**Name:**

**Date of birth :**

**Contacts (e-mail, phone):**

**Address :**

**Education:**

**Languages:**

**1. Mountaineering experience (during last 3 years)**

**Ice, snow, mixed, winter, high mountains routes with 800 vertical metres different at least. Minimum 10 routes, at least 5 out of these 4А-5А (D-TD) category or higher**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Region | Summit | Route, category | Dates | Notes |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |
| 8 |  |  |  |  |  |
| 9 |  |  |  |  |  |
| 10 |  |  |  |  |  |

**Rock mountaineering routes. Minimum 10 routes, with vertical different not less 250 м and/or minimum 10 pitches, with category 4 or higher**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Region | Summit | Route, category | Dates | Notes |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |
| 8 |  |  |  |  |  |
| 9 |  |  |  |  |  |
| 10 |  |  |  |  |  |

**2. Rock and ice climbing**

**Sport and/or trad multipithes , 6а (fr) and higher**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Region | Route, category | Dates | Notes |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |

**Ice climbing , Al3, Wl4 and higher**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Region | Route, category | Dates | Notes |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |

**3**. **Ski-tour, backcountry, freeride , winter trekking.**

**Minimum 10 days out of summer season in mountains, 5 out of these in regions with glaciers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Region | Activity, route | Dates | Notes |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |

**5 routes additionally,relating to any of the above sections**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Region | Route, category, summit | Dates | Notes |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |

**Additional information about the qualification, mountain experience (participation in rescue operations, sports categories, schools of instructors, avalanche courses, first aid courses, participation in competitions, etc.), work as a guide, participation in expeditions**

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