

Chapter 1 : Characteristic Traits Of The Survivalist - Prepper

To be a survivor, it takes strength, courage, and the will to survive. It doesn't matter what you are trying to survive, whether it's a hurricane or a Zombie Apocalypse.

Format[edit] Survivor, through its seasons and various international versions, has maintained the basic premise of the game despite several new rules and gameplay twists introduced in later seasons. As a tribe, the castaways must survive the elements, construct shelter, build fire, look for water, and scrounge for food and other necessities for the entire length of the game, which is generally 39 days in the American version, but has ranged from 20 days as in the French special seasons to days as in some seasons of the Turkish edition. In the first half of the game, the tribes face off in challenges, some for rewards of food, shelter, or luxury items, while others are for immunity, preventing the winning tribe from having to go to the next Tribal Council. At Tribal Council, the tribes discuss the events of the last few days with the host asking questions, and then vote out one of their own players, eliminating them from the game. In the second half of the game, the tribes are merged into a single tribe, and challenges are played at an individual level for individual rewards and immunity. At subsequent Tribal Councils, those eliminated start to form the jury, who sit in on all subsequent Tribal Councils but otherwise do not participate. When only two or three castaways remain, those castaways attend the Final Tribal Council, where the jury is given the opportunity to ask them questions. After this, the jury members then vote to decide which of the remaining castaways should be declared the Sole Survivor and be awarded the grand prize. Each episode typically ends with the Tribal Council and subsequent elimination of the voted-out player. The following description of the show is based primarily on the U. Castaways and tribes[edit] The tribe camp near the end of Survivor: Tribes must build themselves basic shelters from natural resources and through reward items earned during the competition. Players for each season are selected through applicants and casting calls, down-selecting to between 16 and 20 players and additional alternates. In one case, Fiji, on the day before filming was to start after they had dismissed their alternates, one of the castaways opted out of the competition, forcing production to start with 19 players and adapting the activities of the first few days to accommodate the odd number of players. Often this is done to equalize the sexes and age ranges within both tribes. Other seasons have had the tribes separated by age, gender, or race. In other cases, the tribes may be created by the castaways through schoolyard picks. Most often, only two tribes are featured, but some seasons have begun with three or four tribes. Once assigned a tribe, each castaway is given a buff in their tribe color to aid the viewers in identifying tribal allocation. Tribes are then subsequently given names, often inspired by the local region and culture, and directions to their camps. At their camps, tribes are expected to build a shelter against the elements from the local trees and other resources. Tribes are typically given minimal resources, such as a machete, water canteens, cooking pots, and staples of rice and grains, though this will vary from season to season. Sometimes, tribes will be provided with a water well near the camp, but require the water to be boiled to make it potable, necessitating the need for the tribe to build a fire. The tribes are encouraged to forage off the land for food, including fruits, wild animals, and fish. Tribe swaps[edit] In some seasons, tribe swaps will occur where one or more players will shift from one tribe to another. These new tribal designations are often determined by random draw or schoolyard pick. In seasons with more than two tribes, tribe swaps will often reduce the number of tribes to two. Cambodia , a tribe swap increased the number of tribes from two to three; a second tribe swap later in the season reduced the number of tribes back to two. Tribes that have lost too many members may be absorbed by the other remaining tribes, as seen with the Ulong tribe in Survivor: Palau and the Matsing tribe of Survivor: Philippines ; in the former case, the lone remaining Ulong member joined the opposing Koror tribe and the tribes were treated as if they were merged, whereas in the later case the two remaining Matsing members were randomly assigned to the two remaining tribes. All-Stars , the tribe that placed third in a designated challenge was disbanded, with the members reallocated to the other two tribes by schoolyard pick. All of the players then live in a single camp, and are given new buffs and instructed to select a new tribe name and paint a tribe flag. The merge is often signified with a feast. Though the merge often occurs when approximately 10 to 12 players remain, the tribes

have been merged with as many as 13 players as in *Survivor: Cambodia* and as few as eight as in *Survivor: Merge* colors are different, but black has been used by far the most at 12 times, followed by green six times, red, yellow, orange, and blue three times each, purple twice and magenta once. Challenges[edit] Tribes compete frequently in both mental and physical challenges to win rewards or immunity, such as this race to pull cannons during the first episode of *Survivor*: During both pre- and post-merge parts of the game, the castaways compete in a series of challenges. Tribes are alerted to these upcoming challenges by a message, often in rhyme, delivered to camp by the production team at a basket or box on a nearby tree; this message has come to be called "treemail", playing off the word "e-mail". The message typically hints at what the challenge might be. The message may also provide props to demonstrate this, practice equipment for the players, or a sampling of the reward. Challenges can last from a few minutes to a couple of hours. The longest *Survivor* challenge was 11 hours and 55 minutes in the final immunity challenge in *Survivor: Tribal* challenges[edit] Prior to the merge, tribes compete against each other in challenges. These most often are multi-segment obstacle courses that include both physical and mental elements with the tribe that finishes first declared the winner; commonly, these start with tribe members collecting puzzles pieces that are then used to solve a puzzle by other tribe members. Other challenges may be based on winning a number of rounds of head-to-head competitions. Challenges are normally held with equal numbers of all tribes participating and in some cases equal splits of gender. Tribes with more players will be asked to sit out as many players as needed to balance the numbers, with the stipulation that those players cannot sit out in back-to-back reward and immunity challenges. Tribes are given time to strategically decide who should sit out and who will perform the various duties on a challenge. Individual challenges[edit] After the merge, challenges are generally performed on an individual basis. These include similar obstacle courses as for team challenges, but will often also include endurance challenges, having players maintain the balance under precarious situations for as long as possible, with the last player remaining winning the challenge. In some cases, during post-merge challenges, the individuals will be split into separate teams, with only the winning team eligible for reward or immunity. Types of challenges[edit] Challenges can be played for rewards, immunity, or both. Rewards include food, survival equipment like flint, tarps, or fishing gear, luxury items, and short getaways from camp. Before the merge, the entire winning tribe will enjoy these rewards. Post-merge, only one player may win the reward but will be given the opportunity to select one or more other players to bring along with them on it. Individual challenge rewards may also include an advantage that can be used at the subsequent immunity challenge, such as advancing directly into the final round of the challenge without having to participate in the first round. Immunity challenges provide the winning tribe or team with immunity from Tribal Council. Immunity is usually represented in a form of an idol prior to the merge, and a necklace afterwards. Prior to the merge, tribes with immunity do not attend Tribal Council, allowing them to stay intact. In seasons featuring more than two tribes, immunity will be available for all but the last place finishers, forcing this one tribe to Tribal Council. With individual immunity, those castaways still attend Tribal Council with the rest of the merged tribe, but, unless they assign immunity to someone else, are ineligible to be voted for. Winning immunity is only good for one Tribal Council; at the next immunity challenge, the tribe or castaway will be asked to give up the idol or necklace, making immunity "up for grabs". There have been a few cases in which individual immunity challenges have taken place prior to the merge whereupon usually, one castaway in each tribe will be given immunity, after which both tribes will attend Tribal Council, one after the other. This is used to quickly dwindle the number of remaining castaways. A food eating challenge, involving food items that may be local delicacies but are considered gross or revolting by the castaways. These were more often seen in earlier seasons but in recent years have become much less frequent. A trivia or "know your tribe" quiz, where castaways who provide correct answers are allowed to knock other castaways out of the challenge and prevent them from winning. A "Survivor Auction", used in place of a reward challenge, in which the players are given a sum of money to use to bid on food items both known and unknown at the time of bidding , other momentary luxuries like a bath, or advantages in the game, such as a clue to a hidden immunity idol or an advantage in the upcoming immunity challenge. A "loved ones" challenge, where a spouse, parent, sibling, adult child or friend of each castaway has been flown out to the location to participate in the challenge with or

for their castaway. The winner typically gets to spend more time with their loved one, either on a brief trip or back at camp. A "second chance" challenge, where elements of previous challenges are reused in a single course. The final immunity challenge is often a long-lasting endurance challenge, giving the remaining castaways time to make bargains and last-minute deals to get into the final Tribal Council. Tribal Council[edit] Tribal Council is a specially built stage located near the tribe camps; tribes sit across a fire pit from the host, while the jury members, if present, sit off to the side. A small voting alcove adjoins the structure. Events at Tribal Council are presented as the finale of each episode. The first time any player attends Tribal Council, its members are each given a torch and told to light it from the fire pit, with the statement that "fire represents your life in this game". After the tribe is seated, the host will call in the jury if in the Jury phase , reminding them they are there to watch but not speak. The host will then proceed to ask the tribe questions regarding camp life and events he witnessed at the challenges over the last few days. During this process, internal strife within the tribe may be brought to light, and castaways in precarious situations may reveal information or bargain with others to keep themselves in the game. Though only a few minutes of these proceedings are shown to the viewing audience, some Tribal Councils have gone on for hours. Subsequently, the host will ask the tribe member with the immunity necklace if they want to keep it or transfer it to someone else; whoever wears it after this possible exchange cannot be voted for. The host then asks each castaway to make their vote in the alcove. The castaway is given an opportunity to speak to a camera in a message directed to the person they are voting off and to the viewers before placing the vote in an urn. When all votes are made, the host collects the urn, tallies the votes and starts reading the votes one by one, but beginning from Survivor: Fiji, the host will tell the castaway if any of them has a hidden immunity idol and feels the need to play it, now it will be the time to do so. When enough votes have been read to eliminate one player, all remaining votes are kept secret although in almost all cases, it is assumed that any leftover votes are to the eliminated player , and that player is asked to bring the host their torch, who then snuffs it out. The player is then told "the tribe has spoken" or in rare cases, a fitting variation thereof and is instructed to leave the Tribal Council area. The remainder of the tribe is then allowed to return to camp with their torches, though in some seasons, if they have not earned or made fire yet, they have been required to douse their torches before leaving; in All-Stars seasons, any tribe that have not earned or made fire yet have been asked to leave their torches at Tribal Council. The host ends every Tribal Council with some closing remarks regarding the events of the Council before telling the tribe to "Grab your torches, head back to camp. Those players that will become jury members are sequestered until the end of the final Tribal Council and are generally not allowed to discuss their voting or issues with the remaining contestants, other jury members, or the final players, in order to prevent any possible cooperation or collusion from subgroups within the jury. Normally, a second vote is held, with only the tied players eligible to be voted for. If this second vote does not break the stalemate, a tiebreaker is used, the nature of which has changed throughout the seasons. The Australian Outback and Survivor: Africa , ties were resolved by eliminating the player with the higher number of previous votes cast against them. If the players had the same number of previous votes cast against them, as seen in Africa, the tie was resolved by a sudden-death challenge in this case a trivia quiz about nature , with the loser eliminated. In subsequent seasons, the non-tied voters are given several minutes to deliberate and must come to a unanimous agreement about which tied castaway to eliminate. If they are successful, their chosen castaway is eliminated; if not, all non-immune deliberators draw concealed rocks from a bag and the castaway who draws the odd-colored rock is eliminated.

Chapter 2 : What does it take to be a survivor? | Yahoo Answers

What does it mean to be a survivor of domestic violence or other trauma? These four stages of trauma recovery explore a deeper meaning of the term "survivor."

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Chapter 3 : What Does it Take to Win â€”Survivorâ€™?

A survivor is someone that has gotten past an obstacle or challenge somewhere some point in their life. Someone that has got past a barrier standing in the way. A survivor can be anyone. Anyone can go through a struggle or challenge. It takes a lot of courage to get past something that's in the way.

Then it saved her life. Already late, she could tell from the other cars that some of the knitters had arrived. She hoisted her bags from the back seat. When she took a breath, her chest hurt, but she figured it was nothing. Inside, the knitters were already working in the living room. Klor wanted to get started, but the ache in the middle of her chest was getting worse with each breath. The next image is ingrained in her memory. A jagged splinter of a wooden knitting needle, nearly four inches long, was jutting from her chest. It had clearly broken in half, piercing her clothing and lodging in the middle of her bra right between her breasts. Her friends gaped at the needle and urgently calculated the options. First and foremost, should they try to pull it out? It was pure instinct: Doctors would say later this was the first decision that helped save her life. Plucking the spike would have been like pulling a plug or uncorking a bottle, and she might have bled out in the living room. Klor and her friends faced the next critical question: If the needle had moved even the slightest amount in transit to the ER, the injury to her heart might have proved fatal. So Klor carefully sat down on a sofa to wait for the ambulance. She felt alert and even noticed something very odd. How was this possible? The next string of images flew by like a strange TV drama. To distract herself, she focused on her daughter, Callie. Her thoughts also turned to her husband, Hal, a rugged research engineer who once hiked two miles on a broken ankle. Sometimes he teased her lovingly that she was "a little wimpy. When the ER team finally briefed her on the results of her scans, she felt the first flood of fear. Their tone was urgent. Over the years, this team had extracted every imaginable object sticking from every conceivable body part, but they told her a knitting needle was unprecedented. Paparazzi style, a young doctor snapped her photo and then took mug-shot close-ups of the offending object. Then the doctors delivered the scary news: They could see internal bleeding. They needed to operate as soon as possible. Less than an hour after her tumble, trauma surgeons would cut her open, crack her sternum, stitch up her heart, wire her breastbone back together and sew her up. They would leave a seven-inch scar from her neck to the middle of her chest. They would save her life. And then, by chance or fate, the knitting needle would save her life all over again. Why do some people live and others die? Why do a few stay calm and collected under extreme pressure when others panic and unravel? How do some bounce back from adversity while others collapse and surrender? The procession of death-defiers never seemed to stop, and I always wondered: How do these people endure their trials? Were they always so strong and resilientâ€”or did these abilities suddenly materialize? How would you have responded if your airplane had landed on the icy Hudson River? Or what would you do if you were suddenly fired from your job or received a dire medical diagnosis? David Spain has a blunter way of putting it. He runs the trauma and critical-care department at Stanford Medical Center and sees what happens to regular people all the time. Every day, he says, some of us get dressed, kiss our families goodbye, walk out the door and get run over by cement trucks. After two years of research, I discovered that everyone has a crisis personalityâ€”a Survivor IQâ€”that they marshal in a moment of adversity: The best survivors and thrivers understand that crisis is inevitable, and they anticipate adversity. Psychologists have a clunky term for this: It means recognizing when to stop and when to go. In a critical sense, doing something can mean doing nothing. Action can be inaction, and embracing this paradox can save your life. Klor had been home for a week, thankful for the attention of her husband and daughter, but she awoke with excruciating chest and back pain. Writhing and struggling to breathe, she had no idea what was happening, and she rushed to the emergency room. Doctors poked and prodded her. They listened to her heart and lungs. They whispered their greatest fear: They ordered immediate scans along with enough morphine to erase the pain. When the doctors returned, they shook their heads and seemed confused. The tests were all negative. Her lungs were clear and her heart was healing just fine. So they explained it away as some kind of fleeting discomfort from surgery and gave her more painkillers before sending her home. The next day, Klor was home alone when the phone rang. A radiologist from Stanford

wanted to see her right away. At the hospital, the doctors explained the urgency. On a CT scan, the radiologist had detected a mass under her armpit. It looked like an enlarged lymph node, a telltale sign of breast cancer. A decade earlier, she had battled the disease on the other side. But this was a brand-new malignancy and not a recurrence of the old tumor, which has lower survival rates. This was like starting from square one, a brand-new battle. Klor felt so lucky that she let out a whoop when the doctor informed her that only one lymph node was implicated and the disease was contained. The knitting needle through her heart had actually saved her life, her doctors said. Klor spent most of the year undergoing surgery, chemo and radiation. On every single trip to the doctor, she was accompanied by family or friends. During that time, she also managed to finish a quilt, knit shrugs, scarves and shawls, and watch her daughter grow up fast. She had always struggled with a sensitive nature; at times, she had been vulnerable to depression. They morph into marble instead of taking decisive action. Exploring this phenomenon is the main focus of Dr. Almost without thinking, he found his way up to ground level and hurried to the exit. Today, more than 21 years later, most of the memories have faded, but Leach can still smell the foul smoke and hear the wail of a uniformed railway worker: Meanwhile, aboveground, officials unwittingly directed passengers onto escalators that carried them straight into the flames. Many commuters followed their routines despite the smoke and fire. They marched right into the disaster, almost oblivious to the crush of people trying to escape—some actually in flames. Leach has a name for this syndrome. Some experts call this "analysis paralysis. In any emergency, people divide into three categories, Leach says. First, there are the survivors like the people on US Airways Flight , who manage to save themselves in the worst situations. Second, there are unavoidable fatalities: Third, there are victims who should have lived but perished unnecessarily. After examining countless disasters and categorizing the ways people respond to life-threatening situations, Leach came up with what might be called the theory of First, around 10 percent of us will handle a crisis in a relatively calm and rational state of mind. The top 10 percent are leaders, like a few passengers on the US Airways flight who took charge and guided others off the plane. Leach says the vast majority of us—around 80 percent—fall into the second category. In a crisis, most will "quite simply be stunned and bewildered. Our hearts may race. The key is to recover quickly from brain lock or analysis paralysis, shake off the shock and figure out what to do. The last group—the final 10 percent—is the one you definitely want to avoid in an emergency. Simply put, the third band does the wrong thing. They behave inappropriately and often counterproductively. Some folks finish the job in a few seconds while others need a couple of minutes to tally all the pictures.

Chapter 4 : What Does It Take to be a survivor

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Chapter 5 : What does it take to be a survivor essay | nisuckekeycarkalopidacalrodi

Pass out one copy of the "What it takes to be a survivor" worksheet to each pair of students. Tell the students that they will be watching a video about fish and explain that their job as a good scientist is to observe carefully to find and record examples for each of the survival.

What does it really take to be a survivor? What traits do you really need? It could just simply mean that you have been through a lot and keep persevering. One of the most important traits to being a survivor is mental strength. Do you take things and try to make them better, or do you just freak out and stop trying? Bullying, it is a major problem today. Bullying usually starts when you become a pre-teen. This is the time when kids are starting to find out who they are. That was the case for Olivia Gardner. It all started when she was 12 years old and had a epileptic seizure in class. Kids began to make threats and call her names. Sometimes they would even beat her up! So she began to hide in bathroom stalls during class changes. She even had her book-bag dragged through the mud! Olivia went to school officials but no help was found. She started to become withdrawn and suffer from panic attacks, which led to her being home-schooled. Olivia tried to hide her fear from her family, but she secretly considered taking her own life. Finally, when Olivia turned to the media for help, she learned that this was already a wide-spread problem among teens. Two teens from a nearby school district heard about this and started their own letters of encouragement to Olivia. This story caught wind and Olivia is getting thousands of letters from all over the world! It was flight headed to Pheonix. Cecelia was 4 years old when the plane crashed. She was found when a paramedic heard her moan and saw her arm twitch. Her mother, father, and brother were killed, but Cecelia made it out with a few broken bones and a couple bruises. They sent her stuffed animals and plenty of cards wishing her to get better. Cecelia is now married. She also shared her story for a movie producer! In this book a young boy named Gerald is taken from his mother after he was left at home and the house catches on fire while he was playing with a lighter. The neighbor rescues him, and he is sent to live with his aunt. His mother has had a daughter by her new boyfriend and Gerald learns to protect himself and his little sister Angel. Gerald is forced to help hold this family together through all this madness. The main character is Rainsford. He was on his ship when he fell off. He learned to survive from using his smarts, instead of his supreme hunting skills. In all these survivor stories, all of these people are survivors! No matter how big or little the situation was, they are still survivors because they overcame something. While gathering information for this project I learned that being a survivor takes so much more than just strength. These stories really prove this! This assignment really opened up my eyes more to how people can be survivors. They made me think more into details about how this happens everyday, and how these people are truly remarkable for what they have been through and survived. For more survivor stories:

Chapter 6 : What does it take to be a survivor? by Connie Truong on Prezi

Name _____ 1 What does it take to be a survivor?? You probably know that water, food, and shelter are necessary to live. However, in an.

Have you experienced the eye-roll, or general negative remarks over your commitment to prepping from significant others? You can think for yourself, and have determined that getting prepared is worth doing, even if it means doing without some things that you might have otherwise. Where we may be making a list of what remains to be filled on food storage shelves before food prices skyrocket, friends and family members may be moaning over not being able to purchase that inch flat screen TV. That being said, if you are going to go to a white sandy beach and drink drinks with festive umbrellas in them, Carpe Diem, enjoy yourself, unplug, rest, recharge, and get back to business when you get home. How can people not realize that the U. Already, there have been demonstrations and riots in Europe in reaction to high unemployment, higher taxes and cuts to entitlements and retirement benefits. What they fail to consider is that to supply only two meals a day to each man, woman and child in the U. Where would those meals and potable water come from, not to mention the manpower it would require to deliver them? John Leach and other pioneers whose research concludes that the majority of the population are followers, and as such can only be pointed in the right direction through sound leadership. Studies on what sets survivors apart from victims point to a common thread: His studies revealed that 10 to 15 percent of people faced with a life-threatening emergency are able to maintain a calm, rational state of mind. This is made easier with practice. In other words, do you regularly practice skills such as marksmanship, hand-to-hand combat, and medical responses—whether by actually doing them or through mental rehearsal? Have you taken a CPR course recently and studied any emergency medical books you have on hand? Often, this lack of action is attributed to either depressed or elevated chemical levels in the brain that make critical thinking difficult. The final 10 percent of people are those who panic, and many times their knee-jerk reaction makes an already life-threatening situation even more dangerous. The following is an excerpt of Dr. They morph into marble instead of taking decisive action. Exploring this phenomenon is the main focus of Dr. Almost without thinking, he found his way up to ground level and hurried to the exit. Today, more than 21 years later, most of the memories have faded, but Leach can still smell the foul smoke and hear the wail of a uniformed railway worker: Meanwhile, above ground, officials unwittingly directed passengers onto escalators that carried them straight into the flames. Many commuters followed their routines despite the smoke and fire. They marched right into the disaster, almost oblivious to the crush of people trying to escape—some actually in flames. The only way to know is to experience extremely stressful situations, see how you respond, and adjust accordingly. This gets a little complicated because the stressful situations that you experience will occur somewhere in the spectrum between events that you are completely prepared for and events that you are not prepared for. Someone with no medical training, on the other hand, may not have a clue what to do. The good news is that there are 2 tools that you can use to improve your performance under extreme stress. When you do the same skill over and over again in the same way, you create myelin sheaths around the neural pathways that help insulate it from the effects of adrenaline dumps and extremely high heart rates. Second, to the extent that you can and want to do so, expose yourself to stressful situations and practice calming yourself down. The situation may dictate which of these are possible and applicable. These 2 tools, or classes of tools, can help everyone perform better under stress and move you closer to the level of a seasoned professional who has ice running through their veins and who is able to make solid, non-emotional decisions under stress. Want to know something neat? If you have the opportunity to master your response to stress in one part of your life, you can use that same control in other parts of your life. That skill of removing emotions from stressful situations can also be used with arguments with children, arguments with spouses, and with other stresses in life and it can help de-escalate situations on a regular basis. This is definitely a case where skills beat gears and where the changes that you make inside your own head will give you the most leverage and have the ability to affect every area of your life in a positive way. Have you taken any deliberate actions to help improve your ability to respond to stress? Have you applied them in other areas of your life? If so, please

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share them by commenting below. God bless and stay safe, David Morris and Survival Diva.

Chapter 7 : What It Takes to Survive a Crisis

What Does It Take To Be A Survivor? Survivors in the Holocaust. The Holocaust was a period in time when the Nazi's prosecuted and imperiled the Jews, due to the fact that they were not satisfied with how they were treated in the past.

Chapter 8 : What Does It Take To Be A Survivor Essay by Luke Kneller on Prezi

The art of survival doesn't begin by building a shelter or lighting a fire. Long before any of that, you must first develop a survivor's mindset. Look at any real-life survival story and you'll find that the survivors in each shared similar mental traits that enabled them to endure their.

Chapter 9 : Consent Form | Outdoor Life

Best Answer: 1. The willingness to go without food, clean clothing, shelter, electric, running water and your sanity for 39 days. 2. The ability to strategize the whole Outwit, Outlast, Outplay thing while being more hungry than you have ever been in your entire life.