

Preliminary Program

Day 1, November 7 th 2025			
08:00 – 08:30	Registration		
08:30 – 09:00	Welcome Opening Remarks		
09:00 – 09:45	Invited Lecture		Pr Olivier Adam
Session #1: Freediving Physiology Chairmen: Prof. Frédéric Lemaître & Dr Antonis Elia			
09:45 - 10:15	Invited Lecture	Guido Ferretti Energetic of Underwater swimming in apnea	
10:15 – 10:35	Presentation 1	Anna Taboni (Diving reflex)	
Coffee break (15 mins) and book signings			
Session #2: Freedive Training Chairmen: Prof. Guido Ferretti & Pr Tino Balestra			
10:50 – 11:30	Invited Lecture		Arthur Guerrin
11:30 – 11:50	Presentation 1	Antonis Elia (Diving & muscle)	
11:50 – 12:10	Presentation 2	Mathilde Lombard (Swimming & apnea)	
Lunch Break			
13:00 – 14:00	Poster Session / Presentations		
Session #3: Safety & Risk Prevention Chairmen: Dr. Oleg Melikhov & Prof. Frédéric Lemaître			
14:00 – 14:45	Invited Lecture		Abdelatif Alouach
14:45 – 15:05	Presentation 1	Prof. Frédéric Lemaître (safety and lung)	
15:05 – 15:25	Presentation 2	Pr Egi Murat (DCS prediction)	
15:25 – 15:45	Presentation 3	Tino Baslestra (TBC)	
Coffee break (15 mins) and book signings			
Session #4 Chairmen: Prof. Frédéric Lemaître & Prof. Tino Balestra			
16:00 – 17:00	Invited Lecture		Guest TBC
Panel Discussion Chairman: Frédéric Lemaître Panel: Session 1, 2, 3, 4			
17:30	End Session		

20:00 : Gala dinner for speakers only

Day 2, November 8 th 2025			
08:00 – 08:30	Welcome		
08:30 – 09:15	Invited Lecture		Guillaume Néry
Session #5: Freediving and Environmental Factors Chairmen: Prof. Guido Ferretti & Dr. Antonis Elia			
09:15 - 09:45	Invited Lecture	(Marine Mammals and brain)	Jérôme Badaut
09:45 – 10:05	Presentation 1	Michail Keramidas (Thermal stress during underwater activities)	
10:05 – 10:25	Presentation 2	Costalat Guillaume (Immersion & recovery)	
Coffee break (15 mins) and book signings			
Session #6: Accidents in Freediving Chairmen: Dr. Oleg Melikhov & Dr. Juani Valdivia			
10:40 – 11:25	Invited Lecture		Fred Buyle
11:25 – 11:45	Presentation 1	Anne Henckes (Pulmonary edema)	
11:45 – 12:05	Presentation 2	Tino Balestra (DCS)	
12:05 – 12:25	Presentation 3	Juani Valdivia (Safety)	
Lunch Break (1 hour)			
13:00 – 14:00	Poster Session / Presentations		
Session #7: Freediving Psychology & Environment Chairmen: Dr. Mary Schirrer & Prof. Frédéric Lemaître			
14:00 – 14:45	Invited Lecture		Audrey Palma
14:45 – 15:05	Presentation 1	Inès Leferme (Philosophy)	
15:05 – 15:25	Presentation 2	Ethic Ocean project	
Coffee break (15 mins) and book signings			
Panel Discussion Chairman: Prof. Frédéric Lemaître Panel: Session 5, 6, 7			
17:00– 17:30	Closing Ceremony		