

## TACTICAL SURVIVAL BEYOND BORDERS

— how to increase your personal safety in difficult contexts

Online safety & security training programs tailored to your needs

Profile	Do you work in politically unstable regions, post-conflict countries or in places that are threatened by terrorist attacks, natural disasters or epidemics?
Benefit	You will increase your personal safety in high risk situations and on challenging missions abroad through focusing on your strengths and personal resources as well as on the risks in your (future) working and living environment to master critical situations in a confident and resourceful way.
Program	This program focuses on the people in complex situations and will be tailored to your personal situation and to your respective destination. Small groups of 6 to 8 participants allow us to work in an interactive and dynamic way. We provide the opportunity to share your experiences and challenges and take valuable insights with you into your real-world roles.
Content	<ul style="list-style-type: none"> <li>+ Basic principles of safety and self-management</li> <li>+ Risk analysis of life and working environment</li> <li>+ Assessment of violent situations and your own abilities and skills in dealing with threats (checkpoints, harassment, armed robbery, kidnapping, attacks, mine/EOD awareness, sexual violence, natural disasters, health emergencies)</li> <li>+ Developing a pro-active attitude in dealing with threats</li> <li>+ Preventive measures (e.g. safety standards for your office, home &amp; hotel and cross-country travel)</li> <li>+ Various security strategies</li> <li>+ Fire hazards and defense</li> <li>+ Stress Management</li> <li>+ Tactical Emergency Medicine</li> </ul>
Duration	Modules à 90 minutes, 4 modules per day, 1–5 days
Methods	<ul style="list-style-type: none"> <li>+ Case studies</li> <li>+ Simulations of critical incidents</li> <li>+ Videos</li> <li>+ Short presentations</li> <li>+ Individual, pair and group work</li> </ul>

*We train people to increase their safety in critical situations.*