

# DIAMONDS

THUDUFUSHI  
MALDIVES



Maldives  
**MARINE LAB**

powered by



**MaRHE**



BICOCCA

# Ocean HERO

Hands-on Education and Restoration Opportunity 2026  
5th-12th of July 2026

**Ocean Hero – Active Holiday for the Ocean (18y +)**

Looking for a luxury resort experience while taking action to protect the ocean? Join our experienced marine biologist team for a once in a lifetime holiday. During the Ocean HERO week at Diamonds Thudufushi, we have 5 full days loaded with hands-on activities and unique experiences. Discover the secrets of the marine world and encounter the magnificent sharks and mantas of the Maldives. Be part of the marine biologist team, who will show you how to evaluate coral health and fish diversity during practical in-water activities. Discover our vibrant marine life and join us in protecting and preserving precious coral reef ecosystems for future generations. Give back to the ocean during our desert island cleaning trip, learn how to regrow a reef during our coral restoration sessions and be part of the largest 'reef star' restoration project in the Maldives. All Ocean Heros will receive a certificate of completion from the Maldives Marine Lab in collaboration with MaRHE Center of the University of Milano-Bicocca.





## DAY 1 - Arrival in Paradise

- Welcome to Paradise at Diamonds Thudufushi  
*Check-in and relax in your villa, first dip into the Indian Ocean*
- Introduction to Ocean Hero Program  
*Meet the marine team and get ready for some exciting days ahead*  
*Receive your personal participant kit*  
Special Ocean HERO Dinner

## DAY 2 - Island Paradise

### MORNING

- Program Overview: Setting the Scene
- Knowledge Dive: The Maldives – Sustainable Paradise?  
*Introduction to the Maldives: geography, tourism, challenges and solutions for a sustainable future*
- Island Activity: Tour of the Marine Lab Thudufushi  
Water Activity: Guided snorkel on Thudufushi reef, visit the “Big Build”

### AFTERNOON

Boat Excursion: Desert Island visit, beach clean-up and snorkel

### EVENING

Island Dinner under the palms





## DAY 3 - Crazy Corals

### MORNING

- Sunrise Salutation Yoga session before Breakfast
- Knowledge Dive: The Coral Reef – a fascinating underwater metropolis  
*Coral reef ecology: who lives on a reef, what are corals and why are they important?*
- Island Activity: Coral Health Check  
*Learn how to determine the condition of a coral reef*

### AFTERNOON

- Water Activity: Coral Health Check  
*Let's assess the health of our reefs together in the water*

### EVENING

- Thudufushi Ocean Film Festival  
*A coral restoration journey around the world*





## DAY 4 - Fantastic Fishes

### MORNING

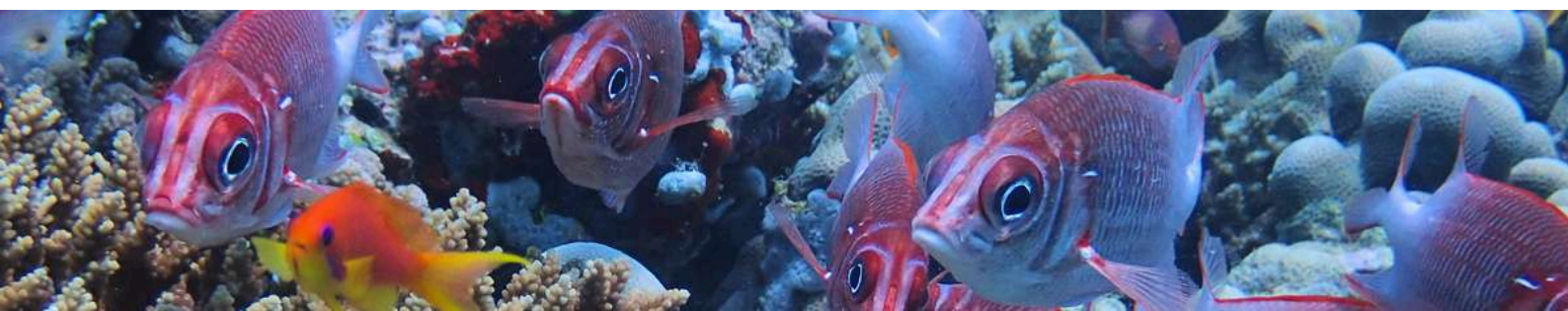
- Sunrise Snorkel - Experience the reef waking up
- Boat Excursion: Snorkeling trip to buzzing coral reefs  
*A morning of snorkeling with our marine biologists, who will show you how to distinguish between different types of fish and how to observe their behaviors*

### AFTERNOON

- Knowledge Dive: Finding Nemo & Co. – Coral reef fish diversity  
*Learn about the most common fish families, their habits and surprising behaviors*
- Water Activity: Fish Transects: counting all the fish in the sea?  
*Active fish census exercise (transect) under the guidance of our biologists*

### EVENING

- Sunset Ocean Cocktail on the Beach
- Dinner over the Ocean at Aqua Restaurant





## DAY 5 - Maldives Uncensored

### MORNING

- Knowledge Dive: Everything you need to know about Maldives  
*Learn about local history, culture, food and fisheries of the Maldives*
- Boat Excursion to a Local Island  
*Meet the locals, island tour, school visit and Bodu Beru drumming session*
- Lunch with the Locals

### AFTERNOON

- Reef Snorkel Boat Excursion on the way back to Thudufushi

### EVENING

- Maldivian Dinner and Bodu Beru Performance





## DAY 6 - Sharks and Rays

### MORNING

- Boat Excursion: Manta, Manta!

*We will look for Mantas by dhoni (traditional Maldivian boat) and swim with them!*

*We will also collect their favorite food, plankton!*

### AFTERNOON

- Knowledge Dive: Sharks and Rays of the Maldives

*Learn about their unique biology, the threats they face and how we can protect them*

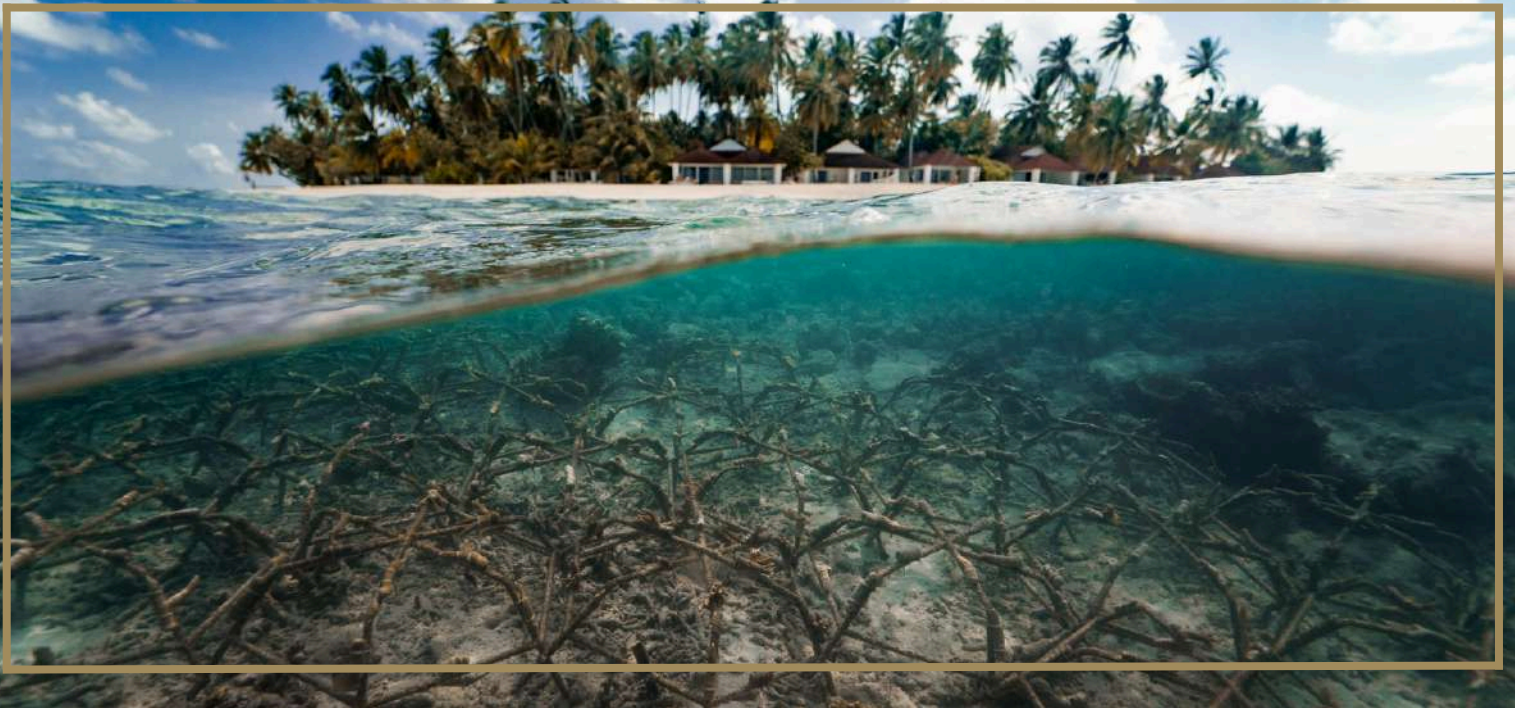
- Island Activity: Marine Lab Shark Time

*Investigate the plankton we collected under the microscope and enjoy a virtual swim with whale sharks, mantas and tiger sharks*

### EVENING

- Sunset boat trip to Diamonds Athuruga with a thrilling night shark snorkel
- Dinner in Athuruga and return to Thudufushi





## DAY 7 - Saving Corals with Reef Stars

### MORNING

- Knowledge Dive: Saving our coral reefs  
*Why are coral reefs disappearing and what can we do to protect and restore them? Learn about different restoration methods and a global movement that is trying to save coral reefs*
- Island Activity: Microfragmentation Workshop  
*Try this coral restoration technique that uses a diamond band saw and a smart trick to make corals grow faster.*
- Water Activity: Collecting corals of opportunity on the housereef

### AFTERNOON

- Island Activity: Be a Reef Star!  
*Together we attach the collected corals to reef stars and add them to our large-scale coral restoration site, the Big Build!*

### EVENING

- Program Closure: Recap and Presentation of Certificates
- Ocean Hero Special Team Dinner





## DAY 8 - Departure from Paradise

- Check out and Departure

*Return to reality as a true Ocean Hero - empowered with new skills, unforgettable memories, and lasting friendships!*

## Ocean HERO - Terms and Conditions:

### Inclusions:

- 5 full activity days with theoretical and practical activities led by our marine biologist team
- Snorkeling excursions by Dhoni (traditional Maldivian boat)
- Free rental snorkeling gear
- Training material, Ocean Hero kit bag and certificate

### Conditions:

- Participants must be 18+ years
- Participants must be able to swim confidently in deep water and be able to use snorkeling equipment (mask, snorkel and fins; a snorkel lesson/refresher can be booked ahead of the program) – all water activities are conducted snorkeling.
- Activities and order of topic days is subject to weather conditions and may be altered or substituted
- Min/Max participants (4 -12)
- Program language: English (assistance in Italian and German is available)

Foto Credits: OCL

