



Safety during assignments abroad

1. Content and Methodology

This training course is designed for Swiss people wishing to perform civilian service abroad. Recognizing, reflecting and avoiding dangerous situations as well as dealing with your own stress are the focus of the course "Safety and Stress". The 3-day course follows the latest findings in adult education and presents with the so-called "blended learning" a mixed form of online training and face-to-face instruction.

The morning of the first day is spent in online lessons, followed by the afternoon with specific tasks related to the individual deployment locations in the participants' self-study. The topics important for safety include preparation for departure and the first days in the country of assignment, including clarifications with the sending organizations. Furthermore, general as well as country-specific security risks during foreign assignments are addressed and the cultural, religious and social conditions of the participants' assignment countries are addressed.

The second and third day take place in face-to-face classes. The results of the previous day's tasks are presented and further developed. The focus is on safe behaviour in daily situations at work, in leisure time and on the road. Further central topics are the mutual influence of safety and stress, the corresponding stress factors as well as strategies for stress reduction.

The following topics are covered during the training course:

- Responsibility for security during deployment
- Specific security risks in the country of deployment
- Security in everyday life / living
- Aggressive persons and crime
- Security on the road
- Information and data security
- Cumulative and acute stress

Methodically, the course is structured in a very interactive way. With the help of case studies, videos and presentations, the content is conveyed and anchored in a variety of ways in instructional discussions, class discussions, group work and role plays.

Participants will receive up-to-date, country- and culture-specific information on their countries of departure, as well as a handout on the topics covered and further reading. The largest part is made available online.

2. Learning Objectives

After the course the participants are able to :

- identify safety risks and apply basic behavioural measures in this regard
- recognize the connections between stress behaviour and personal safety and to act in a defusing manner
- be aware of culturally different constellations and difficult situations and to specifically avoid recognized risks

3. Facilitation

This three-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 course takes place online on the first day and at the CIVI training centre in Schwarzsee (FR) on the second and third days. The exact dates can be found on the Civilian Service website (www.zivi.admin.ch).

- A participation link for the online training will be sent by e-mail.
- All information about the course schedule and details about the training centre will be provided at the beginning of the course.
- For classroom training : Accommodation is provided at the CIVI training centre in Schwarzsee. Rooms are allocated at check-in.
- If the course location cannot be reached by public transport by 09:00am, arrival the evening before is possible by prior arrangement.

6. Duration of the course

3 days

7. Language

The course is conducted in English.

8. Things to bring with you

- For the course you will need a computer or tablet with internet connection for the online part (cell phone is insufficient for online training) and your own notebook material for the face-to-face lessons.
- 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.

9. Daily program

Day	Time	Content (are adapted in sequence and priority to the interactive course development)
Day 1 online	08:30 – 12:00	<ul style="list-style-type: none"> • Basic understanding of safety and stress and mutual influences • The responsibility for security in foreign missions • The FDFA security management concept
	13:30 – 18:00	<p>Individual work according to tasks:</p> <ul style="list-style-type: none"> • Self-study travel advice for country of assignment • Preparation of an individual presentation "Country-specific risk factors" • Contacting the sending organization with specific questions • Preparation of a personal preparation and departure plan ("To-Do-List") • Clarification of questions regarding the longer absence (apartment, mail, bills, insurances, etc.) • Making a note of any questions that arise regarding the tasks
Day 2 Training centre CIVI Schwarzsee	before 09:00	Arrival
	09:15 – 18:00	<ul style="list-style-type: none"> • Presenting "Country-specific risk factors" • Culture, religion and social behaviours • Cumulative stress and strategies for coping with stress • Useful utensils for the mission • Planning and preparing for departure with safety and stress in mind • Safety upon arrival and during the first few days. Special health aspects • Safety in a hotel or apartment • Safety risk aggressive individual • Safety risk crowds
Day 3 Training centre CIVI Schwarzsee	08:00 – 17:00	<ul style="list-style-type: none"> • Risks of being on the road, traveling by car • Accident situations in traffic • Dealing with official authorities (police, border, military) • Traffic or people control • Dealing with crime • Safety risks with electronic devices, or new media and the virtual world • Acute stress and emotional first aid (dealing with violent experiences) • Other possible stress factors <ul style="list-style-type: none"> ○ a) After the return of a mission ○ b) In case of isolation (pandemic, riots)
	ca. 17:00	Departure