

# Survival Education Value of Orienteering from Natural Disasters in the Miracle

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**ABSTRACT:** The Orienteering of the activity in the field of professional psychology, technical and physical demands and people to cope with the sudden disaster events are very similar. Therefore, by learning and training the Orienteering, can improve people's ability to survive, to escape the disaster.

**KEYWORD:** Survival education; Orienteering; Disaster

## 1 THE PROBLEM

After the tsunami in the India Ocean, international cooperation, international responsibility of a state, the citizens of the world, citizen consciousness of globalization has become a hot topic. But at the same time, one of the most fundamental problems is how to make the greatest efforts to save life itself in the face of disaster, but neglected. India Ocean tsunami swept across the island of Sri Lanka, wildlife biologist had not found the body of an animal. Tsunami comes, the waves rushed in southeastern Sri Lanka Yala National Park, but hundreds of Wild Elephant Park and many Jaguars no found dead. And South Asia, Southeast Asia countries affected the most conservative estimate of the number of victims are also compared in 150000 people above, In contrast, many wild animal can survive in this disaster, can not be said to be a "disaster of miracles". Since the human history since the beginning, man has claimed to be the intelligent part of the universe and to dominate the world, put you in the highest position, standing on the top of the earth is immensely proud of Pyramid. But the brutal scene this catastrophe that many people had to hang the noble head, to deep reflection, even had to admit this reality: when a disaster strikes, the majority of survival ability as a rabbit or a dog! With the passage of time, many of the things in human evolution, and have many things in the degradation of. China ancient Xun Kuang said: the gentleman non different also, good fake to things. Refers to the idea that people should make good use of external forces to achieve the purpose of. This idea seems worthy of recognition in today. But more and more people in this to an extreme, from "the advantage of external power" to "rely on external forces," fuzzy

concept of external and internal. Under normal circumstances, we have cars, ships, aircraft and other modern tools can be used, a long time, many people have formed the habit of dependence of these tools. When the flood, storm, snow, wild animal raid disasters come unexpectedly, when many advanced tools are difficult to come in handy, humans can only like a rabbit, goat like self-help, or swimming, or run, or climbing, or crawling, or patience -- these most primitive method is the most simple and become one of the most realistic means of survival. Unfortunately, these skills have been most people in modern society a contemptuous disregard, when disaster strikes; they can only be convulsed with fear or pray to god.

## 2 ABOUT THE SURVIVAL EDUCATION

UNESCO for the twenty-first Century education slogan is "Learning to be". All the time, we are too confident in their own ability to survive. In fact, in the mysterious nature of this book, we just open it on the title page of schoolchildren. The so-called "conquer nature", also good ideal is romantic. In this case, we should strengthen the survival ability education.

Safety education and life education is not the same as in the ordinary sense, more refers to the disaster, people can judge according to the accident scene, using the basic knowledge and skills of self rescue and escape, avoid risks, from the scene, the preservation of life. However, face come unexpectedly human disaster, to teach people how to avoid disaster rescue, we used to do it is not enough. Mainly in the:

One is the contents of the survival education is not comprehensive. Safety self-help education for the people in daily life, often confined to the fire "waterproof" anti snake bite, but to encounter an earthquake "tsunami" debris "tornado" avalanche and other natural disasters, how to survive themselves, have not paid enough attention.

The two is the survival education form is not active. In recent years, although our country educational department of safety education, but also just stay in the survival education as safety education level. At present, the radius range of human activities more and more. From village to city, from the city to the wilderness of mountains and rivers "the sea" "the polar, survival education forms accordingly to expand.

Three is the propaganda way of survival education not multiple. Now a lot of parents on children's safety education are mostly limited to name the child out such as don't forget to bring the key "don't forget to turn off the gas" not to talk to strangers. At the same time, safety education in schools is very few, even if there is, just also stay in the textbook, the lack of students easy to accept the way of education.

In light of this, we can learn from the easy to read form China three characters, characters and other traditional, issued some survival education pamphlets, may also carry out some field survival activities, enhance the ability to adapt to the wild people, and Orienteering is such a very large development value of survival education of sports. It is in the human and nature fusion process, maximize the self potential, to own challenge sports, but also the pursuit of competitive sports superego physiological limits, emphasizes participation and the brave spirit, a movement towards the physiological and psychological barriers across the sense of joy. The modern society gradually City, people living in many-storied buildings "Jungle", comfort, and less contact with the field, they are fighting with nature "in the tough environment survival ability is poor, the directional movement of flexible line and full of natural atmosphere can improve people's physical" ability of mental diathesis, in the training of the imagination "to play to their potential and creativity beyond the limit and so on, has the very good development value.

### 3 SURVIVAL EDUCATION VALUE OF ORIENTEERING

There are several miracles in the tsunami process: the waves hit, the British Stephen (Bolton with a towel to his wife and 3 children to palm branches, so that they survived; in the stream to prevent loss, 4 Indonesian fishermen tenaciously against the surging waves, and put the clothes in the column. India is

saved; 13 year old girl pull Xie Kerr with a door panel, floating in the sea for two days, the final row to the rescue. In these stories, what is to create the miracle of life? A towel, a boat, a door. Of course, there are invisible to the perseverance and calm the mind. This tells us: when a disaster occurs, can calmly, make full use of all can rescue tools, how the key; and to review and summarize the individual life to create the miracle, but also is very important.

Orienteering is emphasis on fitness, entertainment, effectiveness and lifetime as one of the sports venues in addition. The campus environment, community living environment, parks and other places, is the main activities in the river, river, lake, forest, fields, mountains, wilderness and other natural environment. Participants in the activities of the in the environment, not only can fully appreciate the motherland beautiful rivers and mountains of a country, relax, Tao Ye sentiment, at the same time, through the natural environment in the process, must strain every nerve, rely on the wisdom and strength, to overcome various obstacles encountered from nature, and enhance their own exercise consciousness, learn basic life skills, the exercise will quality, develop and analyze problems, problem-solving and decisive decision-making ability. Through the activities in the analysis of difficulties and solve difficult process, let people hold the attitude of life right in the face of difficulties, and actively seek ways to overcome the difficulties; by subjecting nature test, to promote physical and mental health, social knowledge, cultivate team spirit, increase the awareness of fitness, increased interest in life, and learn to live and so on purpose, not only satisfies people enjoy life Fun, but also personality training education effective. Especially if there is a sudden event, can not be dry, cool, with huge psychological reserve for their survival. As the tsunami miracle events, We also have been reborn.

### 4 SURVIVAL EXERCISE VALUE OF ORIENTEERING

In the days after the tsunami, we often see a picture in the television, the flood from afar come rolling in order to run forward, people spare no effort to escape, more and more people flood, flood fast will more and more distant from him, seeing the overtake slower runners, until finally being floodwaters engulf, human life just disappeared in a split second. Such events are in the tsunami. As in the process of reflection: if people in the earlier should attach more importance to the survival education and physical training, we can assert that the tsunami death toll will be greatly reduced.

We do not deny the value of other sports in the escape, the usual physical exercise can also improve

our physical fitness, so as to improve the ability to survive, however, Orienteering sports scene closer to our survival in the wild state, can provide an effective guarantee for the sudden disaster. Escape. Orienteering fitness is generally refers to ability in the field running, it needs in the highway, country road running, will run in the trees or bushes, may run uphill may also run downhill, sometimes encountered obstacles such as ditches or fences. These are likely to encounter unexpected disaster we escape scene, we have no more time to think and select the disaster comes, must make the decision making in the first time, is the survival or destruction, often seen in this moment. If we from the difficult environment and a day of practice run in the artificial construction of sports venues, once a run on the country roads, may at any time to fall or injury, so we how out of hard disaster? Orienteering Training visible field has a non general indoor physical training activities can compare advantage.

## 5 SURVIVAL SOCIAL VALUE OF ORIENTEERING

Born in China in twentieth Century after 1980 years of youth, mostly for the only child, is the main source of students at present, in their growth process, due to the impact of exam oriented education and other factors affected by the social and economic development of the traditional "family", the family too much care, mostly by the elders be spoiled, rarely basic life skills "life skills training in daily life. Many of the students don't even do my own laundry, in life habits, self-centered, lack of the ability to interact with others; have difficulties in life and learning, because of less communication with the outside world and ashamed to seek help and easy to drill" horn ", resulting in negative effects on their mental; usually on the exercise seriously insufficient, makes the group of physical quality" mental ability and social adaptability in the overall development showed downward trend and the trend has been to an astonishing degree, caused the attention of whole society.

The Orienteering training can effectively exercise the lives of students and to develop good habits, because the regional activities are generally chosen few people tread in the natural environment, especially in the touch of rain and snow weather, the difficulty is not the same in general, students not

only need to maintain the vitality of spirit "firm confidence, more have teamwork spirit and collective ability, special needs division and cooperation between internal team and team. Participate in the activities of each member must according to their ability and peer, clear my role in the collective position, on the basis of clear division of labor, take the initiative to seek help or help peer difficulties encountered in themselves or others, to ensure that the entire process can be carried out smoothly. The student's physical" perseverance "communication" division of labor and cooperation such as a full range of training, the cultivation of students' social ability, improve their future face of daily life "academic" employment pressure adaptability and competitiveness.

## 6 CONCLUSION

The bird long in the mother under the wings, "drag" is always only a non foraging ability of "chicken", and will not become the eagles in the sky. How to make the educated "learn to survive" is where the purpose of education. Preaching, etc., doubts, is an old topic education. But Chinese today, the survival education appears more urgent and more important.

A disaster directed a great tragedy, but also appeared a very amazing miracle, the miracle of human forever is worth to think, in order to avoid the human in the next "natural disaster" in the present we should. Life education of the whole nation, the existing education scholars and people's Congress called for the survival education legislation, from a legal perspective, strengthen national survival arouse awareness education, the author thinks, this call is very appropriate and timely, and to carry out Orienteering in terms of survival education value, existence value and social value of exercise will survive to the overall effect.

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