



# GAP YEAR

INSTRUCTOR  
TRAINING





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All information contained within this brochure is correct at the time of printing. Details may be subject to change without prior notice.

# WELCOME TO YOUR NEW OFFICE

Imagine each day of the winter spent taking in glorious alpine views, whilst skiing freshly pisted runs?...  
You're imagining an Interski gap year!

The Aosta Valley in Northern Italy is the centre of our operation and where everything happens. Not only does this region offer some of the best skiing in the Alps and an impeccable snowfall record, its resorts are quiet and uncrowded with some of the best skiing in Europe. We've been operating in the valley for over 30 years so we truly are the **Aosta Valley Experts**. Staff, resources, infrastructure, vehicles, support... we have everything in place to ensure your gap year runs as smoothly as possible.

up to 4 weeks  
work on completion  
of the course

It may have been a more efficient use of space to tell you what's not included! Everything opposite is included in your gap year instructor training course with Interski. We don't hide anything or spring any nasty surprises on you.

**£7,999**  
FULLY INCLUSIVE

**WHAT'S INCLUDED?**

10 week course • Guaranteed work on successful completion of the course - up to 4 weeks\* • 8 days technical training prior to BASI level 1 course • BASI level 1 course • BASI level 2 course • BASI manuals & course materials • BASI child protection module • BASI associate membership fee and full membership upgrade • 2 day first aid course • Video analysis for personal performance • Minimum 8 hours weekly training • Full winter sports insurance • Transport to and from resort by executive coach • Half-board accommodation • Snack lunch vouchers to use in our partner restaurants on the mountain, 7 days a week • Season lift pass • Equipment storage • Use of on mountain ski hire • Ski-tech familiarisation session • Access to ski servicing equipment • Interski discount card, offering reductions in numerous shops • Dedicated course mentor • Scott Mid-layer Jacket • A fantastic lifetime experience • Unlimited use of Skyway Monte Bianco • 210+ Training hours • 30% off first visit to Pre St Didier Spa • 6x one day ski pass for Verbier • Transport to and from resort (includes outbound flight & transfer from Geneva)

\* Terms and conditions apply, please contact us for details.



# THE COURSE PROGRAMME

## WEEKS 1 AND 2 - FAMILIARISATION & TRAINING

On your arrival in resort the whole team will meet up and go for lunch/dinner together! This will allow you the chance to relax and get to know everyone on the course.

During the first week's skiing you will have performance training on the Monday, Wednesday and Friday. On Tuesday and Thursday you can use this time to practise and get to know the ski resort a bit better. The first week is a gentle introduction to help you acclimatise to your new surroundings and help you find your ski legs again. This will be followed by your first weekend where you will take your 2 day First Aid Course.

Week 2 will be a 5 day personal performance course. This is designed to be more intense than the first week and will introduce you to the BASI system. Areas covered include: The central theme, fundamental elements and we'll also cover piste performance, steeps, bumps and off piste.

## WEEK 3 - BASI L1 ALPINE SKI INSTRUCTOR COURSE

This is a 5 day training and assessment course delivered by a BASI Trainer. Together with your First Aid Course and 35 hours snowsport school experience, this qualifies you to teach alpine skiing on an artificial or indoor ski slope in the UK.

## WEEKS 4-8 - PERFORMANCE TRAINING & SHADOWING

The following 5 weeks are spent concentrating on your all-round skiing performance and shadowing BASI qualified instructors in the Interski Snowsport School. You will receive a minimum of 8 hours training per week and you can expect to accumulate 20 shadowing hours a week too!

## WEEKS 9-10 - BASI L2 ALPINE SKI INSTRUCTOR COURSE

A ten day continual training and assessment course led by a BASI Trainer. This is your chance to demonstrate all the new skills you have learnt and that you have the necessary ability to be a BASI L2 Alpine ski instructor!

## WEEKS 11+ - TEACHING FOR THE INTERSKI SNOWSPORT SCHOOL

Providing you have shown the right attributes we are in a position to offer you up to 4 weeks work with the Interski Snowsport School! This is a unique selling point of our programme and we aren't aware of another gap year provider able to offer this as part of their package.



# WHY INTERSKI?

**With so many providers on the market, choosing the right gap year instructor training course is not an easy task. So why choose Interski? What makes Interski better than the rest?**

From accommodation to lift pass, from meals to training, our gap course is fully inclusive with no hidden charges or nasty surprises. We have over 30+ years' experience in the Aosta Valley, and we are a privately owned company. We have been running gap courses for 17 winters and each year our package gets better and better! Winter season 14/15 saw the introduction of an extra week into the programme and the introduction of the Interski Academy branded Salomon Halo Down jacket.

The most unique selling point we have over our competitors is that we are the only gap year provider that can guarantee up to 8 weeks' ski teaching work on completion of the course. Other providers are in constant contact with the Interski Snowsport School asking for us to take their successful candidates, because they can't provide!

We are financially sound, ABTA bonded and an ATOL holder. How many other gap year providers can offer you this level of financial protection?

What else makes us different? We have the largest British Snowsport School in the world! We employ over 800 instructors on a part time basis over the winter. The Interski Snowsports School provides you with the best shadowing environment throughout your course that you could ever wish for. This helps further solidify your training and learning environment.

The training team is dedicated and relentless in their efforts to get you to the required level.

training delivered by  
**BASI L4 ISTD**  
 trainers



# TECHNICAL TRAINING

Technical training will be delivered by the Interski Snowsports Training Manager, Andy McIntosh. Andy is a BASI L4 qualified Alpine Ski Teacher with Eurotest and French Equivalence.

The technical training starts with 8 days training prior to the BASI Alpine L1. After your BASI L1, training is usually every Tuesday and Thursday, 09:00-16:00. The training throughout the course will cover all the necessary technical assessment areas. You will also receive video feedback on your technical performance, this might be on the mountain or in the evening. On Monday, Wednesday, Friday and Saturday your training will continue as you will be shadowing in the largest British Snowsport School in the alps. This is an excellent opportunity to continue to develop your understanding and also practise the BASI Central Theme, a technical assessment area on the BASI Alpine L2.

The training weeks are excellent fun, physically tiring and very rewarding. We work exceptionally hard to meet your commitment to us - we want to continue our exceptionally high pass rate!

**Choosing the right gap year course is so much more than comparing prices - this is the place where you're going to spend the winter, so the location needs to be perfect!**

We know from over 33+ years experience that Italy's Aosta Valley is one of skiing's best kept secrets. It has the most stunning views, a superb snowfall record and, being a lesser-known region, lift queues are a rarity.

**LOCATION**  
**LOCATION LOCATION**

# COURMAYEUR

Where else can you go skiing and view Monte Bianco from so close! Our gap course is based in Courmayeur which is located at the foot of Mont Blanc surrounded by jaw dropping scenery. It offers excellent skiing for all levels.

## COURMAYEUR - THE TOWN

Courmayeur is perhaps the best known of the Aosta Valley's winter resorts, and with good reason. Nestled at the foot of Mont Blanc, it enjoys a spectacular location. The old village has a delightfully traditional atmosphere, and its narrow cobbled streets and piazzas are home to chic boutiques, delicious patisseries and a wide choice of restaurants, pizzerias and bars.

## APRES-SKI & NIGHTLIFE

The après-ski and nightlife are amongst the best in the alps. From the lively Bar Roma to the Guide Bar on the main pedestrianised cobbled street.

## COURMAYEUR - THE SKI AREA

With 100kms of perfectly maintained pistes accessed by modern state-of-the-art lift installations and serviced by an efficient system of programmed snow cannons, Courmayeur provides the perfect alpine environment for teaching and learning.

The Baby Bowl provides a safe haven for beginners, whilst the open runs, mogul fields and outstanding back country skiing tempt the more advanced.



# NIGHTLIFE

**NO ONE LOOKS BACK ON THEIR LIFE AND REMEMBERS THE NIGHTS THEY GOT PLENTY OF SLEEP!**

**'All work and no play makes Jack a dull boy,' goes the old proverb and we couldn't agree more! If you're working hard during the day, it's good to unwind and relax in the evening.**

Courmayeur boasts quite an array of stylish bars and restaurants, all appealing to different tastes. From classy à la carte eateries to simple snack bars, there is something to suit your appetite. Or if you're looking for a few drinks, there is everything you could want - traditional continental style cafés, to lively bars and nightclubs... and everything in between!



# ACCOMMODATION

## THE HOTEL TELECABINE

Your gap course needs to have a good standard of accommodation. After all, this will be your new home for the winter. It's for these reasons the Telecabine has become an integral part of our programme.

The Telecabine is ideally located for access to the main lift system to Courmayeur (a ten minute walk) and is only a 15 minute walk to the main pedestrianised centre of Courmayeur. All the rooms are triple, all with private facilities, Wifi (throughout the hotel) and TV. There is also free parking should you want your own car in resort. Breakfast and evening meals are served in the restaurant downstairs.

# GUARANTEED WORK

## ON SUCCESSFUL COMPLETION OF THE COURSE

Want to work after the course and put all your new skills into practice? We thought so too! We are the only gap year provider to be able to guarantee you up to 4 weeks work on successful completion of your course\*.

We are able to do this as a result of a combination of factors. Interski operates in the Aosta Valley, an autonomous region within Italy. The regional laws allow for BASI L2 alpine ski instructors to work for up to 45 days per winter season. You are unable to work in France with a BASI L2 alpine ski instructor qualification. This is why many of our competitors ask if we can provide their students with work!

In addition, Interski has its very own Ski School, the largest British Ski School in the world. We employ up to 800 instructors over the duration of the winter. As a result, we are in a very strong position to offer you work.

Having our own Ski School also allows you the perfect environment to accumulate your shadowing hours. We have a wide variety of ages and abilities attending our Ski School enabling you to gain as much experience as necessary. The instructors we employ are from a variety of ages and experiences too, further adding to your overall learning environment.

### FINANCIAL PROTECTION

We understand that this is a massive financial commitment and you are looking for security. No problem. We have been around for 35+ years and we're not going anywhere fast, anytime soon. We're privately owned and financially secure, our record is impeccable.

We are fully ABTA bonded and an ATOL holder. Can all our competitors offer this same level of financial protection? We'll let you find out...

\* subject to candidate performance and suitability



up to four weeks\*  
guaranteed work



As a newly-qualified instructor, the first time having a group of clients that have never skied before was always going to be daunting. Nonetheless, with the experience of shadowing other Interski instructors and the help of the Interski Resort Team, the transition from client to instructor was made as smooth and easy as possible.

Dan Cordeshci

“After passing on the Friday and celebrating that evening you will get your infamous red jacket on the Sunday and will be teaching your first class on the Monday”

George Diffy

The teaching aspect was something I was apprehensive about beforehand; however once you have been given your red jacket and receive your first group, the feeling is amazing. The job is very rewarding, great fun and it's brilliant to see your students' progress through the week.

Myles Catton

Interski Gap...

what an awesome experience!

One of many highlights was passing the BASI Level 2 and whilst celebrating that success, completing the paperwork for the next step of my journey teaching on the Monday morning. Having upto 8 weeks work with the Snowsport school was one of the reasons I chose the Interski Gap! It enabled me to get over the 200 hours to move onto my BASI L3.

Simon Walmsley



Chris Darnley

Interski have been so supportive throughout the whole course, whether that was sorting out personal problems, organising meals, day trips, or transport. Most credit must go to course leader Andy McIntosh for all the hard work that he does to support the group. The amount of time, effort and experience he brings to the course and each and every individual is first class. We learnt so much from him as our trainer, including his awful jokes! We quickly discovered how little we knew but with his help and the support of Interski we were stretched towards attaining our ultimate goal of becoming a Level 2 Ski Instructor. One of the most valuable experiences is the shadowing you do with

qualified instructors. This gives you the chance to see theory put into practice and provides the opportunity to develop a whole range of technical and interpersonal skills. From the start to the finish of the course I have had a smile on my face. I have met and befriended so many different people, from all walks of life. The camaraderie and bonds that developed have been incredible and will result in some lifelong friendships. In thirteen weeks I have developed technical skills, gained qualifications, made friends, built experience, laughed a lot, partied frequently, learnt about myself and had the experience of a lifetime. Roll on next season!!



Ollie Morris

As a guy that come from Israel I've never heard of Interski before. I wanted to become a ski instructor for a long time. I made a little research on the BASI website and Interski looked like the most inviting option. One of the best things with Interski is the fact that you can actually teach with Interski ski school after completing the course. Also when you choose Interski as a gap year course everything is included! Even things that did not supposed to be included like helping me with finding medical help when I

was ill. One of the things that I was most impressed from Interski is the manners', when I first arrived and I did not know anyone all of the staff were so kind and helpful! The difference between how I ski before the course and now is enormous! Thanks to the training with Andy McIntosh I've improved my skiing much more then what I've expected I made so many friends during this course and I can't wait to come back next year to work for Interski, I will never forget this experience.

I heard about taking a course to become a ski instructor through a friend, but wasn't sure which company would be the best opportunity for me. I read about Interski on the internet and I can now say that I am very glad I chose Interski! Not only did I achieve my Level 1 and 2 BASI qualifications, I also had such a fantastic time. I met some great people, and most of all I enjoyed every part of the skiing, from the bumps in Courmayeur to the off-piste skiing in Pila. The course is carefully divided into training days and shadowing days, which were taught by Andy McIntosh. Andy helped

me improve my skiing tremendously by giving constant feedback, verbally and by reviewing the videos. On other training days we "shadowed" experienced instructors for a week. I was very fortunate to shadow a group of special needs children for a week, and watching them progress throughout the week was the most rewarding thing! Interski has definitely helped make me a more confident person and made me love skiing even more! I would definitely recommend Interski to anyone who wants to get their qualifications!



Rachele Ober

Before I booked on to the course I hadn't heard of Interski. with Interski they guarantee you get instructor work after you complete the course, where as other gap course they cannot guarantee work. Over the course of nine week us "gappies" spent so much time on the snow where we are either training or spending time with

instructors, shadowing them so we get an idea of what to do when we pass. As well as spending time on the snow you do also have some down time of an evening where there might be something on. I can't thank Interski enough for everything and especially Andy Mac.



Nadav Drabkin

# FREQUENTLY ASKED QUESTIONS

## HOW CAN YOU OFFER THE COURSE SO MUCH CHEAPER THAN THE OTHER GAP COMPANIES?

We are the biggest UK tour operator in the Aosta Valley. We pass on to you the benefit of our bulk purchasing power and existing infrastructure in resort. It's in our interest to invest in the next generation of snowsport instructors.

## IS YOUR TRAINING DELIVERED BY L4 ISTD SKI INSTRUCTORS?

Yes, our programme will be delivered by a BASI L4 ISTD ski instructors.

## ARE YOU A BASI EUROPEAN BUSINESS PARTNER?

Yes, we are one of a select group of companies to be granted this status by BASI.

## DOES THE PACKAGE INCLUDE FOOD?

Breakfast, snack lunch and evening meals are all included on each and every day of your course.

## WHAT ARE THE ROOMING ARRANGEMENTS IN THE HOTEL?

The Hotel Telecabine accommodates up to 3 to a room with private en-suite facilities. Single rooms are available at an extra cost. Please contact us for details.

## IS THERE A REQUIRED LEVEL FOR THIS COURSE?

Whilst we do not specify a minimum ability level for the course, BASI recommend 10 weeks skiing experience before attending an Alpine L1 Instructor Course.

## WHERE ARE THE SHADOWING HOURS COMPLETED?

With the largest Snowsport School in the Alps, with the Interski Snowsport School.

## DO YOU INCLUDE WINTER SPORTS INSURANCE?

Yes, insurance is included, and is provided by Fogg Travel Insurance, one of the market leaders in winter sports insurance. Insurance is NOT included for non-UK residents.

## DO I HAVE ANY TIME OFF DURING THE COURSE?

We schedule every Sunday as a day off. All other days will be scheduled for either training or shadowing.

## HOW FIT DO I NEED TO BE TO COME ONTO THE COURSE?

Whilst you do not need to be an Olympic athlete, we do expect you to be able to ski 6 days a week for around 7 hours per day.

## IS EVERYTHING INCLUDED?

Yes! All you have to bring is spending money!

## HOW LONG HAVE YOU BEEN DELIVERING GAP YEAR PROGRAMMES?

This will be our 18<sup>th</sup> year and we just keep getting better and better!

## IS A SEASON LIFT PASS INCLUDED?

Yes, and the lift pass includes unlimited use of the new Skyway lift, 30% discount in the Pre St Didier Spa and 6 x 1-day lift pass in Verbier.

## HOW DO I CONFIRM MY PLACE?

Simply call the UK office on 01623 456333 and we can take a deposit payment of €750 over the phone. Alternatively, we can provide our bank details if you would prefer to transfer the money electronically.

# SEASON OVERVIEW



Valle d'Aosta  
Vallée d'Aoste



WEEK 01  
5th Jan 20  
Courmayeur  
Technical Training

WEEK 02  
12th Jan 20  
Courmayeur  
Technical Training

WEEK 03  
19th Jan 20  
Courmayeur  
BASI Alpine Level 1

WEEK 04  
26th Jan 20  
Courmayeur  
Technical Training  
and Shadowing

WEEK 05  
2nd Feb 20  
Courmayeur  
Technical Training  
and Shadowing

WEEK 06  
9th Feb 20  
Courmayeur  
Technical Training  
and Shadowing

WEEK 07  
16th Feb 20  
Courmayeur  
Technical Training  
and Shadowing

WEEK 08  
23rd Feb 20  
Courmayeur  
Technical Training  
and Shadowing

WEEK 09  
1st Mar 20  
Courmayeur  
BASI Alpine Level 2

WEEK 10  
8th Mar 20  
Courmayeur  
BASI Alpine Level 2

WEEK 11  
15th Mar 20  
Courmayeur  
Teaching Week  
One

WEEK 12  
22nd Mar 20  
Courmayeur  
Teaching Week  
Two

WEEK 13  
29th Apr 20  
Courmayeur  
Teaching Week  
Three

WEEK 14  
5th Apr 20  
Courmayeur  
Teaching Week  
Four

WEEK 15  
12th Apr 20  
Courmayeur  
Teaching Week  
Five



**FULLY INCLUSIVE**  
**BEST PASS RATES**  
**GREAT SUPPORT**  
**SUPERB VALUE**

**FOR THE TIME OF YOUR LIFE...**  
**GET IN TOUCH NOW!**



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