



Essential preparation for assignments overseas



The CiC training course

To book a training course, call **020 7937 6224**
or email **training@cic-eap.co.uk**

The Benefits

If you or your employees are embarking on assignments overseas, it's easy to find yourselves isolated, afraid or caught up in a situation that you can't handle. Despite your best intentions, trouble might come looking for **you**.

To keep trouble at bay, send your team to us at CiC so our instructors can equip them with a tool box of proven methods and techniques to enhance their safety. The course covers a range of topics including vital pre-assignment checklists, keeping a low profile, staying safe in a crowd and choosing the safest room in a hotel. In addition, a module on stress and trauma management is included in all programmes to boost employees' resilience in challenging environments.

Course Outline

Courses vary in length from 2.5 to 5 days, depending on your requirements and are run near Bournemouth. The CiC Team prides itself on delivering a well paced, informative programme of training, with strong emphasis on practical scenarios for delegates to try out their new skills.

Our aim is to **'Prepare Not Scare'**. Delegates will be fully engaged with plenty of hands-on participation. There is no requirement for previous experience, just enthusiasm and a desire to learn.

The CiC Team

- **Security instructors** are drawn from UK Armed Forces with a solid base of teaching experience, both to military and a civilian audiences.
- **Medical instructors** are UK paramedics with years of front line experience.
- **Stress management trainers** are experts in the field with first hand knowledge of hostile environments.

Course Aims

CiC will provide delegates with an understanding of the dangers they may face and the precautions that need to be taken when on assignment overseas. If your team(s) are working in countries with limited security, contested territory, post-conflict areas undergoing reconstruction, or where their presence draws unwelcome interest – **you need to take extra care**.

Delegates will return to their parent organisations equipped with a mental tool box of skills and awareness that will assist them in operating safely in their chosen location.

The Courses

CiC courses are flexible and modular, ranging from 2.5 to 5 days. The courses are run in a friendly, positive group environment and are a mixture of theory and practical exercises, inside and outdoors. Walking style boots, jeans and a waterproof jacket are essential!

“Invest in a CiC course, and we'll return your team to you, wiser and more prepared.”



Individually Tailored Solutions

We can offer bespoke courses for individuals or small teams, preferring one-to-one or private tuition at short notice.

Course Benefits

- Increased confidence to best achieve goals
- Effectiveness in managing psychological stress and enhanced awareness
- First aid teaching is geared towards the individual and may offset insurance premiums
- Delegates are awarded an Emergency First Aid Certificate qualification on completion of the programme.

Above all, the course will help keep your team(s) safe while they are employed abroad and in unfamiliar surroundings, ensuring you have provided the best duty of care possible.

Attendees will have developed an understanding and awareness of the dangers that they may face as well as how to mitigate any impending risks. Delegates will also know what suitable precautions they should take, how to self help and what to do when it does go wrong.



Courses at a glance

	2.5-day course	4-day course	5-day course
Pre-Travel Considerations	✓	✓	✓
Resilience and Stress training	✓	✓	✓
Situation Awareness	✓	✓	✓
Body Language and Personal Security	✓	✓	✓
Comprehensive Medical and First Aid Training	✓	✓	✓
Navigation and Orientation	✓	✓	✓
Vehicle Security	✓	✓	✓
Mine Awareness		✓	✓
Weapons Characteristics		✓	✓
Medical Training		✓	✓
Enhanced Medical Training			✓

Subjects Covered

2.5 Day Course

The 2.5 day course is suited to individuals that are travelling to areas where the risk of mugging is a concern, law and order are not prevalent and where your presence might draw unwelcome attention.

Pre-Travel Considerations

- Risk assessments
- Detailed inventory of equipment required and documentation
- Making a will, finances etc.
- Prescription medication

Resilience, Stress and Trauma

- Enhanced resilience in challenging environments
- Identify early signs of stress in teams
- Signposting effective action to prevent more serious consequence
- Understanding human reactions to a crisis

Situation Awareness

- Staying safe when out and about
- ‘Switching on’ to your surroundings
- The presence of the abnormal or absence of the normal

Body Language and Personal Security

How you dress, look, behave and speak can have a positive effect. However, it can also get you into trouble and draw attention to you in the wrong neighbourhood. We look at common mistakes.

- Operating safely by day and night
- Getting a feel for the place
- Personal safety, in your hotel and on the move

Comprehensive Medical and First Aid Training

Practical scenarios such as falls, road traffic accidents, blasts, how to assemble and use your own Med Kit and how to look after one another when miles from help. Delegates will be awarded the The Emergency First Aid Certificate (formerly known as ‘the appointed persons first aid certificate’) awarded on completion.

Navigation and Orientation

Identifying and finding your way to key rendezvous points in an emergency (embassies and safe hotels frequented by internationals) and some basic navigation.

Vehicle Security and Vehicle Check Points

From searching vehicles to controlling your driver, negotiating with police and illegal VCPs.



4 Day Course (training in addition to 2.5 day course)

This course covers everything within the 2.5 day training, with additional subjects including mine and ballistic awareness (weapons ranging from pistols to artillery and their effects) and the associated medical implications of both. Suitable for those planning to work in an area where a conflict or civil war is ongoing or has recently ceased, or in areas where weapons and mines are a part of daily life.

Mine Awareness

Practical and theoretical training, knowing what to look out for and what to do.

Weapons Characteristics

Different types of weapons, their ranges, effects and cover from fire/view, including small arms, heavy weapons, missiles and artillery (myths and the reality).

Medical Training

Covering injuries associated with mines and weapons.

5 Day Course

Upon request we can offer an enhanced medical training day, for those wishing to take their existing skills a step further. These days can be tailored to delegates requirements or their previous experience.

Additional Medical Day

- How to look after a wounded colleague for a protracted period
- Effects of stress and trauma on teams
- How to treat a range of different injuries
- Practise more advanced methods of extracting casualties
- Further small wound repair and care
- Improving general medical skills and knowledge

Remote Course

This programme is ideal for companies that are keen to equip their staff with the skills that our courses provide, but are unable to send them to us at our facility. CiC can supply a mobile team to deliver your training at a more suitable location for you.



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