faraway dive destination or close to home at a local dive shop, the adventure of a lifetime awaits you. **PADI** Divemasters are respected dive professionals who are aligned with the largest and most respected dive organization in the world – **PADI**.



The **PADI** Divemaster course teaches you to be a leader and take charge of dive activities. Through knowledge development sessions, water skills exercises and workshops, and hands-on practical assessment, you develop the skills to organize and direct a variety of scuba diving activities.

Ceningan Divers offers several **PADI GoPRO** internship programs that will help you achieve your career and/or life goal.

PADI Instructor Development Course

If you like people, have a passion for scuba diving and want an extraordinary life – become a **PADI** Instructor. Teaching scuba diving allows you to share your love of the aquatic world with others while doing what you enjoy – being in, around and under water. **PADI** Open Water Scuba Instructors and **PADI** Assistant Instructors are the most sought-after dive professionals around the world because they've completed the program that sets the standard for training dive professionals. You earn a **PADI** Instructor rating through hard work and commitment, but you're rewarded with a job that lets you share incredible underwater adventures with others – transforming their lives for the better and enriching yours.

Are you ready to join the ranks of the dedicated professionals who teach the world's most progressive and popular scuba diver education programs? Then **GoPRO** with an Instructor Development Course.

The Instructor Development Course (IDC) is made up of two parts – the Assistant Instructor (AI) course and the Open Water Scuba Instructor (OWSI) program. Most

dive professionals complete the entire IDC and go on to attend an Instructor Examination (IE), which is the final step to earn a **PADI** Instructor certification.

Successfully completing just the AI course results in a **PADI** Assistant Instructor qualification. When an AI is ready to progress, attending an OWSI program allows entry into an IE to earn a full **PADI** Instructor rating.

Dive professionals who hold an instructor rating with another diver training organization may be eligible to enroll directly in the OWSI program. This recognizes prior instructor training and provides a path to become a **PADI** Instructor.

Ceningan Divers has a unique partnership with **Bali Crystal Divers**, a **PADI** 5* Career Development Centre where we send all of our IDC Candidates.

Are you ready to take on the **PADI GoPRO** Challenge today?

Ceningan Resort

Ceningan Resort is located on the left side of the yellow bridge in the pristine mangroves of Nusa Ceningan. Our coconut trees and mangrove sanctuary with private jetty is an oasis for everyone seeking an alternative to the busy hustle of Bali and Nusa Lembongan. A truly unique Balinese experience.

As seasoned travellers, we understand your needs. Our family owned eco resort is located off the beaten track and offers a unique experience, the way Bali was 30 years ago.

Ceningan Resort has eight (8) traditional Balinese bungalows to provide you with a relaxing space to wind down after an amazing day of adventures in Nusa Paradise. On site you will find the Mangrove Restaurant, the Ceningan Lounge, our Yoga Shala, the Jetty Bar, and our **PADI 5*** Dive Centre.



We are a lifetime member of the International Eco Tourism Association, Green Star Award, **PADI** 5 Star Dive Resort and 100% Project AWARE Partner centre. Your unforgettable Bali diving experience in Ceningan, Nusa Penida and Lembongan island begins with **Ceningan Divers at Ceningan Resort**.

Your safety is our number one priority. We are an Aqua Lung Partner Centre and we use new Aqua lung equipment. Our cylinders are filled by certified gas technicians.

Our **PADI** 5 Star Dive Resort offers daily dive trips to nearby world-class dive sites. We also offer snorkelling trips to local sites with healthy reefs where you can drift along the shore line and/or freedive.

Ceningan Resort Facilities

Our mangrove sanctuary with private jetty is an oasis for everyone seeking an alternative to the busy hustle of Bali and Nusa Lembongan. It offers opportunities to simply relax or engage with the environment through various programmes including both land and water activities.

From our private jetty, you can relax or take part in one of the many watersport activities offered on site. Whether you are seeking the thrills and adventures of exploring Ceningan, Lembongan or Nusa Penida, or perhaps you would like to go diving, snorkelling, kayaking, or surfing, **Ceningan Resort** is your home-base while visiting Nusa Paradise.

Ceningan Lounge is a great space to socialize, watch a film, smoke a shisha, or take advantage of our amazing Board Game collection. The lounge also transforms into our Yoga Shala where we conduct daily yoga classes and host retreats. The Mangrove Restaurant caters to your dietary needs, you can enjoy home-cooked meals from around the globe. The Jetty Bar is a great

place to enjoy an icy cold drink after an adventurous day exploring the twin islands or simply enjoying a relaxing moment while cooling down in our soaking pool.

- Restaurant open from 07.30-22.00
- The Jetty Bar open from 07.30-22.00
- Ceningan Shisha Lounge open from 12:00-22.00
- Large boardgames collection
- Ceningan Yoga Shala
- Outdoor Pool
- Bungalow veranda with chairs, table and hammock
- Free flow Coffee, tea and Water 24/7
- Free WiFi throughout the resort
- Family-friendly
- Lush Gardens
- Full Service **PADI** 5 Star Dive Resort
- Snorkelling and scuba diving gear rental
- Stand Up Paddle board (SUP) and Kayaks rentals
- Concierge Service and trip planning support
- Motorbike hire
- Transfer and money changing service

How to Get to Ceningan Divers?

The Easiest way is to just let us know where you are coming from and let us arrange a pick up from the airport or your hotel in Bali, Gili or Lombok.

From Bali, we transfer our guests by fast boat from Sanur to Nusa Lembongan and then a short pickup ride to the Yellow Bridge where our staff meet you and transfer you to **Ceningan Divers** at **Ceningan Resort**.

From the Gilis or Lombok, we transfer our guests by fast boat to Nusa Lembongan and then a short pickup ride to bring you to the Yellow Bridge where our staff meet you and transfer you to **Ceningan Divers** at **Ceningan Resort**.

Our preferred transfer partners are **Marlin Lembongan Cruiser**. They offers 3 departures from Bali and Lembongan each day. **Eka Jaya Fast Boats**, offer transfers from Bali, Ceningan, Gilis and Lombok with daily boat services. **Scoot Cruise** also offer transfers between Lembongan, the Gilis and Lombok and **Rocky Fast Cruise** who offer multiple departures between Lembon-

gan and Bali. There are over a dozen speed boat companies now servicing the islands with multiple departure times each day.

If you are already on the twin islands. You can easily make your way to us either by foot, bike or scooter.

From Lembongan, simply cross the Yellow Bridge, keep straight until the road curves left, follow the main road for approximately 500 meters, we are located on the left side. Keep an eye out for our road signs.

From Nusa Ceningan, you can request a transfer from your hotel to our dive centre, make your way by scooter, or take a short walk.



Yoga and Dive Retreats

Ceningan Resort offers a wide range of possibilities to our guests. Our team is passionate about the environment, diving and providing you with a unique location to enjoy your time off the beaten path.

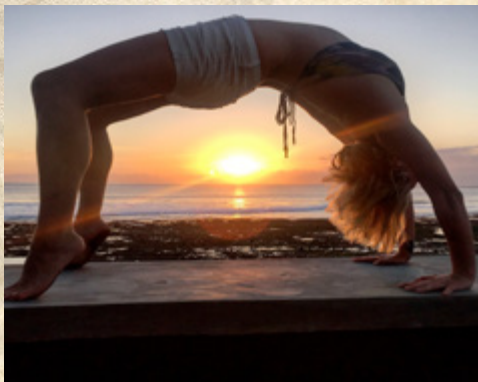
With that in mind, we opted to bring on our team a full-time yoga Instructor. We are happy to offer daily Yoga classes as well as host our special **“Yoga and Dive Retreats”**.

Why do we believe that yoga is important for divers?

Benefits for Divers

Yoga benefits can be carried over and have positive effects on most everything else we do including scuba diving. In particular, yoga has a major impact on increased circulation, muscle strength, relaxation, resilience to stress or climatic extremes, lung capacity/function and improved flexibility.

Yoga is not only the physical practice of postures or **asanas**. The overall benefits arise with an incorporation of breathing techniques called **pranayama** and **meditation** that improves self awareness and mindfulness. When all three elements are combined and practiced with a sense of dedication and appreciation the positive effects are endless.



All of our programs are conducted by our in house E-RYT 500 (Asana, Meditation, Pranayama) & Certified Critical Alignment Yoga Therapist.

To learn more about our daily yoga programs or our upcoming retreats, visit **CeninganYogaShala.com** for more information or feel free to drop by our Shala at **Ceningan Resort** anytime.

We will be happy to tell you more about our various programs and upcoming retreats and packages.

Dive and Stay Packages

Our passion is apparent in most projects we dedicate our energy to achieve. Being avid travellers ourselves, we understand the reality of planning your holiday. With this in mind, we at **Ceningan Divers** and **Ceningan Resort** created several All-inclusive packages for you. These are made to simplify your planning and help you get the most out of your dive holiday in Nusa Paradise. Our aim is to reduce your stress.

Why not let us handle all the logistics?

We offer different types of packages:

- **Dive and Stay Packages** for certified Divers. These packages feature our favourite dive sites around Nusa Ceningan, Nusa Lembongan, and Nusa Penida. You will experience a variety of sites and conditions, dive with Mantas, Mola Mola (when in season), drift over colourful reef, and swim along walls.
- **Learn and Stay Packages** for those looking to take their first steps to become a certified diver. This is a **PADI** full entry certification that allows you to dive

internationally. Your holidays will never be the same! Already an Open Water Diver? If you are looking to continue your adventure, we have a package for you.

- **Yoga and Dive Retreats** for divers looking for a balanced dive holiday with daily yoga classes followed by world class diving around Nusa Penida.
- **Customize Packages** for travellers with specific needs or seeking more options, we can create special “all inclusive” packages for you with additional nights, dives, **PADI** courses, or other activities.



All-Inclusive Packages

Traveling off the beaten path has never been easier. Let us worry about the little details. We are happy to handle your travel arrangements for you!

When you book an all-inclusive package with us. We take care of everything for you. Upon your arrival in Bali we organize your transfer from the airport to our resort, your meals and your diving. You won't even have to put your own fins on! Our team will take care of you and we'll treat you like we want to be treated when we go on dive holidays. We aim to provide all our guests with five star service all the way.



All of our packages include:

- Transfer from DPS airport or your hotel in south Bali to the beach/harbour for speed boat transfer
- Speed Boat Transfer to and from Bali and our Resort
- Welcome Drink and Orientation
- Stay in our Deluxe King Bungalow
- Standard breakfasts
- Lunch menu options at our restaurant
- Dinners menu options at our restaurant
- Unlimited water, tea and coffee
- Diving: 2 or 3 dives per day (include tanks, weights, and guide fees) **Or PADI** Course
- Free use of our SUP
- Free WIFI access
- Free use of our board games in our lounge

** Excludes soft drinks, alcohol and tips.*

** Price does not include the Fuel Surcharge for dive trips to Manta Point or Karang Sari.*

** 15L tanks available for an extra charge per dive.*

Frequently Asked Questions

Are there any ATMs or banks on the island?

There is one ATM on Nusa Lembongan that accepts Mastercards only, it is not reliable and does not always have cash in it! It is possible to pay with Visa or MasterCard however your best bet is bring Rupiah with you. You can exchange foreign currency at our resort. We also accept payment in Indonesian Rupiah or most popular international currencies such as US Dollars and Euros. We also accept Visa and Mastercard credit cards, we charge 3.5% service fees.

When is the best time to dive with manta or mola?

For giant manta sightings, you can dive or snorkel with them all year. For mola mola sightings, the best time is between late June to mid October when water temperatures drop to low 20's.

Is the diving any good during rainy season?

We think the rainy season is also some of the best time for a trip to Bali and Nusa Ceningan. Daytime temperatures are very comfortable at this time of year and many tourists enjoy escaping the crowds of high season and the benefits that comes with it.

If I am staying on Bali, should I just dive Nusa Penida from there?

There are many operators in Bali that organize day trips. However, if you really want to experience the adventure of Nusa Lembongan, Nusa Ceningan, and Penida diving, it really is worth staying on the island. The cost savings are quite substantial, you will be able to dive a wider range of sites and the islands are definitely worth visiting. We can also time our diving perfectly to the tide, which means the water will be at its calmest. If you are coming over on one of the Bali boats, you will be on a set schedule and the currents could be quite strong!

Frequently Asked Questions

Is Nusa Ceningan safe for children?

Nusa Lembongan and Ceningan are excellent places to bring children of all ages. The beaches are safe and the locals super friendly. The mangroves is a great place to take small children, as the water is perfect for paddling and the small but pretty beach is clean and safe. Older children may enjoy snorkelling with one of the many boats that go out on day trips.

Is there a Doctor on the island?

Yes. There are several doctors on the islands and a good clinic in Jungut batu which has an onsite dispensary. Minor ailments are treated easily here, but more serious conditions will be referred to Bali, where there are hospitals of international standard.

If I have an existing medical condition, will I still be able to dive?.

Please note that in order to enrol in a PADI course, all

students must complete a medical questionnaire prior to commencing their course. Certainly there are some medical conditions which are not compatible with diving. For fun divers, it is your own responsibility to assess your ability to dive. You can email us for more information or get a copy of the medical questionnaire.

I have not dive in a while, should I do a Scuba Review?

Yes, we recommend that you sign up for a scuba review if you have not dive in more than 6 months. The conditions here can be challenging, it is best to keep your skills sharp, a refresher will help you stay up-to-date.

What is the electricity supply like on the island?

We enjoy 24 hours of electricity here, though there can be the odd power cut. Electricity sockets take the European two pin plug. Ceningan Resort has an emergency power generator to cover our electrical need if we experience an island wide power shortage.

Reviews and Feedback

“Great instructors” Patient, knowledgeable, hospitable, and fun! I snorkelled with them two days in a row and they helped me scope out some beautiful sea life.

“Truly exceptional staff and scuba experience” This was the best foreign scuba company I have encountered. They use new, high-quality gear and emphasize safety. The dive masters (we dove with 2 separate ones over 2 days) were incredible. Also, the food at the resort was some of the best that we had in all of Bali. I am hoping to return to dive with this company...

“Padi Open water” I came with 2 friends and we did our open water PADI. We all really enjoyed our time and can't wait to go back. Everything

was done at our own pace and allowed us to feel very comfortable in the water.

“Fantastic experience all around” Diving with Ceningan Divers was the highlight of my trip to Bali. The staff is extremely knowledgeable of the area and has a sizeable repertoire of dive sites. The whole operation was run flawlessly and professionally from start to finish. The resort is an oasis- peaceful, attentively run, and right on the water, with a lot of camaraderie between guests....

“Family Diving” Signed our two children, 10 and 12 up for their Junior Padi Course. Completed the theory online prior to arrival. On arrival they started their practical with Arkadil, who was brilliant with them.

Ceningan Divers are professional, safe and knowledgeable. We were very impressed with the training and the support given. We as parents had a refresher with Sandra, who is also very experienced and would also recommend.

“Fun dives and DSD” One of the best run dive operations I've experienced. Very knowledgeable of ceningan and surrounding islands. The gear is very good and well maintained. My partner completed a scuba discovery and enjoyed it thoroughly, and felt safe the whole time. Very quick and easy boat rides out to the dive spots. Good combination of foreign and local guides and instructors working together. We hope to be back in the future to visit manta point!

Contact info and Directions

We look forward to meet you and explore the best dive sites around Nusa Ceningan, Nusa Lembongan and Nusa Penida

Our team can teach you and/or guide you in the following languages: English, French, German, Spanish, Italian, Romansch, Ukrainian, Russian, and Bahasa Indonesia.

Email:

You can send us your inquiries via email to info@ceningandivers.com

We aim to reply to our web and email inquiries within 24 hours. If you require a faster reply, please feel free to phone us.

Phone:

You can call us, SMS or Whatsapp
+62 821 45855934 (English/Francais) or
+62 821 94115524 (Bahasa Indonesia, English, Russian, Ukrainian)

Our mailing address is:

Crystal Divers (cc/ Ceningan Resort)
Jalan Tamblingan 168
Sanur, Bali, Indonesia
80228

Location:

Ceningan Divers (Ceningan Resort) Nusa Ceningan, Bali, Indonesia. From Lembongan island, cross the Yellow Bridge, keep straight until the road turn left, follow the main road for approximately 500 meters, we are located on the left side. Keep an eye for our road signs.







Nusa Penida Dive Sites

- | | |
|-------------------|-----------------|
| 1. Lembongan Bay | 10. Manta Point |
| 2. Blue Corner | 11. SD |
| 3. Mangrove | 12. PED |
| 4. Ceningan Wall | 13. Sental |
| 5. Toyapakeh | 14. Buyuk |
| 5. Toyapakeh Wall | 15. Sampalan |
| 7. Gamat Bay | 16. Karang Sari |
| 8. Crystal Bay | 17. Malibu |
| 9. Secret Manta | 18. Batu Abah |

