

# Prepare! for Survival

## Video Transcripts

### Prepare for Survival! Video Part I

**Alex**

Hello! This is 'Prepare for Survival'

**Christina**

The show where contestants go into the wild and survive against the elements.

**Alex**

Later today, you'll board a plane to a desert island – which will be your home for the next 14 days.

**Christina**

The weather on the island can change from hot and dry to warm, wet and windy. And watch out for predators who might try and eat you!

**Alex**

But don't worry! We're going to show you a list of 15 items. You must choose 5 to help you survive. If you are in a group, then choose 5 to share.

**Christina**

Water won't be a problem. You'll be given all you need. But food only for the first day. The rest is up to you!

**Alex**

So let's get started! Here is the list of items for you to choose from.

**Christina**

**A hammock and mosquito net.** A hammock stops you sleeping on the ground. And the net protects you from insects. If you're in a group you'll get one each.

**Alex**

**Windproof and waterproof matches.** These burn for over ten seconds and work in wind and rain. They continue to burn even if you drop them in water!

**Christina**

**A survival blanket.** This traps air and stops you getting cold. Again, if you're in a group, you'll get one each.

**Alex**

**Dark plastic sheeting and a rope.** These are great to make a quick shelter.

**Christina**

**A knife.** Very useful to cut branches, prepare food and defend yourself against wild animals.

**Alex**

**A torch & spare batteries.** There are no street lights so a torch helps you see in the dark.

**Christina**

**Insect repellent.** Keep insects away and don't let them bite you. This can be nasty and make you sick.

**Alex**

**A hat, sun protection cream and glasses.** All useful when it's hot.

**Christina**

**A cooking pot.** Thinking of cooking? You need one of these.

**Alex**

**A first aid kit.** Bandages, plasters, tape and antiseptic in case you hurt yourself.

**Christina**

**A fishing rod and bait.** Useful to catch dinner – but only if you know how to fish! Otherwise you'll go hungry...

**Alex**

**Waterproof clothes.** They'll keep you dry in rainy weather.

**Christina**

**A trapping kit.** When you're hungry, small animals are tasty....Catch them with one of these.

**Alex**

**A mobile phone.** Do you have one? Can you survive without it?

**Christina**

**And a mirror.** Use this to send signals, or even to check your hair....

**Alex**

So how will you survive?

**Christina**

Choose wisely. Your life depends on it!

# Prepare! for Survival

## Prepare for Survival! Video Part 2

### Alex

Hello! Welcome back to 'Prepare for Survival.'

### Christina

So how did you get on? Which 5 items did you choose?

### Alex

In a survival situation, some items are more important than others.

For each item you're given a score of 5 points, 3 points or 1 point. The higher the score, the more important the item.

So here goes...

### Christine

As the island is either hot and dry or warm and wet, you'll need to spend a lot of time under shelter staying dry from the rain and shaded from the sun. Protect yourself against wild animals and insects: build a shelter and make a fire. **Score 5 points for each of the following:** a knife, a dark plastic sheet, hammock and mosquito net, matches and sun protection. If you chose any of these, well done!

### Alex

Food is important but fruit is available. It's good to keep busy and to eat lots of different things.

**Score 3 points for each of the following items:** a cooking pot, a fishing rod and line, a trapping kit, a torch to see in the dark when you're away from the fire, and a first aid kit for small cuts to stop infections.

### Christina

The following items are the least important. **Score just one point for each of the following:** Waterproofs and survival blanket – you already have the shelter to keep dry and out of the sun and you'll dry quickly if you get wet, so these aren't much use to you. Insect repellent – you already have a mosquito net. Mobile phone – this probably won't work. You could use it as a compass but only until it runs out of battery! And the mirror – this is valuable to send signals for help, but you don't need to be rescued!

### Alex

So work out your score

### Christina

And see how prepared you are, for survival!