

## Day 1: Monday, 5 August 2024 – Opening session at ICIMOD Headquarters

### Agenda

Time (NST)	Topic	Resource Person
9:00 – 9:10	Registration	Prabesh Shrestha
9:10 – 9:35	Opening remarks ICIMOD MTAP and Cryosphere Intervention  Training overview Round of introductions  Group photo	<b>Arun Bhakta Shrestha</b> , Strategic Group Lead, SG 1: Reducing climate and environmental risks, ICIMOD  <b>Sharad Joshi</b> , Cryosphere Analyst, ICIMOD
9:35 – 10:35	High altitude sickness  Safety precautions	<b>Dr Priti Bhusal</b> , NMC Teaching Hospital  <b>Lakpa Sherpa</b> , International Federation of Mountain Guides (IFMGA)/Nepal National Mountain Guide Association (NNMGA)
10:35 – 10:50	Tea/coffee break	
10:50 – 11:20	Individual expectation and experience (30 min)	<b>Finu Shrestha</b> , Remote Sensing and Geo-information Analyst, ICIMOD
11:20 – 12:50	Use of CPR technique + Oxygen and Gamow bag use	<b>Dr Priti Bhusal</b> , NMC Teaching Hospital
12:50 – 13:30	Lunch	
13:30 – 15:00	Use of mountaineering equipment and practice	<b>Lakpa Sherpa and team</b> , IFMGA/NNMGA
15:00 – 15:15	Tea/coffee break	
15:15 – 16:30	Rope and knots practice	<b>Lakpa Sherpa and team</b> , IFMGA/NNMGA
16:40 – 16:50	Q&A Reflections on the day	All participants