

Government of Pakistan



National Vocational and Technical Training Commission

Prime Minister's Youth Skill Development



Course Contents / Lesson Plan

Course Title: [Outdoor Education/Mountaineering](#)

Duration: 3 Months

Course Syllabus: Outdoor Education & Mountaineering

1. Introduction to Outdoor Education

- Understanding the Principles and Values
- Historical Evolution and Significance
- Character & Capacity Building

2. Environmental & Biodiversity Studies

- Ecosystems and Their Importance
- Biodiversity Conservation Strategies
- Waste Management & Recycling

3. Marketing, Planning & Logistics in Outdoor Activities

- Developing Outdoor Programs
- Logistics and Risk Management

4. Fundamentals of Trekking & Hiking

- Essential Gear and Equipment
- Navigation Techniques and Trail Safety
- Team Building

5. Advanced Rock Climbing

- Techniques and Safety Measures
- Advanced Climbing Strategies

6. Winter Survival & Skiing Course

- Surviving in Cold Environments
- Skiing Skills and Techniques

Trainers Name	
Author	<i>Ahmed Ijaz (Director)</i> <i>Mariam Shoaib (Deputy Director)</i> (Adventure Foundation Pakistan)
Course Title	Outdoor Education/Mountaineering
Objectives and Expectations	This Initiative was Established by Late Brig Jan Nadir Khan in 1978 • The central philosophy of Outdoor Education was inspired by the principals of Outward Bound. An arduous and challenging task to help young people defy limitations, build resilience, through learning and adventure in the outdoors, wilderness & Environment. Believed in challenging young people to never give up, to change their perspective and learn the most important lesson: This emphasis on Character Building of young people, through challenging outdoor experiential learning. • Mission is to foster and enhance character building in young people through experiential learning in the outdoors and interaction with Nature. • Extending self-awareness through purposeful venture in outdoor situations. • Expanding capacity for responding to others by organized group activities. • Enhancing environmental awareness to perceive and identify our national heritage by conducting outings in the wilderness. • Create an attitude to participate in action-oriented form learning. • Developing physical fitness by continued exposure to outdoor activities. • The natural world is a giant, open ended laboratory. Youngsters are innate scientists and love to experience the sights, scents, sounds and textures of the outdoors. Interacting with natural environments allows young people to learn by doing and experiment with ideas. Nature provides countless opportunities for discovery, creativity, enquiry and make hypothesis. • Thereby developing inquisitive minds. They take risks, try and fail and try again and gain resilience and confidence. Pakistan's incomparable terrain and natural diversity. ranging from high Alpine environment of mighty Karakoram, Hindukush and Himalayas in the north to the arid deserts of Cholistan and Thar and the sea coast in the south. Lush green meadows, deep forests, cold tumbling streams and large rivers, beautiful lakes and rich historical and cultural background, all provide a perfect syllabus for the outdoor classrooms for the eager young minds, to interact with, explore, discover and learn from the wonders of our rich

	natural and cultural heritage and above all to respect Nature and understand Mans relationship to it.
Entry-level of trainees	Trainees should have at least a Matriculation or Intermediate level of education, preferably: - Nature or Environmental Conservation - Knowledge of Hiking & Trekking Techniques - Expertise in Skiing, Camping, Trekking, Rock Climbing, etc. - Demonstrated leadership abilities - Prior experience in Outdoor Survival Courses
Learning Outcomes of the course	By the end of this course, students will be able to: - Understand the significance of environmental conservation and its importance to nature. - Gain knowledge about trekking and hiking techniques. - Develop leadership qualities and team-building skills. - Acquire knowledge and skills related to camping, rock climbing, skiing, and other outdoor adventure activities. - Identify various plants and insects and understand their significance in ecosystems. - Learn about navigation and elevation in different parts of Pakistan. - Recycling process in Outdoor
Course Execution Plan	The total duration of the course: 3 months (12 Weeks) Class hours: 4 hours per day Theory: 25% Practical: 75% Weekly hours: 20 hours per week Total contact hours: 260 hours
Companies offering jobs in the respective trade	• After completing this course, students will have numerous job opportunities in the hospitality and adventure industries. They can secure positions in international organizations such as WWF and Outward-Bound UK. • Additionally, they can find employment opportunities at PTDC, Adventure Foundation Pakistan, Adventure Edge, and other companies that offer adventure activities & Courses. • Furthermore, they can pursue careers in Dubai and other tourism-driven countries.
Job Opportunities	• Environmental conservationist • Hospitality sector

	• Adventure instructor • Outdoor education
No of Students	25
Learning Place	Classroom / Outdoor
Instructional Resources	https://www.adventurefoundation.org.pk/introduction/ https://www.wwfpak.org https://www.youtube.com/watch?v=0SNuwu7-aFU&t=614s https://www.youtube.com/watch?v=sz26QQBEJcc&t=3s

MODULES

Sched uled Weeks	Module Title	Days	Hours	Learning Units	Home Assignment
Week 1	Introduction to Mountaineering	Day 1	Hour 1	Course Introduction	• Task 1
			Hour 2	Intro to Outdoor Education	
			Hour 3	Introduction to Environmental Studies	
			Hour 4	Elevation of Pakistan On World Map	
		Day 2	Hour 1	History of Outdoor Education	
			Hour 2	Types of Mountains in Pakistan	
			Hour 3	Types of Glaciers	
			Hour 4	Types of Cloud Formation	
		Day 3	Hour 1	Climate Change & Its Effects	
			Hour 2	Mountain Ranges In Pakistan	
			Hour 3	Types of Deserts In Pakistan	
			Hour 4	Types of Rivers & Lakes	
		Day 4	Hour 1	Types of Tents & Materials	

			Hour 2	Types of Rocks & Stones In Pakistan	
			Hour 3	History of Environment In Pakistan	
			Hour 4	History of Mountaineers & International climbers	
		Day 5	Hour 1	Formation of Mountains	
			Hour 2	Importance of Mountains	
			Hour 3	Expeditions & Summits in Pakistan	
			Hour 4	Water Resources & melting of glaciers	

Week 2	Marketing, Planning & Logistics	Day 1	Hour 1	Basic Poster Making	•Task 2
			Hour 2	Event Planning	
			Hour 3	Event Management	
			Hour 4	Basic Logistics	
		Day 2	Hour 1	Motivational Speaker (Climber) Naila Kiani	
			Hour 2	""Lecture	
			Hour 3	Motivational Speaker (Climber) Sheroz Kashif	
			Hour 4	""Lecture	

		Day 3	Hour 1	Insights & Marketing Plan	
			Hour 2	Planning of Logistics	
			Hour 3	Introduction of Budgeting	
			Hour 4	Cash Management	
		Day 4	Hour 1	Marketing Strategies	
			Hour 2	Webpage Handling	
			Hour 3	Insta & Facebook Handling	
			Hour 4	Types of Youtube Content	
		Day 5	Hour 1	Clients Engagements	
			Hour 2	Clients Handling	
			Hour 3	Developments in Events	
			Hour 4	Tourism In Pakistan	
Week 3	Camp Setup & Logistics (Practical)	Day 1	Hour 1	Tent Pitching Basic & Its Parts	•Task 3
			Hour 2	Resources for Camp Development	
			Hour 3	Use of TENTS & IMPLEMENTATION	

			Hour 4	History Of Tents & Materials	
		Day 2	Hour 1	Types of Tents in different fields	
			Hour 2	Tent Maintenance & Logistics Handling	
			Hour 3	Sleeping Bags, its types & uses	
			Hour 4	Adjustments in Tents According to Weather	
		Day 3	Hour 1	Refurbishment & Repair of Tents	
			Hour 2	Types of Mattresses & their uses	
			Hour 3	Tents Modifications	
			Hour 4	Packing Strategies for tents, sleeping bags & Mattresses	
		Day 4	Hour 1	Practical In Field	
			Hour 2		
			Hour 3		
			Hour 4		

Week 4	The Study of Biodiversity in Pakistan & Waste Management & Recycling	Day 1	Hour 1	Introduction of Biodiversity	• Task 4 /
			Hour 2	History Of Biodiversity	
			Hour 3	Mutation in Biodiversity	
			Hour 4	Importance of Biodiversity & Conservation	
		Day 2	Hour 1	Introduction of Flora and Fauna	
			Hour 2	Geographical Regions & Impact on Biodiversity	
			Hour 3	Discussion of ecosystem (Mountains, Plains, Deserts & Coastal Areas)	
			Hour 4	Rich Plant Diversity & Unique Plant species	
		Day 3	Hour 1	Diverse Mammals	
			Hour 2	Endangered Species	
			Hour 3	Avian Diversity & Habitats	
			Hour 4	Importance of ecosystem	

		Day 4	Hour 1	Reptile & Amphibian Diversity	
			Hour 2	Aquatic Life in Rivers, lakes & Coastal Areas	
			Hour 3	Current Conservation Efforts	
			Hour 4	Challenges in Biodiversity conservation	
		Day 5	Hour 1	Effective Waste Management & the role of Plastic Recycling in Daily Life.	
			Hour 2		
			Hour 3		
			Hour 4		

Week 5	Ropes & Knots	Day 1	Hour 1	Introduction Outdoor Safety & Ethics	•Task 5
			Hour 2		
			Hour 3	Basic Knot Tying Techniques	
			Hour 4	Understanding Rope Materials & Usage	
		Day 2	Hour 1	Harness & Equipment Handling	
			Hour 2	Climbing Techniques and safety Measures	
			Hour 3	Anchoring Systems & Knots Applications	

			Hour 4	Rescue & Emergency Protocols				
		Day 3	Hour 1	Advanced Knot Tying & hitches				
			Hour 2	Rappelling Techniques'				
			Hour 3	Emergency Cases				
			Hour 4	First AID Equipment				
		Day 4	Hour 1	Wound Management				
			Hour 2	Handling Fractures & sprains				
			Hour 3	Emergency Response strategies				
			Hour 4					
		Day 5	Hour 1	Practical Field Day				
			Hour 2					
			Hour 3					
			Hour 4					
		Week 6	Winter Survival Course	Day 1		Hour 1	Winter Environment & Hazard	• Task 6
						Hour 2	Shelter Construction in Snow Terrain (Filed)	

			Hour 3	Fire Building & Maintenance in Cold	
			Hour 4	Navigation & Wayfinding in winter landscapes	
		Day 2	Hour 1	Snowshoeing Techniques & Gear Familiarization	
			Hour 2	Winter Food procurement	
			Hour 3	Avalanche Safety & Awareness	
			Hour 4	Emergency First Aid in cold environments	
		Day 3	Hour 1	Practical in Field	
			Hour 2		
			Hour 3		
			Hour 4		
		Day 4	Hour 1	Practical in Field	
			Hour 2		
			Hour 3		
			Hour 4		
		Day 5	Hour 1	Practical in Field	

			Hour 2	Practical in Field	
			Hour 3		
			Hour 4		
Week 7		Day 1	Hour 1	Practical in Field	•Task 7
			Hour 2		
			Hour 3		
			Hour 4		
		Day 2	Hour 1	Practical in Field	
			Hour 2		
			Hour 3		
			Hour 4		
		Day 3	Hour 1	Practical in Field	
			Hour 2		
			Hour 3		
			Hour 4		

		Day 4	Hour 1	Practical in Field	
			Hour 2		
			Hour 3		
			Hour 4		
		Day 5	Hour 1	Practical in Field	
			Hour 2		
			Hour 3		
			Hour 4		
Week 8	Basic Skiing Course (PRACTICAL)	Day 1	Hour 1	Introduction to skiing gear & Equipment	•Task 8
			Hour 2		
			Hour 3	Basic skiing posture & Balance	
			Hour 4		
		Day 2	Hour 1	Skiing Techniques: Straight Runs & Turns	
			Hour 2		
			Hour 3	Introduction to Cross-Country skiing	

			Hour 4		
			Day 3	Hour 1	
				Hour 2	
				Hour 3	
				Hour 4	
		Day 4	Hour 1	Advance Skiing Maneuvers & Tricks	
			Hour 2		
			Hour 3	Practical	
			Hour 4		
		Day 5	Hour 1		
			Hour 2		
			Hour 3	Practical	
			Hour 4		
		Day 1	Hour 1	Introduction of Trekking Essentials	• Task 9
			Hour 2	Gear Selection & Preparation	

			Hour 3	Navigation Techniques & Map Reading
			Hour 4	
		Day 2	Hour 1	Understanding Terrain & Weather Patterns
			Hour 2	
			Hour 3	Path Finding & Route Map
			Hour 4	
		Day 3	Hour 1	Practical Field Day
			Hour 2	
			Hour 3	
			Hour 4	
		Day 4	Hour 1	Practical Field Day
			Hour 2	
			Hour 3	
			Hour 4	
		Day 5	Hour 1	Practical Field Day
			Hour 2	

			Hour 3		
			Hour 4		
Week 10	Advanced Hiking & Altitude Acclimatization	Day 1	Hour 1	High Altitude Challenges & Acclimatization	•Task 10
			Hour 2		
			Hour 3	Advanced Gear & Equipment for Altitude climbing	
			Hour 4		
		Day 2	Hour 1	Nutrition & Meal Planning at High Altitude	
			Hour 2		
			Hour 3	Physical & Mental Preparation for Altitude climbing	
			Hour 4		
		Day 3	Hour 1	Emergency Response & Rescue Procedures	
			Hour 2		
			Hour 3	Technical Skills for High-Altitude Climbing	
			Hour 4		
		Day 4	Hour 1	Rope Work & Harness Techniques	

			Hour 2	Precision Climbing and Negotiating Difficult Terrain	
			Hour 3		
			Hour 4		
		Day 5	Hour 1	Advanced Navigation in Challenging Environments	
			Hour 2		
			Hour 3	Expedition Planning & Leadership Skill Training	
			Hour 4		
Week 11	Practical & Test	Day 1	Hour 1	Practical & Written Test	
			Hour 2		
			Hour 3		
			Hour 4		
		Day 2	Hour 1		
			Hour 2		
			Hour 3		
			Hour 4		

		Day 3	Hour 1		
			Hour 2		
			Hour 3		
			Hour 4		
		Day 4	Hour 1		
			Hour 2		
			Hour 3		
			Hour 4		
		Day 5	Hour 1		
			Hour 2		
			Hour 3		
			Hour 4		
Week 12	Practical Tests	Day 1	Hour 1		
			Hour 2		
			Hour 3		

			Hour 4		
		Day 2	Hour 1		
			Hour 2		
			Hour 3		
			Hour 4		
		Day 3	Hour 1		
			Hour 2		
			Hour 3		
			Hour 4		
		Day 4	Hour 1		
			Hour 2		
			Hour 3		
			Hour 4		
		Day 5	Hour 1		
			Hour 2		

			Hour 3	Certification	
			Hour 4		

Workplace/Institute Ethics Guide

Work ethic is a standard of conduct and values for job performance. The modern definition of what constitutes good work ethics often varies. Different businesses have different expectations. Work ethic is a belief that hard work and diligence have a moral benefit and an inherent ability, virtue, or value to strengthen character and individual abilities. It is a set of values-centered on the importance of work and manifested by determination or desire to work hard.

The following ten work ethics are defined as essential for student success:

1. Attendance:

Be at work every day possible, plan your absences don't abuse leave time. Be punctual every day.

2. Character:

Honesty is the single most important factor having a direct bearing on the final success of an individual, corporation, or product. Complete assigned tasks correctly and promptly. Look to improve your skills.

3. Team Work:

The ability to get along with others including those you don't necessarily like. The ability to carry your weight and help others who are struggling. Recognize when to speak up with an idea and when to compromise by blend ideas together.

4. Appearance:

Dress for success set your best foot forward, personal hygiene, good manner, remember that the first impression of who you are can last a lifetime

5. Attitude:

Listen to suggestions and be positive, accept responsibility. If you make a mistake, admit it. Values workplace safety rules and precautions for personal and co-worker safety. Avoids unnecessary risks. Willing to learn new processes, systems, and procedures in light of changing responsibilities.

6. Productivity:

Do the work correctly, quality and timelines are prized. Get along with fellows, cooperation is the key to productivity. Help out whenever asked, do extra without being asked. Take pride in your work, do things the best you know-how. Eagerly focuses energy on accomplishing tasks, also referred to as demonstrating ownership. Takes pride in work.

7. Organizational Skills:

Make an effort to improve, learn ways to better yourself. Time management; utilize time and resources to get the most out of both. Take an appropriate approach to social interactions at work. Maintains focus on work responsibilities.

8. Communication:

Written communication, being able to correctly write reports and memos. Verbal communications, being able to communicate one on one or to a group.

9. Cooperation:

Follow institute rules and regulations, learn and follow expectations. Get along with fellows, cooperation is the key to productivity. Able to welcome and adapt to changing work situations and the application of new or different skills.

10. Respect:

Work hard, work to the best of your ability. Carry out orders, do what's asked the first time. Show respect, accept, and acknowledge an individual's talents and knowledge. Respects diversity in the workplace, including showing due respect for different perspectives, opinions, and suggestions.