



MODULE FOR

Mountaineering Course

ARMY HIGH ALTITUDE SCHOOL (AHAS), RATTU, ASTORE

Course Duration

4 Weeks

BACKGROUND:

The Mountaineering course is designed to provide a comprehensive training to individuals who want to work as high altitude trekking/mountaineering guides and porters in GB. This course is divided into several modules that cover different aspects of porter's responsibilities, including physical fitness, equipment handling, emergency response, and environmental awareness. In a nutshell, it is a comprehensive training module that covers different aspects of high altitude trekking & mountaineering. It is actually designed to equip individuals with the necessary skills and knowledge to work as; guides in high altitude trekking & mountaineering with recognised national certification. Upon completion of this program, trainees will have the confidence and competence to handle different challenges while working in high altitude areas of GB.

Fifty (50) candidates will be selected from Gilgit-Baltistan as per eligibility criteria for the first batch of training course.



Apply Before:

May 10, 2023

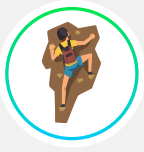
ORGANIZERS:

- Department of Tourism & Culture Gilgit-Baltistan
- FCNA, Gilgit-Baltistan
- Alpine Club of Pakistan

COURSE FEE:

- **PKR 50,000 per Candidate.**
 - *Tourism Department will contribute PKR 15,000/-*
 - *FCNA will contribute a sum of PKR 25,000/-*
 - Applicants nominating by Licensed tour operators must furnish a cross CHQ of PKR 10,000 in favor of Secretary Tourism Gilgit-Baltistan.
- GB government will fully sponsor the applicants selected on 20% open merit quota.

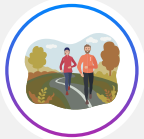
Course Modules



Module 1

Introduction to High Altitude Guiding;

In this module, trainees will learn about the role of a guides, trekkers and porter, including their responsibilities, duties, and ethics. This module will also cover the types of equipment used by guides, trekkers and porters, including backpacks, sleeping bags, tents, and other necessary gear.



Module 2

Physical Fitness Training

Physical fitness is essential for guides, trekkers and porters to work in high altitude regions. This module will cover different aspects of physical fitness training, including cardiovascular endurance, strength training, and flexibility exercises.



Module 3

High Altitude Sickness

High altitude sickness is a common problem that porters face while working in high altitude regions. This module will cover the symptoms, causes, and prevention of high altitude sickness. Trainees will also learn how to recognize the early signs of altitude sickness and provide first aid.



Module 4

Emergency Response

Emergencies can occur anytime, anywhere. This module will teach trainees how to respond to emergencies in high altitude areas of GB. The module will cover different types of emergencies, including injuries, illness, and weather-related problems.



Module 5

Environmental Awareness

High altitude areas of GB are unique and fragile ecosystems. This module will teach trainees how to minimize their impact on the environment while working in these regions. The module will cover topics like waste management, wildlife conservation, and sustainable tourism.



Module 6

Cultural Awareness

High altitude areas of GB are often home to unique cultural traditions. This module will teach trainees about the different cultures they may encounter while working in high altitude areas of GB. The module will cover topics like customs, language, and traditions.



Module 7

Equipment Handling

Guiders & Porters must know how to handle different types of equipment while working in high altitude areas of GB. This module will cover how to pack and unpack equipment, how to set up and take down tents, and how to cook meals using portable stoves.



Module 8

Practical Training

In this module, trainees will get hands-on experience in different aspects of high altitude trekking & mountaineering. This module will include practical training on physical fitness, equipment handling, and emergency response.



Module 9

Importance of Communication in Mountaineering

In this module, trainees will learn about the importance of communication in mountaineering expeditions. The module will cover the different types of communication that guides & porters must use while working in high altitude areas of GB, including verbal, non-verbal, and written communication. It will focus on developing the communication skills of trainees, helping them to communicate effectively with fellow porters, clients, and other individuals involved in mountaineering expeditions.

Eligibility Criteria

- 1. The applicant should have minimum qualification F.A/F.Sc or equivalent or proof of english language learning course.*
- 2. The applicant should be physically fit and healthy with no serious medical conditions. (Please attach a medical certificate)*
- 3. The applicant should have experience in mountaineering or trekking. (Please attach proof of experience)*
- 4. The applicant should have basic knowledge of mountain safety and first aid. (Please attach a certificate, if any)*
- 5. The applicant should have good communication skills and be able to work in a team.*
- 6. The applicant should have a positive attitude and willingness to learn.*
- 7. The applicant should be between the ages of 18 and 45.*
- 8. Applicant should have valid Domicile of Gilgit-Baltistan.*

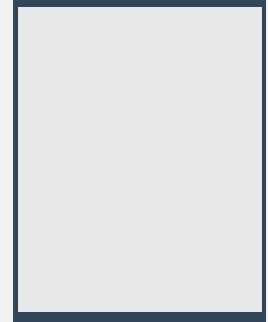
Note: The selected candidate shall go through screening of security clearance, medical fitness examination & undertaking for (waiver of liability).

Application Form

MOUNTAINEERING COURSE IN GILGIT-BALTISTAN

Personal Information:

1. Name _____
2. Father Name:_____
3. Date of Birth_____
4. CNIC No._____
5. District_____
6. Gender_____



Attach latest Picture

Contact Information:

1. Address:_____
2. Email_____
3. Phone No._____
4. Mobile No._____

Qualification & Experience

1. Qualification_____
2. Experience in Mountaineering & Trekking_____
3. Nominating Tour Operator_____
- 3.1 DTSLicense No. _____

Write Briefly:

Why do you want to be a guide,mountaineer porter? (Please write in 100 words):

(Candidates can use a separate sheet for write up)

UNDERTAKING/DECLARATION

I, _____, declare that the information provided by me in this application form is true and correct to the best of my knowledge. I understand that any false information provided by me may lead to disqualification from the selection process.

I acknowledge that participation in the mountaineering and portering training course involves inherent risks, including but not limited to physical exertion, inclement weather, and unpredictable terrain.

I assume full responsibility for any injuries, damages, or losses that I may sustain during the course, and agree to release the organizers, instructors, and sponsors from any and all liability arising from my participation.

I confirm that I am physically and mentally prepared to participate in the course, and have no medical conditions or other factors that could pose a risk to myself or others.

Signature: _____
CNIC No _____
Location: _____
Date: _____