

AIDA International offers freediving courses all around the world – to find an AIDA instructor in your area [click here](#) .

Aida International, apart from being the global authority for Competitive freediving, has over the years become the focal point for development of freediving knowledge and science. Recognising the value of this knowledge for the development of modern freediving, AIDA International has created a structured education system.

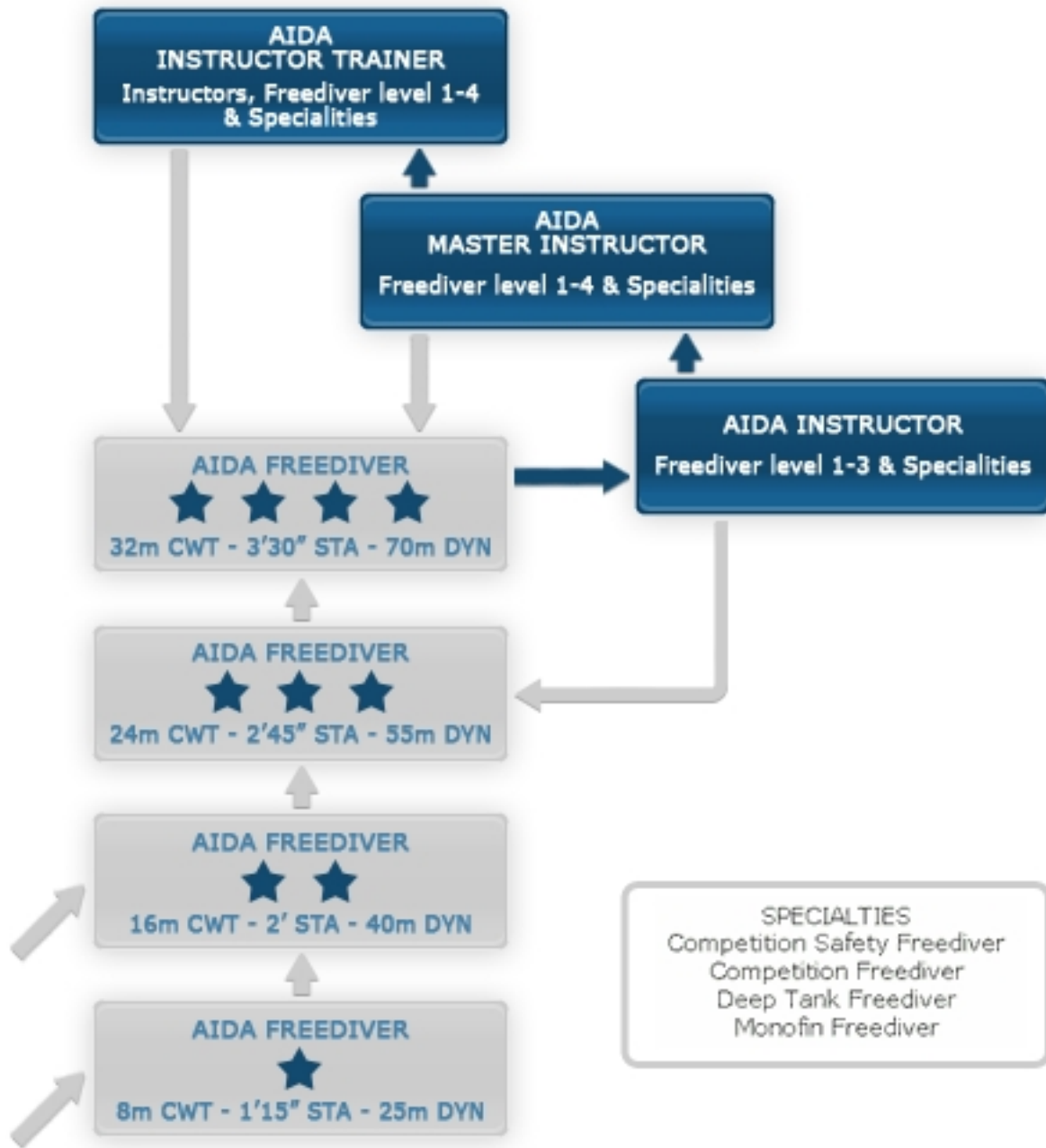
Since its creation in 1999, the AIDA Education system has grown and has become the leading freediving education system around the World. AIDA Instructors offer freediving courses all around the world covering the needs of breath-hold divers of all levels, whatever their involvement with the underwater environment might be. Our freediving courses cover freediving knowledge ranging from basic breath hold skills to the latest advanced freediving techniques as well as speciality courses.

If you are new to freediving then the easiest way to start is to enrol in a course. Even the beginner's courses will take you past simple snorkelling and will show you a level of comfort in the water that you never thought possible. Most importantly AIDA Freediving courses are run by certified AIDA Instructors who are themselves experienced freedivers with a deep personal involvement in breath hold diving.

AIDA courses cover all levels from complete beginner to very advanced and competitive level freediving. AIDA courses are taught in many languages all over the world and thousands of new divers have discovered a passion of freediving through AIDA. On an AIDA course, you will learn what freediving is, how to do it, how to get the most out of your time in the water and most importantly - how to do it safely.

To enrol in an AIDA course, you must be at least 16 years old and physically fit to freedive, as indicated by the AIDA Medical Statement. Since the AIDA Education system is based on a gradual progression both in performance, in-water ability but also in theoretical knowledge, each course builds on the knowledge you learned in the previous level. It is therefore necessary to have successfully completed the previous level in order to enrol in a subsequent AIDA Course. The more advanced courses (AIDA 4* freediver and AIDA Instructor) also require the student to be certified in First AID/CPR.

Aida education ladder



You can enter the AIDA education ladder either at the AIDA 1* or 2* level depending on your experience level in the water. The AIDA education ladder is not just about achieving depth or

time but building the right attitude and attention for safe practices during Freediving.

So if you are a keen snorkeler, spearfisherman or you are a scuba diver who wants to try something different then try a foundation AIDA course.