

Frequently Asked Questions

I've never freedived before. Is the * / ** course suitable for me?

Yes! The course is designed to take people with a little to no experience of any form of diving. The only thing we ask is that you know how to swim! On our previous courses we have had students who have done scuba diving, some who have done a little snorkelling and many who have never ventured any deeper than their local swimming pool.

Do I have to be fit? Are there any physical pre-requisites?

No! You do not have to be superfit to freedive. The most important thing is to be relaxed! If you book on a course then we send you an information pack which contains, amongst other things, some advice on breath holding practice that you can do before the course but this is entirely optional. Remember that Nataliya Molchanova started freediving in her late forties and is now a world champion as well as a mother of three kids!

What do I need to bring?

You will need to bring your own freediving equipment and a list of what you will need and the best places to get them will be supplied to you by the course organizer when you book on the course.

If I pay the deposit, is my place guaranteed?

Absolutely Yes! If in doubt please email the Course Organiser Team via the Online Query form [here](#), or email diva@divasindubai.com

Do I receive confirmation of my booking or some kind of ticket?

You will receive an email confirmation.

What does the price include?

The price includes the following:

- Expert tuition from World Class Instructor Trainer Emma Farrell and her team of AIDA instructors
- Pool and Open Water Training in Abu Dhabi and Khor Fakkhan, United Arab Emirates
- A Freediving Manual of FreeDiving written by Emma Farrell
- Pool Training & Dry Practice Course Materials
- AIDA Certification as *, **, ***, **** FreeDiver/ Instructor (depending on performance) and fees

My child is really keen on learning to Freedive. Can they come on a course?

At present, only people over the age of 16 may gain an AIDA qualification, however we do teach children under very prescribed circumstances. If you are interested in finding out more, please email Emma Farrell at emma.farrell@deeperblue.net

What happens throughout the week/s?

Click for the timetable for the Freedive Abu Dhabi 2008 Programme

[See Abu Dhabi Freediving Timetable.](#)

I only want to come for one course. Is that possible?

Absolutely! You can come for as little or as long as you like.

My partner / family are coming too. Is there anything to keep them amused?

Yes! Abu Dhabi is rich with beaches, museums, social activities, festivals, shopping malls and desert safaris. The Emiratis are very family orientated and there is a lot to do to keep the family busy. There are also lots of luxury hotels, spas and other watersports to do and learn, like kiteboarding, windsurfing, if your partner is a non-diver. There are also deep sea fishing trips available. Also, the 2008 Dubai World Cup will be held on Saturday, March 29, after the Board of Directors for the Emirates Racing Authority released the fixtures for the 2007-08 UAE racing season. This is a very prestigious multi-million dollar event. Also, see list of Exhibitions in Dubai and Abu Dhabi shown below.

What is the student/ instructor ratio and how many people are on each course?

In pool sessions, the maximum amount of students per instructor is 8. In open water, this number drops to 4.

I'm coming on my own. Who will be my buddy?

We will always place you with a buddy so you will never be on your own! In addition, our instructors are there to make sure that your evenings are as fun as your days!

What qualifications do the instructors have?

All instructors are AIDA qualified instructors, who are trained in first aid and CPR with many years experience of teaching and diving. Emma Farrell is one of the world's leading freediving instructors and is one of only a handful of Instructor Trainers in the world. We pride ourselves on the quality and experience of our teaching staff and know that we are offering the very best tuition available.

Where exactly is Abu Dhabi?

Abu Dhabi is the capital of the United Arab Emirates, which is on the north eastern horn of the Middle East, stretching across two coasts alongside Oman and Saudi Arabia.



How do I get to Abu Dhabi?

Etihad Airways flies to Abu Dhabi from almost all European destinations. You may look at flight information at <http://www.etihadairways.com>. Also all major airlines fly into Dubai which is just a 1 ½ hour drive from Dubai, and transport to Abu Dhabi can be arranged through your travel agent. It is recommended to use a local travel here in the Emirates as you possibly get cheaper deals.

How do I get around Abu Dhabi?

Abu Dhabi is a city on an island and taxis are very cheap and abundant. It is also a small city and very safe, you can walk to a lot of places and also use the bus transport system if you wish.

Cultural

Islam is the official religion of the UAE and is widely practised throughout the country. It also plays a central role in shaping the predominant cultural values in the region. At the same time, society in Abu Dhabi Emirate is tolerant of other religions and people are free to practise their religious beliefs here as long as they do not interfere with Islam.

Do not wear spaghetti strap tops and short skirts in public. Foreigners should dress conservatively; short sleeves and long pants are fine. Normally, do not shake hands with women unless she offers you her hand first. If she is wearing an abaya it is normal that she will not shake your hand, you just put your right hand on your chest and say how are you, nice to meet you, politely. With men a handshake is always good. Do not touch any women, and especially, do not touch other people's children. Do not bring any drugs into the UAE, of any shape or form. Do not drink and drive. Both offences is a long term jail sentence.

What is the food like?

The Emirates is renowned for its superb national and international cuisine. Abu Dhabi is thriving with international hotels and restaurants, where you can eat anything from a Steamed Snow Crab to a good old Australian steak. All the major fast food outlets are present here and almost all restaurants deliver.

Where should I stay?

Abu Dhabi has a wide range of hotels and prices. It is recommended to book early as it is a popular destination. Events in 2008 include the following:

The Bee Gees' very own **Mr. Robin Gibb** will be performing live all the Bee Gees classic hits at the 6th Skywards Dubai International Jazz Festival on March 1.

IPM Dubai International Plants and Flower Exhibition 4-6th March 2008

ISNR 2008; The Definitive Event for Security and Resilience in the Middle East Region (Abu Dhabi) 2 Mar 2008 - 5 Mar 2008

DUBAI INTERNATIONAL BOAT SHOW International Boat Show 11-15 March 2008

AAME - AUTOMOTIVE AFTERMARKET MIDDLE EAST (Dubai) Automotive Aftermarket Trade Show. Parts, Accessories, Tires, Batteries and Garage Equipment 11 – 13 March 2008

IFJA - International Fashion Jewellery And Accessories Fair & Conference International Fashion Jewellery and Accessories Fair & Conference Dubai – 24-27 March 2008

ACHC Arab Children Health Congress (Dubai) 24.03 - 27.03 2008

ISTF - Dubai International Spring Trade Fair General Consumer Products Fair Dubai 31.03 - 03.04 2008

IWCF - International Watch And Clock Fair & Conference International Watch and Clock Fair & Conference (Dubai) 24-27 March 2008

APEX - Aviation Procurement Expo A unique commercial forum for the Middle East, Africa and Indian Subcontinent, designed to facilitate the substantial and rapidly growing procurement requirements of the Middle East's booming civil aviation sector March – date to be released

DIHF - DUBAI INTERNATIONAL HORSE FAIR Equestrian Event for the Middle East 20-22 March 2008

IQPC Middle East 3rd Annual Data & Document Management in Oil & Gas Abu Dhabi, UAE 24-25 March 2008

INTERIORS Exhibition (Dubai) 30 Mar 2008 - 31 Mar 2008

IQPC Middle East ICT Oil & Gas Summit Millennium Hotel Abu Dhabi, Abu Dhabi, UAE March 30 - April 2 2008

CABSAT Middle East International Cable, Satellite, Broadcast & Telecommunications Exhibition 4-6 March 2008

GIBTM (Gulf Incentive Business Travel and Meetings Exhibition) 2008 8 Apr 2008 - 10 Apr 2008

It is also Prophet Mohamed's Birthday on 30 Mar 2008 which will be a public holiday.

NOTE: Hotels and flights will be full for these events, please book early to avoid disappointment.

Recommended hotels:

5 star:

[Emirates Palace Hotel](#), Abu Dhabi
[Shangri-La Qaryat Al-Beri](#), Abu Dhabi
[Beach Rotana Hotel & Towers](#), Abu Dhabi
[Le Meridien](#), Abu Dhabi
[The Sheraton](#), Abu Dhabi
[Intercontinental Hotel](#), Abu Dhabi
[Al Rawda Rotana Suites](#), Abu Dhabi
[Crowne Plaza](#), Abu Dhabi
[JW Marriot Hotel, Abu Dhabi](#)
[Hilton Corniche](#), Abu Dhabi

Four Star

[Golden Tulip Al Jazira Hotel & Resort](#)
Al Maha Rotana Suites, Abu Dhabi
[Millennium Hotel](#), Abu Dhabi
[Novotel](#), Abu Dhabi

Three Star (still ok, family friendly)

[International Rotana Inn](#), Abu Dhabi
[Golden Tulip Dalma Suites](#), Abu Dhabi
[Al Diar Mina Hotel](#), Abu Dhabi
[Ramee Guestline Hotels](#), Abu Dhabi
[Howard Johnson Hotel Diplomat](#), Abu Dhabi

Serviced Apartments

[Mourouj Hotel Apartments](#), Abu Dhabi
[Beach Club Apartments](#), Abu Dhabi

Deals

Check out this website <http://www.dreamdubai.com/> for special flight/hotel deals. You should be able to book a flight and five star hotel for 7 nights for a maximum of 500 GBP. Also, contact [Omeir Travel Agency](#), based in Abu Dhabi as they have many connections and lots of local knowledge.

When is the last day I can book on a course?

A week prior to the course, depending, however it may be difficult for you to find flights and accommodation then. Instructor course 4 weeks before date of course.

When do I need to pay the balance?

On day of before the start of your course. Overseas customers 1 week before.

I may not make the Course. Can I get my deposit back?

No.

I've booked onto the ** course but don't know how good I'm going to be. If I qualify, can I go on to take other courses?

Absolutely! You can upgrade when you get there.

I've done loads of freediving already. Can I come on the trips and training days but not take a course?

Yes! However you must be a minimum of an AIDA *** Freediver

Why should I do this course?- what will I get out of it?

Every student has different reasons for doing a course with us but we like to pride ourselves on offering a completely unique week professionally run. And what will you get out of it? Why not read our testimonials!

I'm scared of water/ depth/ - how confident do you have to be to take the course?

Our Course Organiser and Head Instructor, Emma Farrell suffered from a fear of water and depth yet started freediving and soon overcame her fears! It obviously helps if you feel at ease already, however our instructors are adept at calming any fears you might have and making sure that students feel safe and secure and learn at their own pace.