



**TOURISM - TRANSPORT
SECTOR**

**SPECIALTY:
MOUNTAIN
SESSION**

O CCUPATIONAL DESCRIPTION

B .1 BRIEF DESCRIPTION OF PROFESSIONAL ACTIVITIES

1. The mountain escort shall carry out escort activity in a mountainous area or specific mountainous area or also in an area of natural interest, including national parks, regional and provincial parks and other forms of protected areas, and shall explain to the accompanying persons his characteristics. mountain environment passing through.
2. The mountain escort does not practice his profession in areas where there is snow and for crossing it requires mountaineering materials and techniques, in rocky areas, glaciers and in those fields that require, in any case, to promote the use of rope , mountaineering ax and hooks.
3. The mountain escort may exercise activities in nature outside the demarcated areas described in par. 2.

PURPOSE

To create and operate the specialty that will support outdoor activities of individuals-groups in mountainous areas.

B.1.2. PROFESSIONAL DUTIES

The holder of a IEK diploma in the specialty "Mountain Escort" works accompanying groups or individuals, who carry out, in the framework of organized tourism programs, activities in nature.

B.1.1. ACTIVITY SECTOR

- Must have the ability to accompany groups or individuals in a mountain area or specific mountain area or also in an area of natural interest, including national parks, regional and provincial and other forms of protected areas and explain to accompanying persons the features of the mountain environment they cross.
- Must be able to organize and coordinate various outdoor activities-events in the visited mountain areas for the participating excursionists.
- Must observe and apply the safety rules with absolute precision when carrying out outdoor activities.

- It should be able to support the design of the daily or multi-day program of excursions in the visited mountain areas.
- It should be able to support the creation of infrastructure for the implementation of programs and outdoor activities.
- It should be able to evaluate and suggest improvements in the ongoing tourism programs.
- Must be able to carry out escape and rescue plans in case of danger, to the best of his ability.

B.3.28 QUALIFICATIONS OF TEACHERS

The teaching staff will consist of university / TEI graduates with appropriate and relevant studies and specializations in the subject who have experience and generally scientists who have direct or relevant experience as well as administrative experience or special knowledge in the subject.

Especially for mountain activity courses (Orientation-Elements of Meteorology, Basic Principles of Climbing, Basic Principles of Mountain Hiking, Canyon Downing, Camping and Outdoor Overnight in the Mountain, Advanced Mountain Escort Management Techniques - In the Mountains staff will consist of graduate Mountain Guides with a license to practice.

Finally, for the teaching of the courses Principles of Teaching and Leadership and Outdoor Activities -Leisure in the mountains, will be required by the instructors or to have proven experience of 3 years in organizing animation programs in a tourism company or to have a degree or a special degree TEFAA graduates with specialty "Outdoor Activities".

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SPECIALTY TRAINING GUIDE: MOUNTAIN SESSIONS

SPECIALTY SCHEDULE OF SPECIALTY:

"MOUNTAIN SESSION"

semester	A	B	Γ
1			
1	2	2	0
			0
2	4	4	0
			0

	Greek Cultural Heritage-			4										
3	Traditional mountain settlements				4			0		0				
	Principles of teaching and leadership													
4	team					1	2	3		0			0	
	Basic principles of mountain hiking													
5	I & II	2	6	8						3	3			0
6	Introduction to PCs	4	4							0				0
7	English-Terminology	3		3	2					2	2			2
	Natural									Kt				
8	environment-Ecology- Geology-Mountain flora and fauna									0	2	2	4	0
	Orientation - Elements													
9	Meteorology - Telecommunications					0	3	3	6					0
	Financial Management													
10	Activities					0	2		2					0
	First Aid - Treatment													
11	Accidents									0	1	1	2	0
12	Basic principles of climbing					0	1	3	4					0
13	Management Principles					0	2		2					0
14	Mountain Tourism Marketing					0			0	2				2
15	Descent of Gorges					0			0		2	2		
	Camping & Outdoors													
16	Overnight in the Mountain					0			0		4	4		
	Advanced mountain escort techniques													
17	and education					0			0	1	6	7		
	Man rescue items at													
18	mountain - Emergency management													
	situations Outdoor Activities									0			0	2
19	leisure - Leisure at												2	2
	4												4	
	<u>Mountain</u>					0			0	1	3	4		
						0			0					350
	Total Hours	16	12	28	13	12	25	8	17	25				350
	© = THEORETICAL COURSES													
	E = LABORATORY COURSES S =													
	TOTAL COURSE HOURS													

COURSE DESCRIPTION

(Contents)

CURRICULUM

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

***COURSE: INTRODUCTION TO TOURISM-ELEMENTS OF
TOURISM LEGISLATION***

SEMESTER: FOUR HOURS OF TEACHING: 2TH / WEEK

Course objectives

To understand the conceptual content of tourism and to realize the

economic, social, cultural and environmental impacts of its development in a country .. And also to be informed about what is

provided by tourism legislation for the protection of natural and cultural environment.

Course content

• a) Introduction to tourism

- The analysis of the tourist phenomenon.
- The most widespread special and alternative forms of tourism.
- The dimensions of the tourist phenomenon.
- The time evolution of tourism.
- Tourism is a modern branch of economic activity.
- The economic effects of tourism
- The social effects of tourism.
- The cultural influences of tourism.
- The environmental impacts of tourism.

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b) Elements of tourism legislation

- Protection of the natural environment: from projects and activities, from pollution.
- Special forest protection: purpose and scope of application of provisions for forest protection, fire fighting, reforestation, intervention in forests and forest areas.
- Protection of the cultural environment: protection of cultural heritage, types of protection, environmental policy.

Evaluation

Assignments
Written exams

SECTOR SPECIALTY**CODE****SPECIALTY TITLE: MOUNTAIN SESSION**

**COURSE: NATURAL GEOGRAPHY OF GREECE -
PROTECTED AREAS.**

SEMESTER: FOUR HOURS OF TEACHING: 4 TH / WEEK

Course objectives:

To get acquainted with the natural geography of the country and in particular the protected areas (National Parks, monuments of special natural beauty, protected areas).

Course content

SECTION 1

- The birth of the Greek mountains
- Morphology
- The mountains of Greece
- The lakes of

Greece SECTION 2

- Protection of the mountain environment
- National Parks
- Monuments of special natural beauty
- Protected areas of the RAMSAR treaty

Evaluation

Assignments

Written exams

SPECIALTY CODE:
SECTOR:
SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: GREEK CULTURAL HERITAGE - TRADITIONAL MOUNTAIN SETTLEMENTS

SEMESTER: 1 HOURS OF TEACHING: 4TH / WEEK

Course objectives

This course provides the necessary training on cultural heritage in combination with the promotion of natural and cultural attractions of traditional mountain settlements. Training is also provided on the protection of monuments and the existing institutional framework.

Course content

Section 1. INTRODUCTION

- The Tourist Phenomenon
- Time evolution of tourism
- Conceptual approaches
- Dimensions of the trip

Section II. HISTORY OF GREEK HOSPITALITY

- Tourism in ancient Greece
- Holidays in honor of the Hospitality
- Hospitality process

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Section III. TOURISM IN ANCIENT GREECE

- Artistic - Festive Tourism
- Educational Tourism

- Religious Tourism
- Commercial Tourism
- Athens, the largest city

Section IV. CULTURAL TOURISM

- Concept, goals and characteristics
- Dynamics and Prospects for the Development of Cultural Tourism

Section V. Cultural Areas - Monuments

- Prominence of Monuments
- Ancient, Roman and Modern Greek Monuments - Caves mountain
- Archaeological Sites - Castles as tourist attractions
- Protection of Ancient, Byzantine and Modern Monuments

Section VI. Situation of Cultural Tourism in Attica

- Status of tourist Infrastructure and Superstructure
- Archaeological Sites and Monuments

Section VII. Traditional Mountain Settlements

- Cultural Heritage
- Utilization of History and Folklore of Traditional Settlements

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- Management - Protection of Traditional Settlements

Section VIII. TOURIST ROUTES

- Networking
- Cultural Paths

Section IX. Hotels and other Accommodations

- Historical Development

- Monastic Hospitality

Section X. Art and Tourism

- Contemporary Cultural Movement
- Management and organization of Cultural Events
- Festivals - Traditional Holidays - Trade Fairs
- Exhibition Tourism

XI. CULTURAL TOURISM MARKETING

- Complete Vacation Packages

XII. RELATED FORMS OF CULTURAL TOURISM

- City Tourism
- Historical Metropolises
- Metropolitan Conference and Cultural Centers

XIII. Perspectives and Implications of Cultural Tourism

- Perspectives and Expediency of Cultural Tourism - International Experience
- Convergence with Mediterranean Destinations
- Impact of Cultural Tourism on Residential Ensembles

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Evaluation

Tasks

Written exams

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE : P RINCIPLES OF TEACHING AND TEAM LEADERSHIP

SEMESTER: FIRST HOURS OF TEACHING: 1TH - 2 WEEKS

Course objectives

The student should understand the basic principles that govern motor learning, as well as the basic psychological and pedagogical principles of managing a group of

people.

Course content

Personality

Incentives

Leadership

Team

cohesion

Psychological intervention

techniques Principles of motor
behavior

Reduce unwanted behaviors and increase responsibility

Evaluation

Written exams in the above subjects.

Group guidance in a mountain environment (preferably student children).

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE : BASIC PRINCIPLES OF MOUNTAIN HIKING I.

SEMESTER: FIRST HOURS OF TEACHING: 2TH - 6 WEEKS

Course objectives

The trainee with this training will "tie" his theoretical knowledge with applied

in relation to hiking in nature. He will learn with practice the

important knowledge required and will have full knowledge of all the parameters he will face.

Course content

- Basic principles of hiking
- Clothing
- Equipment
- What to look out for in our movement in an organized or unorganized outdoor environment.
- Geomorphological elements of the activity area.
- Dangers in the mountain environment
- Critical handling
- Safety conditions
- Presentation of activity to participants, methodology
- Feedback from participants about their satisfaction

Evaluation

Written exams

Mountain traffic - Safety - Organization of activity

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: INTRODUCTION TO COMPUTERS

SEMESTER HOURS OF TEACHING HOURS: 2TH - 2E / WEEK

Course objectives

The student should have the capacity of MS OFFICE and should be able to

The trainee should know the use of MS OFFICE packages and especially the MS - WORD and EXCEL programs in a WINDOWS

environment.

Course content

- Use of PC and graphical communication environments
- Text editing
- Spreadsheets
- INTERNET and local networks
- Presentations
- Computer operation

Evaluation

Written exams

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: ENGLISH-TERMINOLOGY

SEMESTER HOURS OF TEACHING HOURS: 3TH / WEEK

Course objectives

The trainee with this training will be able to get in touch with a supportive parameter of essential importance in the field of tourism, the use of English.

Course content

- Verbal communication in English

- Written communication in English

- English expressions
- Use of English Terminology in Tourism Marketing - Use of APT terms - ABC, Tourist terminology with emphasis on outdoor tourism
- Use of English in Communication
- Travel terminology
- Use of coded expressions in FAX-MESSAGE in travel communication
- International phonetic alphabet

Evaluation

Written exams

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: NATURAL ENVIRONMENT -

***ECOLOGY-GEOLOGY - MOUNTAIN FLORA
AND FAUNA***

SEMESTER: SECOND HOURS OF TEACHING 2TH-2E / WEEK

Course objectives

The trainees are taught the basic topics related to the utilization of the natural environment, as an attraction in tourism, the programs and policies developed in this field, as well as the principles of Environmental protection.

Course content

Section I. Ecosystems and Habitats

- The main types of ecosystems in Greece / Their Structure and Function
- Coastal systems
- Riverside systems
- Lake systems
- Agroecosystems
- Common and rare species of flora and fauna found in each species

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Section II. Biodiversity Elements

- Concepts, Formats and Processes / Methods of Evaluation
- Rarity, Threat Ratings
- General Information on the European and Greek Area
- The Biodiversity of the Greek Area in the large taxonomic groups
- Geographical distribution of diversity

Section III. Environmental Degradation and Protection

- Risks, threats, protection, management
- The concept and techniques of waste conservation, recycling and disposal
- Environmental protection measures - International Conventions
- Greek Habitats included in the NATURA 2,000 Network

Section IV. Tourist development

- Utilization of the sights of the natural environment
- Exhibition tourism - Natural environment

Section V. Ecotourism

- Concept and characteristics of Ecotourism

- Opportunities, dynamics and conditions for the development of Ecotourism

- Physical characteristics of Greece
- Ecotourism and international environmental organizations

Section Vi. Winter Tourism and Natural Environment

- Areas of special natural beauty

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- Accommodation network
- Network of mountain settlements of traditional character
- Professional framework of the European Union

VII. Tourism - Regional Development

- Harmonization of tourism and regional development
- Upgrading and maintaining the quality of natural and structured environment
- Stimulation of tourist attractions

VIII. Impacts of Tourism on the Natural Environment

- Economic and Political results of Tourism
- Social, Cultural and Environmental results of Tourism
- Impact of unplanned Tourism

Section IX. THE EUROPEAN UNION GUIDELINES FOR TOURISM

- Community "Green Paper" on Tourism
- Community Support Framework and Tourism (Operational Programs)

Evaluation

Assignments

Written exams

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

***COURSE: ORIENTATION / METEOROLOGY ELEMENTS /
TELECOMMUNICATIONS***

SEMESTER: SECOND HOURS OF TEACHING: 3TH - 3 WEEKS

Course objectives

To acquaint the trainee with the data related to orientation data, the study of maps, the use of GPS, the routing as well as the basic knowledge of meteorology and weather forecast.

Course content

SECTION 1

- Equipment
- Map orientation
- Orientation with a compass
- Exercises for drawing and keeping track

SECTION 2

- Introduction to meteorology
- Climate
- Barometric systems
- Clouds
- Meteorological maps
- Weather forecasting methods
- Sources of information for meteorological reports

SECTION 3

- Introduction to telecommunications

- Electromagnetic waves
- Transceivers and their use
- International phonetic alphabet
- Mountain communications
- Communication in emergency situations

Evaluation

Written exams

Finding a route-finding a location- charting a
weather forecast-dealing with weather events

Using a transceiver

SPECIALTY CODE:
SECTOR:
SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: FINANCIAL MANAGEMENT OF ACTIVITIES

SEMESTER: SECOND HOURS OF TEACHING: 1TH - 1 E / WEEK

Course objectives

To be able to manage the finances of an excursion or event and to give an account.

Course content

- Books and facts
- Keeping a cash register
- Contracts
- Knowledge of accounting obligations
- VAT

Evaluation

Written exams Keeping a daily fund

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: FIRST AID TREATMENT- ACCIDENT

SEMESTER: SECOND HOURS OF TEACHING: 1TH - 1 E / WEEK

Course objectives

The trainee should be familiar with the general and specific data concerning First Aid, the ways of dealing with various incidents that may occur during the implementation of the various programs and activities.

Course content

- Priorities in the provision of IDPs
- First aid exercises
- Bandages
- Rough first aid pharmacy
- Fever and hypothermia
- Vomiting, diarrhea, colic, rashes
- Asphyxia - Artificial respiration
- Heart attack - Heart failure
- Fainting
- Shock
- Harmful effects from high-low temperature
- Damage from electric shock-electric shock
- bleeding -Aimoptysi
- Colic
- Mechanical injuries- Fractures-sprains-dislocations
- Drowning
- Shock
- Poisonings and antidotes
- What a pharmacy should include

Assessment

Written exams

Cardiopulmonary resuscitation-bandages

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

LESSON: BASIC PRINCIPLES OF CLIMBING

SEMESTER: SECOND HOURS OF TEACHING: 1TH - 3 WEEKS

Course objectives

To acquaint the trainees with the ways and methods by which they can cope in special cases where climbing techniques are required.

Course content

- Introduction to climbing
- Personal equipment
- Group equipment
- Knots
- Climbing techniques
- Artificial climbing
- Climbing terminology

Evaluation

Written exams

Ascent - descent of a slope safely

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: BASIC PRINCIPLES OF MOUNTAIN HIKING II

SEMESTER: SECOND HOURS OF TEACHING: 3 E / WEEK

Course objective

To train the trainees in the basic principles of mountain hiking.

Course content

workshop

Evaluation

Mountain traffic - Safety - Organization of activity

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: PRINCIPLES OF ADMINISTRATION

SEMESTER: SECOND HOURS OF TEACHING 2TH / WEEK

Course objectives

Approach the principles of management science and briefly analyze the main characteristics of management, which are planning, organization, management, coordination and control.

Course content

- A theoretical approach to management science

- Scheduling : The various categories of programs. The process of their training. Making a decision. The human element in decision making. Human resource planning. Budgeting.
- The organization: The organizational structure. The administrative power. The division of labor. Informal organization and informal groups. Understanding the behavior of teams.
- The management: the specialization of the work. The recruitment of the appropriate human resources. The guidance of human resources. The training and development of human resources. The communication between manager and managers. The commands of the address. Leadership techniques. Analyzing and evaluating the performance of human resources.
- Coordination : The types of coordination. Coordinators and steering committees.
- Control : Defining performance criteria. Performance appraisal. Budget controls. The human point of view of control.

Evaluation

Tasks

Written exams .

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: ENGLISH-TERMINOLOGY

SEMESTER B' HOURS OF TEACHING: 2TH / WEEK

Course objectives

The trainee with this training will be able to get in touch with a supportive parameter of essential importance in the field of tourism, the use of English.

Course content

- Verbal communication in English

- Written communication in English
- English expressions
- Use of English Terminology in Tourism Marketing - Use of APT terms - ABC, Tourist terminology with emphasis on outdoor tourism
- Use of English in Communication
- Travel terminology
- Use of coded expressions in FAX-MESSAGES in travel communication
- International phonetic alphabet

Evaluation

Written exams

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: MOUNTAIN TOURISM MARKETING

SEMESTER THREE HOURS OF TEACHING: 2TH / WEEK

Course objectives

To understand the general principles of tourism marketing, as well as how to effectively apply them in mountain tourism.

Course content

- The role of marketing in modern tourism businesses

- Mountain tourism and tourism marketing
- The planning of mountain tourism marketing
- Mountain tourism marketing research
- The buying behavior of the mountain tourism tourist
- The segmentation of the mountain tourism market
- The product of mountain tourism
- The pricing of the mountain tourism product
- The distribution of the product of mountain tourism
- The promotion of the product of mountain tourism
- The means of promoting the product of mountain tourism

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Evaluation

Assignments
Written exams

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

LESSON: GORGE DOWN

SEMESTER: THIRD TEACHING HOURS: 2 E / WEEK

Course objectives

The trainee should be familiar with the special conditions and techniques for the safe descent of gorges.

Course content

- Morphology of the gorges
- Dangers in the gorges
- Canyoning techniques

- Special equipment

Evaluation

Written exams

River / gorge descent with technical ability and safety

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: CAMPING AND OUTDOOR OVERNIGHT IN THE MOUNTAIN

SEMESTER: THIRD TEACHING HOURS: 4 E / WEEK

Course objectives

The trainee with this training will be able to safely organize an outdoor camp and will be trained to be able to ensure a smooth outdoor overnight stay.

Course content

- Tents
- Camping equipment
- Site selection
- Basic interventions in the area
- Organization of the night
- Restoration of space

Evaluation

Written exams

Organization of overnight and catering campers

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SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

***COURSE: COMPLEX MOUNTAIN ACCOMPANYING AND TRAINING
TECHNIQUES***

SEMESTER: THIRD TEACHING HOURS: 1TH - 6 E / WEEK

Course objectives

The trainee with this training will be able to deal with emergencies that may arise, will be trained to be able to accompany on demanding routes as well as to train in special promotion and climbing techniques.

Course content

- Complex escort techniques
- Subjective risks
- Objective risks
- Critical handling
- Safety conditions
- Traffic via via ferrata
- Movement via via cordata

Evaluation

Written exams

Emergency forecasting Team
management Emergency
management

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

***COURSE: MOUNTAIN RESCUE ELEMENTS IN THE MOUNTAIN /
EMERGENCY MANAGEMENT***

SEMESTER: THIRD TEACHING HOURS: 2TH - 2 WEEKS

Course objectives

To acquire the trainee the ability to carry out a simple rescue independently or to be able to participate as an assistant in an organized rescue operation

Course content

- Basic rescue principles
- Special equipment
- Self-rescue techniques
- Lifting rescue
- Rescue by launching
- Victim psychology

Evaluation

Written exams

Rescue systems analysis Rescue application

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE : *OUTDOOR LEISURE ACTIVITIES / MOUNTAIN RECREATION*

SEMESTER: THIRD TEACHING HOURS: 1TH - 3 WEEKS

Course Objectives

To acquire the trainee the cognitive ability to design and develop programs of outdoor activities, to formulate programs of development and exploration and to classify and adapt them according to the needs of the participants.

SEMESTER C '

SECTION 1

- Sports in nature
- Outdoor activity programs
- Individual development
- Team dynamics
- Track- rope activities
- Exploration

programs SECTION 2

- Programs for young adults
- Programs for the Elderly
- Programs for people with special needs

- Human resource development programs

- Ecological sensitivity programs
- Entertainment programs
- Amusement parks in urban areas

- Incentive programs

Assessment

Written exams

Planning and implementation of activities for a group of more than 50 people

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

COURSE: ENGLISH-TERMINOLOGY

SEMESTER THREE HOURS OF TEACHING: 2TH / WEEK

Course objectives

The trainee with this training will be able to get in touch with a supportive parameter of essential importance in the field of tourism, the use of English.

Course content

- Verbal communication in English
- Written communication in English
- English expressions
- Use of English Terminology in Tourism Marketing - Use of APT terms - ABC, Tourist terminology with emphasis on outdoor tourism
- Use of English in Communication
- Travel terminology
- Use of coded expressions in FAX-MESSAGES in travel communication
- International phonetic alphabet

Evaluation

Written exams

SPECIALTY CODE:

SECTOR:

SPECIALTY TITLE: MOUNTAIN SESSION

**SEMESTER: PRACTICAL APPLICATIONS IN TOURIST
ENTERPRISES ACTIVATED IN
ALTERNATIVE FORMS OF TOURISM.**

PURPOSE OF THE EXERCISE

The students will carry out their internship in tourism companies that are active in Mountain Tourism. The purpose is to practice and gain experience in practice. At the end of the exercise, students will submit a small report.

The Internship takes place in two cycles:

a) Carrying out educational visits or excursions with a total duration of 250 hours in mountainous locations. There will be 4-8 educational visits - educational excursions. The duration of these also depends on the distance of the destination from the educational unit. Training hours are calculated from the date of departure for the study visit and up to eight (8) hours for each day until the date of return.

Before each excursion, the trainees are prepared for five hours and informed.

b) Participation in activities of mountaineering clubs or specialized tourist offices with a total duration of 100 hours that can be carried out continuously or cumulatively.

The total training hours of the I semester are calculated cumulatively.

COMPLETION OF STUDIES

Trainees receive as a certificate of smooth completion of studies a corresponding certificate of vocational training.

B.3.2.4. Educational material.

In order to have an educational process that will offer the essentials to the student, there must be the following:

- Dynamic Technical Manuals, which refer to all the courses taught and contain all the current developments in the field of tourism.
- Video about each subject, valid for the specific time period.
- CDROM for each subject, valid for the specific time period.
- Software programs for objects that provide use of PC.

B.3.2.5. Indicative list of minimum equipment for the practical part.

In order to have an educational process that will offer the essentials to the student, there must be the following:

- Computer, which enables the use of the necessary software programs.
- Printer.
- Internet connection.
- Projector.
- Video.

B.3.2.6 Specialized equipment SPECIALTY MOUNTAIN SESSION

LIST OF MATERIALS

CLOTHING

Isothermal blouse long sleeve light type
Pieces: 1 Cost: approximately 40 €

Isothermal blouse long sleeve heavy type
Pieces: 1 Cost: approximately 50 €

Isothermal blouse short sleeve light type Pieces: 1
Cost: approximately 40 €

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Isothermal pants light type
Pieces: 1 Cost: 40 €
approximately

Isothermal briefs light type
Pieces: 1 Cost: 22

CHARACTERISTICS OF ISOTHERMAL

MATERIALS Construction material:

Polycarbonate

Polyester

Light type fabric weight: about 100-150gr / m²

Heavy type fabric weight: about 150-200gr / m²

Antibacterial treatment: Textile fiber with silver Ag⁺ ions that prevents the growth of bacteria and that is not damaged by

washing. Seams: flat so as not to irritate the skin Elasticity: The fabric should be elastic in all directions Washing: Can be washed at 90C

General characteristics

High quality weave that maintains body temperature allowing sweat to evaporate easily .. Dries very quickly if wet.

Hiking socks

Normal type

Pairs 2 Cost:

approximately €

20



Reinforced type short

Pairs 1 Cost:

approximately € 25

Reinforced type away

Pairs 1 Cost: 30 €

approx

Composition Merino wool

75% Lycra

elastic fibers 10%

Wearproof Polyamide Fibers 15%

Construction material: Polyester pontetorto Fabric
weight: 250-300gr / m2

Pockets: 2

Cost: Approximately 60 €

Fleece blouse

Construction material: Polyester micro pontetorto Fabric
weight: 150-200gr / m2

Pockets: 1 on the chest

Zipper from the end of the collar to the
sternum Elastic tightening cord in the
middle Cost: approximately 50 €

Fleece cardigan

Construction material: Polyester pontetorto Fabric
weight: 250-300gr / m2
Pockets: (3) 2 in the waist and 1 in the chest
Zipper fully protected at the upper end from skin contact Elastic
drawstring in the middle Cost: Approx. 50 €

Fleece windbreaker

Construction material: Polyester no wind with a composition of about
90% Polyester and 10% Polyurethane

Fabric weight: 300-350gr / m2

Fabric permeability to wind less than 6lt / m2 / s

Fabric resistance to water vapor permeability less than RET 10

Pockets: 2 in the middle Zipper fully protected at the upper end from
skin contact Elastic drawstring in the middle

Tightening of the wrists with an adhesive tape
system Cost: 120 € approximately

Waterproof-breathable pants with straps

Material: Gore-Tex XCR Beacon with knee reinforcements and
Gore-Tex XCR Raptor stretch

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Reinforcement of the inside of the tibia by Kevlar

Full side zippers along the entire length to allow the pants to fully open.
The zippers should be closed with double fabric cover with adhesive tape.

Pockets 2

Inner gaiter with elastic finish and hook.

Adjustment of the end of the pants with adhesive tape

Cost: approximately € 300

Waterproof-breathable jacket

Construction material: Gore-Tex XCR 3layerViper stretch with
reinforcements from Gore- Tex XCR 3layer without inner lining. 2

chest pockets with waterproof zippers

Ventilation openings 2 in the chest with waterproof zippers

Adjustable volume hood integrated in the jacket Front full

waterproof zipper Cost: approx. 380 €

Cap full face

Cap full-face

Fleece stretch construction

material Cost: approximately
40 €

Gloves
Waterproof
Waterproofing material: Gore-Tex
Cost: Approximately 50 €

Fleece gloves
Waterproofing material: Fleece stretch
Cost: 30 € approximately

Storm Mask Absorption
of 100% UV
radiation Double plastic so as
not to blur. Cost: 50 €
approximately

Gaiters

Waterproof-breathable construction material
Front opening with adhesive tape
Side ventilation opening with waterproof zipper Cost:
Approx. 70 €

38

Arvila

Construction material: Nabuck leather of a cut thickness of at least 2.5mm
waterproof.
Waterproofing: Gore-Tex membrane
Reinforcements: Perimeter reinforcement - rubber protection Sole:
Vibram
Category: Medium bending reinforced
Weight: less than 1500gr / pair
Cost: approximately 220 €

Cramps

Construction material: Steel
Noses: 12
Binding: plastic covers and straps
Antifouling Costs: 120 €
approximately

Πιολέ

Material construction of steel ax head

Material construction of aluminum ax

stem

Convex stem for more effective fall restraint Strap
restraint Cost: approximately € 100

Backpack

Possibility of different sizes for perfect fit on the user's back

Complementary back adjustment system with adhesive tape

Capacity 60-80 lt

Transverse partition internally.

Underground zipper at least No 10

External straps for material binding X3

Large net pocket that covers the large side of the backpack Two
places for ax

Nylon 210-500d construction material

Possibility to detach the lid and turn it into a waist bag. On the sides of
the waist belt there should be a clamping system with two straps on each
side for better support.

Cost: approximately € 200

39

Sleeping bag Shape
of a mummy

For comfort temperatures +1 to -4C with official certification from the
manufacturer

Synthetic insulation material High

Thermal Fiber Weight less than 1600gr

Dimensions 220x80x50cm

Possibility of independent opening of the zipper on the
legs Possibility of lateral connection of two sleeping
bags with each other. Cost: 100 € approximately

Substrate

EVA construction material Substrate

thickness at least 14mm Dimensions

190x60cm

Weight less than 600gr

Cost: 35 € approximately

Scene

Double self-supporting with independent interior and cover
Capacity 2 people
Inner floor dimensions approximately 200x150cm
Entrances 2 Hall

Ventilation openings 2 on the roof
Frame two duraluminium panels
Polyester 190T cover material 80gr / m² with waterproofing at least 2500mm.
All seams of the cover are heat sealed.
The cover should have extensions for support with snow or stones
Inner material of breathable fabric with hydrophobic treatment
Polyester Oxford 210D 130gr / m² floor material lined internally with aluminum polyurethane for insulation with waterproofing at least 3000mm.
Weight up to 3.5Kg
Cost: Approximately € 200

40

Headlight

Durable and waterproof to 1 m lens with lashing straps and high light output with minimal energy consumption. It has 4 white and 2 red LEDs, large switches with 4 levels of volume adjustment that can be used even with gloves and 1 Luxeon led for light of equal intensity with a halogen lamp but with longer duration. The battery pack is detachable and the 3 AA batteries are included in the package as is the case and strap for hanging the batteries around the neck.

2 red led / 5m / 100h

4 white led 25% / 5m / 100h

4 white led 100% / 12m / 25h

1 Luxeon led / 50m / 10h

4 led flash / - / 120h

Weight 110 gr

Cost: 90 €

approximately

Food utensil

Waterproof stainless steel utensil that does not alter the taste with a capacity of 1.5lt, weight less than 400 gr
Cost: Approximately € 20

Cutlery

Steel cutlery with a practical carrying case, knife set, fork and spoon that fasten on top of each other when packed. Weight 50 gr Cost: approximately 5 €

Canteen

Aluminum hermit crab from a special alloy that does not alter the taste and does not cause a reaction with fruit juices and isotonic solutions. It has a cap that screws for easy and quick opening and a carabiner for easy transport. Capacity 1.5lt

Cost: approximately 15 €

Burner and gas cylinder

Gas stove, easy to operate, durable, with efficiency 2800W- 10000BTU / h and possibility of boiling 1 liter of water in 3 minutes. The metal supports for the cooking utensil also function as a windbreaker while the wide burner is capable of large utensils Weight 227gr

41

Bottle of Propane-Butane-Isobutane gas mixture suitable for mountain use in all seasons. The cylinders are equipped with safety valves that seal when removed from the burner for easy transport. Contains gas 220gr.

Gas cost: approximately € 35

Bottle cost: approximately € 10

INDIVIDUAL CLIMBING EQUIPMENT

Waist belt

Comfortable climbing belt, fully adjustable in the middle with 2 buckles and 2 on the feet for winter-summer use. All buckles allow the straps to be completely separated and easily reconnected, while the adjustment of the application is done with one hand. Lined with cellular foam material to prevent sweating and with loops for hanging materials. Cost: Approximately 80 €

Eight downhill

Alloy downhill of minimum strength 35KN suitable for ropes with a diameter of 9 to 12 mm Tested according to ISO 9001 Cost: approximately 10 €

Security carabiner

Security carabiner made of aluminum alloy with a minimum strength of 30KN with CE specifications and Key lock gate system without notch.

Strengths KN 30, 10 and 10 with the gate open Pieces 2 Cost: 15 € approximately / pc

Climbing shoes

Climbing shoes suitable for all uses and all types of rock. Made of leather, with laces and sole Vibram formula XSV 4mm They combine technology, comfort and performance while the fastening system provides a very good fit.

Cost: 100 € approximately

Climbing helmet

Fully adjustable climbing helmet made of polypropylene EP300K plastic material with ergonomic design and high strength. Inner housing with head straps and air vents to prevent sweating.

Cost: approximately € 65

42

Bathtubs

Nylon safety belt, tubular, sewn, length 60 cm, strength 25kN. It is durable and very easy to use.

Pieces 2

Cost: approximately 5 €

Cordoleto

Cordoleto for use on a chest 6 mm thick and 60 cm long with a minimum strength of 750 kg.

Cost: approximately € 1.5 / per meter

Daisy chain type safety belt

Polyamide tubular safety belt with loops to secure the user 120 cm long. 23KN strengths while each loop 4KN

Cost: approximately € 30 / pc

Magnesia bag

Case that adapts to a climbing belt and contains magnesium powder for hands. It has an easy opening that removes the classic system with a drawstring and seals the bag with one hand. Capable opening that fits the whole hand.

Magnesium powder used for climbing to reduce hand sweating.

Cost for the bag: approximately 20 €

/ pc Cost for the powder:

approximately 10 € / pc

GROUP CLIMBING EQUIPMENT

Climbing rope

Dynamic climbing rope 60m long with a high number of falls (minimum 11 falls), 10.5mm in diameter and with elements:

maximum impact force 7.4kn. To have zero shell slip and resistance to drop factor of 1.77 to an edge of 0.75mm. To have a special waterproofing treatment in the shell for resistance to use and stress, increasing the life of the rope.

Weight maximum 68gr /
meter Pieces 12 Cost:
approximately € 200 / pc

43

Climbing sets

Sets with belt of minimum length 10 cm and anodized carabiners of endurance 29 KN with key lock type gate system without notch and maximum weight 125gr Certified UIAA CE12275.

Pieces 20 sets x 12 rope sets = 240 Cost:

approximately 25 € / piece

RESCUE EQUIPMENT

Rescue stretcher

Flexible stretcher for rescue which when the injured person enters becomes rigid along the length and has the possibility for horizontal and vertical transport with straps that completely stabilize the injured person Unit 1 Cost: approximately € 500

Rescue system

includes 2-speed winch and winch support upright The winch should be attached to an aluminum base which also has a safety brake and a pulley. To be able to lift or lower an injured person from a slope, to pass a knot that joins two ropes. Weight less than 6.5kg.

The upright should consist of 2 pieces, total development of about 2m, to include a base for support in snow or other soft soils. The upright head to have 2 pulleys and 20 positions for connection with carabiners

Weight less than 10kg. Made of aluminum. Piece 1

Post upright cost: 2000 € approximately

Winch cost: 3000 € approximately

Mountain rescue tripod

Tripod with 2 built-in 2-speed winches

The winches should be attached to the tripod on an aluminum base.
Weight less than 30 kg. Made of aluminum.
Growth from a height of 2.10 to 3.10 meters. Piece 1 Cost of a tripod:
approximately 6000 €

44

Rescue brake

To be able to adjust the descent speed through operation with a rotating screw and independent ability to operate with a handle Item 1 Cost:
approximately 150 €

Belts

Nylon safety belt, tubular, sewn and 120 cm long with a strength of 25 kN.

Pieces 12

Cost: approximately € 8 / pc

Triangular rescue bodrier

Full body rescue bodry according to EN1498 Item 1 Cost: approximately € 100

Security carabiner

Security carabiner made of aluminum alloy with a minimum strength of 30KN and key lock gate system without notch.

Strengths KN 30, 10 and 10 with the gate open Pieces 2 Cost: 15 € approximately / pc

Pulley

Pulley for 2 ropes up to 11mm strength 30KN. Made entirely of aluminum alloy with rotating sides. Weight maximum 110gr

Pieces 2

Cost: approximately 80 € / piece

Lift made of aluminum alloy suitable for ropes from 8 to 13 mm with anatomical handle Weight 225gr

Pieces 2 (right left)

Cost: 60 €

approximately / pc

45

Rescue rope

Rescue rope, type A made of polyamide with a diameter of 10.5 mm and a strength of 2500kg, zero slip of the shell CE1891. It has 12 drops of factor 1, impact force 5.6kn, elongation 3%

Pieces 1 roll 200 m

Cost: 350 €

approximately

Rope bag

PVC rope bag with back straps that can fit rope up to 200 m / 11mm Item 1

Cost: Approximately 80 €

Material transport bag

Material carrying bag with adjustable back straps and pocket on PVC lid Item 1

Cost: approximately € 200

Tool bag

Tool bag for small objects and tools which hangs on the boulder Pieces 2

Cost: approximately 40 €

Note : The equipment is required to meet the specifications of the European Union, CE and EN.

B.3.2.7 Health and Safety during the Training.

The necessary conditions for hygiene and safety during the training are:

- Airy and bright room.
- Suitable ventilation and heating system.
- Firefighting installation.
- Ability to enter and exit the room without hindrance.
- Periodic cleaning of the room with specific specifications.

- Observance of the special conditions provided for the computer

rooms.

B.3.2.7. Qualifications of Instructors.

The required substantive and formal qualifications of the certified Instructors of Theoretical and Practical part, per subject must be the following:

- Proven knowledge of the subject (University degree, TEI, Postgraduate Studies).
- Proven two years of educational experience in the subject.
- Proven two years of professional experience in the field.
- Proven five years of practical experience in the subject.
- Good knowledge of the use of the necessary equipment that will be used in the course (PC, video, projector, etc.).

B.4. Internal Examinations (during training).

The ways of examination during the four semesters of training for student performance can be the following:

- Written examination (progress).
- Various skills testing tests.
- Performance tasks.
- Studies for specific objects.
- Presentations of specific tasks (group or individual).
- Graduation Work or thesis (only 4th semester).

B.5. Panhellenic Vocational Training Certification Examinations.

B.5.1. Expected examination procedure.

In order to obtain a Diploma or Certificate of Vocational Training (a Diploma or Certificate is indicated if it is a post-secondary or post-secondary specialties respectively) in the Specialty **Mountain Escort**, the following conditions must be met:

- a) Completion of the study at I.E.K. and obtaining the Vocational Training Certificate (B.E.K.)
- b) Success in the Theoretical part of the Final Vocational Training Certification Examinations.
- c) Success in the Practical part of the Final Vocational Training Certification Examinations.

Regarding the conduct of the Final Examinations of Vocational Training Certification, a Central Examination Committee of Vocational Training Certification is established in the Central Committee of O.E.E.K.

(Κ.Ε.Ε.Π.Ε.Κ.), which has as its task, the smooth and undisturbed conduct of the examinations.

At the regional level, the Regional Certification Examination Committees (Π.Ε.Ε.Π.) are formed during the Certification Examination Periods. The task of these committees is to organize and implement the procedures related to these examinations in their region. This is done based on the, in each case, valid Decisions of the .Σ of Ο.Ε.Ε.Κ. and the instructions of Κ.Ε.Π.Ε.Κ. and Π.Ε.Π.¹

The Vocational Training Certification is based on Theoretical and Practical Examinations, which are conducted at National Level.

During the examination of the Theoretical Part, it is sought to ascertain whether the graduate of Ι.Ε.Κ. possesses and is able to use, in specific professional applications, the theoretical knowledge required for the exercise of the profession.

During the examination of the Practical Part, the professional abilities and skills of the examinee are tested, as they are described in the profile of the profession and in the individual professional duties.

Diploma or Certificate, if it is a post-secondary or post-secondary specialties respectively, are eligible, those who succeed in both examinations.

Those who failed, can re-participate in the Certification exams. The candidate, who has succeeded only in the Practical or Theoretical Part of the examination, secures the score in this part for three (3) consecutive years, during which he participates only in the examination of the part in which he failed. If within the period of three (3) years he does not succeed in the other part of the examinations, he is obliged to participate again in both parts of the Certification examinations, based on the current Training Regulation.

B.5.2. Theoretical part exam material.

When examining the Theoretical Part of the Certification exams, the examinees are asked to answer in writing a number of questions that refer to the Theoretical part of the Cognitive Object of the Specialty.

The duration of the Theoretical Part exams is 3 hours.

a) Purpose of the examinations.

The process of the examinations of the theoretical part seeks to determine whether the graduate of ΙΕΚ owns and is able to use,

in specific professional applications, the theoretical knowledge required to practice the profession.

b) Exam content.

The written test will be done with questions that will arise from the content of the intended goal of the theoretical part and will be able to contain topics from all the cognitive objects (courses) contained in the examined thematic unit or part of them.

The writings are anonymous during the collection and grading after overlapping the names of the candidates. The writing is graded by two graders.

c) Examination procedure.

The examination program for the theoretical part is prepared by KEEPEK and is announced by the relevant PEEP.

The KEEPEK conveys themes of the written tests in the committees of examination centers in the most convenient and safer at the discretion of the way.

Candidates are required to answer all the questions that have been given for processing.

At the end of the evaluation, each examiner scores the candidate using the twenty-point scale. The candidate is considered successful if he / she completes a grade greater than or equal to ten (10).

After the expiration of the withdrawal time limit, the candidates deliver their writings to the supervisors who, in the presence of the candidate, cover in a special way the part of the writing that bears the candidate's details.

The examination of the theoretical part lasts from three (3) to five (5).

B.5.3. Practical material to be examined.

During the examination of the Practical Part of the Certification Examinations, the candidates are examined in subjects selected by the examiners from the list of targeting practical skills and abilities, which is included in the current Training Guide.

The necessary material and technical infrastructure for the implementation of the Practical Part Examinations is developed and the methodology for the examination of practical competencies and skills is described. In particular, for the material and technical infrastructure, it is required with the realization of the courses (Theory and Laboratory) during the training.

a) Purpose of the examination.

The procedure of the practical part of the examinations seeks to determine whether the graduate of IEK possesses the required skills - skills and technical information for the safe and reliable practice of the profession.

b) Exam content.

The certification of professional competence in the practical part includes the examination of the candidates in the IEK laboratories or in professional premises, where the candidates carried out their internship during their training period or in laboratories of other units (teachers or professionals) which at the discretion of the RDP meet the evaluation requirements.

Candidates are examined in subjects, which are included in the targeting of the skills and abilities of the specialty and can be carried out in the selected assessment areas.

In the laboratory, more than one candidate can be examined at the same time, with different topics and depending on the possibility of the specific spaces.

The examiners are in the same place and after a reasonable time check the performed exercises and the results of the projects and if they deem that this is necessary or required by the type of examination, they proceed to oral questions-clarifications on the performed project.

c) Examination procedure

The program of the examination of the practical part for each profession specialty is announced by the PEEP. The duration of the practical test examination program depends on the number of candidates in each district and the infrastructure available.

Candidates arrive at the specific laboratory or workplace on the day and time set for their examination.

Candidates can be examined in more than one laboratory if the specialty and the set of subjects examined allow it at the discretion of the examination committee.

Each candidate is examined by three (3) examiners. The candidate is considered successful if at least two of the three examiners describe him / her as successful.

d) Duration of examinations

The duration of the Practical Part exams ranges from 2 to 5 hours.

B.5.4. Diplomas - Certificates - Certificates.

The following titles are provided to the graduates of the Specialty

MOUNTAIN SESSION :

a) Vocational Training Certificate (B.E.K.). This Certificate is obtained by the graduates of I.E.K. after the successful completion of their training.

b) Vocational Training Diploma of post-secondary Vocational Training level or Certificate of Vocational Training Level I, if it is a

Training level of Certificate of Vocational Training Level 4, if it is a post-secondary or post-secondary specialties,

- respectively. A necessary condition is the successful participation of B.E.K. holders. in the Theoretical and Practical Certification exams.
- c) Vocational Training Certification Certificate. This Certificate is obtained by all those who have passed the Certification Examinations and use it until their Diploma is issued.

FOOTNOTE OF CHAPTER B ' '

i The whole operating frame is adjusted with, sub. ' No. 2026354/4115/0022 / Government Gazette 509, т.В ' / 1.7.96 (National Vocational Training Certification System), Ministerial Decision, as amended and in force.

