# FDM Disaster & Survival Courses

At FDM, our disaster and survival courses are designed for individuals who want to be better prepared for real-world emergencies and unpredictable situations. While no single course can teach every scenario one might encounter, our goal is to build a strong foundation of knowledge and instill what we call the “Survival Mindset.”

This mindset is about more than just skills—it’s about developing the ability to think critically and solve problems under pressure. Whether it's starting a fire without proper tools or purifying water for safe consumption, survival often requires creative, outside-the-box thinking.

Our training emphasizes understanding the two key types of survival factors:

**• Controllable factors: actions and choices within your influence
• Uncontrollable factors: elements you must adapt to and overcome**

FDM courses offer realistic scenarios based on both historical and current events, equipping you to succeed where others may falter. We don’t promote fear—we promote confidence, preparedness, and self-reliance.

**Why train with FDM?**

Because survival isn't just about enduring hardship—it's about thriving in the face of it. With the right tools, mindset, and training, you’ll be empowered to protect yourself and others no matter what challenges arise.