

Learn Life Techniques in the Wild with KSR PMI UPNVJ

Saturday, 13 May 2023 09:15 WIB



HumasUPNVJ - The 2023 Outdoor Living Techniques Training (THDB) organized by the PMI KSR Student Activity Unit UPN "Veteran" Jakarta took place at Cidahu *CampGround*, Cidahu, Sukabumi Regency.

This activity was held on Saturday, 06 May 2023 to Sunday, 07 May 2023. This activity carried the theme " *To survive, we must adapt. To survive, we must be prepared* " and involves the Founder of KSR PMI UPNVJ Unit namely Astatantica Belly Stanio, Facilitators namely Isep Hendriawan and Abdussalam Fajrullah, Advisory Board, Permanent Members, and Young Members. In addition, the KSR PMI UPNVJ Unit Supervisor, namely Mr. Arga Buntara, SKM, MPH, participated in accompanying the activities from the beginning to the end of the event. The other parties who attended this activity were UPNVJ Student Representatives.

The purpose of this activity is to prepare members as volunteers who have the ability and skills to defend themselves from various threats in the wild.



The activity was carried out on Saturday which began with the opening and remarks by the coaches, followed by *sheltering* , cooking (*nesting*), searching for tools and cooking materials, cooking (fireplace) and closing with a *sharing session* by the KSR PMI UPNVJ Unit Founder. On Sunday, the activities began

with a briefing followed by disaster management simulations, public kitchens and food distribution.

Through the 2023 Outdoor Living Techniques (THDB) Training, it is hoped that all KSR PMI UPNVJ Unit members will be able to improve their skills in THDB materials such as *packing* , navigation, *sheltering* , cooking and fireplaces, as well as increasing the capacity and quality of all members through a series of trainings conducted .



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