Life Interchange

The Explorer

Level I

- 1. Geography 1 Physical features of planet earth including lands and large bodies of water
- 2. Maps 1 Maps and how to use them. Diving into the basics of how maps are vital to exploration
- 3. Weather Covering the basics of weather, phenomena, clouds, precipitation, and patterns
- 4. Wildlife Introduction to what animals can be found in the wilderness and the countryside
- 5. First Aid Understanding and management of cuts, bruises, bleedings, scrapes, and small trauma
- 6. Waters Information about rivers, lakes, seas, and oceans. Safety and precautions around water

Level II

- 1. Geography 2 Individual regions, various terrains, collections of flora, and smaller locales
- 2. Maps 2 More advanced map topics including cartography, navigation, fine features, and scale
- 3. Essential Tools Items you will need to prepare for any scenario along your adventures
- 4. Hiking Fundamentals of hiking mountains, elevated terrain, slopes, as well as safety tips
- 5. Clothing Preparation of clothing and outfits for various seasons and weather conditions.
- 6. Urban Exploration The basics of cities. Buildings, zones, districts, transportation, and times.

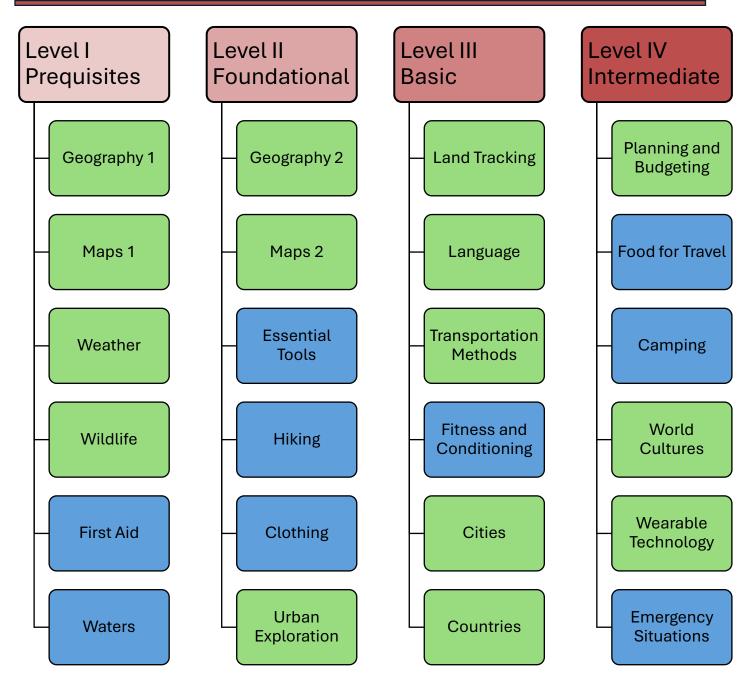
Level III

- 1. Land Tracking Learning to explore new places and not get lost. Fundamentals of navigation
- 2. Language One (1) language to an intermediate fluency for communication within new regions
- 3. Transportation Methods Planes, trains, buses, routes, highways, roads, paths, and underground
- 4. Fitness and Conditioning Basics of physical activity to handle any terrains and land features
- 5. Cities Complex inner workings of city economies, ecosystems, and shipping and transport
- 6. Countries Vital information and statistics about countries all around the world

Level IV

- 1. Planning and Budgeting Planning for trips, budgeting for longer journeys and equipment
- 2. Food for Travel Survival foods that can be used in any situation. Essential nourishments
- 3. Camping Spending time outdoors overnight in remote areas. Building shelter safely
- 4. World Cultures Knowledge of cultures/peoples in various regions with their customs and norms
- 5. Wearable Technology Travel and survival gadgets and electronics. GPS, heating, lightning, etc.
- 6. Emergency Situations Awareness, understanding, and action training for potential dangers

Illustrative 4-Level Plan [Red = Level; Green = Online suggestion; Blue = in-person suggestion]



Important Information*

*Specific courses are not suggested. Please research each one individually and find the relevant coursework individually. Material can be found online, in universities, colleges, training centers, from experts etc. Suggestions for specific courses cannot be provided, as locations, languages, learning platforms, and educational materials as well as access to experts in their respective fields may vary. Each plan is carefully crafted to cover most of the essentials you might need to further your interests, experience, and education. It is designed to help broaden horizons and find potential possibilities.