



VERA GIAMPIETRO

MEDIAKIT
2023

HER STORY

Vera Giampietro was born in Bellinzona, Switzerland, in 1990. She studied and lived in Lausanne for 10 years. She discovered freediving in 2018 and quickly became an instructor. She started competing on the same year, but because of an unfortunate accident she was forced out of the water for two years. In 2020, she moved to Egypt during the pandemic to reconnect with the sea. In her first month in Dahab, she broke all the Swiss depth records winning a gold medal in her first competition after the accident. Ever since, she kept breaking records in international competitions and she took part in two World Championships.

ABOUT VERA

Yoga teacher, freediving instructor, athlete, passionate climber, Vera is in love with movement and nature. She is based between Switzerland and Egypt, travelling all over the world to train and compete. She finances most of her expenses organising yoga and freediving holidays and workshops about stress management for companies. Vera is on a mission to bring more awareness and mindfulness to others. She loves to talk in public about her experience, hoping to inspire others to follow their dreams.

A SYMBOL OF SWISS EFFICIENCY

Freediving to unimaginable depths requires an impeccable physical and mental preparation. Down there no mistake can be made, the consequences can be unforgiving. The freediver trains the body but finally it's the mind that will determine how successful he or she is. To prevent pressure-related injuries, there's a complex protocol to increase flexibility, as well as to improve the ears equalisation technique.

Being from Switzerland, Vera wants to show the world that the standards of precision and technique that her country is famous for are not lacking in her freediving practice.

AN INSPIRING FIGHTER

An unfortunate event in 2018 left her with a perforated eardrum and for many years she feared that her dream of diving was lost forever. A serie of medical errors abroad left her in a hospital bed and with an important hearing loss on one side. Instead of giving up, she fought fiercely to return competing and today she's not only obtaining great results, but she's also encouraging others to follow their dreams. Through her socials and conferences, she shares her difficult story to encourage others to fight for their right of living their dreams. She doesn't only compete for herself but for all those she inspires!

GOALS

Vera's plan is to break many more National Records in depth, take part to the World Championships and attempt to break a World Record.

For detailed information about Vera's calendar 2023, request the latest version via e-mail.

BIONICAL WOMAN

Vera is going to have a surgery in March because she still suffers from a problematic eardrum perforation and an hearing device is going be implanted in her middle year for her to test it at depths. In collaboration with the manufacturer, an Austrian medical device multinational company, she hopes to bring awareness to hearing impaired people and would be the first athlete in her sport competing with such a device.

NUMBERS

3rd	OVERALL WORLDWIDE AIDA RANKING
19x	NATIONAL RECORDS
73m	PERSONAL BEST
32	YEARS OLD

How long can you hold your breath?

If I am doing static (STA) I can hold my breath for 4-5 minutes after a few repetitions. My personal best is about 5 minutes, but to be honest I never truly trained it because it's usually practised in the pool. I like the open sea. There, the main focus is not on the apnea time, but on the reached depth. Even so, the dive time is an important indicator of our speed, which is a useful tool to understand what we can correct. For example, if I am too slow on the way down, it probably means that I have to improve my freefall position because I am creating drag. If I'm too fast, it can be dangerous because I'm probably wearing too much weight.

How deep can you dive?

In freediving, there are many categories, each of them consist in a different way to move through the water, so the personal bests can be many, one for each disciplines. It is common to consider the deepest reached depth in one of the constant weight disciplines (CWT, CWTB, FIM or CNF). In my case, that is 69 meters.

What's your favourite discipline?

I always preferred to explore depth disciplines, because the ocean is where I feel to belong and where I can understand and improve myself the most.

I always liked to swim with a monofin (CWT) and that's what I trained the most in the past. In 2022, I started to train the purest of freediving disciplines: no fins (CNF). To my surprise, I recently fell in love with it. It's the hardest one because you don't have tools to help you propel yourself, but it's a great way to become more self-confident and to push the limits of your mind.

Where do you train?

In the past years, Dahab (a small bedouin village in Sinai, Egypt) has become my headquarter for deep training. Its thriving freediving community and marvellous water conditions make it an exceptional place where progress happens naturally. When I am in Europe, I am based in Lausanne and I do my strength training during the winter. One month before every World Championship, I move to the place where it will take place to adapt to those specific water conditions. Last year it was in Turkey, the year before in Cyprus.

How has the accident changed you as a diver?

For a long time I didn't know if one day I could have dived again because doctors were telling me that the eardrum perforation I had was impossible to fix. After two years, I decided to try diving and managed to make it work despite the difficulties. Since then, my attitude toward the sport changed completely. I don't take anything for granted anymore, every single dive is a blessing. For me it's not a sport, it's a lifestyle and above all a way to encourage others to follow their dreams so I cherish every second of it.



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