

BIG DIVING CENTER 3LU



SNORKELLING: LET'S ENJOY THE UNDERWATER WORLD

CASE STUDY/INSIGHT

SNORKELLING: LET'S ENJOY THE UNDERWATER WORLD

While watching Hollywood movies, we would have seen divers diving deep into the sea exploring things like a wrecked ship, corals and underwater habitat. We might have also enjoyed watching diving into seas, colourful fishes, whales and the underwater world on television channels like National Geographic, Discovery and Fox channels. It would have created a feeling of yearning and desire for experiencing such moments in real life. Almost everyone from kids to adults would have had the dream of exploring and spending time in the underwater world.

Diving is the practice of descending below the water surface to explore and interact with the underwater environment. Underwater diving requires extensive training as we are not adapted to the underwater environment and pressure.

The easiest way to enjoy the underwater environment is by snorkelling. It can be done by anyone from skilled swimmers to people with less swimming skills. However, those who are less knowledgeable of swimming should snorkel under supervision. For swimmers, snorkelling is a very easy one. Snorkelling is swimming on or through the shallow water body equipped with a special mask, a breathing tube and fins. It provides an opportunity for people to observe and enjoy the underwater environment without many efforts, big equipment and risks. Snorkelling will give such a beautiful and mind-blowing experience to be cherished for your entire life.

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There are many snorkelling spots for tourists to experience. Usually, these spots will be a few kilometres inside the beaches. A tourist guide will be available to take tourists from the beach to snorkelling sites. Since the depth of these spots is less, anyone can try to remain in the water for some time and snorkel. Essential equipment for snorkelling includes a snorkel or breathing tube for breathing, a diving mask, swimming goggles for watching and fins (flippers). Snorkels are tubes bent in the shape of "L" or "J" fitted with a mouthpiece for breathing air from the surface of the water when the person's head is submerged in water. Swim fins are attached to the feet to move through the water efficiently.

Snorkelling is a leisure activity from which so much pleasure and cherishing moments can be experienced. Basic knowledge of swimming and the ability to breathe through the snorkel is the essentials for snorkelling. Snorkelling is the best way to explore marine beauty with minimum effort and maximum fun. It will give a fabulous view of underwater full of colourful marine animals of different shapes and sizes and unexpected encounters. As with any other physical activity, snorkelling also helps in burning calories, helps in strengthening muscles and the cardiovascular system. Snorkelling gives a unique experience of fun, relaxation, mind-blowing views and a feel of paradise. We could try snorkelling under supervision from a trained professional in a safe and shallow water body. It could be one of the best experiences in life.