



MODULE FOR

Mountaineering Course

Tourism & Culture Department, Gilgit-Baltistan

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 Gilgit-Baltistan. This course is divided into several modules which cover different aspects of porters' and guides' responsibilities, including physical fitness, equipment handling, emergency response, and environmental awareness. In a nutshell, it is a comprehensive training module which covers different aspects of high altitude trekking & mountaineering. It is actually designed to equip individuals with the necessary skills and required knowledge to work as porters and guides in high altitude trekking & mountaineering with recognized national certification. Upon completion of this program, trainees shall have the confidence and competence to handle different challenges while working in high altitude areas of Gilgit-Baltistan.



Thirty Five (35) candidates shall be selected from Gilgit- Baltistan and the rest of the provinces as per eligibility criteria for the subject training course.

Apply Before:

February 16, 2024

ORGANIZER

- Department of Tourism & Culture, Gilgit-Baltistan

COURSE FEE:

- Department of Tourism & Culture, Gilgit-Baltistan shall bear the training fee. However, trainees selected on **Partial Self-Finance** basis shall bear partial fee (**Rs. 20,000/-**) and transportation expenses.

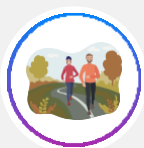
Course Modules



Module 1

Introduction to High Altitude Guiding;

In this module, trainees will learn about the role of a guides, trekkers and porters, including their roles and 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 trainings, including cardiovascular endurance, strength trainings, 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 high altitude sickness and also how to 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, illnesses, and weather-related problems.



Module 5

Environmental Awareness

High altitude areas of Gilgit-Baltistan have 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 and responsible tourism.



Module 6

Cultural Awareness

High altitude areas of Gilgit-Baltistan are often home to unique cultural traditions. This module will teach trainees about different cultures they may encounter while working in high altitude areas of this region. The module will cover topics like customs, traditions, norms, social values, dialects and languages, and local costumes and cuisines.



Module 7

Equipment Handling

Guiders & Porters must know how to handle different types of equipment while working in high altitude areas. 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 during expeditions



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 of SSC or equivalent with basic English speaking skills OR 03 Year experience in mountaineering, trekking or portering. (Please attach proof of experience)
- 2.The applicant should be physically fit and healthy with no serious medical conditions. (Please attach a medical certificate)
- 3.The applicant should have basic knowledge of mountain safety and first aid. (Please attach a certificate, if any)
- 4.The applicant should have good communication skills and be able to work in a team.
- 5.The applicant should have a positive attitude and willingness to learn.
- 6.The applicant should be between the ages of 18 and 45.
- 7.The applicant should be currently engaged in high altitude mountaineering/portering above **6000 Meters**.
- 8.Interested candidates from provinces other than Gilgit-Baltistan shall apply on partial self-finance basis. (**Rs. 20,000/-** with self-transportation to and from Gilgit-Baltistan).
- 9.Quota bifurcation will be **70%** for Gilgit-Baltistan Domicile holders and **30%** (partial self-finance) for applicants having domiciles other than Gilgit-Baltistan.

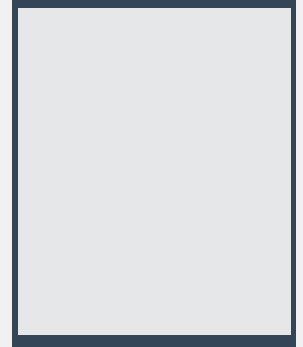
Note: The selected candidate shall go through screening of security clearance, medical fitness examination & undertaking for (waiver of any liability).

Application Form

MOUNTAINEERING COURSE IN GILGIT-BALTISTAN

Personal Information

1. Name _____
2. Father's Name _____
3. Date of Birth _____
4. CNIC No. _____
5. Domicile _____
6. District _____
7. 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/Portering _____
3. Nominating Tour Operator (if any) _____
4. Any Course/Training received _____

Write Briefly (Separate sheet may be used if needed)

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

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: _____