

TOURIST GUIDE - T/G-01

Objective

The objective of the course is to train the trainees new entrance who will work as tourist guide to serve the tourists visiting the Kingdom of Nepal.

The trainee will be equipped to act as tour guide in the major touristic areas of Nepal with the special focus on Kathmandu Valley.

Admission Requirements

- The candidate should be a college graduate. Preference will be given to candidates with a command of foreign language.
- Candidate must be a Nepalese citizen.
- Candidates will be selected through written test and interview.

Duration

The course is full time course of ten weeks durations, a total of 300 lesson hours (5 weeks at the centre and 5 weeks participating in tours, practical guide experience).

Test

There will be a final theory examination and skill performance rating observed during the practical training which will be taken in to account in order to issue the certificate. Only successful candidates will be entitled to receive a certificate and license as a tourist guide and 80% attendance is mandatory.

Certification

A certificate will be awarded on completion of training according to following grade

80 and above	=	A	=	Excellent
60 to 79	=	B	=	Very Good
40 to 59	=	C	=	Good
Below 40	=	D	=	Satisfactory

Course Content

1. History of Nepal

18 hours.

The earliest history of Nepal

- Vedic age
- Advent of the Kiratas
- Somabamsi
- Lichehhavi Dynasty
- Phakuri Dynasty

Medieval Nepal

- The Mallas
- Rulers of Bhaktapur
- Rulers of Lalitpur

- Rulers of Kathmanu
- Sen rulers of Nepal
- Dynasty of Gorkha

Modern Nepal

- King Prithvi Narayan Shah and the foundation of greater Nepal
- Events leading up to the Rana period
- Restoration of Royal power by people

Contemporary Nepal

- Panchayat era and its ending
- Democratic movement
- Restoration of democracy by people
- General Election (1991)
- Human Right

2. Cultural Activities of Nepal

12 hrs.

- The historical background of the people
- The influence of geographical factors on life
- Social background of the people, their life – cycle from birth to death
- Economic background of the people
- The language and its role in culture
- Legends and myths
- Religious beliefs in Nepal as shown in the art culture
- Ceremonies and customs
- The prominent festivals of Nepal
 - Dashain, Tihar, Gai Jatra, Teej, Phagu, Maha Shiva Ratri, Buddha Purnima, Bisket Jatra, Indra Jatra, Machhindra Nath Festival, Janai Purnima, etc.
- Nepali music and dances:
 - Classical dances
 - Folk dance
 - Musical instruments
- Coronation rites with special reference to Hanuman Dhoka (The Royal Sanctuary) where the Coronation takes place.
- The role of the Monarchy in cultural activities of Nepal

3. Architecture

10 hrs.

- General outline of Nepalese architecture
- The different architectural styles of
 - Shaivism
 - Vaisnavism
 - Buddhism
- Foundation stone ceremony

- d. Description of seven main styles of Nepalese houses and temples,
 - Pashupati style (Pagoda style)
 - Stupa style
 - Krishna Mandira style
 - Vihara style
 - Harmya style
 - Vishwarupa style
 - e. Historical background of the above style in Nepal
 - f. The meanings of architectural figures
 - g. The symbolic meanings of other architectural embellishments
 - h. The concept of Mandala and temple
 - i. Principles of dimension in houses and the temples
 - j. The main temples of Kantipur
 - k. The main temples of Bhaktapur
 - l. The main temples of Patan

4. Geography of Nepal

8 hrs.

Content

- a. Location, size, relief and rivers of Nepal
- b. The himalayas and places from where these mountains are visible, the mode of transportation to these sites and provision for accommodation
- c. Climate and vegetation (including agriculture) and wild life
- d. Transportation; internal and external
- e. Places of tourist interest in different parts of Nepal
- f. Life patterns of the Nepalese of interest to tourist groups
- g. Specific tourist attractions on Nepal; trekking in different parts of Nepal, safari, fishing
- h. Geography of Kathmandu Valley
- i. Relief, climate, vegetation, rivers and the high points from where the valley can be seen best

5. Flora and Fauna of Nepal

6 hrs.

Objective

Nepal is well known all over the world for its flora and fauna (the Nepalese orchids and butterflies are particularly renowned). It is therefore very important that the tourist guide is not only able to recognize the various species, but also to describe them in detail.

Furthermore, as the forest of Nepal have a great variety of species of wild animals tourist hotels have been constructed to allow visitors to view game in its natural surrounding. There is also limited hunting prospects for the tourist. Therefore the guide should be familiar with the habitats of the animals to enable him to help the tourist.

Content

- a. Trees and vegetation

Nepali trees: bamboo, pine, persian lilace, willow, chilluni etc.

Foreign trees: Poplar, jacarando, gum, silky oak, bottlebrush, monkey puzzle, celtus etc.

Flowers (local ferns, orchids, asiatic elder berry etc).

b. **Fauna**

The largest mammals: elephants and rhinosaurus

The smallest animals or organisms: amoeba

Domestic animals and others: cattle, buffalo, goats, sheep, horses, dogs, fruit bats, monkeys shrews, rats, jackals or jungle cats.

Birds

c. **Reasons for the great variety of birds in Nepal**

- its position in Asia

- its varied terrain

City birds: crows, sparrows, pigeons, mynos

Birds on Tundikhel: White egrets, drongos

Birds on garden and field: robin, dayal, bulbul, king-fisher

6. Arts and Crafts (Iconography) of Nepal

16 hrs.

Objective

To properly fill his professional role the guide interpreter should in his commentary, in simple clear language, not only address himself to the commonsense of the public but also create the right climate capable of making them feel the emotion communicated by a master-piece. Because without this awakening of the senses, all explanations are incomplete.

To reach this objective the course should allow the trainees to understand, to appreciate and to make a commentary on monuments and works of arts is not only a historical way but also sensitively.

Content

a. **Introduction**

- cultural background of the Nepalese arts and crafts
- Historical and religious background

b. **Brahmanical and Buddhist art in Nepal**

c. **Stone sculpture in Nepal**

- Lichhavi
- Malla
- Shah

d. **Bronzes of Nepal**

e. **Terracotta**

f. **Painting**

- Thangka and pata painting
- Mural painting
- Contemporary paintings

7. Trekking in Nepal

10 hrs.

Objective

Trekking represents one of the biggest attractions of Nepal to many tourists. Therefore a basic preparation in this subject should be given to trainee guides. Lectures will be given by trekking specialist and will include information on the trekking seasons, places of interests, distance, difficulties, altitude, precautions for the trekkers and permits trainees will be given brochures and maps to aid their study.

Course Content

a. Introduction

- What is trekking ?
- How it is organized ?
- By whom it is organized ?

b. When and where

- Trekking seasons
- Places of interest
- Trekking permit
- Precautions for trekkers
- Acute mountain sickness and its remedy

c. Cost

d. Trekking equipment

- Tents
- Sleeping bags
- Kitchen equipment
- Maps etc.

8. Anthropology of Nepal

10 hrs.

Objective

There is in Nepal a considerable variety of ethnic groups, which are traditionally identified with specific geographical regions of the country. This course should attempt to show not only the distinctions between these groups but also the area where they overlap culturally.

Course Content

a. Introduction

- the earliest known inhabitants of Nepal

b. Race of Nepal

- protoaustraloids or Negrito race (Chepangs, Kusunda)
- Mediterranean or Aryan race (Brahmins, Kshatriyas, Newars etc.)
- Tibetan or Mangolian race (Rai, Limbus, Magars, Lepcha, Sherpas)

c. The ethnic groups: Their customs and homeland

- the Kiratas

- the Limboos
- the Rais
- the Dhangars
- the Sherpas
- the Sunwars
- the Tharus
- the Danuwars
- the Newars
- the Brahmans
- the Thakuris and the Kshatriyas
- the Tamangs
- the Chepangs
- the Gurungs
- the Magars
- the Thakalis
- the Muslims
- the Matwali Chhetri

9. Religion of Nepal

30 hrs.

Objective

Nepal being an only Hindu country in the world and of Lord Buddha being the birth place the products of tourism are being influenced by the impact of religion, the knowledge of religion is very essential for the tour guide.

Course Content

Buddhism

I. Early Buddhism- The Hinayana

- a. The Buddha - story of his early life, disillusionment, enlightenment, first sermon and subsequent life as a wandering ascetic and teacher
- b. The Dharma - The teachings of the Buddha
 - i. The four noble truths
 - ii. The eightfold way
- c. The Sangha - the community of the Buddha's followers
 - i. The Bhiksus - their initiation rites, rule of life, and precepts
 - ii. The Lay people (upasaka) - their relationship to the monks, their rule of life
 - iii. Worship among the early Buddhists - centered around the stupa: other devotional practices and ritual

II. Later Buddhism - The Mahayana

- a. Origin of the Mahayana and the principle differences between Hinayana and Mahayana; multiplicity of Buddhas and Bodhisattvas: transcendent Buddhas and Bodhisattva.
- b. The ways of attaining liberation or Nirvana in the Mahayana

- i. The way of self discipline - the way of the Hinayana
- ii. The way of wisdom
- iii. The Bodhisattva way - the meaning of bodhisattva, the earthy and transcendent Bodhisattvas, the principal popular Bodhisattvas
- iv. The way of faith or devotion (sraddha)
- v. The cullic way
- c. The rise of the great monastic complexes and Buddhist universities

III. Tantric Buddhism

- a. Philosophical basis - the tantric way as a further development of the Mahayana based essentially of the same philosophical principles
 - i. The meaning of the term 'Vajra'
 - ii. Ritual, mantra, dharani, mandals, mudra, dance
- b. Sadhana as the key to understanding the complex ritual and practice of the tantric.
- c. The tantric texts their origin and contents
- d. Sects among the tantric Buddhists : Vajrayana, Mantrayana, Kalacakrayana, Sahajayana
- e. Levels of understanding among practitioners of the tantric Buddhism and the relationship between Buddhism and Hinduism in India

IV. Buddhism in Nepal

- a. Buddhism in the valley of Nepal; the Newars community - an unbroken link with the last stages of Sanskrit, Indian Buddhism
 - i. The Bahas and Bahis of Nepal
 - ii. The Castes of Buddhist monks and priest : Sakyas and Vajracharyas

Hinduism/ Tantra

1. Definition of Hinduism: Objective of Hinduism, literature of Hinduism, Veda Upaveda, Vedanga and Upanga
2. Tantra: Its meaning, Tantra and Hinduism, History of Tantras, Tantra and Yoga, Maya, Guna, Tapatraya
3. Saptachar and Tantra, Tantra and Cosmos, Tantra and Mantra
4. Dhyana : Different types of Dhyana
Dhyana and Mudra. Tantra and Dhyana
5. Yoga: definition, Astanga of Yoga, different types of Yoga

10. Archaeology of Nepal

3 hrs.

Objective

The tour guide is supposed to have the knowledge of an archaeological site of Nepal specially of those places where tourists visit frequently.

Course Content

1. Location of Kapilvastu and the archaeological activities in Tilaurakot
2. Archaeological activities in Lumbini (1976-77)

3. Archaeological note on the Twin stupas in Taulihawa
4. Resume of the archaeological activities in Nepal
5. Archaeological areas of Nepal

11. Code of Conduct

2 hrs.

Course Content

- Manner (Western & Eastern)
- Etiquettes
- Politeness
- Some Nepalese customs and manners
- Greetings
- Does and don'ts.

12. Inscription

2 hrs.

Objective

The guide is supposed to know the ancient cultural site and the valuable objects of touristic interest. So, the study of inscription will give him some knowledge of the ancient, cultural, historical and archaeological site of the country.

Course Content

- History of inscription
- Meaning of inscription
- Importance of inscription
- Different types of inscription
- Inscription of Changu Narayan, Lumbini and Pashupati Nath

13. Government Policy on Tourism

4 hrs.

Objective

The objective of the topic is to create an awareness to the future guide about the government policy of tourism development.

Course Content

1. The general policy of tourism development of Nepal
2. Tourism act regarding tourist guide, travel and trekking agencies
3. Trekking permit and mountaineering regulation
4. Tourism Marketing

14. Environment of Nepal

4 hrs.

Objective

The purpose of the subject is to create an awareness about the importance of ecology

and equip trainee to preserve, protect and conserve nature.

Course Content

1. Definition of ecology, functioning of eco-system, biotic communities, abiotic factors
2. Ecological problems in Nepal
 - a. Deforestation
 - b. Population growth and poverty
 - c. Pollution
 - d. Erosion and land slide
3. Co-ordination between tourism and environment
4. Ways and means of nature conservation

15. Wildlife and National Parks

4 hrs.

Objective

The purpose of this subject is to create awareness of the importance of the National Parks service in Nepal; to develop a sensitivities with regards to the conservation of the wildlife in the parks.

Course Content

1. General introduction on Parks and Reserves
2. Types of nature preserve in Nepal & their differences
3. The eco-system & their conservation. Endangered wildlife of Nepal
4. Rules and regulation of National Parks and Reserves

16. Drug Abuse/ First Aid

4 hrs.

Objective

The purpose of this topics is to make the trainees aware of drug abuses and its adverse effect on the Nepalese society

Course Content

1. Introduction of illegal drugs
2. Nature of drugs, types & effects
3. Crime related to drug traffickers and users
4. Drugs crime and tourism
5. AIDS

17. The Technique of Guiding

18 hrs.

Objective

This course will give the trainee some understanding of the travel business and the detailed technical knowledge which he will need in order to do his job efficiently. The future guide will thus require the technique of passing on his knowledge to the tourist in the best possible way.

Course Content

- a. Introduction : what is a guide ?
 - Moral attributes
 - Intellectual attributes
 - Professional attributes
- b. The tour guide and his profession
 - the process of communication
 - the four elements of the process
 - the types of communication
 - the subdivisions of communication
 - the effectiveness of communication
- c. Definition and application of terms
 - Tourism
 - Travellers
 - Tourists
 - Excursionist
- d. Historical outline of the "tourist phenomenon"
 - Travel has always been human pastime
 - The ancient world
 - The middle ages
 - From the XVI to the early XX centuries
 - The birth of travel agency : Thomas Cook & American Express (Amexco)
 - From the second world war to the present day
 - New forms of accommodation
 - Camping
 - Caravanning
 - Holiday camps
- e. The Travel agency
 - Definition
 - Organization and structure
 - Its activity as intermediary
 - Its activity as organizer
- f. Reception agents and services
 - Information bureau
 - The role of reception agents
- g. Assistance and transfer of clients
 - Assistance service
 - Transfer with or without assistance
- h. Sightseeing and excursions
 - Regular sight seeing and excursion trips
 - Sight seeing and excursion trips on demand
- i. The guide and the tourist
 - The responsibility of the guide
 - Physical appearance
 - Pleasant and lively character

- The knowledge of how to speak to tourist
- Professional conscience

• j. The importance of psychology in reception services

- Introduction
- Natural characteristics
- Dress and ways of life
- Material characteristics
- Methods of work
- Moral characteristics
- Social characteristics
- Historical characteristics
- Political characteristics

• k. The function of guiding in tourism

- Introduction
- The function of the guide
- Technical expertise
- The cultural mission
- The commentary
- The requirements of the commentary

l. The itinerary

- Definition of the word "itinerary"
- The types of itinerary

m. The itinerary of the guide

- Introduction
- The inventory of points of interest

n. The visit to a town

- Basic knowledge for town visits
- The actual visit

o. The visit to a museum

- Technical necessities
- The role of the guide
- The presentation of "master pieces"

p. Field Visit

- i. Pokhara/Palpa
- ii. Lumbini
- iii. Kathmandu
- iv. Patan
- v. Bhaktapur

- vi. Pasupati
- vii. Boudha
- viii. Museum
- ix. Swyambhu
- x. Changu Narayan
- xi. Bajrayogini/Dhulikhel/Panauti
- xii. Dakshinkali
- xiii. Nagarkot/Kakani/Godavari - Botanical Garden
- xiv. Other Touristic Spots