



Survival Skills

A Four-Day Course



Four-Day Survival Skills Course

The Old Spanish Mill

Dates to be advised (read below)

It's a beautiful day and the sun is shining, so you decide to go for a long walk, simply taking a bottle of water with you. You start walking up a hill along a familiar track that you've been on several times before, and after some time, you find yourself at the top, admiring the beautiful view below; you can even see your home some way off in the distance. You continue on for a few more kilometres enjoying the peace and tranquility when suddenly the sky darkens, the wind picks up and the heavens open. Within minutes, you find yourself in the middle of a heavy storm and completely soaked through. Just when you think things couldn't get any worse, you slip on a wet rock, fall and twist your ankle and are barely able to walk. You grab your phone only to find that the battery is almost dead and there is no coverage up there anyway. Someone will surely realise you've been gone too long and start looking for you, but that might be a couple of hours at best, and you are already becoming cold and tired. *What can you do? How will you survive?*

My name is Silver and from the age of 10 I have been an outdoor enthusiast, later becoming a special forces soldier in Estonia. I have hiked in deserts, mountains, tundras and taiga. I have built a snow hut in a blizzard in -45°C , waited for a thunderstorm to pass while on a high mountain pass, marched hundreds of kilometres under the desert sun, searched for food and water, made a fire with only a piece of wire, braided a rope from an old plastic bag and cut meat with a sharp stone fragment.



I love nothing more than teaching others the skills I have learnt over the years, so if you'd like to know how you could cope with an unexpected situation similar to the one described above, join me on my **Four-Day Survival Skills Course** held at The Old Spanish Mill situated in the foothills of the impressive Sierra de Los Filabres mountain range in Almería, Spain. You don't have to be a "Rambo" to learn survival skills - as long as you are prepared, you have an advantage.

- Find out what an SOS kit is.
- Learn about the Indian fire stick method.
- Learn about the Swedish compass method.
- Learn how to glue an open wound.
- Discover how to make a "hot" place to sleep.
- And much more...

Day One

Date to be advised

- Basics of planning.
- Preparation.
- Safety rules.
- Survival stressors.
- Positive and negative stress.
- Using stress to increase resilience.
- Techniques for increasing resilience.



Day Two

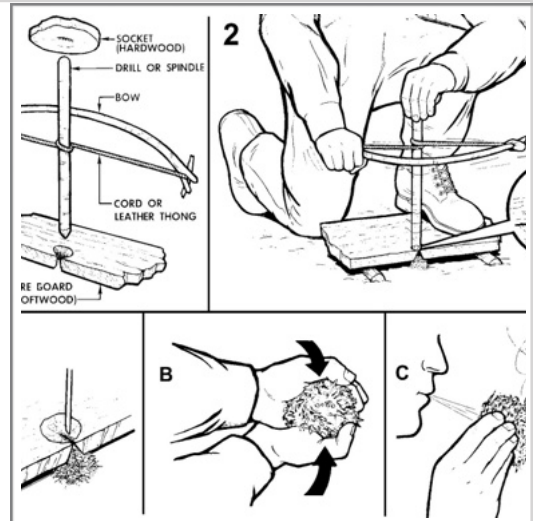
Date to be advised

- Audit of existing equipment and items.
- Water.
- Food.
- Tools.
- Weapons.

Day Three

Date to be advised

- Camping.
- Shelter.
- Fire.
- Basic medicine.
- Lost direction.
- Signalling.



Day Four

Date to be advised

- Six-hour survival exercise.

Prices

£795 per person.

Includes:

Return airport transfers from Alicante airport.

Shared accommodation.*

Daily breakfast, lunch and dinner. Please note that due to the nature of the course, some meals will be out "in the wilds."

Access to the pool, outdoor gym and mountain bikes.

***If you would like a room to yourself - £895.**

***If you would like the self-contained apartment - £945.**

If a parent, spouse or friend would like to join you, they can get
a 20% discount - **£636.**

If the second person would like a room to themselves - **£736.**

If the second person would like the self-contained apartment - **£786.**

To Register Your Interest

We are creating a waiting list and once we have at least four people interested, we will advise on dates. To discuss the course in more detail and register your interest, please contact Bernard at

bernard.genge@gmail.com

or

+44(0)7929 210435 (call or WhatsApp)

