

What is freediving?

Have you ever dreamed of passively exploring the underwater world free from equipment? Freediving is the most natural and serene way to explore the depths of the oceans with minimal impact. It is also the ultimate way to free yourself and spend more time enjoying the beauty and silence of the sea.

Anyone who has held their breath underwater has freedived. However, freediving is not simply about seeing how long you can hold your breath or how deep you can go on a single breath. You have to create the right attitude and pay attention to the limits of your body and mind. The true appeal of freediving is in the silence and calm it brings to people's hectic lives.

Freediving Education

AIDA courses set the standard in international freediving education. The AIDA ladder supports your development as a freediver all the way from beginner to instructor level. You can enter the AIDA education ladder either at the * (Introductory) or ** (Foundation) level depending on how comfortable you feel in the water. The AIDA education ladder is about building your skills for safe controlled freediving.

You can find more details at [education section](#) at this site.

Freediving as a sport

As well as the perfect way to relax at the weekend, freediving is an international competitive sport. Professional freedivers exploit the bodies' diving adaptations to go to depths of over 200m on a single breath. These diving reflexes help conserve oxygen by restricting the blood flow to your extremities conserving it for your vital organs.

Since 1992 AIDA have been organising freediving competitions around the world making the sport safer but as competitive as ever. Freediving competitions also bring the community of freedivers together where they can share their knowledge and experience with other likeminded people.

We hope you will join us!