

# International Snow Training Academy, ISTA.

<https://www.ista-education.com/en>

- Cost: \$500.00
- Location: Antarctica Adventure Cruise 2020
- 2- day Course

**BOOK NOW:** <https://ista-education.com/en/book-online>

My name is Hans Solmssen and I'm one of ISTA's, mentors, in charge of training other mountain guides to teach the ISTA technique. Here is a link to my bio: <https://www.swissguides.com/about/>

For me, ISTA is unique in that it was not created exclusively by avalanche experts, but rather by a team of "experts in Education, Sport Psychology, Pedagogy, Nutrition, Meteorology, Snow Science, Risk Management, Research Methods, as well as Snow Professionals and Mountain Guides." There are many different avalanche awareness courses available today created by avalanche experts, but ISTA invested a large sum of money to gather experts from all different backgrounds to create a unique avalanche course that considers of how people learn. The teacher book used by instructors is so structured that every course is taught exactly the same, according to the strict rules of student participation and comprehension.

**Why ISTA?** <https://www.ista-education.com/en/why-ista>

Avalanches are not a twist of fate. Practitioners change, habits change – despite the wide range of rescue gear available, risks related to avalanches don't change! True education can save your life and that of others.

- Approximately 200 people die every year in avalanches in the Alps, US and Canada.
- 90% of avalanches involving skiers are triggered by the skier himself.
- 1 in 2 avalanche victims people die.

## **YOUR MOST VALUABLE SAFETY TOOL IS YOUR MIND!**

Avalanche training opportunities vary from country to country and very often cater to advanced amateurs and professionals. ISTA's training program is intended for the general public and is delivered by affiliated mountain guides. The goal is not to provide extra equipment, but rather the knowledge and skills required to assess and prevent risk. ISTA is innovative in that it offers a concrete, unique and unmatched response to the need for increased safety in the mountains.

You have the gear - now boost your skills!

and at <https://www.ista-education.com/en/program>

ISTA is an international, progressive avalanche awareness training program for backcountry enthusiasts.

## **4 fundamental pillars build the ISTA concept:**

1. Speak a universal language within our community – worldwide.
2. Keep learning progressing through the certification levels regardless of what ISTA location you practice your sport in
3. Know your mind and body using the Human Factor Self-Assessment (HFSA®) tool before you start a project
4. Stay within the boundaries of pleasure and freedom (BEFORE) and avoid trouble (DURING and AFTER) using the BDA® system

BEFORE: Acquire knowledge and skills, understand how to prevent and manage risk

DURING: React effectively in an avalanche situation

AFTER: Manage a crisis positively and successfully

International expertise united to design our courses

Our courses have been developed by over 40 Experts from 9 countries and 3 continents.

These experts are specialists from Education, Sport Psychology, Pedagogy, Knowledge Transmission, Nutrition, Meteorology, Snow Science, Risk Management, Research Methods, Snow Professionals and Mountain Guides, all of whom share a common passion for the mountains.

An easy accessible and progressive teaching method centered around the human being

The ISTA teaching method is accessible to all and designed to allow individuals to progress through the levels as they desire.

The training method is human-centered and combines theory with practice. Participants keep their course material with them during practical exercises. The program is intended to balance skill development and pleasure by providing participants with a fun and active learning experience.

All ISTA courses are supported by illustrated books. They contain simple, clear, precise and hands-on explanations.

All course material is available in 4 languages: English, French, German and Italian.

All our courses are taught by IFMGA (UIAGM) and AIARE mountain guides who have accomplished an ISTA certification training.

Today, ISTA has certified 40 mentors and over 500 mountain guides and ski instructors in Switzerland and in Europe.

In collaboration with a selected group of strategic partners in the tourism and sports industry, ISTA desires to establish an international quality label. Once certified, participants will have access to exclusive offers which will reward their efforts (gear, travel and tourism).