

# TRAINING PROGRAM

## MOUNTAIN LEADER

TRAINING 2027-29 | SESSION 1



## SUMMARY

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## ANNIVIERS FORMATION École de St-Jean

The mountain leader training offered by Anniviers Formation is aimed at future mountain professionals who wish to take the Swiss federal mountain leader diploma.

The training is based on the profession charter of activities, federal rules and guidelines.



It is recognized by the State Secretariat for training, research and innovation (SEFRI) as preparatory training for the federal mountain leader diploma. It is **UIMLA certified**, an international training standard and guarantee of quality and qualification.

## TRAINING MODULES

Course

Objectives

Dates

## TRAINING STRUCTURE

The training is organized according a modular principle (see modules descriptions) which resolves around five main areas :

- Safety
- Field technique
- Leadership skills
- Teaching and animation
- General knowledges

It takes place over a total of **48 days** spread over 2 years.

From the second year of training, participants must complete **4 days of practice** (2 days in winter - 2 days in summer) to put into practice and demonstrate the knowledge acquired during the training modules. Following these training days a report is produced highlighting the skills acquired and those that need to be worked on.



**48 training  
days spread over  
2 years**



**4 days of  
practical  
training**



**Preparatory exams  
for the federal  
qualification**



**Individual feedback and  
coaching throughout the  
training**

## VISION OF THE PROFESSION

This training is part of the political priorities linked to safety and development of the mid mountain environment tourism. The mountain leader is a professional service provider in the area of tourism, education and leisure. Clients can be individuals or groups (families, institutions, companies, schools and so on..).

He / she is able to :

- Develop and offer a program of activities for clients (mountain hikes, snowshoeing, sites visits, trekking) without resorting to the use of technical means to aid progress in the mountains
- Organize, manage, inspire and lead a group while respecting the accepted safety standards, whether in towns, countryside, lowlands or middle mountains
- Utilize inspiring teaching techniques to impart knowledge and personal experience of nature, culture the local and regional history and economics
- Bring added value to the service by providing an enthusiastic approach to forging links with the different areas of expertise within the profession
- Adapt to situations as they arise whilst taking initiatives that will motivate
- Describe the specific regional requirements for the protection of nature and landscapes, develop sustainable tourism products and behave appropriately in protected areas
- Manage an emergency situation

## CONDITIONS OF ADMISSION AND REGISTRATION

- Basic knowledge of French is strongly recommended.
- To register for the mountain leader training the following conditions must be met:
  - Send a completed application form by email ([secretariat@anniviersformation.ch](mailto:secretariat@anniviersformation.ch)) or online ([anniviersformation.ch](http://anniviersformation.ch)) including:
    - ✓ A cover letter
    - ✓ An up to date resume
    - ✓ A list of completed hikes (20 days in summer, 10 days in winter)
    - ✓ A medical certificate dated less than 6 months old, attesting to the physical aptitude for the profession of mountain leader
    - ✓ A certificate of private civil liability
    - ✓ Proof of coverage in the event of non-professional accidents

Once the administrative file has been completed a telephone interview will be organized with the educational manager. Candidates will be informed by email of the outcome of their application.

**The deadline for registration is March 1st 2027**

## RATES, INSURANCE AND GSC

### Training cost

The price of the training will be 14,900 CHF, payable in 24 monthly instalments of 621 CHF/month. An amount of 200 CHF will be invoiced for admission fees – nonrefundable in the event an application is refused.

The school offers cancellation insurance with Allianz which can be taken out at the time of registration by clicking on [this link](#).

The price of training includes tuition and lunches. The cost of half board is the responsibility of the participants. As part of the group experience, half board accommodation is compulsory during modules that take place outside the Val d'Anniviers.

Our general conditions of sale are available on our [website](#).

### Financial support from the Confederation

The Confederation offers financial support for preparatory courses for the federal exams and in addition reimburses [50% of the training costs](#) for the candidates who have passed the federal exam. The allocation of the grant is irrespective of passing or failing the exam >> [Infos](#)

### Support from the State of Valais

As of January 1st, 2021, the State of Valais will financially support the training of mountain leaders for students residing in the Valais who have passed the federal certificate. This support amounts to [25% of the training costs](#). The costs of accommodation, meals, purchase of equipment etc., and not included. This financial support comes in addition to the federal aid of 50% granted by the Confederation.

## PRACTICAL INFORMATION

### Training Site

The majority of the training takes place in Anniviers, although some training modules or overnight stays are held elsewhere in French-speaking Switzerland.

### Course materials

As part of our environmental approach the school supports a 'paperless' approach. All documentation, including course materials can be downloaded from our training platform.

Anniviers Formation offers membership to the Air-Glaciers Rescue Society during the two years of training. Participants also receive an [Pass Anniviers Liberté](#), offered by Anniviers Tourisme.

## CLOSING DAY AT THE END OF TRAINING

At the end of the 10 course modules a day will be organized to close out the training; providing the opportunity for the group to share their experiences in a congenial atmosphere.

### Content of the day:

- Feedback on training - group work - professional identity
- Aperitif and meal
- Feedback from former students on the federal certificate exams
- Discussions and Q&A

**Date:** March 24<sup>th</sup> 2029

## ANNIVIERS EXAM TRAINING PREPARATION FOR THE FEDERAL DIPLOMA

The preparatory exams for the federal diploma offered by Anniviers Formation aim to assess the skills of the participants at the end of the training. This will allow them to refine their personal preparation for the federal diploma. Passing these preparatory exams lead to obtaining the **mountain leader certificate issued by Anniviers Formation** (a nonprofessional certificate).

**Dates :**

General knowledge exam	April 21, 2029
Practical hiking exam	March 17, 2029

### NEW

From 2022, Anniviers Formation will offer a written general knowledge exam (optional for obtaining the school's certificate) carried out under the actual conditions of the federal certificate. The assessment will cover fauna and flora (identification, ecology of species and tracking), the forest ecosystem, natural environments, geology and history.

**Date :** General knowledge written exam September 15, 2029

## CONTACT

Anniviers Formation, École de St-Jean  
[anniviersformation.ch](http://anniviersformation.ch)  
Rte de Plampraz 4 / 3961 Chandolin

Registration and Information  
[secretariat@anniviersformation.ch](mailto:secretariat@anniviersformation.ch)  
+41 (0)79 522 27 33

# SAFETY AND FIRST AID - SUMMER

## MODULE 01

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### OBJECTIVES

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#### **Master the skills of orientation**

The use of a map, compass, altimeter and GPS.

#### **Learn how to apply the 3x3 method**

Understand the limiting factors. Learn how to choose the best route by assessing the conditions, the difficulties of the terrain and the abilities of the group.

#### **Plan a route and its options**

#### **Master the use of technical equipment**

Develop the expertise for use of rescue equipment, administering first aid and secure a rescue action of the victim (use of pharmacy, repair equipment, cords, carabiners, radio or mobile phone and orientation equipment).

#### **Master first aid skills**

Take care for an injured person until the arrival of external help

#### **Develop skills for the application of basic medical knowledge**

Master the practice of resuscitation (BLS) and the treatment of hiking specific minor injuries (blisters, sprain, etc.)

#### **Be able to plan for and take the necessary measures in the event of a rescue**

Understand and use the equipment and information required for a rescue situation

#### **Develop expertise in principal meteorological phenomena**

Knowledge of the local weather conditions (dew, snow, rainbow, storm etc.) and be able to translate this information into the planning of a hike.

### COURSE

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- Orientation - Safety - Itinerary
- Planning
- Use of technical equipment
- First aid
- Meteorology

### DATES

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#### **Duration**

6 days

#### **Session 1**

17 to 22 May 2027

**COMPULSORY MODULE**

# NATURE

## THE BASICS

### MODULE 02

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#### OBJECTIVES

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Explain the functioning of regional

ecosystems Understand the functions of

the forest

Explain the different parts of a plant and their role

Recognize common plants and animal species in our

region

Identify a plant, an animal or signs indicating presence of animal by use of reference books

Describe how some typical food chains work

Identify local rocks in the context of the four main rock types

Explain the principles governing the formation of the Alps, the Jura and the Middle Country

#### COURSE

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- Fauna (mammals)
- Flora and natural environments
- Forest ecosystem
- Geology

#### DATES

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**Duration**

6 days

**Session 1**

21 to 26 June 2027

# SUMMER HIKING

## MODULE 03

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### OBJECTIVES

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#### **Master the skills of orientation**

The use of a map, compass, altimeter and GPS

#### **Learn how to apply the 3x3 method**

Understanding the limiting factors. Learn how to choose the best route by assessing the conditions, the terrain and the abilities of the group, decide of the feasibility of the chosen itinerary. Do a reconnaissance of the hike.

#### **Plan a summer hiking route with options**

included Master the use of technical

equipment

#### **Master the organization of a summer bivouac**

The build of a summer bivouac taking into account security, logistics and animation of the group.

#### **Ensure clear and appropriate communication with clients**

Communicate in a targeted way to ensure it is adapted to the circumstances and the individuals involved by using the skills of verbal and non-verbal communication. Learn how to make decisions appropriate to a particular situation and be prepared to take an authoritative approach.

#### **Demonstrate active listening to the client and act according to their needs**

Give the group and individuals the opportunity to get involved, express themselves and make decisions whilst taking into account their needs and abilities.

### COURSE

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- Orientation - Safety - Itinerary
- Planning
- Hike with overnight stay in a bivouac
- Management of the group

### DATES

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#### **Duration**

5 days

#### **Session 1**

13 to 17 September 2027

**COMPULSORY MODULE**

# LEADING AND FACILITATING A GROUP

## MODULE 04

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### OBJECTIVES

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#### **The different ways to facilitate a group**

Be able to propose and put into practice different methodologies for facilitating and entertaining groups in a varied way and adapt to unforeseen events.

#### **Prioritize an active pedagogy**

Adopt teaching methods involving the active participation of the clients.

#### **Adapt the method and teaching to the situation**

Implement facilitation methods that are adapted to take into account the diversity of the audience. Consider, socio-cultural environments, age of participants, mobility, motivation etc. Adapt the methods to the client so they are able to feel engaged.

#### **Know how to manage conflict**

Contribute to maintaining a positive spirit within the group in the event of a conflict.

#### **Define the client group according to the difficulty of the route**

Take into account the physical and mental abilities of the client group and ensure the requirements to complete the route are fully communicated.

#### **Choose the best route suited to the client group**

### COURSE

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- Active pedagogy
- Communication
- Conflict management
- Exercise physiology

#### **Information session**

Federal Diploma, ASAM and legal framework

### DATES

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#### **Duration**

4 days

#### **Session 1**

11 to 14 October 2027

# SAFETY AND FIRST AID - WINTER

## MODULE 05

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### OBJECTIVES

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#### **Master the skills of orientation**

The use of a map, altimeter and GPS.

#### **Learn how to apply the 3x3 method in winter conditions**

Understand the limiting factors, decide of the feasibility of a route and the best itinerary by assessing the conditions, the terrain and the abilities of the group.

#### **Plan a winter route and its alternatives**

#### **Master the use of technical equipment in winter**

#### **conditions Master winter first aid skills**

The care of an injured person until help arrives.

#### **Recognize the different types of snow and know how to assess the risk of avalanche**

#### **Evaluate an emergency situation and apply an accident management procedure**

#### **Plan the necessary measures for a rescue**

Know the equipment and information necessary to initiate a rescue. Be able to find a buried person in the snow in a given time.

### COURSE

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- Orientation - Security - Itinerary
- Planning
- Winter equipment
- Winter medicine
- Snow and avalanche
- Rescue

### DATES

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#### **Duration**

5 days

#### **Session 1**

17 to 21 January 2028

**COMPULSORY MODULE**

# HUMAN ACTIVITIES AND HISTORY

## MODULE 06

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### OBJECTIVES

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#### **Promote sustainable development through environmental, socio-cultural and economic ethics**

Create tourist products that meet the criteria of sustainable development. Commit personally to this goal and demonstrate to the client group, through your behavior, a commitment to respect the natural environment, the populations and the economic assets encountered.

#### **Be able to put regional economic development in context**

Recognize issues raised by the differing current and past regional economic sectors.

#### **Promote local and regional artisan products**

Promote local products through visits or tastings at regional producers. Understand the existing labels (IGP, AOC, Organic production etc.) as well as the manufacturing process of artisan products.

#### **Be able to put regional history in context**

Gain the knowledge and develop the ability to explain the main historical timeline for a region.

#### **Determine the human influence on a landscape**

Explain the impact of man on a landscape. Consider the city, agriculture, public buildings, communication routes, energy and power etc.

#### **Be able to read the urban environment**

Comment on a range of regional buildings or structures highlighting their characteristics and their relationship with the surrounding environment

#### **Differentiate the types of protected areas protégées**

### COURSE

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- Sustainable development, agriculture and biodiversity
- Agriculture et local products
- Reading the landscape
- Local history

### DATES

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**Duration**  
5 days

**Session 1**  
13 to 17 March 2028

**MANDATORY INTERMEDIATE  
SAFETY AND FIRST AID  
EXAMINATION**

# NATURE IN-DEPTH

## MODULE 07

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### OBJECTIVES

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Deepen your knowledge of botany and

geology Know how to recognize the main

fungi and lichens

Know how to identify the main species of birds and their

songs Know how to identify the main species of

amphibians and reptiles Explain the influence of glaciers

and water in shaping the landscape

Know and be able to locate some of the planets, stars and constellations

### COURSE

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- Flora
- Fungi and lichens
- Fauna (birds, insects, reptiles and amphibians)
- Geology, glaciology and hydrology
- Astronomy

### DATES

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#### Durations

6 days

#### Session 1

12 to 17 June 2028

# MARKETING AND ADMINISTRATION

## MODULE 08

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### OBJECTIVES

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#### **Identify the target audience**

Define the characteristics and expectations of the target audience.

#### **Create a tourism product or program**

Design the business plan for a product taking into account : study of supply and demand, creation and description of the product, budget, operational planning and promotion.

#### **Calculate a budget**

Be able to calculate a budget to manage your business efficiently both administration and finance.

#### **Develop a promotional strategy for the distribution of services**

Use appropriate distribution channels and present your products and services in a attractive and efficient manner.

#### **Create your partner network**

Establish links with partners, proactively and reactively in order to develop meaningful collaborations.

#### **Advise the client**

Inform the client of what to be expected before and at the start of the program. Draw up a Course Description : list of equipment, timetable, technical data, contact details, individual insurance, difficulty of route, meeting place etc.

#### **Client loyalty**

Develop a loyalty package : vouchers, discounts, newsletter, gifts etc.

#### **Know the legal provisions and compulsory insurance to practice the profession**

### COURSE

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- Marketing
- Personal project development
- Company and insurance

### DATES

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#### **Duration**

3 days

#### **Session 1**

11 to 13 September 2028

# HIKING ITINERARY

## MODULE 09

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### OBJECTIVES

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Plan a hike from A to Z by using all the skills previously acquired whilst forging links between the different areas of professional expertise

Master the different stages of planning a

route Apply the 3x3 method

Plan for possible changes (safety and program)

Combine essential aspects of nature and culture in the planning

of a hike Select the necessary equipment

Instruct the client on the use of the equipment

Master the organization of overnight stays in the mountain huts

### COURSE

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Hike over 3 days organized by students and evaluated by the trainers

### DATES

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**Duration**

3 days

**Session 1**

6 to 8 November 2028

**COMPULSORY MODULE**

# WINTER HIKING

## MODULE 10

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### OBJECTIVES

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#### **Master the skills of orientation**

The use of a map, compass, altimeter and GPS.

#### **Apply the 3x3 method in winter conditions**

Understand the limiting factors. Learn how to choose the best route by assessing the conditions, the terrain and the abilities of the group

#### **Plan a winter snowshoeing route and its**

options Master the use of technical equipment

#### **Navigate in difficult conditions**

#### **Learn to organize and build a winter bivouac**

Master the build of the bivouac taking into account security, logistics and inspiring the team.

#### **Develop animal tracking skills**

Be able to recognize the signs and tracks of animals for species identification to enable their detection without direct observation.

### COURSE

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- Orientation - Safety - Itinerary
- Planning
- Group Leadership
- Night navigation
- Hike with overnight stay in an igloo
- Animal tracking

### DATES

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#### **Duration**

5 days

#### **Session 1**

5 to 9 March 2029

**COMPULSORY MODULE**