

SAMPLE COURSE PROGRAMME

Training of Civilian Experts for Deployment in International Peace Missions

Hostile Environment Awareness Training (HEAT)

DAY 1: Saturday	
Up to 15.30	Arrival, check-in
16.00 – 16.30	Welcome Coffee
16.30 – 18.00	Course opening and participants introduction
18.00 – 19.00	Expectations management
19.00	Welcome Dinner
DAY 2: Sunday	
09.00 – 09.30	Introduction: Expectations, wishes and worries, rules of the day
09.30 – 10.30	Coping with stress - basic physiology of stress response, acute / traumatic stress, chronic stress (signs, reactions, management), cumulative stress, ABC strategy, seeking for help - Basic acute stress management techniques
	Coffee Break
11.00 – 12.30	Personal resilience factors Exercise - Personal stress profile / Exercise- sources for coping
	Lunch
13.30 – 14.15	Exercise – Peacekeeping stress structure and dynamics (pre-deployment, deployment and post-deployment stress)
14.00 – 15.00	Colleagues in stress – PFA (Psychological 1st Aid) Exercise - cognitive questions / Exercise - grounding technique
	Coffee Break
15.30 - 16.30	Conclusions: What do I take away, feedback to trainers
18.30	Dinner

DAY 3: Monday

<i>07.15 - 07.30</i>	<i>Transfer to Hammelburg barracks</i>
<i>07.30 – 09.35</i>	<i>Administration, check-in, welcome address</i>
<i>09.35 - 12.00</i>	<i>Behaviour in crisis areas - mine awareness – radio communications / theory</i>
	<i>Lunch</i>
<i>13.00 - 16.30</i>	<i>Behaviour in crisis areas – mine awareness / practical exercise</i>
<i>15.45 - 17.30</i>	<i>Behaviour in check points / theory</i>
<i>18.00</i>	<i>Dinner</i>

DAY 4: Tuesday

<i>Until 07.00</i>	<i>Breakfast</i>
<i>07.15 - 08.30</i>	<i>Behaviour under fire / theory</i>
<i>08.30 - 11.30</i>	<i>Behaviour under fire / practical exercise</i>
	<i>Lunch</i>
<i>12.30 – 14.30</i>	<i>Battlefield impressions / practical exercise</i>
<i>14.30 – 15.30</i>	<i>Stress management</i>
<i>15.30 – 16.30</i>	<i>Orientation training – Map reading and compass / theory</i>
<i>18.00</i>	<i>Dinner</i>

DAY 5: Wednesday

<i>Until 07.00</i>	<i>Breakfast</i>
<i>07.30 - 10.00</i>	<i>First Aid</i>
<i>10.00 – 11.30</i>	<i>Management of complex incidents / theory</i>
	<i>Lunch</i>
<i>12.30 - 20.00</i>	<i>Complex situations including first aid / practical exercise</i>

Day 6: Thursday

<i>until 07.00</i>	<i>Breakfast</i>
<i>07.30 – 13.00</i>	<i>Complex incidents / practical exercise</i>
	<i>Lunch</i>
<i>14.00 – 15.30</i>	<i>Debriefing</i>

15.30 – 16.30 *Stress relief exercises*

18.00 *Closing Dinner*

DAY 7: Friday

Until 07.00 *Breakfast*

07.15 - 08.00 *Administration, Check-out*

08.30 – 10.00 *Evaluation & Certificates*

around 10.30 *Transfer to Hammelburg train station by bus*