

Tignes Ski Instructor Course

Take to the slopes to train with the top instructors in Tignes and take your first steps to becoming a fully qualified ski instructor.

There are of course many ski resorts but there is only one Espace Killy! This vast French Alps ski area encompasses the world famous resorts of Tignes and Val d'Isere. Come join one of the most experienced group of fully qualified instructors in the Alps including British Demo Team members and BASI examiners, to take to the slopes and gain an internationally recognised Ski Instructor qualification. With over 300km of piste and endless off-piste, Espace Killy offers the most challenging slopes in Europe and is rated the best all-round resort in the world.

The Frontier 10 week ski instructor course is brought to you by Gapski, the market leader in delivering quality professional BASI training to aspiring instructors.

This course is the first step to getting a foot in the industry. With a balance of practice and coaching, along with post training support, we will help you along your path to becoming a top ski instructor. All this, whilst staying in the heart of Tignes and experiencing the best part of the season! You'll feel a part of the life and vibe of Tignes whilst loving the awesome ski and board opportunities that one of the world's best resorts has to offer.

PROJECT HIGHLIGHTS

- Train with top ski professionals
- Enjoy the best off mountain activities, après ski and night life in the Alps
- Professional references and access to networking with industry contacts

PROJECT REQUIREMENTS

- Minimum age of 18 years

A good base level is expected from the start, we recommend that you are able to ski parallel with ease and cope with red runs. You should be in control in off piste conditions and be able to make rhythmical turns close to the fall line at a steady pace. An average experience across courses of this type is roughly 10 weeks previous skiing, but you may wish to travel out a couple of weeks early to gather the experience and enhance your technique beforehand. Let us know if you wish to arrange this and we can advise appropriately for transport and accommodation.

FAST FACTS

Location	Tignes, Espace Killy, France
Activities	BASI Level 1 Instructor Course BASI Level 2 Ski Instructor Course Freestyle, race and personal performance training State-of-the-art video analysis

	Emergency first aid training
Transport	Airport pick up on arrival from Geneva airport
Accommodation	Lodge in Tignes le Lavachet

WHAT DOES THE PROJECT DO?

BASI (The British Association of Snowsport Instructors) is the UK's professional snow sports training body, together with the team they have worked to set up an all round Ski instructor course designed to refine and improve your skills. BASI courses offer the best chance of employment, so that you can become a certified instructor with worldwide opportunities.

The training provided includes: instructor courses, coaching, ski tech, bio-mechanical assessment (optional at an additional price), physiotherapy back-up, First Aid course and state-of-the-art video analysis. The support doesn't end after the training. Post-course you will be given CV and career advice, professional references and access to our network of snow sports schools and industry contacts worldwide

WHAT WILL I BE DOING

You will start with an intensive personal performance course covering high-speed, off-piste, bumps, steeps, racing, snow park and free ride, mountain safety and off-piste awareness. This is followed by a BASI Level 1 Instructor Course, then five weeks of full-time training and shadowing of ski instructors in the workplace, and culminating in the two week BASI Level 2 Instructor Course. Generally training runs from Monday to Friday with the weekends off for free skiing.

Week 1 and 2: Personal Skiing Development Course

The first two weeks are very busy but fun. When you arrive in Tignes you will have welcome drinks at The Alpaka Lodge where you can meet the team. There will be a resort orientation and the chance to settle into resort life. You will be skiing hard with 10 full days training, to prepare yourself for your first exam. You will have the weekends to relax.

Week 3: BASI Level 1 Instructor Course

Monday to Friday will be full days on the slopes doing your BASI Level 1.

Weeks 4 to 8: Training

During these weeks you will receive three full days performance training per week to improve your personal skiing the rest will be taken up with your own personal training and the other subjects mentioned below. With the aid of your trainers you will put your action plan from your BASI Level 1 Course into practice and aim to maximise your potential.

Ski School Experience

You will complete 70 hours of shadowing and ski school industry experience. You will follow instructors at work and get a first hand view as to what it's really like to be a ski instructor.

Avalanche Awareness Module

Learn to use a transceiver properly, how to minimise risk when travelling in off piste terrain, how to spot the danger signs and the procedure to follow in the event of an accident. Most GAP courses don't include this module.

First Aid Course

You will complete a 2 day first aid course recognised by BASI, without which your BASI license will not be valid.

Child Protection Module

This compulsory module is essential for working with children and gaining your BASI qualifications.

Race Training

Try your hand at racing, trained by our own highly qualified and experienced race coaches.

Weeks 9 and 10: BASI Level 2 Instructor Course

This course is two weeks of continual training and assessment, with the weekend off in the middle. On successful completion you will gain the BASI Ski Instructor Qualification. A party and celebrations will be held on the final evening to mark the end of your time and to congratulate you.

Read more about this project on our [gap year blog](#).

WHAT HAPPENS WHEN I ARRIVE?

When you arrive at the airport you will be greeted by your ski rep who will take you on the 3 hour coach transfer up to the resort. Once in Tignes you will be taken to your comfortable lodge and given time to settle in before the evening meet, greet and welcome drink. You will also be given your Espace Killy lift pass which covers the whole of the Tignes and Val d'Isere ski areas, which comprise of over 300km of piste runs to explore.

WHERE WILL I BE STAYING?

You will be staying alongside your fellow trainee instructors in lodge style accommodation, Tignes le Lavachet. These are genuine ski-in / ski-out (simply cross the road to reach the slopes), and right in the centre of resort. No buses needed, no cold long late night walks home. Your lodge has sky TV, free wireless internet, and proper beds, not just bunks.

WHAT WILL I BE EATING?

The lodge will provide breakfast each day. The course is very sociable and for seven nights of the

week dinner is provided for all trainees in a local restaurant in town. In addition a bar will offer a hot lunch seven days a week.

COSTS

10 weeks	US\$ 13,645
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DEPARTURE DATE

The course runs from January - March.

PLEASE CHECK AVAILABILITY WHEN APPLYING FOR THIS POPULAR PROJECT!

DURATION

10 weeks

AIRPORT INFORMATION

Nearest airport(s): Geneva (GVA)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.