



URBAN SURVIVAL COURSE IN CONFLICT ZONES

MODULE I

- Intelligence as a survival tool and reasoning as a working method. Role Assumption, Security Rings, Operational Discipline, and Leadership.
- The Survival Kit. Addressing the four pillars of life.
 - Water Workshop. Water collection and treatment for purification.
 - Fire Workshop. Methods, direct and indirect uses.
 - Shelter Workshop. Adaptation and types of shelters in extreme environments.
 - Food and Trapping Workshop. Trapping, hunting, fishing, and processing, storage, and preservation methods.
 - Cartography, Orientation, and Positional Astronomy Workshop. The map, scale, contour lines, coordinates, orienting a map, routes, slopes, and territory recognition.
 - Navigation by the stars. Polaris, the circumpolar constellations.
 - Practices in orientation and construction of a bivouac correctly located in the mountains. Practices in positional astronomy, orientation by the stars, and calculation of latitude and longitude. Use of star charts.

MODULE II

- First Aid. Preservation of life. Control of bleeding. Treatment of gunshot and explosive wounds. Recognition and treatment of shock.
- Basic life support. CPR, use of the automated external defibrillator (AED), resuscitation, carrying systems, and recovery position.
- Medicines. Basic recognition of hostile local fauna and insects, bites, and gastric problems. How to maintain health. Common threats and illnesses: fever, malaria, and the treatment of diarrhea.

MODULE III

- Precautions before, during, and after progression.
- Improvised methods for rappelling and rope progression.
- Ropework, pulleys, nets, and stretchers. Rappelling with a cord from 20 meters high using a dynamic knot.
- Advanced cartography. GPS, direct and inverse triangulation, coordinates, accuracy of the data obtained, etc.
- Calculating distances and angular measurements. The human goniometer.
- Positional astronomy. LURD system and practice navigating by the stars.

MODULE IV

- Cybersecurity, basic concepts.
- Establishing secure communications using public networks.
- Keeping sensitive information safe.
- Physical security of devices and secure cloud storage.
- Secure deletion of sensitive information.
- Methods of obtaining electrical power.

MODULE V

- Assessment of “Ground 0” of conflict.
- Personal safety and pre-planning. Conflict analysis and strategic decisions.
- Weapons and effects, ballistic penetration.
- Mines and IED components.
- The Action Plan, teamwork.
- Conduct during a Loitering Terrorist Attack with Firearms (MTFA).
- Structure of a militarized guerrilla group.
- Actions to take when encountering a minefield, including how to identify possible IEDs and UVIEDs (vehicle-in-vehicle IEDs) (Vehicle searches as a preventive technique).
- Actions in case of kidnapping or capture. Basic SERE (Special Response and Emergency Response) procedures.
- Accommodation and security, evacuation of facilities.

- Insurance policy for conflict zones.
- Interactions with military personnel or guerrillas in conflict situations.
- Prevention of ambushes.
- Actions against active shooters. Evasion techniques, crawling and concealment. Confrontation actions. Basic reactive self-defense.

MODULE V (Optional)

- Airsoft Operational Training (CQB, CQC, Assaults, Ambushes, Patrolling, Searches, Force on Force, Mandatory Driving). Progression in pairs and in patrols.
- * The syllabus is flexible and may be subject to change.

END OF COURSE