

PHYSICAL CRITERIA

Chin Ups	6
Sit Ups	30 in one minute
Push Ups	30 in 1 minute
1 Mile run	In 8 minutes

TENTATIVE SCHEDULE

Type Of Course	Duration (Wks)	From-To
Para Packing and Maintenance Course	13	Jan-Apr
Pathfinder and Jumpmaster Operation Course	06	Nov-Dec
"	06	Feb-Apr
High Altitude low Opening Course	06	Mar-May
Basic Airborne Course	04	Jan-Apr/ Apr-May/ May-Jun

The school has a training block that includes classrooms. It has a vast training area, which is equipped with all the necessary equipment required for imparting parachute training, starting from the basics to advanced training. There are sheds for packing and storage of Parachute equipment. The school has its own mess with adjacent Bachelor Officers Quarters for boarding/ lodging the trainee Pakistani and Foreign officers. Soldiers are accommodated in barracks.



How to contact us?

Contact us through

- Your Defence Attachés in Pakistan
- Defence Attachés of Pakistan in your country
- Joint Staff Headquarter Rawalpindi, Pakistan
- Staff Duties Directorate General Headquarters Rawalpindi, Pakistan.

or visit our website

www.pakistanarmy.gov.pk/foreign_training

TRAIN TO WIN



General Headquarters, Rawalpindi,

Pakistan



PARA TRAINING SCHOOL

SPECIAL SERVICE GROUP

(SSG)



"This school has been imparting training to different personnel and institutions since 1964. So far this school has trained students from 28 countries across the world. Over the years the school has matured into a very well recognized, well reputed Parachute Training Institution in the world. The standard of the school is no less than any other institution of the world, and also has one of the best safety records in the world today."

ABOUT PARA SCHOOL

The School was raised in 1964 and was initially named as Parachute Training Wing . It was re designated as Parachute Training School (Special Services Group) on 22 March 1981. Since its inception the school has so far conducted over 2,60,000 static line and 30,000 free fall jumps. The school has the singular honor to conduct static and free fall jumps on Deosai Plains, the highest plains in the world.

LOCATION

The school is located at Jamrud Road Peshawar almost 188 km west of Islamabad. Weather of Peshawar is hot between May to August, however during the rest of the year the weather is moderate, with extremely pleasant evenings.



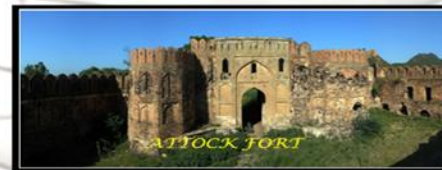
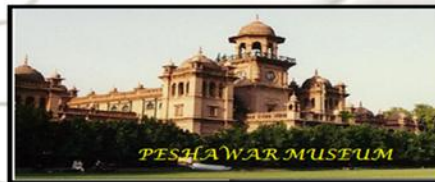
ACCESSABILITY

Peshawar being the provincial capital is accessible by all three modes of transportation i.e. road, rail and air. It is three and a half hours drive from Islamabad, the capital of Pakistan.

TOURIST RESORTS

Famous tourist resorts in and around Peshawar are

- Islamia college
- Bala Hisar Fort
- Cherat Hill station
- Attock Fort



CAPABILITIES

The following courses are offered to the personnel acquiring training at this school during peace time:

- Basic Airborne Course
- High Altitude and Low Opening Course
- Pathfinder and jump master Course
- Parachute Packing and Maintenance Course



FREQUENCY OF COURSES

- Basic Air Borne Course (BAC) - 5 per Year
- Pathfinder and Jump Master Operation 2 per Year
- High Altitude low Opening Course (HALO) 1 per year
- Para Packing And Maint Course (PP & M) 1 per year
- Refresher Training For HALO 2 per Month
- Refresher Training For Every SSG Sldr 2 Jumps per Year

SELECTION CRITERIA

Selection criterion for different courses for students is as under:

Basic Airborne Course

- Medically Fit
- Physically Fit



High Altitude Low Opening Course

- Minimum 15 static line Parachute jumps
- Minimum 2 years service for soldiers only.
- No service limit for officers
- Medically Fit
- Physically Fit

Pathfinder and Jump Master Operations Course

- Minimum 10 static line Parachute jumps
- Eligibility. Officers, selected Junior Commissioned Officers and Non-Commissioned Officers
- Education. Map Reading qualified

Parachute Packing and Maintenance Course

- Minimum 8 Static Line Parachute Jumps
- No Service Limit
- Eligibility. Officers of the rank of Captain and Soldiers
- Education. Minimum Matric or Equivalent in Army Education