

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
	15 mins	T / D	<ul style="list-style-type: none"> <li>• Introductions</li> </ul>
1	30 mins	T / D	<ul style="list-style-type: none"> <li>• The meaning of the term “Emergency” in a shipboard context and the main types of emergencies which may occur</li> </ul>
2	50 mins	T / D	<ul style="list-style-type: none"> <li>• Understand the survival equipment used during a maritime emergency</li> </ul>
	15 mins		<b>Break</b>
3	50 mins	T / D	<ul style="list-style-type: none"> <li>• Understand the principles of survival during a maritime emergency</li> </ul>
4	60 mins	T / D / P	<ul style="list-style-type: none"> <li>• How to abandon ship during a maritime emergency</li> </ul>
	30 mins		<b>Lunch</b>
5	90 mins	P	<ul style="list-style-type: none"> <li>• How to be able to survive in water during a maritime emergency</li> </ul>
6	120 mins	P	<ul style="list-style-type: none"> <li>• How to use a survival craft during a maritime emergency</li> </ul>
	15 mins		<b>Break</b>
7	45 mins	T	Written Assessment
	25 mins		Marking and Report Writing
	20 mins	T / D	Course Feedback and Evaluation