



# DISCOVER FREEDIVING

Take your first breath into  
the world of freediving  
with a relaxed  
introduction course in the  
calm waters of Amed.

- **1 day AIDA 1 introduction course**
- **AIDA e-learning included**
- **1 pool training session**
- **1 open water training session**
- **1 night at Jukung Dive Amed**
- **1 day fun diving the Liberty Shipwreck**
- **No certification or exam required**
- **BONUS: Upgrade to AIDA 2 at a special rate**

# YOUR ITINERARY

## DAY 1

Begin your freediving journey with AIDA e-learning, a pool training session and an open water session with your instructor. Check in and relax at Jukung Dive Resort Amed.

## DAY 2

Put your new skills into practice with a guided fun freediving day at the iconic USAT Liberty Shipwreck, followed by check-out.

**AIDA 1 INTRODUCTION COURSE + POOL & OPEN WATER  
TRAINING + GUIDED USAT LIBERTY FREEDIVING + 1  
NIGHT ACCOMMODATION + AIDA E-LEARNING**

