



Become an internationally certified Tea Sommelier through a unique professional programme rooted in sustainable production of premium teas, combining tea education, practical tea evaluation and personal mentorship.

Welcome to the [International Tea Academy](#) & [Tea.master.s](#) International Tea Sommelier Course!

Take the next step in your tea career!

The next course is planned to start during fall 2026 (when it suits the group).

The International Tea Sommelier Diploma Course – Professional Level I, is a comprehensive and inspiring education designed for those who wish to deepen their knowledge of fine tea while building a professional career within the international tea industry.

The programme is suitable for tea professionals, entrepreneurs, hospitality professionals, educators and dedicated tea enthusiasts who wish to study tea at a professional level.

Since 2016, this programme has been offered in collaboration between [International Tea Academy, Kunming China \(ITA\)](#) founded by my teacher [Shana Zhang](#), and [Tea.master.s](#) founded by me. The course is firmly rooted in the traditions of premium, sustainably produced speciality tea and combines scientific knowledge, practical tea evaluation and the rich cultural heritage of tea.

Whether you work professionally with tea or aspire to do so, this course offers an inspiring pathway into the international tea community while providing a solid foundation for your future tea career.

To ensure a highly interactive learning environment, each course is limited to a small number of participants.

The course begins with a live online introduction in the fall of 2026. It is offered once per year, is conducted entirely in English, and course materials are yours to keep. It's a very flexible course and you can pace it to suit your life, as long as you participate in the online sessions and do your home evaluations, the final test and write your essay. If several of the participants are situated around Stockholm we can of course meet up live as well. We can tailor the course to suit our preferences!



Upon successful completion, you will receive the International Tea Sommelier Diploma – Professional Level I. A sample diploma is shown below.



Course Format

The programme is conducted entirely online and in English. English is one of the main languages used in the International Tea business making the learnings accessible wherever you are in the world.

The course runs for approximately **6–8 months** and the programme consists of:

- Live online seminars
- Professionally recorded lectures
- The four online tea courses by Shana Zhang
- Guided tea tastings where we compare different tea types, from various terroirs/regions and learn to distinguish and assess tea quality.
- Independent home study and home tastings/evaluations including evaluation of a mystery tea
- Personal feedback from your instructor
- Written dissertation, 4-5 pages you write in English.
- Final online examination

All lectures are recorded, allowing you to revisit the material throughout the course.

All course materials are yours to keep. You will also receive a discount code when you purchase teas the first time from Wild Tea Qi. And with your first order you will be able to choose one of Shana's books for free. Find out more about Shana's books and explore the wonderful and unique teas available on her website!

Premium Tea Tastings

Tea tasting forms the heart of the programme.

Throughout the course you will professionally taste and evaluate **20 carefully selected, sustainably grown teas**:

- **8 teas** tasted together during our live online sessions.
- **12 teas** evaluated independently at home, including one mystery tea as your final practical assessment.

All teas are premium-quality organic certified or sustainably produced speciality teas sourced from small producers in renowned tea-growing regions. Some originate from ancient tea trees growing in biodiverse mountain forests.

You will learn to evaluate tea using professional tasting methods while developing your own sensory awareness and confidence.

Course Topics

The programme covers a broad range of subjects, including:

- The tea plant: origin, botany, terroir, cultivars and chemistry
- The six traditional tea types and their typical processing sequence
- Professional tea tasting and sensory evaluation
- Aroma, flavour and balance
- Famous tea regions and terroirs and how it influences the teas
- Gong Fu Cha and traditional tea preparation
- Tea blending and scenting traditions
- Tea and health from Eastern and Western perspectives
- Tea history starting in China, spreading to Japan, Korea, India and Sri Lanka
- Tea's spread further across the world and its cultural significance

Additional recommended reading and learning resources are provided throughout the programme.

Your Final Assessment

To earn your diploma you will participate in our live online sessions, listen to the recorded lessons and:

- Complete evaluations of the 12 home-study teas, including one mystery tea.
- Write a short tea-related dissertation, that serves you in your future tea career (approximately 4–5 A4 pages).
- Successfully complete an online examination

Upon successful completion, you will receive your **International Tea Sommelier Diploma – Level I**, including your unique Tea Sommelier identification number.



Tuition

The tuition fee for the complete programme is **€1,750**.

If you can inspire one more participant to sign up, you will receive 20% off the tuition fee and the person you inspire will receive 10% off the fee!

For participants representing companies, VAT will be added where applicable. For private individuals, VAT is included where applicable.

Invoices are sent approximately 30 days before the course begins.

An instalment option is available. The total tuition for payment in three instalments is **€2,000**, payable:

- 30 days before the course begins
- 30 days after the course begins
- 60 days after the course begins

About Your Instructor

My name is **Catrin Abrahamsson-Beynon**, and I have worked professionally with tea since 2006.

I am a certified Tea Sommelier and Tea Instructor with International Tea Academy in Kunming, China. Before joining ITA, I was also certified as a Tea Master and Instructor by the International Tea Masters Association (ITMA) in the United States.

Since 2013 I have had the privilege of teaching students from Scandinavia, the United States, Belgium, Poland, Brazil, Spain and several other countries. Many have gone on to establish successful tea businesses or further develop their professional careers within the tea industry.

Teaching tea is one of my greatest passions, and I look forward to sharing both knowledge and inspiration with you and every new group of students. The world of tea is constantly evolving and so do we when we share what we learn!

Enrolment

If you would like to join the next International Tea Sommelier Diploma Course, please send an email to **catrin@brandable.se**.

Please include:

- A brief introduction about yourself
- Why you would like to take the course
- Your full name
- Email address
- Telephone number
- Invoice address and invoice email



I warmly look forward to welcoming you to the next International Tea Sommelier Diploma Course and to sharing this inspiring journey into the world of premium teas with you.

Catrin Abrahamsson-Beynon

Tea.master.s

Welcome to read recommendations for the International Tea Sommelier Diploma Course here on [my linkedin profile](#). And recommendation and voices from earlier students you also find here in [my blog](#). And below are more recommendations from a few earlier students, all now Internationally Certified Tea Sommeliers!

Further reading/course recommendations you will find below.

The below is just a selection of some very 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://teaepicure.com/about/>
- Tea book – From Sencha to Lapsang by Petter Bjerke & Vernon Maurice (only in Swedish)
- Wild Tea Hunter, JT Hunter (Author), Shana Zhang (Illustrator), www.wildteaqi.com
- The online tea courses by Shana Shang on the ITA website, this course will be included in the International Tea Sommelier course free of charge, your will receive the log in details as soon as your tuition is paid in full: <https://internationalteaacademy.com/pages/ita-certified-online-tea-courses>
- Leaf Tea, Infusions, Cold Brews, Sodas, Frappes and more, by Timothy d'Offay, [Postcardteas](#)
- 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>
- Tea Drunk (Chinese focus only), <https://www.teadrunk.com/?srsId=AfmBOoobhmjjqCrE-W5fGVPCDoYRes3qqsFJ9FkU7man57JsK9VhBTGP>
- Katrina Wild, [Masters Talk articles](#)
[Wanderlust TEA articles](#)
[Japanese Tea Cultivars: A Short Guide](#) for Kyoto Obubu Tea Farms
Katrina's @dragonsleaf <https://www.instagram.com/dragonsleaf/>
- Insight Timer 8 Day Course by Solala Towler (a Daoist teacher from the US, has written 14 books): Tea Mind Tea Heart <https://insighttimer.com/meditation-courses/tea-mind-tea-heart>



I highly recommend the courses by Teamasters!

Catrin Abrahamsson-Beynon at Tea Masters is generously sharing her deep knowledge and understanding



of tea. The course is full of interesting lectures, practical tea tastings and evaluations. Catrin's teaching method is both informative and entertaining. She truly knows how to explore tea and has a deep understanding of what it brings us. It has taken me from being a tea novice to having a lot of new knowledge and skills in my professional tea life. Ultimately, I feel the course has welcomed me into a wonderful community of tea aficionados. *Sanna Fyring Liedgren*, [Marmeladeriet Stockholm](#), [instagram](#)

The ITA Tea Sommelier Course by Teamasters has been very rewarding regardless of the level you want to take your tea knowledge to!

You will experience a whole new world of tea. Through online meetings where you go through different tea ceremonies, taste and smell tea and go through all the theoretical material, you will never look at tea in the same way as you might have before you started the training. Your teacher will be there to help and support you from the first to the last lesson. I highly recommend this course to deepen your knowledge of tea. *Tobias Thorell*, [Opera Singer and ITA Certified Tea Sommelier](#)



[Shana Zhang](#), founder of WildTeaQi and International Tea Academy, harvesting tea in Yunnan China, from ancient, wild tea trees!