



## 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 an automated external defibrillator (AED), resuscitation, carrying systems, and the safety 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**

- Prevention before, during, and after the ascent.
- Improvised methods for rappelling and rope progression.
- Ropework, pulleys, nets, and stretchers. Rappelling with a rope from a height of 20 meters using a dynamic knot.
- Advanced cartography. GPS, direct and inverse triangulation, coordinates, accuracy of the data obtained, etc.
- Calculation of distances and angular measurements. The human goniometer.
- Positional astronomy. LURD system and practice of navigation 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 the components of IEDs.
- 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 Team) procedures.
- Accommodation and security, evacuation of facilities.
- Insurance policy for conflict zones.

- Interactions with military personnel or guerrillas in conflict situations.
- Ambush prevention
- Actions against active shooters.
- Evasion, crawling, and concealment techniques.
- Confrontation actions.
- Basic reactive self-defense.

### **MODULE V (Optional)**

- Airsoft Operational Training (CQB, CQC, Assaults, Ambushes, Patrols, 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**