

Trekking Guide Training Syllabus -2075



Purpose of the Course

The purpose of this course is to generate trained and qualified work force that can assist and lead tourists in the trekking areas of Nepal. The trainees will be issued government license to conduct the treks.

General Objective

The key objective of this training course is to impart higher knowledge, skills and attitude on different issues and subject matters related to hospitality and trekking tourism in Nepal.

Specific Objectives:

1. To impart knowledge on trekking business in Nepal
2. To provide knowledge and skills on safety and security of trekking and trekkers
3. To impart general knowledge on various subjects in trekking tourism
4. To impart knowledge and skills to provide overall satisfaction of trekkers

Admission Requirement

- + 2 pass or equivalent with 2 years experience from registered trekking agency of Nepal
or
- SLC with 3 years of working experience in registered trekking agency in Nepal
or
- Trekking Porter Guide Training from NATHM with 4 years working experience from the registered trekking agency of Nepal and the candidate should have fluency in any one international language.

Duration

The course is of 5 (five) weeks duration with 139 lesson hours.

Course Summary

1.	Introduction of course	2hrs
2.	Tourism	8hrs
3.	Environment	4hrs
4.	English Communication Skills	4hrs
5.	Communication, Coordination, Leadership and Motivation	4hrs
6.	Protected Areas and National Parks	4hrs
7.	Flora and Fauna	6hrs
8.	History, Culture, Religion and People of Nepal	22hrs
9.	Geography of Nepal	10hrs
10.	Health, Safety, Security and Sanitation in Trekking	25 hrs



11. Trekking Management and Regulation	26 hrs
12. Crisis Management in Trekking	2 hrs
13. Rock Climbing and Camp Site Management	16 hrs
14. Guest Lecture	6 hrs

Examination and Certification

Final certification will be awarded on written examination and skill test.

Certification

A certificate will be awarded on completion of the training according to the following merits:

Written Exam	60
Practical	20
Attendance	5
Punctuality	5
Grooming	5
Cooperation and honesty	5

Based on the evaluation criteria students will be graded as:

80 and above	=	A	=	Excellent
60 to below 80	=	B	=	Very Good
40 to below 60	=	C	=	Good
Below 40	=	-	=	Unsuccessful

Course Content

1. Introduction to the Course
2. Tourism

2Hrs
8 Hours

- Introduction of Tourism in general: nature and type of tourists
- Tourism history and statistics
- Components of tourism
- Attractions of tourism in Nepal
- Importance and benefits of tourism
- Tourism trends and issues: Responsible tourism for sustainability
- Impacts of tourism: Socio-economic impact of tourism, cross-cultural behavior.

3. Environment

4 Hours

- Definition of environment and ecology: functioning of ecosystem; biotic and a biotic elements
- Waste management, pollution
- Ecological problems: deforestation, population growth and poverty, soil-erosion and landslide
- Impact of tourism on ecology and their mitigations
- Ecotourism

- Good environmental practices for nature conservation

4. English Communication Skills

4 Hours

Practice of situational conversation-

- Regarding festivals, culture, places of interest, mountain and villages
- Manners and behavior including- etiquette.
- Showing direction and describing a place like: get to, arrive at, turn up, take a turn, go ahead, live in, live on, step down, take part in, stand out, take down, be over, drop in, die away.
- Special drills and practice's on food habits and customs like: traditional food, modern food, regional food and local food, millet, porridge, soup of dried vegetables, pork, mutton, chicken, dinner, breakfast, lunch and names of different types of food.
- Phrases in daily use in trekking situation like: give up, look after, look for, look out, be over, be up to, call at, call on, be away, be in, be on, be up, bring up, drop in, etc.

5. Communication, Coordination, Leadership and Motivation:

4 hrs

i) Communication: 2hrs

- Meaning and importance of communication
 - a. "Communication" is derived from a word with two meanings: to "impart," i.e. to convey information to others, and to "make common," to share something through exchanges
 - b. Communication is mutual understanding
 - c. whether they understood is more important than whether you said it or not
 - d. In addition, whether you understood each other is important
- Types of communication
- Written /oral
- Verbal and non verbal
- Elements of successful communication
 - a. Good content to be communicated
 - b. Good method of communication
 - c. good relationship for communication
- Use simple words and phrases
- Use short and familiar words
- Give illustration and examples
- Use short sentences
- Express thought logically and in a direct way
- Guidelines for improving communication

ii) Coordination, Leadership and Motivation 2hrs

- Meaning and concept of coordination
- Coordination in trekking
- Coordination among different organizations such as TAAN, Immigration, NTNC, National Parks etc for managing successful treks
- Meaning and concept of leadership



- Importance of leadership in trekking
- Teamwork
- Concept and meaning of motivation
- Trekking and motivation

6. Protected areas, National parks and Conservation Areas – 4 hrs

- General introduction to protected areas, parks and reserves
- Endangered wildlife in Nepal
- Rules and regulation of National Parks and Reserves (Slide presentation)

7. Flora & Fauna 6 hrs

- Vegetation and its type found in Nepal
- Brief introduction of birds, mammals and plants of Nepal
- Important medicinal & economic plants of Nepal- rare species of plants
- (Slide presentation)

8. History, Culture, Religion and People of Nepal 22 Hours

i) History 6 hrs

- Brief history of different periods: An introduction -beginning of civilization in the valley, Medieval and Modern era and general introduction to new Republic State

ii) People of Nepal 4 hrs

Brief introduction of Aryans, Mongolians with more emphasis on mountain races (Ethnical groups)

iii) Culture 6 hrs

- General introduction of culture and its meaning and significance
- Nepalese people and their culture, legends and myths, their life cycles (more emphasis on mountain culture)
- Elements of culture that attract tourists and its importance
- Seasonal festivals of Nepal

iv) Religion – 6 hrs

Hinduism Buddhism and Christian, islam and others
Religion and its importance in tourism

9. Geography of Nepal 10 hrs

- Introduction: Location, area, physical divisions, regions, latitude, longitude, extent and boundary of Nepal
- Physical features and landscape: Rivers and lakes, main Himalayan ranges and its peaks
- Map reading skills: Different types of maps, understanding map legend, contour, and use of different tools and equipment



- Nepalese agriculture: Agriculture of regions and its main crops, use and importance of regional and local foods
- climate

10. Health, Safety and Sanitation in Trekking

25 Hours

i) Health, Hygiene and Sanitation: 8 hrs

- Define personal hygiene, importance of cleanliness, personal habit, attitudes
- Personal behavioral activities; spitting, yawning, sneezing burping, stinky arm, nose digging, socks stink, sweating etc.
- Grooming
- Water sanitation: Water born diseases, purification of water
- Food nutrition, sanitation: importance of food and nutrition value, balance diet, prevention of food borne diseases and food poisoning
- Waste disposal methods, use of alcohol, drugs and prevention of STD/HIV.

ii) First Aid : 10 hrs

- Anatomy and physiology of the body
- Define first aid, safety and its measure, bleeding cuts and wounds, fracture, dislocation, sprains, burns, electrocution, heat strokes, sunstrokes, sub burns, frostbites, snow blindness.
- Demonstration of first aid kits with medicines, elastic bandages, splints and dummies.

iii) Mountain Sickness and Rescue Operation: 2 hrs

- Define altitude or mountain sickness and its symptoms, method of treatment, technique of preventions
- Rescue systems: rescue procedures, communication conditions and means of rescue. legal and financial involvement
- Acclimatization & prevention of altitude sickness and dealing with sick clients

iii) Sanitation Activities for Tourism

5hrs

(Practical field visit with teamwork; Bagmati, Bishnumati or other sites)

11. Trekking Management and Regulations

26 Hours

i) Trekking Management: 22 hrs

- Define trekking, mountaineering
- Importance of trekking
- Types of trekking and its need in Nepal
- Initial preparation for Trekking: knowledge of trekking area, information about food and salary, enough cloths and equipment, trekking permits, TIMS and park permit, insurance, itinerary
- Function and roles of a trekking guide: knowledge of itineraries, trekking plan, staffs and group briefing, guiding techniques and delivering effective commentary and handling crisis
- Guest and camp safety & security, importance of satisfied guest
- Documentation: Costing and document collection, record keeping and reporting



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