



awamu

BIOMASS ENERGY

Basic Survival Skills

Rotaract Mulago | 22.09.2017

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> > About Nolbert

- Tribe (but Ugandan)
- Awamu (FPO)
- GHF (NGO)
- BEETA
- UNREEEA
- UNACC

- Rotary (since 2009)
- Charter member of RC Wandegeya

>> No Man is an Island

Research about an island. Send me a detailed report in xx days!

- You know **nothing about**.
- Do you have to **go there physically?**
- How to **get there?**

>> Survival skills

Techniques that a person may use in order to sustain life in any type of natural environment.

- These techniques are meant to provide basic necessities for human life which include water, food, and shelter.

>> Survival skills

Survival Skills will be required in;

- To do Business
- At your Work
- Joining New Class/ school/ city
- Aviation industry
- Wilderness

Life-Management and Organization Skills

- Create a **budget**
- Keep your **finances records** organized
- Organize all passwords, accounts and important **documents in a safe place** for reference
- Avoiding **debt**
- **Time management**
- Create & Maintain **schedules** (calendar)
- Address an **envelope**
- Change a **bulb**
- Manage/clean-up **social media accounts**

Home and Personal Care Skills

- Using basic **kitchen appliances**
- **Wash clothes**
- Make a **bed**
- **Fold** laundry
- **Properly clean** a toilet, shower, bathroom floor, etc.
- **Set an alarm & wake yourself** up on time

Student-Specific Skills

- **Shop smarter** for books & SCHOOL items
- Keep **track** of your **grades**
- Keep track of **assignments due**
- **Sign up/register** for classes
- Maintain healthy **study habits**
- Contact **professors for help**
- **Navigate** to classes
- Discuss **living guidelines** with your roommate
- **Essay writing**
- **Public speaking**
- Seek out **extracurricular** activities you enjoy
- Maintain a healthy **balance** between your **academic** and **social lives**

General Conscientiousness

- Awareness of your **surroundings**
- Recognizing a potentially **dangerous situation**
- Keep up with **appointments**
- **Emergency** preparedness
- Avoid **drugs** and **alcohol**
- Be **sexually** responsible
- How to say “**no,**” **respectfully**
- How to **ask for help**
- Be **open-minded**
- Accept constructive **criticism**

Transportation Savvy

- Read a **map**
- Change a **tire**
- Basic car **maintenance**
- Utilize and navigate **public transit**

Professional Skills

- Write a **CV**
- Draft a **cover letter**
- Professionally formatting your **emails**
- Write **thank you notes**
- **Networking**

#1 Attitude.

More than any other skill,
your attitude determines
how successful you are in a
survival situation

Attitude Will:

- Push you to **work harder**
- Help you **avoid risky behaviors**
- Get you out of the house on a **rainy morning**

Good Attitude Will:

- Lead to **Success and Happiness**.
- A positive attitude helps you **cope more easily with life**
- Bring **optimism** into your life
- Make it easier to **avoid worries** and **negative thinking**

