

|    | CEF 單元內容                                 | IDC單元                              | Breakdown細節                                                                                                                                                       | 日期                 | 時間        | 地點    |
|----|------------------------------------------|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------|-------|
| 1  | Orientation                              | IDC 1                              | Orientation<br>課程介紹                                                                                                                                               | 2- Mar -2024, Sat  | 0900-1000 | iHome |
| 2  | (11) 潛水課程：知識發展之授課<br>試教及評估               | IDC<br>Theory<br>Exam 1            | 潛水理論 考試 1 Instructor Dive<br>Theory Exam 1:<br>(i) 物理學 Physics<br>(ii) 生理學 Physiology<br>(iii) 裝備 Equipment<br>(iv) 技巧和環境 Skills & Environment<br>(v) 休閒潛水計劃表 RDP | 2- Mar -2024, Sat  | 1000-1130 | iHome |
| 3  | (3) 掌握一般潛水系統標準和程序 (I和II)<br>筆試 1         | IDC<br>Standard<br>Exam 1 &<br>CEF | DIT_03_1 系統 · 標準和程序考試 1<br>Systems, Standards and Procedures<br>Exam 1                                                                                            | 2- Mar -2024, Sat  | 1130-1300 | iHome |
| 4  | (11) 潛水課程：知識發展之授課<br>試教及評估               | IDC 2                              | Dive Theory Workshop<br>潛水理論工作坊                                                                                                                                   | 2- Mar -2024, Sat  | 1400-1600 | iHome |
| 5  | (3) 掌握一般潛水系統標準和程序 (I和II)                 | IDC 3                              | PADI System Workshop<br>PADI 系統工作坊                                                                                                                                | 2- Mar -2024, Sat  | 1600-1900 | iHome |
| 6  | (7) 教授和執行的潛水課程與活動                        | IDC 4                              | Learning and Teaching Workshop<br>學與教工作坊 (Part 1 & 4)                                                                                                             | 3- Mar -2024, Sun  | 0900-1200 | iHome |
| 8  | (7) 教授和執行的潛水課程與活動                        | IDC 5.a<br>(a&b)                   | Discover Scuba Diving Workshop<br>體驗水肺潛水工作坊 (Part 1 & 4)                                                                                                          | 3- Mar -2024, Sun  | 1300-1500 | iHome |
| 9  | (7) 教授和執行的潛水課程與活動                        | IDC 6                              | Open Water Diver Course<br>Scheduling and Set Up Workshop<br>開放水域潛水員課程安排和設置工作坊                                                                                    | 3- Mar -2024, Sun  | 1500-1700 | iHome |
| 10 | (1) 潛水技巧評估：展現純熟的<br>潛水技巧                 | IDC 9.a<br>(a-c)                   | Skill Development Workshop<br>技巧發展工作坊                                                                                                                             | 3- Mar -2024, Sun  | 1700-1900 | iHome |
| 14 | (12) 潛水課程：平靜水域教學試<br>教及評估                | IDC 10.a<br>(a-g)                  | 平靜水域潛水訓練工作坊<br>Confined Water Training Workshop                                                                                                                   | 9- Mar -2024, Sat  | 0800-1100 | iHome |
| 15 | (12) 潛水課程：平靜水域教學試<br>教及評估                | IDC 10.b                           | 候選人平靜水域教學試教 – 陸上<br>Confined Water Training Workshop -<br>dry                                                                                                     | 9- Mar -2024, Sat  | 1100-1300 | iHome |
| 16 | (4) 管理風險 · 維護潛水員安全<br>(I和II) · 分析香港的潛水環境 | IDC 7                              | 風險管理和許可工作坊<br>Risk Management and Licensing<br>Workshop                                                                                                           | 9- Mar -2024, Sat  | 1300-1900 | iHome |
| 18 | (11) 潛水課程：知識發展之授課<br>試教及評估               | IDC 8                              | 知識發展授課工作坊和候選人知識發<br>展教學試教<br>Knowledge Development<br>Presentations Workshop                                                                                      | 10- Mar -2024, Sun | 0800-1200 | iHome |
| 19 | (11) 潛水課程：知識發展之授課<br>試教及評估<br>實務試 1      | IDC 8                              | 知識發展教學試教 1<br>Knowledge Development<br>Presentations 1                                                                                                            | 10- Mar -2024, Sun | 1200-1230 | iHome |
| 20 | (13) 潛水課程：開放水域教學試<br>教及評估                | IDC 12                             | 進階教育工作坊<br>Continuing Education Workshop                                                                                                                          | 10- Mar -2024, Sun | 1300-1500 | iHome |
| 21 | (13) 潛水課程：開放水域教學試<br>教及評估                | IDC 13. a<br>(a-c)                 | 進階開放水域潛水員課程工作坊<br>Advanced Open Water Diver Course<br>Workshop                                                                                                    | 10- Mar -2024, Sun | 1500-1700 | iHome |
| 22 | (13) 潛水課程：開放水域教學試<br>教及評估                | IDC 14.a<br>(a-d)                  | 救援潛水員課程工作坊<br>Rescue Diver Course Workshop                                                                                                                        | 10- Mar -2024, Sun | 1700-2000 | iHome |
| 26 | (1) 潛水技巧評估：展現純熟的<br>潛水技巧                 | IDC 9.b                            | 平靜水域 CW Session<br>Skill Development Workshop<br>400 metre/yard swim<br>10 minutes tread/float                                                                    | 16- Mar -2024, Sat | 0800-1100 | KGV   |
| 27 | (1) 潛水技巧評估：展現純熟的<br>潛水技巧<br>實務試 1        | IDC 9.c                            | 平靜水域 CW Session<br>24 Skill Circuit                                                                                                                               | 16- Mar -2024, Sat | 1100-1430 | KGV   |
| 28 | (12) 潛水課程：平靜水域教學試<br>教及評估                | IDC 10.c                           | 候選人平靜水域教學試教 – 水中<br>Confined Water Training Workshop -<br>wet                                                                                                     | 16- Mar -2024, Sat | 1430-1730 | KGV   |
| 29 | (13) 潛水課程：開放水域教學試<br>教及評估                | IDC 11.a<br>(a-d)                  | 開放水域潛水訓練工作坊<br>Open Water Training Workshop                                                                                                                       | 17- Mar -2024, Sun | 0800-1100 | iHome |
| 30 | (13) 潛水課程：開放水域教學試<br>教及評估                | IDC 11.b                           | 和候選人開放水域教學試教<br>Open Water Training Workshop - dry                                                                                                                | 17- Mar -2024, Sun | 1100-1300 | iHome |
| 31 | (6) 尋找香港的潛水業發展商機<br>：行銷潛水                | IDC 15                             | 銷售技巧工作坊<br>Sales Techniques Workshop                                                                                                                              | 17- Mar -2024, Sun | 1300-1500 | iHome |

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|----|-------------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------|----------|
| 37 | (13) 潛水課程：開放水域教學試教及評估               | IDC 11.c            | 候選人開放水域教學試教 工作坊<br>Open Water Training Workshop - wet                                                                                                                     | 23- Mar -2024, Sat | 0800-1100 | Sai Kung |
| 38 | (13) 潛水課程：開放水域教學試教及評估<br>實務試 1      | IDC 11.d            | 開放水域教學試教 1<br>Open Water Presentations 1                                                                                                                                  | 23- Mar -2024, Sat | 1200-1530 | Sai Kung |
| 42 | (11) 潛水課程：知識發展之授課試教及評估<br>實務試 2     | IDC 8               | 知識發展教學試教 2<br>Knowledge Development Presentations 2                                                                                                                       | 27- Mar -2024, Wed | 1900-1930 | iHome    |
| 43 | (12) 潛水課程：平靜水域教學試教及評估<br>實務試 1      | IDC 10.d            | 平靜水域教學試教 1<br>Confined Water Presentations 1                                                                                                                              | 6- Apr -2024, Sat  | 0830-1200 | KGV      |
| 44 | (2) 救援技巧評估：展現純熟的水肺救援技巧<br>實務試 1 (池) | IDC 14.b            | 救援潛水員課程 平靜水域工作坊<br>Rescue Diver Course Workshop - CW                                                                                                                      | 6- Apr -2024, Sat  | 1300-1600 | KGV      |
| 45 | (13) 潛水課程：開放水域教學試教及評估               | IDC 13.b            | 開放水域 OW Session<br>Advanced Open Water Diver Course Workshop<br>Deep, S&R and UW Navigation                                                                               | 7- Apr -2024, Sun  | 0800-1100 | Sai Kung |
| 46 | (13) 潛水課程：開放水域教學試教及評估<br>實務試 2      | IDC 13.c            | 開放水域教學試教 2<br>Open Water Presentations 2                                                                                                                                  | 7- Apr -2024, Sun  | 1200-1530 | Sai Kung |
| 47 | (11) 潛水課程：知識發展之授課試教及評估<br>實務試 3     | IDC 8               | 知識發展教學試教 3<br>Knowledge Development Presentations 3                                                                                                                       | 10- Apr -2024, Wed | 1900-1930 | iHome    |
| 48 | (2) 救援技巧評估：展現純熟的水肺救援技巧<br>實務試 2 (海) | IDC 14.c            | 救援潛水員課程 開放水域工作坊<br>Rescue Diver Course Workshop - OW                                                                                                                      | 13- Apr -2024, Sat | 0800-1100 | Sai Kung |
| 50 | (13) 潛水課程：開放水域教學試教及評估               | IDC 14.d            | 開放水域教學試教 3<br>Open Water Presentations 3                                                                                                                                  | 13- Apr -2024, Sat | 1400-1730 | Sai Kung |
| 51 | (12) 潛水課程：平靜水域教學試教及評估<br>實務試 2      | IDC 10.e            | 平靜水域教學試教 2<br>Confined Water Presentations 2                                                                                                                              | 14- Apr -2024, Sun | 0830-1200 | HKBA     |
| 52 | (12) 潛水課程：平靜水域教學試教及評估<br>實務試 3      | IDC 10.f            | 平靜水域教學試教 3<br>Confined Water Presentations 3                                                                                                                              | 14- Apr -2024, Sun | 1300-1630 | HKBA     |
| 53 | (11) 潛水課程：知識發展之授課試教及評估              | IDC 8               | 知識發展教學試教 4<br>Knowledge Development Presentations 4                                                                                                                       | 17- Apr -2024, Wed | 1900-1930 | iHome    |
| 54 | (12) 潛水課程：平靜水域教學試教及評估<br>實務試 3      | IDC 10.g            | 平靜水域教學試教 4<br>Confined Water Presentations 4                                                                                                                              | 20- Apr -2024, Sat | 0900-1200 | HKBA     |
| 55 | (12) 潛水課程：平靜水域教學試教及評估<br>實務試 3      | IDC 10.g            | 平靜水域教學試教 5<br>Confined Water Presentations 5                                                                                                                              | 20- Apr -2024, Sat | 1530-1600 | HKBA     |
| 56 | (13) 潛水課程：開放水域教學試教及評估               | IDC 5.b             | 體驗水肺潛水工作坊 (Part 2 & 3)<br>Discover Scuba Diving Workshop                                                                                                                  | 21- Apr -2024, Sun | 0800-1100 | Sai Kung |
| 58 | (13) 潛水課程：開放水域教學試教及評估               | IDC 12              | 開放水域教學試教<br>Open Water Presentations 4                                                                                                                                    | 21- Apr -2024, Sun | 1400-1730 | Sai Kung |
| 58 | Course Close                        | IDC 16              | Course Close<br>課程完結                                                                                                                                                      | 24- Apr -2024, Wed | 1900-2000 | iHome    |
| 59 | (11) 潛水課程：知識發展之授課試教及評估              | IDC Mock Exam       | 模擬考試 筆試<br>潛水理論 考試 2 Instructor Dive Theory Exam 2:<br>(i) 物理學 Physics<br>(ii) 生理學 Physiology<br>(iii) 裝備 Equipment<br>(iv) 技巧和環境 Skills & Environment<br>(v) 休閒潛水計劃表 RDP | 27- Apr -2024, Sat | 0900-1030 | HKBA     |
| 60 | (3) 掌握一般潛水系統標準和程序 (I和II)<br>筆試 2    | IDC Mock Exam & CEF | 模擬考試 筆試<br>系統・標準和程序考試 2<br>Systems, Standards and Procedures Exam 2<br>DIT_03_2                                                                                           | 27- Apr -2024, Sat | 1030-1200 | HKBA     |

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|    |  |               |                                                                    |                    |           |           |
|    | <b>CEF 單元內容</b>                                                                 | <b>IDC單元</b>  | <b>Breakdown細節</b>                                                 | <b>日期</b>          | <b>時間</b> | <b>地點</b> |
| 61 | (11) 潛水課程：知識發展之授課試教及評估                                                          | IDC Mock Exam | 模擬考試 知識發展教學試教 5<br>Mock Exam Knowledge Development Presentations 5 | 27- Apr -2024, Sat | 1430-1500 | HKBA      |
| 62 | (12) 潛水課程：平靜水域教學試教及評估                                                           | IDC Mock Exam | 模擬考試 平靜水域教學試教<br>Mock Exam Confined Water Presentations            | 27- Apr -2024, Sat | 1800-2100 | HKBA      |
| 63 | (13) 潛水課程：開放水域教學試教及評估                                                           | IDC Mock Exam | 模擬考試 開放水域教學試教<br>Mock Exam Open Water Presentations                | 28- Apr -2024, Sun | 0800-1430 | Sai Kung  |