

The Red Sea coast of Egypt is surely one of the best places in the world to go underwater diving. Its hot sunny climate and clear warm water (1) ... it the ideal place for beginners as (2) ... as for experienced divers. Man different types of diving are possible in the area. At centres for complete beginners (3) ... are training courses which include simple dives with a qualified instructor. These dives get them used to being underwater and teach some basic skills (4) ... as swimming and breathing below the surface.

Прочитайте текст. Заполните пропуск (4) только одним словом, подходящим по смыслу. Слово должно содержать не более 15 символов.