



DIVE

CAREER INTERNSHIPS

IN



 **OceanTribe**
DIVE SAFARI
ADVENTURE
WELCOME TO KENYA

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“If today were the last day of my life. Would I want to do what I am about to do today?”

- Steve Jobs

Passport to Work in Paradise

The adventure and pro package internships that are offered by Ocean Tribe at the dive bases in Kenya, have been designed with those who are taking a break in life or redirecting their career in mind. Such people include those of you on a GAP year, extended holiday or career change or break. There are many reasons that you might want to come and do one of our packages but they all involve doing something worthwhile and some can be used for future careers.

The go-pro dive packages and internships focus on developing aspiring scuba divers into PADI Divemasters and PADI diving instructors. The internships include everything that you need to be trained as a competent experienced dive professional right down to the tools of the trade such as a new set of dive gear and introduction to web design and job seeking assistance. Ocean Tribe is a PADI 5 Star Instructor Development Centre where most of the dive professionals in this part of the world are trained and the largest dive group in the region.



Why Become a PADI Dive Pro?

FLEXIBILITY

PADI's Training Standards and Teaching System are the perfect blend of structure and flexibility. We train you to be a dive professional capable of making judgments to meet the challenges of your geographic area and the needs of your students.

QUALITY

PADI's Dive Professional pathway will teach you to lead dives, train you what it takes to produce confident, comfortable divers and make you a valuable asset in a dive centre or resort.

RECOGNITION

PADI Dive Professionals are respected all over the world because for their reputation of creating divers. The fact that business education is part of the dive professional training adds no small part to this acknowledgment.

Karibu

Welcome to Ocean Tribe. We are a PADI 5 Star Instructor Development Center, located in the paradise location of Diani Beach, Kenya.

Offering daily dive trips to the coral reefs in Diani and Kisite National Marine Park and PADI scuba diving courses from beginner to IDC Staff Instructor level, Ocean Tribe is the ideal location to complete your PADI professional training.

PADI pro courses including the PADI Divemaster program and the PADI Instructor Development Course (IDC) are run at Ocean Tribe and we also offer training in over 15 PADI Specialty Instructor ratings, Disabled Divers International (DDI) Instructor



Welcome to Diani Beach!

Your Dive Pro Training in Paradise

AROUND DIANI

Diani Beach is one of the most beautiful beaches in the world, frequently being listed in the Top 10 Beaches in the World. What a place to complete your scuba diving internship. Diani town/village is basically a straight line running along the beach with tourist activities blended with local Kenyan culture. There is loads to do when you are not taking advantage of the excellent scuba diving and snorkelling, from camel rides, skydiving, kitesurfing, fishing trips or just general beach chilling.

Mombasa is a short matatu (minibus) ride away where you can experience the noise, bustle and history of the city and check out the markets and cultural monuments to be found there.

Whilst Diani is not a concrete jungle of nightlife, there are some cool beach bars, lounges and discos to found with loads of like-minded people. We promise that you won't be sad if you miss your flight to leave!

Diani is close to Shimba Hills National Park for close safaris, or we can also arrange overnight trips to Tsavo and the other Kenyan national parks, as well as expeditions to climb Mt Kilimanjaro & Mt Kenya or go white-water rafting or kayaking up-country. There is always something to do and experience in this wonderful country.

HOW TO GET TO DIANI

By Air

Flights run daily from Jomo Kenyatta International Airport to Ukunda (Diani Airport). There are also flights from Nairobi Wilson to Ukunda Airport.

The airlines which fly the route are:

Jambojet, Safarilink, Skyward Express, East African Air

By Rail

Take the SGR from Nairobi to Mombasa. You can then get a taxi or shuttle from the SGR terminus at Mombasa to Diani.

By Road

You can catch an overnight bus from Nairobi to Ukunda. This is a long trip taking around 12 hours but normally the most cost effective way to get to Diani.

Ocean Tribe can arrange taxis and transfers too.

It is also possible to get Ubers in Mombasa although the Uber map calculation might not take the ferry into account and calculate a longer route.

About The PADI Go Pro Internships

Packages Designed to Produce Excellent PADI Professionals

The PADI Go Pro internship packages in Kenya with Ocean Tribe are designed for all starting levels from beginners working all the way up, to Rescue Divers starting their Pro Training.

The internships cover a range of courses including your core PADI Diver Courses from Open Water to Rescue Diver but also first aid courses, specialty diver courses, and the pro level PADI Divemaster and PADI IDC courses, when you learn to work in scuba diving.

You can even learn to teach non-diving courses with the Emergency First Response Instructor program, meaning you can offer first aid training around the world outside diving. This is coupled with work experience along the way in the African paradise destination of Diani Beach and other Kenyan hotspots.

Our combination of dive courses ensures that you emerge from the internship a very well-qualified dive professional.

Who can do the Internships?

The Ocean Tribe Go Pro internships have been designed with many groups in mind.

- The diving enthusiast who would like to turn a passion into a career
- GAP Year students looking for that experience with a difference and a resulting qualification from it.
- People looking for that career change away from the 9-5 lifestyle
- Career breaks
- Military Resettlement
- Simply those who are looking for a job that can be used in some of the worlds most exciting and exotic locations and a job that can be taken from place to place with your skills being useful all around the world

Internships offer the full selection of PADI courses to bring out interns as extremely well rounded divers.



What's Included in Equipment Packages?



OCEANIC ALPHA 8 SPORT REGULATOR

Professional performance, entry-level price.

The Alpha 8 Sport is the top-performing regulator in its class and one of the most affordably priced regulators you can buy.



OCEANIC OCEANPRO BCD

Built like a Tank

An economical jacket for the diver who wants to keep it simple, the OceanPro features the same quality workmanship, comfort and fit that you expect from Oceanic.



OCEANIC VEO 4.0

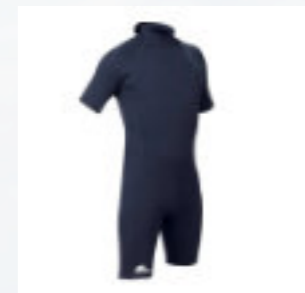
An easy-to-use entry-level wrist or console computer capable of demanding dives, VEO 4.0 is sleek, slim, and packed with features. Bluetooth technology connects any mobile device to the free DiverLog+ App so you can track, manage and share all your dive data on the go pre- and post-dive. Includes Oceanic's patented Dual Algorithm™ with 4 operating modes, larger digit size, and a 20% slimmer profile so you're comfortable while exploring the underwater world.



OCEANIC VIPER 2 FULL FOOT FINs

Fast and Responsive

The Full Foot Viper 2 Fins are ready to propel all of your aquatic adventures. Ideal for any skill level



DEEP BLUE SHORTY WETSUIT

3MM shorty wetsuit suitable for diving in tropical waters and offering warmth and protection.



BEAVER FINGER REEL

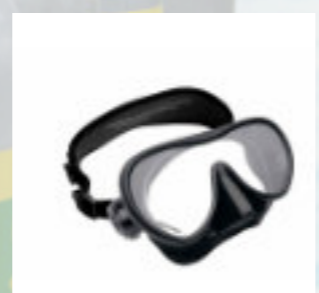
30m line spooled around a 7.5cm diameter micro reel providing you with an easy to store & compact solution



OCEANIC ALPHA 8 OCTOPUS AAS

Professional performance, entry-level price.

The Alpha 8 Octo is the top-performing regulator in its class



OCEANIC SHADOW MASK

Comfort and Style

No mask frame means the Shadow Mask offers an incredible field of vision and packs flat.



OCEANIC ARID SNORKEL

A patent pending deflector helps to keep the Oceanic Arid snorkel as dry as a desert, even in waves and wind.



BEAVER LINE CUTTER

Extremely sharp linecutter able to attach to a BCD or belt for freeing yourself from entanglement.



BEAVER SMB

Surface marker buoy with dump valve for alerting boats to diver position underwater and spotting on the surface



Internship Itinerary

Start - Arrival at the Coast

Pickup from Mombasa or Ukunda airport and transport to Diani to get you settled in at the dive intern accommodation and orientated to the dive school

Week 1- Orientation and Open Water Course

Days 2 & 3 are spent acclimatising yourself and finding out about the local area around Diani. If you are being fitted out for dive your own equipment in Kenya this will happen on day 2. You will also run through your training schedule with the internship manager and also find time to study your PADI Open Water digital materials. On day 4 it is time to start diving with the PADI Open Water Diver course which will take place over 4 days.

Week 2- Begin to Get Advanced

PADI Advanced Open Water diver course (2 days) and just get out fun diving to get experience and build your dive count. Begin PADI Specialty diver courses to be completed by the end of your program (5 in total)

Week 3- Learn Your Rescue Skills

EFR and CPR training (1 day) followed by PADI Rescue Diver course (3 days) and some more recreational dives and relaxation.

Week 4- Begin the Divemaster Training

Dive theory. Log more experience dives and practice your staged diving skills.

Week 5- Get More Specialised and Experienced

2 x PADI Specialty Diver Courses and logging experience dives

Week 6- Divemaster Course

Now we're getting responsible. Begin Your PADI Divemaster course and the entry level to professional diving.

Weeks 7-10 - Divemaster Trainee

Assist with leading divers and gaining experience, all the time logging more dives.

Weeks 8-12 - Divemaster Certification and Work Experience

Once you complete the Divemaster course its time for work experience with Ocean Tribe instructors.

Week 13-15 - PADI IDC

IDC Preparation course, EFR Instructor Course, PADI IDC and PADI Instructor Examination to become a PADI Diving Instructor.

Week 16- PADI Instructor Con-Ed

PADI Specialty Instructor Courses and PADI Team Teaching with another PADI Dive Instructor to introduce you to teaching a PADI dive course.

NOTE: This is a sample itinerary and bespoke itineraries are available

INTERNSHIP PACKAGES

DIVEMASTER PACKAGES

ZERO TO DIVEMASTER		OPEN WATER TO DM		ADVANCED TO DM		RESCUE TO DM	
<ul style="list-style-type: none"> • PADI Open Water Diver Course • PADI Advanced Open Water Diver Course • Emergency First Response Primary & Secondary Care • Emergency First Response Care for Children • PADI Rescue Diver Course • PADI O2 Provider Course • PADI Adaptive Diver Course • PADI Divemaster Course • All PADI Materials & Fees • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 		<ul style="list-style-type: none"> • PADI Advanced Open Water Diver Course • Emergency First Response Primary & Secondary Care • Emergency First Response Care for Children • PADI Rescue Diver Course • PADI O2 Provider Course • PADI Adaptive Diver Course • PADI Divemaster Course • All PADI Materials & Fees • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 		<ul style="list-style-type: none"> • Emergency First Response Primary & Secondary Care • Emergency First Response Care for Children • PADI Rescue Diver Course • PADI O2 Provider Course • PADI Adaptive Diver Course • PADI Divemaster Course • All PADI Materials & Fees • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 		<ul style="list-style-type: none"> • PADI O2 Provider Course • PADI Adaptive Diver Course • PADI Divemaster Course • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 	
I NEED EVERYTHING	\$4399	I NEED EVERYTHING	\$4099	I NEED EVERYTHING	\$3799	I NEED EVERYTHING	\$3299
I ALREADY HAVE EQUIPMENT	\$2999	I ALREADY HAVE EQUIPMENT	\$2699	I ALREADY HAVE EQUIPMENT	\$2399	I ALREADY HAVE EQUIPMENT	\$1899
ADD ONS		ADD ONS		ADD ONS		ADD ONS	
3 MONTHS ACCOMMODATION	+\$750	2 MONTHS ACCOMMODATION	+\$500	2 MONTHS ACCOMMODATION	+\$500	1 MONTH ACCOMMODATION	+\$250
5 PADI SPECIALTY DIVER COURSES including PADI Master Scuba Diver	+\$999	5 PADI SPECIALTY DIVER COURSES including PADI Master Scuba Diver	+\$999	5 PADI SPECIALTY DIVER COURSES including PADI Master Scuba Diver	+\$999	5 PADI SPECIALTY DIVER COURSES including PADI Master Scuba Diver	+\$999
AFRICAN SAFARI	+\$400	AFRICAN SAFARI	+\$400	AFRICAN SAFARI	+\$400	AFRICAN SAFARI	+\$400

All Ocean Tribe Go-Pro Programs include 1 year membership of the Ocean Tribe Dive Club From the Course Start Date

Dive Club Membership Benefits

- UNLIMITED DIVING Join existing local boat dives, subject to availability at no extra cost
- 10% off at Funky Monkey cocktail bar and restaurant
- Exclusive boat hire for special prices including dive equipment and guide
- Special member rates at Baobab Beach Resort & Spa, Taita Hills Lodge & Spa and Salt Lick Safari Lodge. Maji Boutique Hotel

INSTRUCTOR PACKAGES

ZERO TO HERO		OW TO INSTRUCTOR		AOW TO INSTRUCTOR		RESCUE TO INSTRUCTOR		DM TO INSTRUCTOR	
<ul style="list-style-type: none"> • PADI Open Water Diver Course • PADI Advanced Open Water Diver Course • Emergency First Response Primary & Secondary Care • Emergency First Response Care for Children • PADI Rescue Diver Course • PADI O2 Provider Course • PADI Adaptive Techniques • PADI Divemaster Course • EFR Instructor Course • PADI IDC & IE • All PADI Materials & Fees • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 		<ul style="list-style-type: none"> • PADI Advanced Open Water Diver Course • Emergency First Response Primary & Secondary Care • Emergency First Response Care for Children • PADI Rescue Diver Course • PADI O2 Provider Course • PADI Adaptive Techniques • PADI Divemaster Course • EFR Instructor Course • PADI IDC & IE • All PADI Materials & Fees • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 		<ul style="list-style-type: none"> • Emergency First Response Primary & Secondary Care • Emergency First Response Care for Children • PADI Rescue Diver Course • PADI O2 Provider Course • PADI Adaptive Techniques • PADI Divemaster Course • EFR Instructor Course • PADI IDC & IE • All PADI Materials & Fees • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 		<ul style="list-style-type: none"> • PADI O2 Provider Course • PADI Adaptive Techniques • PADI Divemaster Course • EFR Instructor Course • PADI IDC & IE • All PADI Materials & Fees • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 		<ul style="list-style-type: none"> • EFR Instructor Course • PADI IDC & IE • All PADI Materials & Fees • 7 PADI Specialty Instructor Courses • UNLIMITED DIVING • Full set of your own BRAND NEW Scuba Equipment 	
I NEED EVERYTHING	\$7399	I NEED EVERYTHING	\$7099	I NEED EVERYTHING	\$6699	I NEED EVERYTHING	\$6299	I NEED EVERYTHING	\$5579
I ALREADY HAVE EQUIPMENT	\$5999	I ALREADY HAVE EQUIPMENT	\$5699	I ALREADY HAVE EQUIPMENT	\$5299	I ALREADY HAVE EQUIPMENT	\$4899	I ALREADY HAVE EQUIPMENT	\$4179
ADD ONS		ADD ONS		ADD ONS		ADD ONS		ADD ONS	
7 MONTHS ACCOMMODATION	+\$1750	4 MONTHS ACCOMMODATION	+\$1000	4 MONTHS ACCOMMODATION	+\$1000	2 MONTHS ACCOMMODATION	+\$500	1 MONTHS ACCOMMODATION	+\$250
5 PADI SPECIALTY INSTRUCTOR COURSES	+\$499	5 PADI SPECIALTY INSTRUCTOR COURSES	+\$499	5 PADI SPECIALTY INSTRUCTOR COURSES	+\$499	5 PADI SPECIALTY INSTRUCTOR COURSES	+\$499	AFRICAN SAFARI	+\$400
AFRICAN SAFARI	+\$400	AFRICAN SAFARI	+\$400	AFRICAN SAFARI	+\$400	AFRICAN SAFARI	+\$400		

Frequently Asked Questions (FAQs)

How Much Do I Pay For My Flight to Kenya and Who Do I Fly With?

A Flight to Kenya from the UK or Europe should be around £500 GBP. This can vary depending on the time of year and how soon in advance you book it etc.

Either go directly to the airline's websites listed below or visit sites such as www.momondo.com.

The airport you need to fly to is Nairobi (NBO).

From Nairobi Jomo Kenyatta International Airport or Wilson Airport, you can get a short flight down to Ukunda Airport (UKU). The Ukunda Airport is located minutes from the dive centre.

Wilson Airport is located about 10km from JKIA and about a 15-minute taxi ride. You should pay attention to the connection times as in many cases an overnight stay in Nairobi might be required, depending on the arrival time of your

international flight.

Alternatively, some international carriers fly directly to Mombasa Airport (MBA) and you can travel from Mombasa Airport to Diani which is about 40km.

Ocean Tribe can also arrange your flight to Kenya for you and cover all logistics. Contact us for more details.

International Airlines

Kenya Airways, British Airways, China Southern Airlines, Emirates, Ethiopian, Lufthansa, Air France/ KLM, Air Arabia, Gulf Air, Turkish Airlines, Swiss International Airlines, Qatar Airways, Etihad Airways, Saudia, Egypt Air, South African Airways, Air Kenya, Rwandair

Kenya Domestic Airlines

Jambojet, Safarilink, Fly 540, East African, Skyward Express, Kenya Airways

Do I need any Vaccinations to Travel to Kenya? What About Medications?

Regarding vaccinations to travel to Kenya, we recommend that you ask your doctor about this before coming.

Generally, Hepatitis, Typhoid, Polio and Tuberculosis shots are required. Yellow Fever inoculations are also required by many countries when arriving from Kenya so it is a good idea to have them.

You might want to consider taking anti-malarial tablets for the duration of your stay. It is a good idea to consult your doctor about this 4-8 weeks prior to coming to Kenya. If you take prescribed medication then bring enough with you. Make sure these are clearly labelled with a doctor's prescription/ Although it is fairly easy to get most medicines in Kenya, it will provide you with peace of mind with proven medicines.

Do I Need a Medical to Dive?

A medical to dive is required for all divers with any pre-existing medical conditions, which might be contradictions to diving safely

When you arrive here before you start your training we will ask to fill out the Medical Statement either physically or via our online medical declaration. This will then be assessed to see if a doctor's approval is required for diving. For your diving professional programs, we require a medical form signed and stamped by a licensed doctor.

We recommend that you print off and get the medical to dive evaluation done and a couple of copies signed by your family doctor before coming to Kenya. The Medical Statement applies to every course and can be downloaded. Genuine medical statements, not copies have to be submitted to PADI for the IE and Instructor Application.

How Long Does My Dive Training Take? Why Is the Internship 7 Months From Beginner to Instructor?

How Long Does My Dive Training Take? Assuming that you will want some time away from diving and a day or two off a week then you need to allow yourself time to fit in all of your courses and get the dives that you need in. The guides provided from each starting level for each internship give a good indication of how much time you will need although in certain cases they can be done quicker.

The full Beginner to Instructor Internship lasts 7 months to allow you time to acclimatise when you arrive and complete your PADI Open Water Diver Course.

There must be a period of at least 6 months between the completion of your Open Water course and your PADI IDC/IE so this allows you to meet this requirement if you are starting from the beginning. During this time you complete the other programs and rack up a large number of dives.

Some of our interns leave well over the required amount of 100 dives.

- 40 Logged Dives are required to start the PADI Divemaster Course
- 60 Logged Dives are required as part of the PADI Divemaster Course certification.
- 100 Logged Dives are required to enter a PADI Instructor Exam

What is my PADI Instructor / Divemaster Qualification Worth after I finish the Program?

PADI diving qualifications are among the most widely recognized worldwide and can be used anywhere in the world.

PADI Instructor

The PADI Open Water Scuba Instructor (OWSI) rating is the first PADI Instructor level attained by dive professionals. During their training, instructor candidates review PADI Standards, procedures, philosophies and teaching methods, as well as hone their practical teaching

ability, watermanship, and diving knowledge.

After successfully completing a PADI Instructor Examination (IE), OWSIs take responsibility for introducing people to scuba diving through various PADI programs and courses.

Teaching status PADI Open Water Scuba Instructors may conduct a range of PADI programs from Discover Scuba Diving up to Divemaster (except or specialties which require specific Specialty Instructor ratings).

PADI Divemaster

The divemaster rating is the first PADI Pro Membership level. PADI Divemasters supervise diving activities for certified divers, assist instructors with training student divers, and instruct skin diving and snorkelling.

This rating denotes an individual who has exemplary diving skills and role model behaviour, solid rescue skills, professional-level knowledge of dive theory, dive management and supervision abilities,

and competence as a certified assistant.

What is there to do when I'm not diving?

Wow where do we begin? There is so much to do in Kenya, starting from the famous safaris, which can be included as bolt!on or as part of your internships, to the famous games parks of Kenya. Obviously down here at the coast there are fabulous water sports, skydiving, kiteboarding & fishing as well as cinemas, shopping areas and restaurants. If it is an outdoor activity then it can probably be done in Kenya and you should also take the time to see the wonderful Swahili culture, dating back to the Omani occupation hundreds of years ago.

Do I Need Dive Insurance?

Dive insurance can be provided through most travel insurance packages. You should make sure you check how much you are covered for though. Items to be checked should be regarding to dive limits, type of diving and depth.

We recommend Divers Alert Network (DAN), who can provide dive insurance packages up to professional level and the top packages will cover you for non-diving related conditions.

For divers who are enrolled on our professional dive courses such as the PADI Divemaster Course and the PADI IDC, you can look at Professional Dive Insurance. This is a requirement to work in a number of countries following on from your dive training and to be an active PADI member. It is recommended for all dive professionals, no matter where they are working.

For both Sport and Professional dive insurance policies, non-diving activities and considerations can be covered.

It is a good idea to carry insurance in the unlikely event that anything were to happen to you, you are definitely covered.

[Click on the link to sign up for dive insurance.](#)

What Are The Procedures for First Aid and Diving Accidents?

Procedures for First Aid and Diving Accidents are taken seriously at Ocean Tribe. All our dive staff are fully trained in First Aid and CPR. We have an emergency action plan enacted by all staff in the event of an emergency.

Boats all carry emergency oxygen cylinders and a well equipped first aid kit. They carry life jackets and rescue lines with a buoy. Tour leaders and dive professionals carry out extensive dive safety and roster procedures with boat cover available at all times.

The nearest recompression chamber for Ocean Tribe is just down the road in the Kenya Naval Yard in Mombasa.

As a general note, it is a

good idea to bring your own small first aid kit with you for dealing with minor scrapes and illnesses. Other good things to bring include mosquito repellent and anti-malarial tablets (not Larium).

What is the banking system like for me to have access to my money?

Almost all the Kenyan banks now have ATMs at most branches. The most reliable machines for international withdrawals are acknowledged as being at the NCBA, Standard Chartered, Barclays Bank, who have a large network of ATM in most Kenyan towns and support Visa, MasterCard and Cirrus International networks.

If you need to get money sent from home then there are Western Union and Moneygram offices and it is always a good idea to have some international travellers checks in the event of an emergency.

Ocean Tribe recommends using Transferwise and World Remit to send money

to yourself into an MPESA account. Interns will be taken to get a Safaricom SIM card for their mobile phone on arrival and this can be set up with MPESA mobile money payments. These are accepted by all businesses and tradesmen in Kenya and is an easy way to not have to carry cash. It is also cheaper to send money from your home debit or credit card to the MPESA account via World Remit than it is to make an ATM withdrawal.

Is Kenya a good place to bring families?

With a number of the Ocean Tribe staff, being born and raised in Kenya we can definitely say yes to this. The Kenyan people are immensely friendly and it is a great environment to bring a family to. It is possible to find childcare here and there are also international schools and nurseries.

What is the local communication infrastructure (mobile phones, internet etc) like?

Kenya has a modern up to date communications network. When you get here we will take you to buy a local SIM card for your mobile, which can go into unlocked mobiles. You can buy mobile phones here fairly cheaply, if you do not want to bring your mobile from home. Those on International roaming can receive calls although this is more expensive and is not recommended as bills can skyrocket quickly.

There is Wifi in the dive centre and it is very easy to communicate with the outside world via WhatsApp, Skype, Facebook and other social networks. The pay as you go data roaming on your mobile accounts is relatively cheap and you can also purchase data SIM cards with unlimited data for watching movies, in your leisure time.

What are the local voltage and pin types?

Kenya's voltage is 220/240AC, 50 Hertz. The plugs in are generally of a three pin type with two parallel flat pins and a ground pin, the same as is used in the UK. Bring a universal adapter to run any electrical items if necessary.

How can I build up my experience following my internship? Can I stay on for work experience?

We offer a variety of experience packages for new instructors following the successful completion of their Instructor Evaluation (IE) including Specialty Instructor, Master Scuba Diver Trainer, IDC Staff Instructor and Master Instructor.

We encourage you to take advantage of these programs and build up your experience as an instructor before going out and working as an instructor and also to get the opportunity to work with our really experienced instructors and learn from them to help make you a more confident instructor yourself.

What is the Cost of Living?

The average cost of living / month is around \$500 US (with your accommodation included). It all depends on how much you are out and about, what activities you are doing etc. You will be studying some of the time and diving a lot of the time but bear in mind what you want to do with the rest of the time and budget accordingly.

Food

Kenya has a wide range of different cuisines available including western food. While you will have to go to Mombasa to find the large chain fast food joints, you will be taken on a tour of the local area by Ocean Tribe interns and shown the best places to eat.

Clothes

You do not need to bring a big wardrobe to Kenya. Bear in mind what you will need. You will be in a dive environment most days or a beach resort the rest of the time. You might want a couple of things for going out but it can be better to

buy things here in Kenya. (And as a result not have to worry a lot about the excess baggage charges on flights). Clothes can be fairly cheap here with open air markets selling shirts and tops from a few hundred shillings, and jeans for not much more. At the more up market department stores shirts and T's are 1000 shillings upwards. Any clothes you feel you can't do without then it is a good idea to bring them with you.

Drinks

A bottle of local beer (Tusker, Pilsner, Whitecap) will set you back about 200-300 shillings in a bar. Foreign beers (except) are more expensive and harder to find.. Spirits are usually 200 to 300 bob a glass (plus mixer).

Getting Around

Most of the interns use local transportation such as motorbike taxis, tuk tuks and matatus (local minibuses) for going short distances. For longer distances taxis can be arranged but these can be a little pricey if you are on a serious budget.

For getting around East Africa there are options like the train, the inter-city buses that run or the low cost airlines from Ukunda to Nairobi. The national airline Kenya Airways also operates flights from the coast to up-country.

should not carry too much cash on you at the risk of pick-pockets. The best course of action is simply to keep your wits about you, especially at night. But by and large Kenya is a fairly safe country by African standards. For more information see:

What Entertainment and Nightlife is there in Diani?

<http://www.lonelyplanet.com/kenya/practical-Information/health>

Diani is one of the main tourist areas in Kenya, however still maintains a beach island feeling. There are a few discotheques in the area for dancing although the popular Funky Monkey, Tiki Bar, Salty Squid, and Nomads Beach bar are the main hangouts for divers and locals alike. There are also backpacker bars and loads of fabulous restaurants to choose from.

What should I do to keep myself safe?

When in Kenya you should avoid carrying anything valuable when you are out and about. Anything of serious value we can keep for you in a safe at the office such as passports, and you