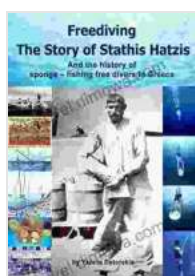


And The History Of Sponge Fishing Free Divers In Greece



Freediving - The Story of Stathis Hatzis: And the history of sponge – fishing free divers in Greece by Yannis Detorakis

★★★★☆ 4.2 out of 5

Language	: English
File size	: 25555 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 188 pages
Lending	: Enabled
Paperback	: 24 pages
Item Weight	: 1.92 ounces
Dimensions	: 6 x 0.06 x 9 inches



The book "And The History Of Sponge Fishing Free Divers In Greece" is a fascinating account of the lives and work of the free divers who have harvested sponges from the Aegean Sea for centuries. These divers, known as "spongers," have developed unique skills and techniques to allow them to dive to depths of up to 100 feet without the use of scuba gear.

The book explores the history of sponge fishing in Greece, the techniques used by the divers, and the challenges they face. It is a captivating read that sheds light on a little-known but important part of Greek culture.

The History of Sponge Fishing in Greece

Sponge fishing has been practiced in Greece for centuries. The first recorded evidence of sponge fishing in Greece dates back to the 4th century BC. In the Middle Ages, sponge fishing was a major industry in Greece, and Greek divers were known for their skill and expertise.

In the 19th century, the invention of the diving suit led to a decline in the number of free divers. However, free diving continued to be practiced in Greece, and it is still an important part of the country's culture.

The Techniques Used by Sponge Divers

Sponge divers use a variety of techniques to dive to depths of up to 100 feet without the use of scuba gear. These techniques include:

- **Breath-hold diving:** Sponge divers can hold their breath for up to two minutes at a time. This allows them to dive to depths of up to 100 feet

without the need for scuba gear.

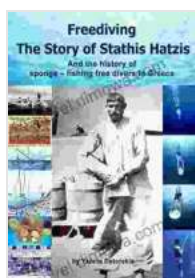
- **Weighted belts:** Sponge divers wear weighted belts to help them descend and ascend quickly. The weights are usually made of lead or iron.
- **Diving knives:** Sponge divers use diving knives to cut sponges from the seabed. The knives are usually made of stainless steel.
- **Sponges:** Sponge divers use sponges to collect the sponges they have harvested. The sponges are usually made of natural materials, such as wool or cotton.

The Challenges Faced by Sponge Divers

Sponge divers face a number of challenges, including:

- **Depth:** Sponge divers can dive to depths of up to 100 feet. This can put a lot of pressure on their bodies, and it can lead to decompression sickness if they ascend too quickly.
- **Cold water:** The water in the Aegean Sea can be very cold, especially during the winter months. This can make it difficult for sponge divers to stay warm while they are diving.
- **Strong currents:** The Aegean Sea can have strong currents, which can make it difficult for sponge divers to navigate. The currents can also carry away the sponges that the divers have harvested.
- **Sharks:** Sharks are a common sight in the Aegean Sea. While shark attacks are rare, they do happen. Sponge divers need to be aware of the risk of shark attacks and take precautions to protect themselves.

The book "And The History Of Sponge Fishing Free Divers In Greece" is a fascinating account of the lives and work of the free divers who have harvested sponges from the Aegean Sea for centuries. These divers, known as "spongers," have developed unique skills and techniques to allow them to dive to depths of up to 100 feet without the use of scuba gear. The book explores the history of sponge fishing in Greece, the techniques used by the divers, and the challenges they face. It is a captivating read that sheds light on a little-known but important part of Greek culture.



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