



Nepal Kayak Club Curriculum Vitae

Personal information:

Surname(s) / First name(s)	Lama Roshan
Address(es)	Thankot-2, Kathmandu
Date of Birth	1991-11-20
Webpage	
E-mail	rosenlama@gmail.com
Nationality	Nepalese
Mobile	+977 9823056399
Gender	Male
Languages	Nepali – Mother tongue Indian – Fluent English – Good speaking & writing
Desired employment / Occupational field	Job related to Whitewater / Outdoor Activities



EDUCATION

Dates	2007
Name of the institution	Shree Chandrodaya Higher Secondary School
Title of qualification	School Leaving Certificate
Dates	2008-2009
Name of the institution	Shree Chandrodaya Higher Secondary School
Title of qualification	Management Faculty

TRANINGS

Dates	2016
Title of qualification awarded	TripLeader
Principal subjects	Leading all Commercial Trips
Name and type of organization	Swiss Outdoor Association
Dates	2016
Title of qualification awarded	River Rafting Guide II
Principal subjects	Raft Guide
Name and type of organization	Swiss Outdoor Association
Dates	2015
Title of qualification awarded	Whitewater Rescue Technician
Principal subjects	Whitewater Rescue
Name and type of organization	Rescue 3 International
Dates	2015
Title of qualification awarded	IRF Guide Training and Education
Principal subjects	4/5 Trip Leader / 4/5 Safety Craft
Name and type of organization	International Rafting Federation
Dates	2014
Title of qualification awarded	IRF Guide Training and Education
Principal subjects	4/5 Raft Guide
Name and type of organization	International Rafting Federation
Dates	2014
Title of qualification awarded	First Aid and AR/CPR Training Course
Principal subjects	Basic First Aid
Name and type of organization	Nepal Red Cross Society



WORK EXPERIENCE

Dates	2016
Occupation or position held	Trip Leader , Raft Guide And Safety Kayak
Main activities and responsibilities	Leading and Guiding All Commercial Trips
Name and address of employer	Outdoor Interlaken, Switzerland
Dates	2015
Occupation or position held	Safety kayak
Main activities and responsibilities	Lead the Multiple Kayak Trips, Safety on Kayak , make a Trip Schedules
Name and address of employer	GRG's Adventure Kayaking
Dates	2014
Occupation or position held	Trip Leader, Raft Guide And Safety Kayak
Main activities and responsibilities	Organise a Trips, Guiding and safety on a kayak, Maintain and Repair the Equipements
Name and address of employer	
Dates	2013-2014
Occupation or position held	Trip Leader , Raft Guide And Safety Kayak / Camera Person
Main activities and responsibilities	Organise a Trips, Raft Guide and Filming
Name and address of employer	Raging River Runner
Dates	2011-2012
Occupation or position held	Trainee Raft Guide And Safety Kayak
Main activities and responsibilities	Maintain the Equipements and safety on Kayak
Name and address of employer	Rapidrunner Expeditions
Dates	2010
Occupation or position held	Trainee Raft Guide and Safety on Kayak
Main activities and responsibilities	Maintain and Repair the Equipements and Safety on Kayak
Name and address of employer	Himalayan River Fun
Dates	2008-2009
Occupation or position held	Cashier and Waiter
Main activities and responsibilities	Making Bills and Hospitality
Name and address of employer	Hige Wave Transit Resort

SOCIAL SKILLS AND COMPETENCES

I am also a Board Member of Nepal Kayak and Canoe Club. I have been teaching a kayaking to young and some from social organisations like orphanage. I strongly active in an annual river cleaning programmes. From last year, I am also involved as a volunteer for international Trainings Like IRF, Rescue3.



COMPUTER SKILLS AND COMPETENCES

I have basics knowledge in PC and laptop computers.

OTHER SKILLS AND COMPETENCES

Rafting and Kayaking is my profession. Other from that sometimes I do canyoning, slackline, Down Hill mountain biking and some other outdoor Activities

