

EVALUATION REPORT

Adriatic Underwater Academy - AqUA

Summary	3
Project Overview/Introduction	4
Objective achievements	5
Key Success Factors	5
Research Methodology	6
Research results	7
Conclusion	9

SUMMARY

The project „Adriatic Underwater Academy“ is evaluated, in this Project evaluation report based on participants' feedback. Through firsthand experiences, participants highlighted the successful introduction of sports activities, including scuba diving and freediving, underwater photography, navigation, night diving, etc. The feedback emphasizes the project's inclusivity, accommodating children, individuals with special needs, and those with disabilities, fostering a positive and accessible sports environment. Participants expressed appreciation for the project's communication strategies, such as exhibitions, digital albums, and bilingual handbooks (Croatian and English) showcasing their underwater experiences. The mobile underwater trail receives positive feedback as a sustainable and flexible infrastructure, contributing to a lasting impact on diving courses and educational initiatives. The emphasis on marine biodiversity education, environmental awareness, and gender-inclusive practices is acknowledged as a commendable aspect of the project.

In summary, the "Adriatic Underwater Academy" is positively evaluated based on participants' direct input, highlighting its success in introducing new sports activities, fostering inclusivity, and effectively communicating ecological impact.

PROJECT OVERVIEW/INTRODUCTION

The "Adriatic Underwater Academy" marked a transformative chapter in recreational sports initiatives, significantly contributing to the general and specific objectives of the action it fell under. Led by RK Roniti se mora (Diving Club), the project responded to the overarching goal of developing and promoting innovative forms of sport and physical activities, pioneering the introduction of freediving and enhancing scuba diving with underwater photography.

The essence of the project aligned with the broader objectives of the action, having successfully increased the availability of recreational sports activities underwater for diverse age groups, including individuals with disabilities. The project also achieved its goal of raising awareness about recreational sports as a healthy and enriching leisure pursuit, fostering the development of healthy lifestyles. Innovative in its approach, the project went beyond conventional boundaries by implementing special courses tailored for people with disabilities and children with special needs. The introduction of a mobile underwater trail, serving both diving courses and educational purposes, reflected the commitment to creating a sustainable and inclusive infrastructure.

Crucially, the project yielded two comprehensive handbooks, one dedicated to freediving and the other to scuba diving, providing technical details and specialized approaches for training children and individuals with disabilities. These digital resources not only served as educational tools but also contributed to the promotion of these sports through online platforms and social networks. The impact extended beyond the immediate participants to reach broader audiences, with photos and recordings displayed in childcare facilities and schools, forming underwater photography exhibitions. Additionally, an album was curated and published on various platforms, amplifying the project's outreach.

The „Adriatic Underwater Academy“ aimed to provide comprehensive training and education to participants in various diving disciplines, including Discovery Diving, Scuba Diving, Freediving, and Underwater Photography courses. The program catered to a total of more than 175 participants, each enrolled in one of the specified courses.

OBJECTIVE ACHIEVEMENT

Discovery Diving Courses: The program successfully introduced participants to the basics of diving. Participants showed enthusiasm and acquired foundational skills for underwater exploration.

Scuba Diving Courses: Participants in the scuba diving courses demonstrated proficiency in advanced diving techniques, safety protocols, and underwater navigation.

Freediving Courses: The freediving courses, though smaller in scale, effectively trained participants in breath-holding techniques and deep diving skills.

Underwater Photography Courses: The underwater photography courses equipped participants with the skills needed to capture stunning images beneath the surface.

KEY SUCCESS FACTORS

Participant Engagement: All courses witnessed active participation, with participants expressing satisfaction with the quality of training and educational content.

Safety Measures: Rigorous safety protocols were consistently implemented, ensuring a secure learning environment for all participants across the different courses.

Instructor Competence: Certified instructors played a crucial role in the success of the program, providing a positive and effective learning experience for participants.

RESEARCH METHODOLOGY

The research methodology used for the evaluation of the "Adriatic Underwater Academy" project was rooted in participant feedback gathered through anonymous questionnaires. Recognizing the significance of obtaining firsthand perspectives, the project prioritized the use of anonymized surveys to elicit honest responses from the diverse participant groups involved. The questionnaires were thoughtfully designed to cover various aspects of the participants' experiences, encompassing the introduction of new sports activities, the effectiveness of the educational materials, and the inclusivity of the program for individuals with disabilities and children with special needs.

By ensuring anonymity, the methodology aimed to create a comfortable space for participants to express their opinions openly, providing valuable insights into the project's impact, effectiveness, and areas for potential improvement. This approach to research methodology underscored the commitment to transparency and participant-centred evaluation in gauging the success and relevance of the "Adriatic Underwater Academy" project.

RESEARCH RESULTS

Looking at the involvement of participants we can conclude that the majority of participants were involved in scuba diving activities. A total of more than 32% of participants had their first experience with the underwater world thanks to this project.

- Most common answers to the question “What were your expectations from this project” were to gain new experiences, get outside of the comfort zone, try scuba diving, increase ecological awareness, to meet new people.
- Following the former question the participants were asked to evaluate their expectations with three possible answers to the question “Did this project meet your expectations?” - Yes, absolutely; Partly; No, not at all. More than 96% of participants said this project matched their expectations.
- More than 87% of participants responded that their knowledge increased due to their involvement in the project.
- A little more than 50% of participants said their main reason for involvement in this project was to further their knowledge associated with diving. 45% said they wanted to try a new sport and more than 35% said they wanted to spend more time in nature. Finally, more than 38% said they joined the project for educational purposes.

It is important to note that the percentages don't add up to 100% because this was a multiple-choice question.

- Based on the participants' feedback we can conclude that more than 95% of participants were either extremely satisfied or satisfied with their experience in the project.

- As the most useful the participants mostly recognized the following: educational workshops, new skills and knowledge, getting to know the underwater world, safety, instructor experience and knowledge, activities for children and disabled people, etc.
- As the least useful the participants mostly said - “nothing”.
- Based on the participants' feedback we can conclude that more than 95% of participants were either extremely satisfied or satisfied with the educational workshops in the project.
- Based on the participants' feedback we can conclude that more than 95% of participants were either extremely satisfied or satisfied with their instructors and lecturers in the project.
- Based on the participants' feedback we can conclude that more than 95% of participants were either extremely satisfied or satisfied with the project organization.
- Based on the participants' feedback we can conclude that more than 96% of participants developed a healthier way of life due to their involvement in the project.

CONCLUSION

In conclusion, this report presents a comprehensive analysis based on feedback from a diverse pool of participants, including children, adults, children with special needs, and disabled individuals, with a total enrollment exceeding the planned 175 participants. Notably, over 32% of participants had their first underwater experience through scuba diving, underscoring the project's success in introducing individuals to the wonders of the underwater world.

Examining participants' expectations, the majority aimed to gain new experiences, increase ecological awareness, and try scuba diving, all of which were met impressively, as confirmed by more than 96% of respondents. Moreover, more than 87% acknowledged an increase in knowledge, with educational workshops, new skills, and insights into the underwater world being identified as the most beneficial aspects.

The motivations behind participation varied, with a notable portion expressing a desire to enhance their diving-related knowledge, try a new sport, spend time in nature, or join for educational purposes. The overwhelmingly positive feedback, with over 95% of participants expressing extreme satisfaction or satisfaction, attests to the project's overall success.

Specifically, participants lauded educational workshops, gaining new skills, and the expertise of instructors and lecturers. Remarkably, a significant majority reported adopting a healthier lifestyle due to their involvement in the project, highlighting the broader impact beyond the immediate activities.

In essence, the "Adriatic Underwater Academy" has not only met but exceeded participants' expectations, fostering a positive and enriching experience that extends beyond the realm of recreational sports, affirming its significance in promoting education, environmental

awareness, and a healthier way of life. The project's success is evident not only in the numbers but also in the transformative impact reported by its diverse and satisfied participants.

The "Adriatic Underwater Academy" successfully achieved its objectives by training and educating participants in various diving disciplines. The positive feedback serves as evidence of the program's success. Addressing minor challenges and implementing recommended improvements will contribute to the continued success of future education initiatives.