



## SAMPLE COURSE PROGRAMME

### Training of Civilian Exeperts for Deployment in International Peace Missions

#### Hostile Environment Awareness Training (HEAT)

##### DAY 1: Sunday

Up to 16.00	Arrival, check-in
	Welcome Coffee
16.30 – 17.30	Course opening and participants introduction
17.30 – 18.30	Expectation management
19.00	Wellcome Dinner

##### DAY 2: Monday

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

##### DAY 3: Tuesday

Until 07.00	Breakfast
07.15 - 08.30	Behaviour under fire / theory
08.30 - 11.30	Bahaviour under fire / practical exercise
	Lunch
12.30 – 14.30	Battlefield impressions / practical exercise

14.30 – 15.30	Stress management
15.30 – 16.30	Orientation training – Map reading and compass / theory

18.00	Dinner
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### DAY 4: Wednesday

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

### Day 5: Thursday

until 07.00	Breakfast
07.30 – 13.00	Complex incidents / practical exercise
	Lunch
14.00 – 15.30	Debriefing
15.30 – 16.30	Stress relief exercises
18.00	Closing Dinner

### DAY 6: 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