

## Swedish Armed Forces SERE School



## JOINT SERE SCHOOL

## History

- 1989** – Swedish Army Survival Unit  
*Swedish Army Parachute Ranger School*
- 1995** – Swedish Armed Forces SERE School
- 2000** – CSAR (USAF MTT) – “train the trainers”
- 2004** – SERE Instructors (desert and jungle training)



# Praeparatus Supervivet – “The prepared survives”

## Commander

Management

### Development

SERE Handbook

Develop Training

Develop Tactics

Develop Equipment

Test & Evaluation

### Training

SERE A, B och C

Conduct After Capture

SERE Instructor

PR Controller & Planner

Mission in conflict zones

Officer cadets

RNLAF Winter

### Operation

Domestic Exercises

International Exercises

Operation

Support to MOD

Lessons Learned



SERE School

**K3 Karlsborg**



**Sweden**

- International boundary
- National capital
- Railroad
- Road

0 50 100 Kilometers  
0 50 100 Miles

Lambert Conformal Conic Projection, SP 47N/E2N



Kiruna

Karlsborg

The SERE school is the Swedish Armed Forces competence centre for all activities within the area of **Personnel Recovery**.

The school is responsible for the development of **Personnel Recovery** as a function, and for knowledge regarding **demanding environments** like desert, jungle and rain forest.

# Survival, Evasion, Resistance and Extraction (SERE)

Define tactic, technique and procedures that give the survivor/isolated personnel the skills to survive in different environments, also to escape from a capture, if there is a threat of that.

If this collapse, to resist exploitation, practise code of behavior. If the situation will allow, escape from the situation to drive your own or assisted extraction and and return with dignity.



# SERE

**Survival** (To optimise the "External affecting factors" in the concept "Physical readiness")

**Evasion** (Hidden escape in an environment of threat)

**Resistance** (How to act in a prisoner/hostage situations, protect life and information)

**Extraction** (Measures from the individuell before, during and after the rescue)



## Individual S.E.R.E training

### **SERE C**

- **High Risk of Isolation (HRI)**
- **Pre mission training for SOF, air crews, reconnaissance units etc**
- **(11 days incl CBT SERE B and 24 h CAC training)**

### **SERE B**

- **Medium Risk of Isolation (MRI)**
- **Pre mission training for all Officers and soldiers**
- **(2 days (could incl CBT SERE B and 6h CAC training)**

### **SERE A**

- **Low Risk of Isolation (LRI)**
- **During Basic military training**
- **(12h + 2 days in field, Theoretical CAC training)**

# Aim of SURVIVAL training

...to survive during;

- ..all weather conditions, types of terrain and environment
- ..situations in lack of equipment, food and water

From Hi-tech to stone-age  
In 2 minutes



Optimise the factors you can control !

**Psychological factors**

- Concentration
- Motivation

**Metabolic processes**

- Aerobic
- Anaerobic

**Neuromuscular functions**

- Strength
- Technique



**Fluid**

**Food**

**Rest**

**Personal equipment**

**Hygiene**

**Environment**

*Physical ability*

*External affecting factors*







## Training offered

**SERE level C** 11 days basic training including resistance training as well as training as regards demanding environments, or 2-3 days refresher training

**PR Controller and Planner** 2 weeks training

**"Mission in conflict zone"** 1 week for accompanying/embedded journalists

**SERE Instructor** 4 weeks summer training and 2 weeks winter training

**Conduct After Capture Instructor** 4+3 days training

# Training offered

*In support of...*

**SERE level B** as a part of the Pre-Deployment Training (includes sometimes some hours resistance training)

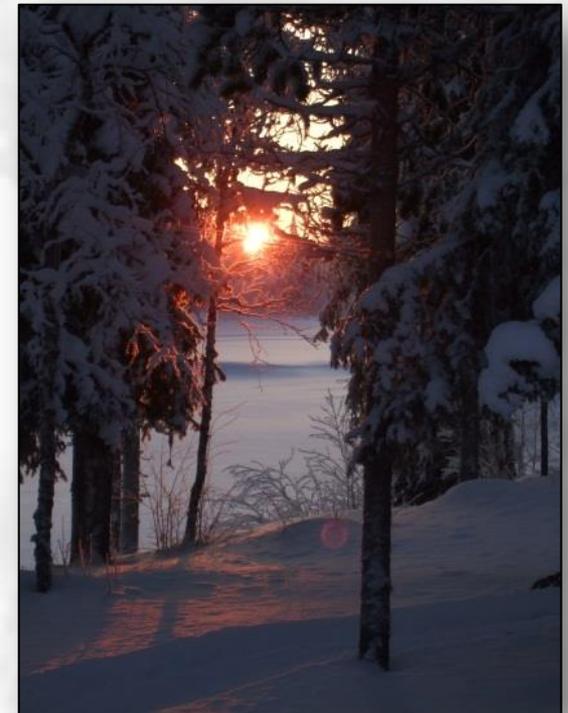
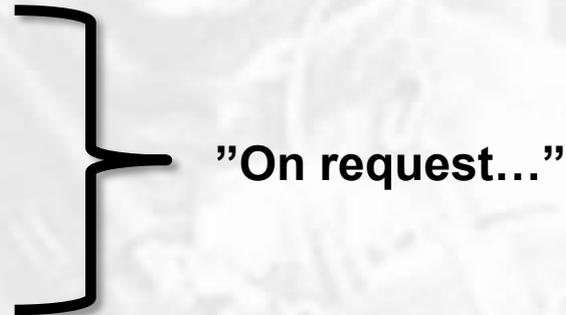
**Resistance training**

**SERE training**

**Survival training**

**Winter training**

**EAG Winter Workshop**



## FROM HI-TECH TO STONE AGE IN LESS OF 2 MINUTES

# Questions?

