



# **PADI Professional Course Guide Freediver Instructors**

**LANGUAGE** 

**Guide created by the Development Team of Underwater Academy Europe**

## **PADI PROFESSIONAL FREEDIVER INSTRUCTOR COURSES GUIDE**

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Welcome to the guide created specifically to help you better understand the PADI Freediver Instructor courses organized by Underwater Academy Europe.

If you are reading these lines, it means that you have already taken your first steps in the world of freediving and are ready to transform your passion into an exciting and rewarding career.

This guide was created with the intention of accompanying you on your journey, clarifying every aspect of the course and providing you with all the information necessary to prepare yourself as best as possible.

We are here to support you in every phase of your journey, sharing our experience and passion for freediving.

Are you ready to become a true professional in the sector? Dive with us into this unique adventure and start your journey to success!

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**C.E.O. Underwater academy Europe**  
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***underwateracademy.eu***

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## Overview

Underwater Academy Europe is much more than just a freediving school; it is a recognized leader in diving training at European level.

We are proud to be an Italian sports organization that offers high quality courses both in Italy and abroad, thanks to the collaboration with the best partners in the sector.

Our mission is clear: to train excellent professionals in all underwater disciplines. Freediver Instructor programs and more, preparing you not only to excel in your career, but also to explore global opportunities in exotic and fascinating locations.

In this guide, you will find all the information you need to navigate your training path, including requirements, costs, locations, and course duration.

Every detail is designed to offer you complete preparation and a clear vision of what awaits you.

With the support of our partners and our consolidated experience, Underwater Academy Europe offers you a unique opportunity to distinguish yourself in the world of diving training.

Are you ready to take the plunge and build a successful career? Join us on this adventure and find out how we can help you reach your goals!

Your high-level diving career starts here, with Underwater Academy Europe. Welcome aboard and get ready to shine!

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## **Why Become a PADI Freediver Instructor**

Becoming a PADI Freediver Instructor is more than just a step forward in your diving career; it's an opportunity to turn your passion into a rewarding and adventurous profession. Imagine sharing your experience and love of freediving with others, helping them discover the beauty and freedom that only the underwater world can offer.

Being a PADI Freediver Instructor means joining a global community of professionals recognized and respected around the world. The PADI brand is synonymous with quality and safety, and with this title in hand, doors to exotic and challenging work opportunities will open wherever you go. You will be able to work in breathtaking locations, train new enthusiasts and continue to perfect your skills while sharing your passion with others.

Furthermore, freediving is a growing discipline, increasingly appreciated for its physical and mental benefits. As a PADI Freediver Instructor, you will have the opportunity to be a pioneer in this field, helping to spread a practice that combines wellness and adventure. Not only will you develop a fulfilling career, but you will also help create a community more aware and connected with the marine environment.

If you are looking for a career that will take you to extraordinary places, allow you to grow professionally and personally, and give you the satisfaction of inspiring others, becoming a PADI Freediver Instructor is the right choice. With \*\* Underwater Academy Europe \*\* by your side, you will have the support and training you need to achieve success. Are you ready to dive into this adventure?

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## **Freediver Instructor Course is structured**

The PADI Freediver Instructor course is designed for experienced freedivers who want to turn their passion into a profession. This course provides the teaching and technical skills needed to teach freediving globally , opening the way to new professional opportunities in one of the most fascinating and growing aquatic sports. Thanks to the collaboration with Underwater Academy Europe, participants have the opportunity to follow the course in different locations, both in Italy and abroad, thus being able to live unique experiences in different and culturally rich marine environments.

### **Course Structure:**

#### **1. Theoretical Part:**

- Didactics and Teaching Methodology: The course includes lessons on how to teach freediving courses , with particular attention to the management of classroom lessons and practical sessions.
- Physiology and Safety: Insights into the physiology of freediving, advanced relaxation techniques, breathing, and specific safety protocols for freediving .
- Ethics and Responsibilities: Discussion of the duties and responsibilities of a PADI Instructor, including best practices for managing students and conducting courses.

#### **2. Practical Sessions in Water:**

- Dynamic and Static Apnea: Demonstrations of advanced techniques for dynamic (swimming underwater horizontally) and static (holding the breath in a fixed position) apnea, with an emphasis on supervision and instruction.
- Deep Water Diving: Deep diving technique training, supervision of student dives, and management of underwater emergencies.
- Teaching Simulations: Aspiring instructors must demonstrate their ability to teach freediving techniques to students under the supervision of a training instructor.

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### 3. Evaluation:

- Written Test: Written exam to evaluate the theoretical knowledge acquired during the course.
- Practical Assessment: The training instructors assess the practical skills and teaching abilities of the candidates through a series of tests, which include both conducting theoretical and practical lessons.

### 4. Final Certification:

- Upon successful completion of the course, participants receive the PADI Freediver Instructor certification , which allows them to teach freediving courses at various levels, up to PADI Advanced Freediver .

Freediver Instructor course , offered by Underwater Academy Europe, not only allows candidates to refine their freediving skills, but also provides the tools needed to pass on this discipline to others in a safe and professional environment. The possibility of participating in courses in suggestive locations both in Italy and abroad makes this experience even more enriching, allowing future instructors to dive in different contexts and to grow both personally and professionally.

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## Prerequisites for PADI Freediver Instructor Courses

### **PADI Freediver Instructor .**

You can qualify as a PADI Freediver Instructor participating in a PADI Freediver Instructor Training Course or a PADI Freediver Instructor Orientation .

### Prerequisites to become a PADI Freediver Instructor

1. Meet one of the following requirements:
  - a. PADI Master Freediver .
  - b. PADI Instructor and PADI Advanced Freediver .
  - c. Qualifying certification as a freediving instructor and PADI Advanced Freediver .
2. Be at least 18 years old.
3. Be in possession of a medical certificate with clearance signed by a doctor in the previous 12 months.
4. Complete a PADI Freediver course Instructor Training or, for qualifying instructors from other organizations, complete a PADI Freediver Instructor orientation

### Certification Requirements

- Emergency First Response (CPR/first aid ) training within the last 24 months.
- Freediver Specialty Instructor .

### Freediver ratings Specialty

Instructor, by participating in Freediver Specialty Instructor Training courses conducted by a PADI Freediver Instructor Trainer.



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## **PADI Advanced Freediver Instructor .**

### **Prerequisites:**

1. PADI Freediver Instructor (or qualifying certification with completion of a PADI Freediver Instructor Orientation ).
2. PADI Master Freediver or qualifying certification.
3. Emergency First Response (CPR/first aid ) training within the last 24 months.
4. Have issued 25 PADI Freediver certifications .

Note: Five PADI Basic Freediver certifications can count as one Freediver certification , up to a maximum of five credits.

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## **PADI Master Freediver Instructor :**

### **Prerequisites**

1. PADI Advanced Freediver Instructor (or qualifying certification with the Completing a PADI Freediver Instructor Orientation ).
2. PADI Master Freediver or qualifying certification.
3. Emergency First Response (CPR/First Aid) Instructor in good standing with renewal.

Freediver program certifications , including at least 10 Advanced Freedivers .

Note: Five PADI Basic Freediver certifications can count as one Freediver certification , up to a maximum of five credits.

Have attended a PADI Freediver course Instructor can count as five credits toward the 10 PADI Advanced Freediver certifications .

5. Not having committed, in the previous six months, any violation ascertained by the quality management department, nor having any investigations underway

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## Crossover in PADI

Become a PADI Instructor with Underwater Academy Europe!

If you are a **freediving instructor from another training agency** and want to join one of the world's leading organizations, PADI is the right choice for you.

At Underwater Academy Europe we offer PADI Instructor courses at all levels, and we are ready to welcome you!

By participating in our crossover program, your current certification will be recognized and you can achieve level parity with PADI.

Just follow the PADI Instructor orientation Freediver and pass the practical and written exams, just like all other participants.

But that's not all! Once you become a PADI Instructor, you'll have the opportunity to further advance your career by taking higher-level courses and earning new certifications.

We are here to help you reach your goals. **If you meet the requirements** , you can validate your experience by becoming a [PADI Freediver Instructor](#) , [Advanced PADI Freediver Instructor](#) and Master [PADI Freediver Instructor](#) .

Join us and take your passion for freediving to the next level with PADI and Underwater Academy Europe!

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## Freediver Instructor Course Locations

Underwater Academy Europe offers you the opportunity to participate in our courses in some of the most fascinating locations in Italy and Malta.

**In Italy** , our main locations include Bari, the suggestive Polignano a Mare (BA), the splendid Porto Cesareo (LE), Ravenna, Naples, Cagliari and Marina di Ragusa (RG). Each of these locations offers unique environments and ideal conditions to immerse yourself in the world of freediving .

Abroad, you can take our courses in the crystal clear waters of **Malta** and on the picturesque island of **Gozo** , part of the Maltese archipelago.

These places, famous for their breathtaking underwater scenery, represent the perfect context for top-level training.

Wherever you choose to attend the course, with Underwater Academy Europe you will have the opportunity to train in extraordinary environments, immersed in the beauty of the Mediterranean.

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## Freediver Instructor Course Duration

Our courses to become a Freediving Instructor **They last 4 days** and include a day dedicated to the final exams. If you already meet the requirements requested by PADI for the level you want to reach, you are ready to obtain your instructor certification.

### Course Program

- Full Courses : If you sign up for a full course, the adventure begins on **Tuesday at 4:00 PM** with registration and document verification. The course ends on **Sunday at 5:30 PM** with the written exam.

- Crossover from Other Federations/Teaching : If you come from another organization and **already have all the necessary requirements** , you will start the course on **Thursday at 18:00** . For you too, the course will end on **Sunday at 17:30** with the final exam.

### Important Information!

If you enroll in one of the [PADI Freediver courses Instructor](#) , [Advanced PADI Freediver Instructor](#) and [Master PADI Freediver Instructor](#) and **you have not yet obtained the certification** [Emergency First Response \(CPR/first aid\) Instructor](#) or [Master Freediver PADI \(or equivalent\)](#) , you can do it at the center where the course will be held.

In this case, your course starts on **Monday at 3:30 pm** and ends on **Sunday at 5:30 pm** with the final exams.

## Freediver Instructor Course Costs

All prices shown in this section are in EUR currency and include VAT and taxes.

The price includes:

- Study material (DGT) for the course you are attending.
- Practical and written exam fees
- Certification/patent release

The price does NOT include:

- DAN insurance (or other insurance body) – mandatory.
- PADI Annual Membership – Mandatory.
- Food and lodging (for out-of-town Instructor candidates).

COURSE	TOTAL VAT	SC. PERIOD	TOTAL VAT	ADVANCE PAYMENT
<a href="#">PADI Freediver Instructor ( course complete )</a>	€ 1,200.00	0.00%	€ 1,200.00	€ 360.00
<a href="#">PADI Freediver Instructor ( course complete )</a>	€ 1,200.00	25.00%	€ 900.00	€ 270.00
<a href="#">Emergency First Response (CPR/first aid ) Instructor</a>	€600.00	0.00%	€600.00	€ 180.00
<a href="#">Emergency First Response (CPR/first aid ) Instructor</a>	€600.00	25.00%	€ 450.00	€ 135.00
<a href="#">Master Freediver PADI</a>	€ 400.00	0.00%	€ 400.00	€ 120.00
<a href="#">Master Freediver PADI</a>	€ 400.00	25.00%	€ 300.00	€ 90.00
<a href="#">PADI Freediver Instructor (crossover)</a>	€ 720.00	0.00%	€ 720.00	€ 216.00













COURSE	TOTAL VAT	SC. PERIOD	TOTAL VAT	ADVANCE PAYMENT
<a href="#">Advanced PADI Freediver Instructor</a>	€ 1,350.00	0.00%	€ 1,350.00	€ 405.00
<a href="#">Advanced PADI Freediver Instructor</a>	€ 1,350.00	25.00%	€ 1.012.50	€ 303.75
<a href="#">Emergency First Response (CPR/first aid ) Instructor</a>	€600.00	0.00%	€600.00	€ 180.00
<a href="#">Emergency First Response (CPR/first aid ) Instructor</a>	€600.00	25.00%	€ 450.00	€ 135.00
<a href="#">Master Freediver PADI</a>	€ 400.00	0.00%	€ 400.00	€ 120.00
<a href="#">Master Freediver PADI</a>	€ 400.00	25.00%	€ 300.00	€ 90.00
<a href="#">PADI Freediver Instructor (crossover)</a>	€ 810.00	0.00%	€ 810.00	€ 243.00

COURSE	TOTAL VAT	SC. PERIOD	TOTAL VAT	ADVANCE PAYMENT
<a href="#">Master PADI Freediver Instructor</a>	€ 1,500.00	0.00%	€ 1,500.00	€ 450.00
<a href="#">Master PADI Freediver Instructor</a>	€ 1,500.00	25.00%	€ 1,125.00	€ 337.50
<a href="#">Emergency First Response (CPR/first aid ) Instructor</a>	€600.00	0.00%	€600.00	€ 180.00
<a href="#">Emergency First Response (CPR/first aid ) Instructor</a>	€600.00	25.00%	€ 450.00	€ 135.00
<a href="#">Master Freediver PADI</a>	€ 400.00	0.00%	€ 400.00	€ 120.00
<a href="#">Master Freediver PADI</a>	€ 400.00	25.00%	€ 300.00	€ 90.00
<a href="#">PADI Freediver Instructor (crossover)</a>	€ 900.00	0.00%	€ 900.00	€ 270.00

## Required documentation

To register and participate in the courses promoted by Underwater Academy Europe, it is mandatory that the candidate downloads, fills in all the required parts of the form indicated as "to be sent" and sends it to our secretariat.

The documentation indicated in the status as "on site" must be completed and signed on the course start date.

forms	Tongue	status	Download
<b>UWAcademy</b> – Application Form		To be shipped	
<b>UWAcademy</b> – copy of participant's ID		To be shipped	
<b>UWAcademy</b> – photo (passport format)	--	To be shipped	
<b>UWAcademy</b> – copy of DAN Professional Insurance or other equivalent body	--	On site	
<b>UWAcademy</b> – copy of deposit payment		To be shipped	
<b>UWAcademy</b> – Pre-selection quiz for course eligibility.		On site	
<b>UWAcademy</b> – document proving the certification of the minimum number required by the PADI course standards		On site	
<b>PADI</b> – copy of Emergency First Response certification (CPR/first Instructor )	--	To be shipped	
<b>PADI</b> – copy of the last two certifications obtained	--	To be shipped	
<b>PADI</b> - medical certificate with clearance signed by a doctor within the previous 12 months	--	On site	
<b>PADI</b> - 10106EU Statement of Risk and Liability_ Non-Agency Acknowledgment Form PADI SWIM, DISCOVER MERMAID, SKIN DIVER AND DISCOVER SNORKELING PROGRAMMES, COURSES, EXPERIENCES AND RELATED ACTIVITIES		On site	
<b>PADI</b> - 10305I PADI Freediver Statement of Understanding of Safe Diving Standards		On site	
<b>PADI</b> - 10346I Medical Diver Module		To be shipped	
<b>PADI</b> - 10421IEU Disclosure and Acceptance of Risks and Responsibilities Disclosure and Acceptance of Commercial Activities PADI Freediver Program (EU Version)		On site	

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## Collaborate with us/become our Partner

Dear Friend,

I speak to you with my heart in my hand, because I know that you are facing a decision that could radically transform your future and that of the Center that you have worked so hard to build. What I propose to you today is not just an opportunity, but a life choice, a way to grow your career and leave an indelible mark on the diving community of your area.

Underwater Academy Europe offers you the opportunity to become a point of reference, a true beacon for all underwater enthusiasts. Imagine seeing your school, your sports club, your association become a beacon for all those who share your passion. We are not just talking about visibility, but the concrete possibility of transforming what you love into a successful profession, with the personal and economic satisfaction that this entails.

You will be followed step by step by our Development Team, a group of experts dedicated to supporting and growing water sports activities. With their help, you and your Team will never be alone on this journey.

Freediving or OW Diver instructor course. Instructor . Once you reach this milestone, and if you want to accept the challenge, you will be welcomed into our family, and you will have all the information you need to fully understand the value of our collaboration.

We believe that your contribution to continuing education is crucial. That's why we carefully select our partners, granting full access to our programs only after a six-month trial period. This time is precious for both parties, to evaluate whether we are ready to start together a journey that could change your life.

I wish you with all my heart to face and pass this course brilliantly. I firmly believe that you have all the credentials to do it and I can't wait to see you take flight in this new adventure.

Good luck!

With love,

*Francis Cordone*

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CEO Underwater Academy Europe



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## Terms and conditions of participation in Professional courses

### 1. Introduction:

These terms and conditions govern participation in courses offered by Underwater Academy Europe. Enrollment in any course implies full acceptance of these terms.

### 2. Registration and Payment

**2.1. Registration:** Participation in the courses is subject to online registration through the official website of Underwater Academy Europe. Registration is considered confirmed only after receiving full payment of the registration fee.

**2.2. Payment:** Payment must be made by bank transfer or credit card, if the course is available in the shop area at ( <https://shop.underwateracademy.eu> ). Failure to register the payment, partial or total, will result in cancellation of the registration.

**2.3. Deposit:** The registration is taken over by Underwater Academy Europe after receiving the deposit, which corresponds to 30% of the total amount, VAT and taxes included.

**2.4. Intermediate Payment:** The candidate must have paid 75% of the entire amount required for the course 15 days before the course start date. The balance must be paid before the exam date. Otherwise, it will not be possible to take the exam to obtain the end-of-course certification.

### 2.5. Refund Policy:

- a) **Cancellation or Modification within 30 days of the start of the course:** The refund of the 30% deposit is possible only if the candidate cancels or modifies his/her participation in the chosen course at least 30 days before the start date of the course.
- b) **Cancellation between 15 and 30 days before the start of the course:** If the candidate cancels his/her participation between 15 and 30 days before the start date of the course, he/she will lose 50% of the deposit paid and a penalty of €60.00 + VAT will be applied.
- c) **Cancellation within the last 15 days before the course start date or No-Show:** In case of cancellation within the last 15 days before the scheduled course start date, the candidate will not be entitled to any refund of the deposit paid and a penalty of € 120.00 + VAT will be applied. However, any sums paid in addition to the deposit will be refunded within 7/8 working days from the cancellation date. If the candidate does not show up on the course start date and time without valid justification, he/she will lose the entire deposit equal to 30% of the amount paid, in addition to all sums paid up to that point, and a penalty of € 250.00 + VAT will be applied.

### 3. Participation Requirements:

**3.1. Eligibility:** To participate in the courses, participants must meet the eligibility requirements specified for each course, including, but not limited to, age, health, and experience level requirements.

**3.2. Documentation:** You will need to submit medical certificates, diving licenses, and any other documents required by your chosen course.

### 4. Responsibility and Safety:

**4.1. Personal Responsibility:** Participants are responsible for their safety during the course. Underwater Academy Europe is not responsible for any accidents, injuries or losses that may occur during participation in the courses.

**4.2. Insurance:** It is mandatory for participants to take out personal insurance covering any accidents during underwater and/or sports activities.

**4.3. Safe Behavior:** Participants must respect all instructions from instructors and follow safety rules. Failure to comply with safety rules may result in immediate exclusion from the course without the right to a refund.

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## **5. Course Changes :**

**5.1. Cancellation or Modification of the Course:** Underwater Academy Europe reserves the right to cancel or modify courses at any time for organizational or safety reasons. In the event of cancellation, a full refund or equivalent alternative will be offered.

**5.2. Program Changes:** Course programs may be subject to change based on weather conditions, facility availability, or other unforeseen factors. Such changes will not give rise to refunds, but we will take care to reschedule the changed activity without penalizing the candidate.

## **6. Privacy and Data Processing:**

**6.1.Data Protection:** The personal data provided by participants will be processed in accordance with current regulations on personal data protection. The data will be used exclusively for purposes related to the management of the course and will not be disclosed to third parties without the consent of the interested party.

## **7. Intellectual Property:**

**7.1. Teaching Materials:** All teaching materials provided during the courses are the exclusive property of Underwater Academy Europe and are protected by copyright. Unauthorized reproduction, distribution or use of such materials is prohibited.

## **8. Applicable Law and Competent Court:**

**8.1. Applicable Law:** These terms and conditions are governed by European law .

**8.2. Competent Court:** For any dispute arising from or relating to the courses, the court of the place of residence or domicile of the consumer will have exclusive jurisdiction.

## **9. Acceptance of Terms:**

Enrollment and participation in Underwater Academy Europe courses imply unconditional acceptance of all the terms and conditions indicated above.

**Underwater Academy Europe reserves the right to update or modify these terms and conditions at any time, upon notice to participants.**

## Contacts – Social – Customer Service – FAQs (questions and answers)

Write to us:	<a href="#">Send an email message</a>
Interact with:	<a href="#">WhatsApp or Telegram</a>
Customer Support:	<a href="#">Open a new ticket</a>
Frequently Asked Questions	<a href="#">Read our FAQs</a>
Follow us on our Official Social Media	
YouTube:	<a href="#">ScubaLiveTV</a>
Facebook page	<a href="#">Underwater Academy Europe</a>
Instagram profile	<a href="#">Underwater Academy Europe</a>
Facebook page	<a href="#">PADI school</a>
Instagram profile	<a href="#">PADI school</a>
Facebook page	<a href="#">Mermaid School</a>
Instagram profile	<a href="#">Mermaid School</a>
Facebook page	<a href="#">PADI Freediving Malta</a>
Facebook page	<a href="#">Underwater Destinations</a>
Instagram profile	<a href="#">Underwater Destinations</a>



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## PADI Professional Freediving Courses Guide

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