



Travel Safety & Security Training Course Details



This instructor-led course is delivered over 5 sessions using a variety of media and activities.

Learners will:

- ✓ Enhance their safety and security awareness to increase confidence when travelling.
- ✓ To examine options to reduce the *likelihood* of a safety or security incident occurring while abroad.
- ✓ To examine options to reduce the *impact* of a safety or security incident should it occur while abroad.
- ✓ To improve your ability to carry out your work effectively, fulfilling your objectives and those of organisation.

Gain knowledge about:

- Travel Safety & Security
- Security Strategies
- Identifying threats
- Risk Assessments
- Personal Mitigation Measures
- Situational Awareness
- Crowds / Aggression
- Specific Threats (identified by participants)
- Field resilience and Stress Management

Module	Title and Learning objectives	Time
1	Travel Safety & Security <ul style="list-style-type: none"> • Assess travel from an individual safety and security perspective. • Examine how our diverse profiles make up our individual security profile. • Discuss over-arching strategies to enhance our safety & security when we travel. • Analyse the type of activity we carry out when we travel from a safety & security perspective. 	90 mins
2	Mitigating Threats <ul style="list-style-type: none"> • Examine our safety and security environment. • Identify common threats from an individual perspective. • Carry out risk assessments. • Recognise the link between risk assessment and mitigation. • Formulate simple personal mitigation measures against common risks. 	90 mins
3	Situational Awareness and Understanding Human Aggression <ul style="list-style-type: none"> • Discuss common constraints affecting our situational awareness and strategies to enhance it. • Apply the Recognise, Evaluate, Avoid, Defuse, Exit (READE) model to respond to different situations. • Recognise common symptoms, strengths, limitations and triggers of limbic system responses. • Identify potential negotiation approaches and strategies when dealing with aggressive persons. 	90 mins
4	Specific Threats <ul style="list-style-type: none"> • List measures to mitigate the likelihood of different specific threats (as identified by the participants) • List measures to mitigate the impact of different specific threats (as identified by the participants) • Recall common advice and good practice when faced with different specific threats (as identified by the participants). 	90 mins
5	Field Resilience and Stress Management <ul style="list-style-type: none"> • Explaining the physiology of stress and why we react the way we do in acute situations (fight/flight response) • To explain and normalise both the short and long-term consequences of exposure to stress (including positive) • To equip participants to manage their stress reactions and protect themselves against chronic stress (including any kind of travel related anxiety). 	90 mins
COURSE TOTAL: 7.5 hours (equivalent to 1-day face-to-face training course)		



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