



HOSTILE ENVIRONMENT AWARENESS TRAINING (HEAT) 2014 PROGRAMME

TIME	Day 1	Day 2	Day 3
08h30 - 10h30	Psychology of Survival	Survival Skills Practical	Emergency Medicine
	✓ post traumatic stress disorder (PTSD)	✓ fire ✓ water ✓ shelter ✓ signalling ✓ navigation	✓ presentation ✓ demonstration
10h30 - 11h00	REFRESHMENT BREAK		
11h00 - 12h30	Building Survival Kits	Counter-Surveillance	Emergency Medicine
	✓ using survival kits	✓ techniques ✓ tactics	✓ scenarios ✓ role playing
12h30 - 13h30	LUNCH		
13h30 - 15h00	Self-Defense	Range Work	Self-Defense
	✓ gross motor moves ✓ unarmed combat	✓ handgun ✓ shotgun	✓ gross motor moves ✓ unarmed combat
15h00 - 15h15	REFRESHMENT BREAK		
15h15 - 16h30	Case Studies within Africa	Range Work	Team Exercise
	✓ natural disasters ✓ political disasters	✓ rifle ✓ machine gun	✓ lessons learned
			Course Debrief