



SURVIVAL COURSE

 **DURATION 2 days**



FOR WHO

This course is for everyone who is interested in survival and want to earn a basic knowledge of this theme.



PREREQUISITES

Good physical health



TRAINING METHODOLOGIES

Theoretical lessons, practical parts with simulations, role-playing.
De-briefing, team work.



INFO & BOOKING

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Survival is a very popular theme nowadays, there are many TV shows who portrait such realities, in many different forms.

The Rescue School offers a two days course, with an interest in safe outdoor. During the two days participants will be supplied true important and practical basics on correct behaviour to deal with hostile environments and arduous conditions.

Participants will also understand the difference between survival as it is portrayed in the TV and as it actually is. After 2 days, you'll have learnt how to behave, both in winter and summer. You will have the basis to survive as an individual and as a group, you will understand the psychological dynamics and the correct priorities to set.

The aim is not to fantasise about impossible scenes that will never happen. We will focus on skills that can be helpful every day, for example what to bring in a backpack and how to avoid dangerous situations, or even how to survive a few days while waiting for assistance and rescue.

The program has been elaborated:

- Highly experienced instructors
- Military formation instructors, survival experts.
- Rescue instructors in arduous environment, expert in rescue in water and with ropes.
- Doctors with specialisation in psychology of emergency.



PROGRAM SURVIVAL COURSE

HOURS

ACTIVITIES & CONTENT - DAY 1

8:30 – 9:00	Meeting Compilation of registration form Presentation of the course and explanations about formative days
9:00 – 12:30	Briefing: – Vertical movement – Knots – How to lower and get back up with few equipment
12:30 – 13:30	Lunch
13:30 – 22:00	Correct behavior in case of emergency – Individual and group survival, psychological and organizational aspects – Backpack: what to bring – The triad of survival in winter and summer – Techniques to build a shelter – Techniques to light a fire Practical lesson: – Techniques to procure food – Techniques of fishing – How to build a shelter for the night – Search and procure of food – Fire lighting – Build a cooking surface – Dining, using the fire lighted up in the afternoon and the cooking surface There will be a barbecue provided by School. Dinner is included in the price.
22:30 – 24:00	– Night orientation (+ how to collect dew) – Night in the built up shelter (optional)

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 – 12:30	Breakfast Medical basic knowledges – Building a compass – Orientation during the day – How to find cardinal points without compass – Important knots for survival – How to read topographic maps
12:30 – 13:30	Lunch
13:30 – 18:30	Rafting tour Debriefing and evaluation of the experience Greetings, end of course



SURVIVAL COURSE



EQUIPMENT

Each participant :

- Backpack
- Lamp
- Two changes of clothing
- Sleeping bag
- mat
- Isothermic deck (optional)
- Comfortable shoes to walk with
- Sport shoes to wet
- Work gloves
- Knife
- Water bottle
- Lighter
- All what you think could be necessary for a walk in the wood

It is suggested to bring snacks and drinks based on saline supplements.

It is fundamental to communicate to the instructor any shortcoming for the activity.



GOALS

- **Knowing and using** basic knots for survival
- **Analyse** scenes and individuating the right spot for a night shelter
- **Distinguish and knowing main plants**
- **Knowing and using** all potential resources that can be found in the wood
- **Knowing** the main techniques of **self and theirs' sanitary rescue**
- **Knowing and using** river equipment for rescue
- Knowing how to move and behave in mountain environment and knowing basic equipment to avoid difficult situations and emergencies.