



Safety during assignments abroad

1. Content and Methodology

This training course is designed for Swiss people wishing to perform civilian service abroad. The main focus of the course on personal safety and stress is on learning how to identify, analyse and avoid dangerous situations, as well as on ways of coping with stress.

The first day is dedicated to the analysis of safety risks in general and in specific cases (depending on which countries participants are assigned to) and to the choice of appropriate behaviour in these situations.

Stress-inducing factors, coping mechanisms and stress reduction strategies are discussed on the second day, during which the development of these skills is also introduced. This starts with recognizing one's own attitude towards stress, identifying its sources and exploring personal coping strategies that work effectively.

The following topics are covered during the training course:

- Safety risks and preventive measures (living abroad, moving around, driving, etc.)
- Appropriate behaviour in different situations (crossing checkpoints, interacting with people carrying weapons, etc.)
- Stress indicators, symptoms and preventive measures
- Coping mechanisms
- Managing acute stress and providing emotional first aid

The course is based on realistic scenarios and practical examples taken from different contexts and personal experiences. It uses interactive training methods (theoretical inputs, videos, case analyses, self-assessments, group exercises, discussions and role-play exercises).

To deepen their knowledge, participants receive handouts during the course. They further have access to online documentation with specific and updated information about the culture and country of assignment.

2. Learning Objectives

At the end of the course, participants are aware of safety risks and are capable of adopting appropriate behaviour. They are aware of the relationship between their own behaviour in stressful situations and their personal safety. They are better equipped to deal with difficult situations and different cultural contexts, to adapt their behaviour and to avoid certain risks.

- Able to identify the country-specific risks
- Better awareness of different cultural issues (intercultural communication, conflict management, code of conduct etc.)
- Recognition, analysis and reflection on personal behaviour in stressful situations (identification of triggers, indicators, symptoms, etc.)
- Developing personal coping, relaxation and stress reduction mechanisms
- Implementing adequate prevention measures
- Providing Emotional First Aid in cases of acute stress.

3. Facilitation

This two-day training course is delivered by cinfo, the Centre for Information, Counselling and Training for Professions Relating to International Cooperation. The instructors are specialists with many years of experience in stress management and security matters in an international context.

4. Additional reference material

Specialised reference material and documentation is available to the participants on site as well as online after the course, depending on requirements.

5. Course location and dates

The courses take place at the CIVI training centre in Schwarzsee. The exact dates can be found on the Civilian Service website (www.zivi.admin.ch).

- Accommodation is provided at the CIVI training centre in Schwarzsee. Rooms are allocated at check-in.
- Full information about the course and the training centre will be provided by the course organisers on the first day.

6. Duration of the course

- 2 days

7. Language

The course will be run in **English**.

8. Things to bring with you

- You will need to bring your own notepads/notebooks for the courses.
- A range of sports facilities is available at the training centre for use in your free time. It is therefore worth bringing sportswear.
- The training centre is located at an altitude of 1045 m. Depending on the weather, certain modules may take place outdoors. Please bring appropriate clothing and footwear.
- Inside the house, you have to wear slippers.
- Please bring your own towel.

Programme outline

Day	Time	Content
Day 1	before 09:00	Arrival
	09:15 – 18:00	Country specific threats Safety and security in hotels and residences Safety when travelling Interaction with authorities and persons carrying weapons Behaviour in crowds Preventing illness and other hazards
Day 2	08:00 – 17:00	Pre-departure stress Stress in everyday life Coping mechanisms and stress prevention Mutual support (Buddy system) Acute Stress: how to recognise it Emotional and Psychological First Aid Stress factors when coming home
	at about 17:00	Departure