



Welcome to the ITA & Teamasters Tea Sommelier Course! A new creative step in your Tea Career!

The Tea Sommelier Diploma Course, Professional Level I, will be an unforgettable experience, productive in terms of unique tea knowledge, a pathway in your tea career and a chance to create a lasting and interesting network within the international tea business.

The training is suitable for everyone working professionally in tea or planning to do so in the future. We also welcome all tea aficionados with a strong learning interest. Minimum 5 participants, maximum 10.

The course starts with an online introduction session on September 14th 2024, 11 am - 1 pm CET. The whole course can be done remotely and is entirely in English. After successful completion of the course each student will receive a Tea Sommelier Level I Diploma. Tuition for the whole course VAT excl for companies (VAT is included for private persons): is 1000:- Euro. The tuition will be invoiced (an invoice will be emailed to you before the course starts).

To sign up please send me an email to catrin@brandable.se and tell me your name, email, phone number and invoice address / email.

Catrin Abrahamsson-Beynon (earlier last name Rudling) is a certified tea Sommelier and instructor by International Tea Academy, Kunming China. She has been working professionally in tea since 2007 and been an instructor since 2013. She has educated persons in the USA, Scandinavia, Belgium, Kenya and Spain. Before she became a teacher for ITA she was educated by and also a Teacher for ITMA (International Tea Masters Association in the US). Here you can read more about Catrin at the ITA official website:

<https://internationalteaacademy.com/pages/catrin-rudling>

Here you find recommendations for the Tea Sommelier Diploma Course on Catrins linkedin profile

<https://www.linkedin.com/in/catrinrudling/details/recommendations/?detailScreenTabIndex=0>

Details about the Tea Sommelier Diploma Course

Please find further info below for a detailed description of the course. All teas that we taste and evaluate in class and that you yourself taste and evaluate at home with the support and guidance from me, (in total 19 significant teas including one mystery tea) are premium, organic teas, often specialty teas from small producers in various regions.

Looking forward to hear from you

Yours sincerely



Catrin

Warm welcome to enroll to the ITA & Teamasters Tea Sommelier Diploma Course, 2024-2025

Outline and practical info below. We will go through it when we meet online on September 14th.

- **Introduction online live:** September 14th, start 11 am CET end ca 1.00 pm CET. You will receive an invitation from my google email: catrin.rudling@gmail.com

We will go through practicalities of this course, you will meet and greet your fellow participants, we will taste and evaluate one tea together (it will be the first tea in the list of the seven teas we taste together: **Wild Artisan Moonlight White Tea from WildTeaQi**, you will receive all details to the tea in a document you receive upon registration), all kinds of questions are welcome. We will decide which day of the week / time is good for our online sessions (will be 8-10 sessions after the initial one).

- **The Live sessions will be discussions/interacting**, Q & A, evaluating teas together, in total we will taste 7 teas together. All teas will be sent to you by post and you will receive a detailed list describing all the teas we taste and evaluate.

For the tea tastings and evaluations at home you will need: a small tea pot, cup and a pitcher, a tea spoon, a tea tray and tea pet if you have. A white small plate to examine the tea before steeping and a flat dish that can hold some water, to wet examine the tea after steeping. A scale (or you can weigh the tea before we start as well as measure your pot how much water it holds ca 170- 200 ml is ideal).

Prerecorded lessons / presentations in total 8-10 which will cover the following topics:

Lesson 1. The tea plant and its origin, varietals & cultivars, tea types overview, tea leaf chemistry, production steps and expressions. ***This lesson will be e-mailed to you before our start date on September 14th.*** Then each lesson will be sent to you in a steady pace with 2-3 weeks in between. The two history lessons you will receive together, quite early on in the course. They are intended as home study material.

Lesson 2. How to evaluate and taste tea. The International tea tasting procedure. Professional tea tasters. Utensils for your home tea evaluations. Tea evaluation form.

Lesson 3. Our sense of taste and smell and our other senses. A taiwanese taste procedure. A balanced tea, what is it?

Lesson 4. The six tea types, their fundamental processing steps, their element belonging, typical features, aroma and flavor characteristics. The largest tea exporting countries in the World.

Lesson 5. Famous tea regions / distinct terroirs and their teas. Many factors influence the finished tea.

Lesson 6. Kong Fu and Tea. Utensils and step by step guide. The take aways from the tea masters.

Lesson 7. Tea blending, flavoring / scenting. Natural vs artificial flavors. Tea blending from the perspective of a grower and from the perspective of a tea house / tea brand.

Lesson 8. Eastern and Western perspective on health. Introduction to the five elements theory. What tea is made of and how its content benefits us.

Lesson 9. History of Tea with focus on China, Japan, Korea.

Lesson 10. History of tea India, Spreading through the ancient trade routes, Europe/USA.

At home you will taste and evaluate 12 teas (of which one is a mystery tea that you will taste



and evaluate as your last tea). You will taste each tea and fill out the evaluation form for each tea and e-mail them to me, catrin@brandable.se. I will comment your tastings and provide additional info. You will also receive tips throughout the course where to find additional information (books and online sources).

After the tastings are completed you will write a short **dissertation** in English on a tea related topic (4-5 A:4 pages maximum). Choose a topic that interests you and is beneficial in your future tea career. Let me know what topic you choose before you start to write.

When the dissertation is done and approved you will do the **final online test**. 20 yes/no questions online. You will need 95% correct answers to pass this test. In order to be able to do the test you will need your unique Tea Sommelier identification number. You will receive that number from me as soon as your course fee is paid.

Congrats!! When you have successfully complete the above steps you will receive your Tea Sommelier Diploma (with your unique id number on it) as a pdf.

Further reading recommendations you will find below.

You will have life long access to the material you receive from me in this course.

Further readings and online sources

The below is just a selection but some the most valuable sources I have come across so far:

- All books by Mary Lou Heiss and Robert J Heiss, www.teatrekker.com
- www.camellia-sinensis.com
- Tony Gebely, <https://teaepicture.com/about/>
- Tea – From Sencha to Lapsang by Petter Bjerke & Vernon Maurice (Swedish)
- Wild Tea Hunter, JT Hunter (Author), Shana Zhang (Illustrator), www.wildteaqi.com
- Leaf Tea, Infusions, Cold Brews, Sodas, Frappes and more, by Timothy d'Offay
- The latest edition of Tea History, terroirs, varieties, by Kevin Gascoyne, Francois Marchand, Jasmin Desharnais
- Tea Aromas & Flavors around the world by Lydia Gautier
- World of Tea by Jane Pettigrew
- Tea Sommelier by Francois-Xavier Delmas and Mathias Minet
- The Global Tea Hut <https://globalteahut.org>
- Global Japanese Tea Association <https://gjtea.org/>
- Tea Drunk (Chinese focus only), <https://www.teadrunk.com/?srsltid=AfmBOoobhmjjqCrE-W5fGVPCDoYRes3qqsfJ9FkU7man57JsK9VhBTGP>
- Katrina Wild, [Masters Talk articles](#)
[WanderlustTEA articles](#)
[Japanese Tea Cultivars: A Short Guide](#) for Kyoto Obubu Tea Farms
Katrina's @dragonsleaf <https://www.instagram.com/dragonsleaf/>