

CAREER PROFILES:

NAME: JULIA GUZIUK

POSITION TITLE: **FREEDIVING DIVING** **INSTRUCTOR AT** **FREEDIVING ARAN**

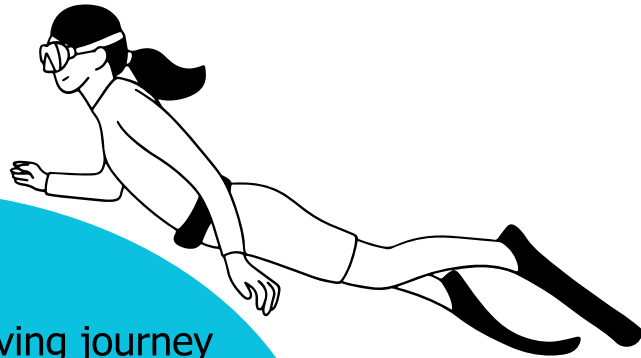


AN OVERVIEW OF YOUR JOB:

My job involves teaching people how to freedive, which means diving while holding their breath. I guide individuals through techniques that allow them to safely explore the underwater world, focusing on breath control, relaxation, and mental clarity. I also emphasize how to protect and appreciate the beauty of underwater environments. Beyond just diving, I teach breathing practices that can help with everyday challenges like anxiety and sleep problems, offering tools that can be used both in the water and in daily life to improve overall well-being.

HOW DID YOU **GET INTO THIS** **CAREER?**

Embarking on my freediving journey feels like a natural progression from my childhood, surrounded by the underwater world. With a scuba instructor dad, I found solace beneath the waves early on, laying the foundation for my love of freediving.



WHAT'S THE MOST CHALLENGING PART OF YOUR JOB?

The most challenging part of my job is definitely the cold water! It can be tough at first, especially when you're spending a lot of time submerged. But once you understand the incredible benefits that cold water has for our body-like boosting circulation, strengthening the immune system, and improving mental resilience- it becomes easier to embrace. In fact, I've learned to enjoy the challenge and use it as an opportunity to deepen my breathwork and connection to the water. It's all part of the experience, and the rewards are worth it!

WHERE ARE YOU USUALLY BASED?

I'm usually based in the water! That's where the magic happens, as I teach freediving techniques in the ocean. When I'm not in the water, you can find me practicing breathing exercises on the beach, or sometimes in a classroom setting, where I help people learn the theory behind these practices before they dive in.

A TYPICAL DAY...

A typical working day for me involves meeting people from all over the world, each with their own unique backgrounds and experiences. I get to introduce them to the incredible world of freediving, teaching them how to hold their breath and dive into the beauty of the ocean. I guide them through techniques that allow them to explore the underwater world safely, all while sharing the serenity and wonder of the experience. My location is the stunning, remote island of Inishmore, where the clear waters and peaceful surroundings create the perfect setting for these life-changing experiences. It's a truly rewarding way to spend the day!

HOW LONG HAVE YOU BEEN IN THIS LINE OF WORK?

Five years



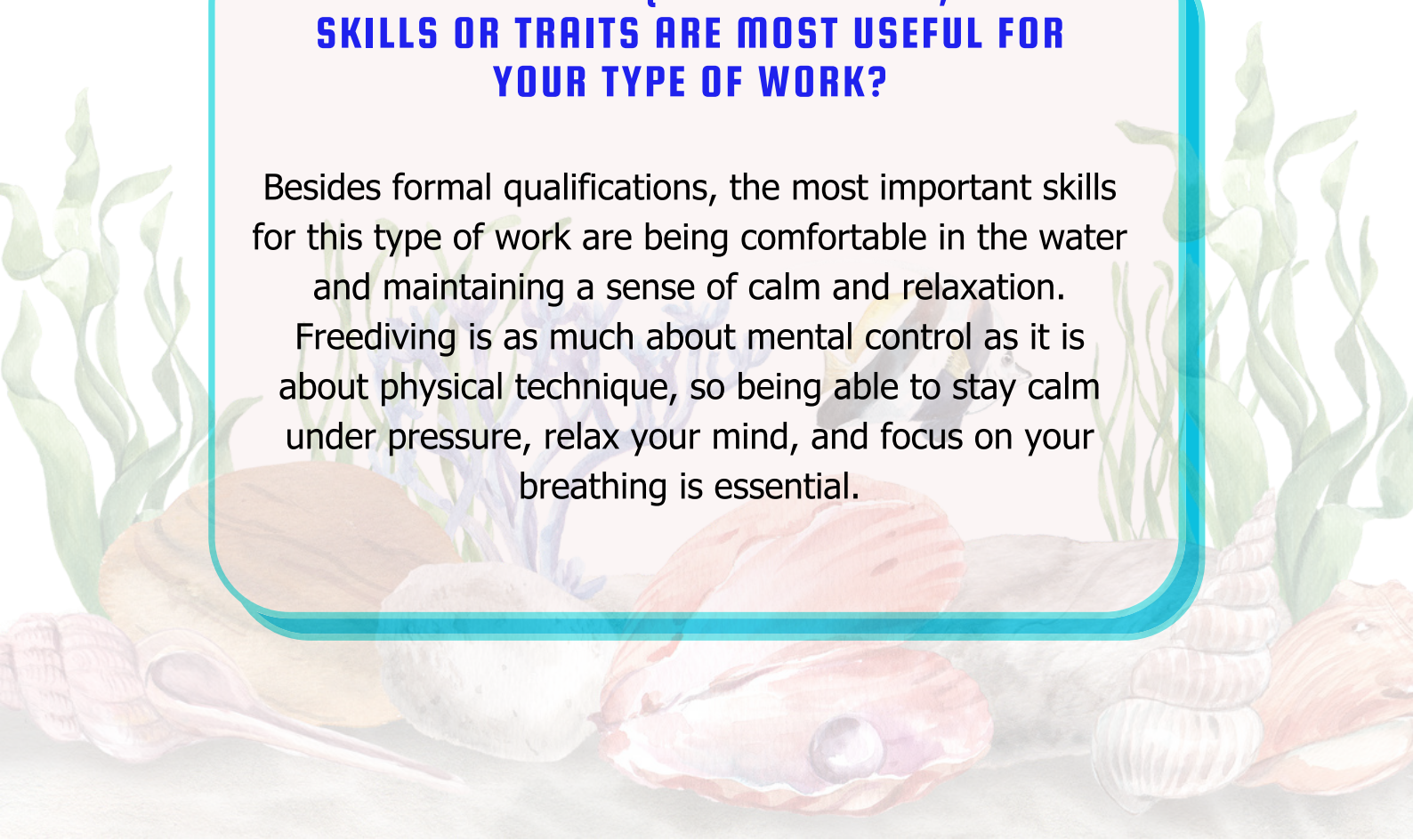
WHAT'S YOUR FAVOURITE PART OF YOUR JOB?

My favorite part of the job is definitely being with people and witnessing their transformation throughout the day. There's something incredibly fulfilling about seeing someone start out unsure or anxious, and then by the end of the session, they've gained confidence, learned to trust themselves, and experienced the freedom of diving and breath control. The growth I see in them - whether it's in their ability to hold their breath longer, calm their mind, or even just feel more at peace-is truly rewarding. It's amazing to know I've played a part in that journey!

BESIDES FORMAL QUALIFICATIONS, WHAT SKILLS OR TRAITS ARE MOST USEFUL FOR YOUR TYPE OF WORK?

Besides formal qualifications, the most important skills for this type of work are being comfortable in the water and maintaining a sense of calm and relaxation.

Freediving is as much about mental control as it is about physical technique, so being able to stay calm under pressure, relax your mind, and focus on your breathing is essential.



WHAT ADVICE WOULD YOU GIVE TO A YOUNG PERSON INTERESTED IN THIS CAREER PATH?



My advice to a young person interested in this career path would be: Go for it!

It's totally worth pursuing. Don't worry too much about having all the qualifications at the start. Once I finished college, I jumped in, and I found that a lot of doors opened up for me. I started by volunteering as a freediver in Asia, which gave me invaluable experience. From there, I worked my way up to earning my instructor qualifications. Now, I get to travel to some of the most beautiful places in the world, teach others, and still earn money for my next adventure. This career has also shown me how important it is to protect our beautiful planet, especially the oceans and underwater ecosystems. It's a rewarding and exciting career that allows you to grow both

Please complete the form below in relation to your current role. The aim of the form is to provide information for secondary school students who are interested in learning more about career paths within the marine sector.

Please return the completed form along with a photograph of yourself or activities being carried out as part of your current role, and return it by email to Friederike Eimer at feimer@eeu.antisce.org for inclusion on our Green-Schools Marine Week webpage and social media. Thank you for your time! personally and professionally while making a positive impact. If you're passionate about it, just take the leap!

WHAT WORK EXPERIENCE, QUALIFICATIONS OR TRAINING WOULD YOU RECOMMEND FOR GETTING INTO THIS CAREER?

To get into this career, I'd recommend starting with a basic "Try Freediving" program to see if you enjoy it and feel comfortable in the water. It's a great introduction that helps you understand the basics of breath control and diving techniques. From there, you can progress, just like I did, by taking more advanced courses and eventually working your way up to becoming a freediving instructor.

