



*Training Course:  
STCW Personal Survival Techniques (PST)*

*17 - 21 May 2026*

*Cairo (Egypt)*

*Holiday Inn & Suites Cairo Maadi, an IHG Hotel*

## Training Course: STCW Personal Survival Techniques (PST)

Training Course code: MM235807 From: 17 - 21 May 2026 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 4410 € Euro

### Introduction

Survival at sea is a critical competency for all seafarers, especially in emergency situations such as abandonment of ship. The [STCW Personal Survival Techniques PST](#) course is a mandatory requirement under the [STCW Convention Regulation VI/1](#), ensuring that all maritime personnel are prepared to respond effectively to life-threatening situations at sea.

This program, developed by [Global Horizon Training Center](#), provides participants with essential knowledge and practical skills related to survival techniques, use of life-saving appliances, and emergency procedures. It focuses on building confidence and competence in handling real-life maritime emergencies.

Participants will gain the ability to react promptly and correctly in emergency situations, increasing their chances of survival and contributing to overall onboard safety.

### Course Objectives

By the end of this program, participants will be able to:

- Understand emergency situations at sea and survival principles
- Demonstrate the correct use of life-saving appliances
- Apply survival techniques in water and survival crafts
- Follow procedures for abandoning ship
- Understand hypothermia and survival in cold water
- Cooperate effectively with others during emergencies
- Respond to distress signals and rescue operations
- Comply with STCW survival requirements

### Target Audience

This program is designed for:

- All seafarers and maritime personnel
- Deck and engine crew members
- Maritime cadets and trainees
- Individuals preparing for STCW certification

## Outline

### Day 1: Introduction to Survival at Sea

- Overview of STCW VI/1 requirements
- Types of maritime emergencies
- Principles of survival at sea
- Importance of preparedness and safety awareness
- Emergency signals and alarms

### Day 2: Life-Saving Appliances

- Types of life-saving equipment onboard
- Lifejackets and immersion suits
- Lifebuoys and distress signals
- Inspection and maintenance of equipment
- Demonstration and usage techniques

### Day 3: Survival Techniques in Water

- Entering the water safely
- Swimming and floating techniques
- Group survival methods
- Avoiding hypothermia
- Increasing survival time in water

### Day 4: Survival Craft and Rescue Operations

- Types of survival crafts lifeboats, life rafts
- Boarding and launching procedures
- Survival craft equipment and use
- Communication and signaling for rescue
- Coordination during rescue operations

### Day 5: Emergency Drills and Practical Exercises

- Abandon ship drills and procedures
- Survival simulations and exercises
- Team coordination in emergencies
- Review of safety practices
- Final assessment and course review

## Registration form on the Training Course: STCW Personal Survival Techniques (PST)

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Company Information

Company Name: .....  
 Address: .....  
 City / Country: .....

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Payment Method

- Please find enclosed a cheque made payable to Global Horizon
- Please invoice me
- Please invoice my company

### Easy Ways To Register

Telephone:  
+201095004484 to  
provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

Complete & return the  
booking form with cheque  
to: Global Horizon  
3 Oudai street, Aldouki,  
Giza, Giza Governorate,  
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