

HOSTILE ENVIRONMENT AWARENESS TRAINING (HEAT)



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ABSTRACT:

The HEAT program is a five-day training course where participants will learn how to effectively manage critical or emergency situations while deployed in hostile environments, through realistic simulations.

This training will fulfill the following **objectives**:

- Equip participants with **essential skills** to operate in hostile environments, including **risk identification, decision-making** in crisis situations, and the application of **personal security protocols**.
- Enhance the ability to **prevent, manage, and respond** to security incidents such as attacks, kidnappings, ambushes, or emergency evacuations.
- **Strengthen emotional** resilience ensuring participants can perform effectively under pressure while safeguarding their well-being and that of their teams.
- Improve **self-defense capabilities** to preserve physical integrity and enable a swift and effective response to threats.
- Foster **self-confidence** in critical situations, empowering participants to take control, make informed decisions, and act decisively in emergencies.

LEARNING OUTCOMES:

- **Understanding and Maintaining Security in High-Risk Environments:** Develop a comprehensive understanding of the interplay between physical and mental security in high-risk environments, with a focus on maintaining both under pressure and through crisis situations.
- **Early Detection, Risk Assessment, and Management:** Gain expertise in the early detection and evaluation of risks, and learn to anticipate, tailor, and manage strategies effectively to address the unique challenges posed by hostile settings.
- **Acquisition of Tools and Techniques for Crisis Management:** Acquire practical tools and techniques to ensure physical safety and manage mental health during crises, enhancing the ability to respond effectively in high-risk scenarios such as attacks, abductions, or emergency evacuations.
- **Building Resilience and Readiness through Experiential Learning:** Build the capacity to react confidently and competently to emergencies by leveraging the experience of simulated high-risk scenarios, fostering resilience and readiness for real-world challenges.
- **Improve Communication and Coordination in Crisis Situations:** Develop strategies for clear and efficient communication during emergencies and coordinate effectively with local and international actors in armed conflict and crisis settings.

METHODOLOGY

The training combines a theoretical foundation with practical field exercises, focusing on real-life scenario simulations through role-playing and drills. **75% of the course is practical**, while 25% is theoretical.

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CONTENT:

- Awareness of Threats and Risk management.
- Self-Defense. Response to Sexual Assaults
- First aid and Basic life support in the absence of medical personnel.
- Emotional Regulation and Early Psychological Support.
- Orientation, map reading and GPS navigation.
- Communication Procedures and Means (Use of Radios).
- Defensive Driving. Off-Road 4x4 Driving.
- Driving in convoy.
- Checkpoint Navigation and Roadblocks: Managing Vehicle Inspections and Secure Passage
- Chemical, Biological, Radiological, and Nuclear (CBRN) Defense.
- Weapons, Mines, Improvised Explosive Devices (IEDs), and Unexploded Ordnance (UXO).
- Evacuation and Escape Protocols.
- Protection of Classified and Sensitive Information
- Stress Management and Resilience.
- Travel Security: Protection and Safety Procedures for Vehicle Transport.
- Managing Threats in Crowds, Demonstrations, Protests, and Riots.
- Kidnapping and Hostage Survival.

TRAINERS:

- Members of security forces.
- Medical staff and trauma psychology experts.
- Safety managers.



LOCATION

Segovia-Spain.

LANGUAGE

English or Spanish.

DATES

JUNE 23-28, 2025.

COURSE DURATION

60 hours.
8am - 9pm
residential course.

COST AND CONDITIONS

The **course fee is €2,000**, which includes the following:

- Full five-day HEAT training (classes, field trip, equipment, simulations, 4x4 vehicle driving).
- Meals and accommodation (shared room between two participants - 2 individual beds).
- Local transport (Madrid-Segovia-Madrid).
- All course materials.

The organization reserves the right to postpone or cancel the course if the minimum number of participants is not met or if trainers are unable to attend due to force majeure. In such cases, all registered organizations or individuals will receive a full refund.

Participants are responsible for the cost of bank transfers and currency exchange.

In case of cancellation prior to the start date of the course, please note that we unfortunately cannot reimburse you (visa related reasons included). You will be able to participate in future courses with that course credit.

VISA PROCESS

In order to start with the visa process, participants must have made all payments.

HELSINKI ESPAÑA will provide **full support** during the visa application process, guiding participants, sending the invitation letter, and assisting with the necessary steps to facilitate visa approval. However, **the responsibility for obtaining the visa lies with the participant** and not with HELSINKI ESPAÑA.

MINIMUM REQUIREMENT

- Good Physical Condition.
- Ability to Work Under Pressure.
- Experience or Interest in Working in Hostile Environments.
- Teamwork and Adaptability.
- Commitment and Proactive Attitude.

ENROLLMENT PROCESS

- HEAT Registration Form.
- Resume/CV.
- Recent digital photo, passport size.

DIPLOMA:

Participants who successfully complete the training will receive a diploma from:

- the **International University Center for Peace Missions** in HELSINKI ESPAÑA
- **NAEM, National Association of Emergency Medical Technicians.**

CONTACT



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