

Trekking Porter Guide Training

Syllabus-2071

Purpose of the Course

The purpose of this course is to train basic qualified work force for 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 the basic knowledge and skills on different issues and subject matters related to hospitality and trekking tourism in Nepal.

Specific Objectives:

1. To impart knowledge and understanding of trekking routes in Nepal
2. To provide knowledge and skills and security of the trekkers
3. To impart general knowledge of various subjects on trekking tourism

Admission Requirement

Understand and have basic communication skills in any one international language with 2 years of working experience in trekking field as a porter or S.T.C appear.

Duration

The course is a full time course of 15 days duration with 61 lesson hours.

Course Summary

1.	Introduction to the Course	2hrs
2.	Tourism	4hrs
3.	Environment	2hrs
4.	Wild Life and Protected Areas of Nepal	2hrs
5.	Communication Skills	4hrs
6.	Culture, Religion and People of Nepal	6hrs
7.	Geography of Nepal	4hrs
8.	Role and duties of Trekking supporter guide	14hrs
9.	Safety, Security and Sanitation in Trekking	17hrs
10.	Crisis Management in Trekking	2hrs
11.	Practical/Demonstration	2hrs
12.	Extra Revision	2hrs



Examination & Certification

Before awarding the final certificate, there will be a final evaluation on the basis of punctuality, attendance, class performance, class participation, grooming, etc.

Certification

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

80 and above	::	A	::	Excellent
60 to below 80	::	B	::	Very Good
40 to below 60	::	C	::	Good
Below 40	::	D	::	Completed

Course Content

1. Introduction to the course (2hrs)

2. Introduction to Tourism (4hrs)

- Introduction of tourism in general: nature and type of tourists
- Components of Tourism
- Attractions of Nepal
- Merits and demerits of Tourism

3. Environment (2hrs)

- Meaning and concept of environment
- Environmental problems in tourism: deforestation, soil-erosion and landslide
- Impact of tourism on environment
- Waste management, pollution

4. Wild Life and Protected Areas of Nepal (2 hrs)

- National Parks of Nepal
- Conservation Areas of Nepal

5. Communication Skills –(4 hrs)

- Practice of situational conversation
- Hospitality communication: greetings including fusion of few Nepali words like namste, sanchai hunuhunchha etc., politeness techniques
- Soft skills: having eye contact, body language etc.
- Manners and behavior including- etiquette in reference to manner in trekking.
- 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.
- Food habits and beverages 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.
- Communication in daily life in trekking: morning, day and evening time

6. Culture, Religion and People of Nepal (6 hrs)

i) People of Nepal – 2 hrs

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

ii) Culture 2 hrs

- General introduction of culture and its meaning and significance
- Nepalese people and their culture
- Seasonal festivals of Nepal

iii) Religion – 2 hrs

- General introduction to Hinduism and Buddhism and others

7. Geography of Nepal (4 hrs)

- Introduction: Location, area, physical divisions, extent and boundary of Nepal
- Physical features and landscape: rivers and lakes, main Himalayan ranges and its peaks
- Map reading skills: understanding map legend
- Climate

8. Roles and Duties of Trekking Porter Guide: (14 Hrs)

i) Trekking– 8hrs

- Define trekking
- 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 equipments, trekking permits, TIMS and park permit, insurance, itinerary, weight of baggage, information given to the family/friends/ roommates, maximum altitude of 5500-mt. that a porter go to etc.
- Function and roles of a trekking porter guide: knowledge of itineraries, trekking plan, staffs and group briefing.
- Documentation: record keeping and reporting
- Discipline, responsibility and accountability : Trekking discipline, do's & don't for trekkers, accountability
- Professional ethics and positive attitudes

ii) Briefing/ Commentary 2hrs

- Types of commentary
- Guiding technique
- Delivering effective commentary
- Handling guest complaint

iii) Camp safety & security 2hrs

iv) Regulations: 2 hrs

- Trekking rules and regulation, trekking permit & fee, TIMS
- Necessary legal knowledge, to be included insurance porter accident & local interference.

9. Safety, Security and Sanitation in Trekking (17 hrs)

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
- Sanitation: prevention of food borne diseases and food poisoning
- Drugs and prevention of STD/HIV

ii) First Aid – 2 hrs

- Define First aid, safety and its measure, bleeding cuts and wounds, fracture, dislocation

iii) Mountain Sickness and Rescue Operation:

(2 hrs)

- Define altitude or mountain sickness and its symptoms, method of treatment, technique of preventions.
- Acclimatization & prevention of altitude sickness and dealing with sick clients

iv) Sanitation Activities for Tourism

5hrs

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

10. Crisis Management in Trekking

2 hrs

- Avalanche
- Disaster
- Climate change/forecasting weather
- Contact for rescue process

11. Practical /Demonstration

2hrs

- Skills required to pass high passes
- Practical knowledge about knout, rope climb, use of crampon etc

12. Guest Lecture

2 hrs