

SECURITY AND SELF-PROTECTION COURSE IN HIGH-RISK AREAS



**INTERNATIONAL
UNIVERSITY
CENTRE FOR
PEACE
MISSIONS**

Centro
Internacional
Universitario para
Misiones
de Paz



**UNIVERSITY
NETWORK
HELSINKI ESPAÑA**

1 WHAT IS CIUMP?

The **International University Center for Peace Missions** of Helsinki España (**CIUMP**) was established in 2003 with the support of the Spanish Ministry of Foreign Affairs, the European Union, and the Organization for Security and Cooperation in Europe (OSCE) with the aim of training professionals with the necessary skills and competencies to work in peace missions.

Today, the Center offers programs, courses, and workshops on essential topics such as conflict prevention, **security**, and peacebuilding.

To deliver its training programs, the Center has established strategic partnerships with key entities such as the Spanish Ministry of Defense and the United Nations, which contribute with professionals, experts, and resources.

Its most notable programs include:

- **REACT**: A five-week training program in peace operations and international security. Since its launch, it has equipped more than 600 professionals from 70 countries.
- **United Nations Civil-Military Coordination Course**: A six-day program featuring dynamic sessions to enhance understanding and assimilation of international guidelines governing civil-military coordination and the challenges associated with natural disasters or armed conflict situations.
- **Hostile Environment Awareness Training (HEAT)**: A five-day intensive course designed to prepare participants to handle critical or emergency situations while safeguarding their mental health and physical integrity.

In addition to these training programs, **CIUMP** offers customized courses for public administrations and institutions, leveraging its expertise in human rights, conflict prevention, security, and development.

CIUMP has expanded its training offerings to the **private sector**, drawing on its extensive experience in peace missions and high-risk environments to provide specialized training in security and risk management. These programs are designed to help companies and organizations identify, prevent, and respond effectively to threats and crises in complex and challenging contexts, strengthening their operational resilience and ensuring the protection of their personnel and assets.



2 COURSE

SECURITY AND SELF-PROTECTION IN HIGH-RISK AREAS

Multinational companies operate in various countries worldwide, some of which face political instability and high levels of **violence and crime**, making employee personal security a top priority. Specialized training not only helps **reduce risks** but also strengthens the **ability to respond** to potential threats, ensuring personnel protection in adverse situations.

The Personal Security and Self-Protection in High-Risk Areas course is designed to equip participants with key tools to anticipate, **identify, prevent, and effectively respond** to threats in hostile environments. Through a **practical approach** based on **real-life situations**, attendees will learn to **assess** their surroundings, **minimize** exposure to danger, and **react** swiftly in high-risk scenarios. Topics such as personal defense, tactical driving, crowd safety protocols, and more will be covered, with the goal of **developing self-protection** habits and **safe decision-making skills**.

The **CIUPM** Training Center provides **tailored training** for professionals who must operate in high-risk environments where personal security is compromised. With over 20 years of experience in this field, **CIUPM** has a solid track record in preparing individuals to handle critical situations effectively and **lead** emergency responses while preserving **mental well-being and physical safety**. **CIUPM** has developed this course with a comprehensive approach, aiming to integrate personal security into participants' daily habits, ensuring that decision-making in dangerous situations becomes an automatic and effective process.



◆ Objectives

- **Risk Identification, Anticipation, and Management:** Train participants in early threat detection and risk assessment, enabling them to anticipate dangers and effectively manage critical situations to minimize their impact.
- **Preservation of Physical Integrity and Rapid Response:** Provide tools and techniques to enhance personal safety, including quick and effective actions in response to physical threats or attacks.
- **Acquisition of Pre-Hospital Emergency Skills:** Equip participants with the necessary skills to respond effectively to medical emergencies until professional medical teams arrive.
- **Evacuation and Escape Strategies:** Develop automated evacuation, escape, and survival protocols for extreme danger situations, optimizing decision-making under pressure.
- **Mental Health Management:** Teach strategies to maintain emotional well-being and manage anxiety before, during, and after crisis situations, ensuring a balanced and sustained response in high-pressure environments.
- **Information Security:** Raise awareness of data security risks and enhance protection measures to safeguard both corporate information and personal security, preventing individuals from becoming targets.
- **Building Self-Confidence in Critical Situations:** Strengthen participants' ability to take control in emergency situations, fostering secure and effective decision-making skills.

◆ Course Methodology

The course integrates theory and practice through:

- **Dynamic sessions** with security and crisis management experts.
- **Hands-on workshops** and **exposure to real-life uncertainty scenarios.**
- **Realistic simulations** to reinforce decision-making under pressure.

◆ Instructors

- Members of Spanish security forces.
- Medical professionals.
- Psychologist.



Key Topics:

- **Contextual analysis**
 - Risk assessment.
 - Identification of vulnerabilities.
- **Self-defense**
 - Simulated robbery with violence.
 - Evasion of sexual assault.
- **Residence security**
 - Avoiding break-ins.
 - Earthquake drill.
 - Fire drill.
- **Commute security**
 - Evasive driving.
- **Prevention of kidnapping risk.**
- **First Aid**
 - CPR (Cardiopulmonary Resuscitation)
 - Assistance for hemorrhages, anaphylaxis, pneumothorax, etc.
- **Conflict and aggression management.** Deterrance and persuasion.
- **Stress management and resilience** in critical situations.
- **Protection of sensitive information.**

Course Offerings

We design **ad-hoc** courses, organized specifically for each company or shared between organizations.

- **Flexible:** We adapt the design to address particular situations and specific challenges, ensuring that the content is relevant and directly applicable to the participants' context.
- **Adaptable in duration and location:** The sessions are tailored in duration and content to meet the organization's needs. Our team travels to the location required by the company.



3 FINANCIAL PROPOSAL

◆ Duration y format

- Duration: 3 days
- Mode: In-person
- Group: 24 participants

◆ Costs

- **Price per participant: 600€**

Includes:

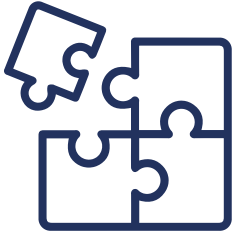
- ✓ Theoretical modules
- ✓ Self-Defense practices.
- ✓ Robbery with violence drill.
- ✓ Earthquake drill.
- ✓ Fire drill.
- ✓ Evasive driving in vehicles.
- ✓ First aid practices (hemorrhages, anaphylaxis, pneumothorax, CPR, etc.)
- ✓ Group session with psychologist.
- ✓ Protective equipment.

* Workers with a contract in Spain will be bale to benefit from the **FUNDAE** subsidy.



3 FINANCIAL PROPOSAL

◆ Tailored Course



The course can be customized, and the budget will be adjusted according to specific requirements, including factors such as:

- Topics to be covered in the sessions.
- Drills or practical activities to be developed.
- Number of participants.
- Country or location where the training will be held.

- * In the case of delivering the course in a foreign country, additional charges will apply for:
 - Travel, accommodation, and meals for 3 instructors and 1 organizer.
 - Specific costs depending on the destination and required logistics.
- * If the course is to be held in a residential format, the cost of accommodation and meals for the participants are not included.

"The life and safety of employees is the top priority, as their well-being is the foundation of the company."





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