

FREIDA™, the AMA Residency & Fellowship Database® member benefit

Find your next residency or fellowship opportunity



Although it may seem daunting to start looking for your residency or fellowship program, the AMA is here to help.

Simplify your research and prepare for your residency or fellowship with FREIDA™, the AMA Residency and Fellowship Database®, which includes over 12,000 ACGME-accredited programs.

FREIDA's exceptional tools and resources let you:

- **Target and refine your search** using up to 35 filters; for example, location (using list or map view), program type, application information, salary, child care and much more.
- **Save favorite custom searches** and nickname your favorites to re-use with a **free** AMA account.
- **Get information** on sponsoring and affiliated institutions using our directory with over 7,000 training institutions.
- **Explore over 180 specialties and subspecialties with FREIDA's Specialty Guide**, designed to simplify medical students' specialty selection process, including detailed training information and related specialty society information.

Browse our video gallery, including the "Road to Residency" video series, which helps guide medical students to find the types of residency programs that are right for them with valuable insights on budgeting, ranking, Match Day and more.



AMA membership helps you get the most out of FREIDA

AMA members gain access to additional benefits including:

FREIDA members-only dashboard

Compare and analyze program attributes side-by-side and download your results into a personal Excel spreadsheet that you can continue updating. A personalized section for adding your notes, ratings, application status and post-interview thoughts will help you create your Rank Order List for the National Resident Matching Program (NRMP).

FREIDA Residency Calculator

Access FREIDA's easy-to-use residency calculator, a tool that helps students plan ahead for applications, interviews and Match fees.

Join today for full access to FREIDA!