

Rajesh Lama (Tamang) - Conseiller ICEH

Né le 17 février 1983, marié , un enfant, demeure à Kathmandu Népal.

LANGUAGE

- Tamang: Mother Language
- Nepali: National Language
- English: Fluent in spoken, Fair in written
- French: Fluent in spoken, Fair in written (Alliance Française in Kathmandu)

EDUCATION

- School Living Certificate

OCCUPATION

- Trekking / Culture/Climbing /Canyoning guide and Instructor/Exploration Team Leader of Nepal Canyoning Association

TRAINING IN NEPAL AND FRANCE

- Trekking Guide: From 12/08/2002 to till 20/09/2002 from HMTC.
- Basic Mountaineering: From 15/08/2004 to till 26/09/2004 from NMA and Alpine Association of Slovenia .
- Basic Mountain Rescue: From 01/01/2007 to till 08/01/2007 from Népal Mountaineering Instructors Association.
- Advance Mountaineering: From 23/11/2010to till 31/01/2011 by Nepal Mountaineering Association.

- French Language Training in Alliance Française Kathmandu- 2003
- Monitor Fédéral Descente Canyoning: From Ecole Française de Descente De canyon in France 2006.
- First Aid Training: From 16/05/2006 to till 17/05/2006 from Federation Nationale de Protection Civile in Toulouse, France.
- Canyoning Basic Training in Nepal- 2005 with Pro. Rodolphe Sturms and Team of France
- Canyoning Advance Course conducted from 25/01/2008 to till 06/02/2008 by Nepal Canyoning Association.
- Canyoning Explorer and Join Expedition in Nepal (2006- 2007) with Pro. Yann Ozoux and French Expedition Team.
- Canyoning Training in Ariège- Pyrénées- with Pro. Rodolphe Strum and Pro. Yann Ozoux-2007.
- Basic Spéléologie (Caving) Training Course in BUREAU DES GUIDES Ariège- Pyrenees- With Pro. Rodolphe Sturm 2 July to 6 July 2007.
- Basic Rock Climbing Training Course in BUREAU DES GUIDES Ariège – Pyrénées with Pro. Mael Loizance from 25 June to 29 June 2007.
- Advance Canyoning Training Course Since 25th Jan to 6th Feb 2008– Bhotekoshi Nepal, EFC- Pro. Laurent Pouban, C.R.E.I. – Pro. Rodolphe Sturm with Nepal Canyoning Association.
- Helicopter Marshall Course from 12-14 February 2016 by Nepal Mountaineering Association.

<p style="text-align: center;">WORKING EXPERIENCE IN NEPAL AND FRANCE</p>
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- Trekking experience (1999-2002) – As Trekking Crew as high altitude porter in the 5000m to till 6000m.
- Assistant Trekking Guide (2002-2004)
- Trekking Guide as Sirdar -(2004-2009)
- Mountaineering Guide (2003-2009)
- Nepal–French Canyoning Expedition in Marshyandhi Valley, Nepal- 2005, 2006 and 2007)- Assistance Canyoning Guide
- Nepal–French Cayoning in Bhote Koshi and Sunkoshi, Kavre-2007 as Canyoning Monitor

- Nepal-French Canyoning Training in Bhote Koshi as Canyoning Instructor 2008.
- Instructor/ Secretary of Nepal Canyoning Association (NCA)
- Grandeur Nature in France – (2005,2006 and 2007) Practical Training for the Canyoning and Caving
- BUREAU DES GUIDES Ariège – Pyrénées in France (2006, 2007 and 2008) Pratical Canyoning, Rock climbing and Caving
- Canyoning Practice in France, Spain and Nepal Since 2005
- Rescue Team Leader of two and half year old child from Seti gorge in Pokhara, 25th June 2008
- Canyoning Exploration Team Leader of Nepal Canyoning Association.

ASSOCIATION

- NCA (Nepal Canyoning Association) Canyoning Instructor and Secretary