

# Survival Course



## Module # 1 – Land Survival

- 1) Component # 1 – Introduction to land survival

## Module # 2 – Ecology of Survival

- 2) Component # 1 – Basic survival ecology  
3) Component # 2 – Ecological territories

## Module # 3 – Psychology of Survival

- 4) Component # 1 – Fear and panic  
5) Component # 2 – Guidelines for psychological survival  
6) Component # 3 – The “Survival Reaction Series” (SRS)

## Module # 4 – Edible and Useful Plants of Southern Africa

- 7) Component # 1 – Useful and edible plant parts  
8) Component # 2 – Rules and testing for plant edibility  
9) Component # 3 – Vegetation types of Southern Africa  
10) Component # 4 – Most valuable survival plants in Southern Africa  
11) Component # 5 – List of fruit plants, uses, fruiting period and distribution

## Module # 5 – Animals: Their Survival Uses and Dangers

- 12) Component # 1 – Invertebrates  
13) Component # 2 – Snakes  
14) Component # 3 – Fish  
15) Component # 4 – Birds  
16) Component # 5 – Mammals  
17) Component # 6 – Dealing with dangerous mammals

## **Module # 6 – Improvisations and Survival Skills**

- 18) Component # 1 – Water
- 19) Component # 2 – Food
- 20) Component # 3 – Protection
- 21) Component # 4 – Tools and implements
- 22) Component # 5 – Making fire

## **Module # 7 – Bush medicine**

- 23) Component # 1 – Treatment of Bushveld illnesses and poisoning
- 24) Component # 2 – Treatment of bleeding and shock
- 25) Component # 3 – Treatment of heat and cold afflictions
- 26) Component # 4 – Treatment of general afflictions (fevers, headaches)
- 27) Component # 5 – Snake Bites
- 28) Component # 6 – Insect Bites

## **Module # 8 – Nutrition**

- 29) Component # 1 – Metabolism
- 30) Component # 2 – Survival nutrients
- 31) Component # 3 – Priorities of life (Water)

## **Module # 9 – Sea and Coastal survival**

- 32) Component # 1 – The oceans
- 33) Component # 2 – The tides
- 34) Component # 3 – Waves and surf
- 35) Component # 4 – Rocky coast
- 36) Component # 5 – Currents
- 37) Component # 6 – Beaches
- 38) Component # 7 – Dangerous sea-life
- 39) Component # 8 – Water and Clouds
- 40) Component # 9 – Food from the sea and coast
- 41) Component # 10 – Medical aspects of sea and coastal survival

## **Module # 10 – Natural navigation**

- 42) Component # 1 – The sun
- 43) Component # 2 – The moon and the Stars
- 44) Component # 3 – Nature as a Guide