

## Survival strategies

### Worksheet 1

1. Look at the quote of Dalai Lama about survival *Love and compassion are necessities, not luxuries. Without them humanity cannot survive.*
2. Whenever you go hiking, trekking, or just for a walk to the wilderness you should have basic survival skills. What do you think is important to survive ? What factors can influence your survival chances ? Go to <http://www.bcadventure.com/adventure/wilderness/survival/basic.htm> and read about seven factors influencing your chances.

FACTOR	How to deal with
FEAR	
PAIN	
COLD	
THIRST	
HUNGER	
FATIGUE	
BOREDOM & LONELINESS	

3. Go to <http://www.wildernesscollege.com/basic-survival-skills.html> and find the answers to these questions:
  - What is the rule of threes?
  - What is SPEAR ?
  - How does that information help your chances of survival ?
4. Divide into four groups and prepare a short presentation about basic survival techniques regarding the following four skills:
  - shelter
  - water
  - food
  - fire

5. To increase your chances of survival you have to come prepared. In groups make a list of necessary items to take with you when venturing out. Justify the importance of each item.

<http://www.natureskills.com/survival/basic-survival-skills/>

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