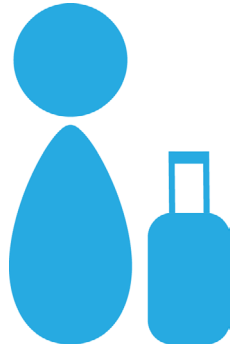


FOR THE FIRST TIME IN SWEDEN, we offer safety and security training for young travellers. The course curriculum is the result of decades of applied specialist security experience in hostile and challenging environments.



SAFETY AND SECURITY FOR TRAVELLERS ONE-DAY INTENSIVE COURSE STOCKHOLM

WHO WILL HELP YOU?

An insurance is not automatically activated. What will you have to do? Can you get yourself to safety to make the distress call?

What conditions does your insurance company, sponsoring organisation or parents place? We will tailor your training to meet the needs.

COURSE CONTENT

How to be ready

The course will both prepare you for a safe adventure into the unknown and better qualify you for international volunteer programmes.

Risk Mitigation

Learn how to identify and avoid risk and common mistakes.

- Plan, prepare, pack
- Avoidable human error, cultural awareness

Mental training

Acquire skills to handle stressful situations and threats.

Practical tools

Tactics for increased personal safety, First Aid and packing for redundancy.

Threats to young travellers

- Medical / Environmental
- Cons / Tricks
- Theft, robbery, violent attack
- Gender-based threats
- Traffic accidents

Core Skills and Strategies

- Situational awareness
- Street smartness
- Victim profiling– become a hard target
- Fire safety and First Aid

THE COURSE IS TAILORED FOR

- Gap-year and Exchange Students
- Back-packing, Adventure tourism and Expeditions
- Volunteers and Field-study programmes

PRACTICAL INFORMATION

WHEN TBA

WHERE Stockholm

PRICE 2300 ex. VAT

APPLICATIONS contact@metisservices.se



METIS SERVICES AB

We are a Swedish security consultancy building on the founders' long experience from police, armed forces and international aid work.

Nathan Security specialist and instructor with more than ten years of experience from EU/UN structures and private sector security training programmes in high threat environments including Iraq, Afghanistan, Lebanon and Sudan. Designing and leading European based diplomatic security courses; and recent security training consultancies for specialist Government units

Johan Co-founder of Metis Services. Former specialist and instructor at the Swedish Police and Swedish Armed Forces, security advisor for international humanitarian operations and instructor at the Swedish Civil Contingencies Agency and UNDP Iraq. Experience from field missions in the Middle East and East Africa.

Magdalena Co-founder of Metis Services. Missionary child, exchange student, volunteer, intern and later academic specialising in field studies in Africa, India and the Middle East. Former specialist at the Swedish Armed Forces.

OTHER OFFERS

- One-on-one consultancy, training and planning advice.
- Courses for groups, sponsoring organisations and parents.
- Incident and crisis management

CONTACT

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