

Weekly Program

- Monday S12 Preparedness
- Tuesday S13 Course recap + A2
- Wednesday S14 Climate change*
- Thursday S15 Risk Perception* + A2

Suggestions for the week

a recap session

Exam simulation or example?

The basics of first aid

take time for myself

exam's simulation

on what basis will assignment 2 be evaluated?

not end this course

Is it possible to have a lesson on how to overcome trauma due to natural disasters (i know it s such a broad and long process, but maybe the basics?)?

Noise pollution

Suggestions for the week

the expense of producing food

Recap session both for assignment 2 and theory

greenwashing

recap for the written exam

political power over climate change and the use of renewable energies

your opinion on how climate change will change our daily life (what you forecast by yourself)

Share some advice to reach our future goals in terms of career

Trust on politics to make change

talk a little bit more about business resilience

Suggestions for the week

More informations about Turkey

what we should expect from our first job experiences

Do you have any network (NGOs, associations..) to which connect here in Rome, following the natural disaster program?

Your personal idea on global warming and on how we are facing it

Internships with you

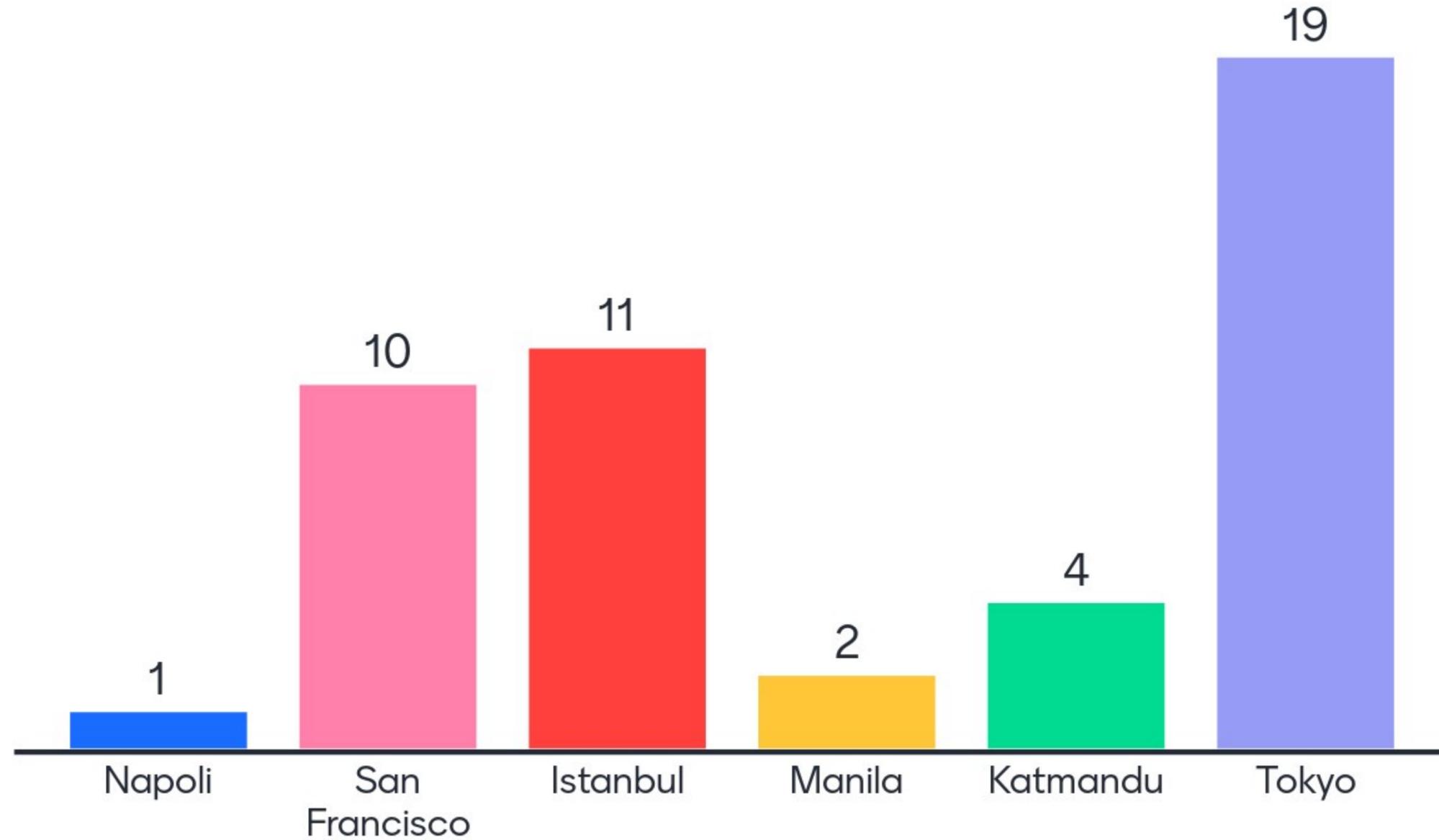
Disaster Risk Management

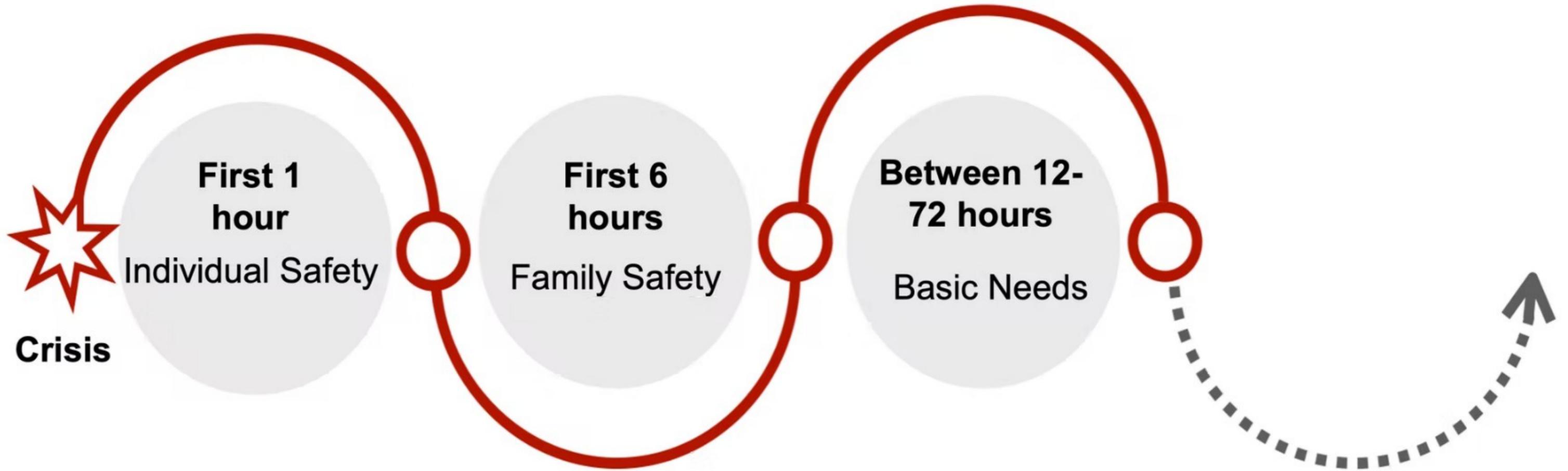
M12 - Preparedness



Be prepared for an earthquake

Which city would you love to visit?





Scenario - Write 1-2 actions you can do before your trip

searching emergency numbers

travel insurance

pack needed things

Book hotel

Train in case of earthquake

researching emergency plan of the hotel

Imagine how to get ready for earthquake and learn basic communication phrases

Learn how the city is organized for this kind of events

check structures I'll go

Scenario - Write 1-2 actions you can do before your trip

Look at the forecast

Political situation Insurance

Do research on what my hotel or the places I'll go have emergency plans and see the website of my embassy

Look for the hospitals near where you're staying

check the temperatures and emergency numbers

Level of crimes

Find a anti-sismic logement

Learning some emergency vocabulary

bring medicines

Scenario - Write 1-2 actions you can do before your trip

study phrases that can be helpful in any situation if you don't know the language

get informed about the organization of the city in case of such events

Get information on public safe places

weather conditions, emergency numbers, hospitals in my range of distance from where I stay

See the news of there Is any threat so don't travel

get to know the culture of the place I'm going to

mental simulation of what I would do in case of heartquake

do researches

Study about the risk in that country

Scenario - Write 1-2 actions you can do before your trip

Gather all first aid tools, emergency number, and learn the city well

Search for level of frequency of hazards

Have the people you are with and the address of the hotel written on a piece of paper

research on possible risks

Learn the basic emergency words in the foreign language

Helps relax more

documenting about bad neighborhoods, where not to go

Have your friends and the address where you are staying written on a piece of paper

Evacuation - Write 1-2 actions you can do before your trip

Bag ready to go with essentials

practise on staying safe in a large building

simulation

Buy a Map of the cityCharger for cell phone

Learn the emergency plan of my hotel

take my essentials

Plan my itinerary

Have cash and documents

find accommodation outside the city center

Evacuation - Write 1-2 actions you can do before your trip

Study evacuation points of the city

simulation

Prepare a 'emergency bag' where you got everything u need (passport, cash, some food)

Keep documents with you Check emergency numbers, especially of your embassy

have and check the building blue prints and maps

be ready to evacuation, with all my documents. have a map for evacuation

pack an emergency bag that has to be always with me

Avoid panicking

First Aid - Write 1-2 actions you can do before your trip

Participating on a course of first aid

Avoid panicking

watch some videos to have an overview

bring essential medicines, bandages and disinfectants

have a card with my blood type, if I have particular conditions, etc

bring bandages with you or other useful material

Pack medical essentials

Wear comfy outfits(?)

Take with me a basic and small kit for first aid

First Aid - Write 1-2 actions you can do before your trip

Bring necessary stuff to prepare for first aid

prepare a first aid kit

bringing an emergency kit

Get an instruction booklet

Bring a first aid kit

Buying gauze

bring first aid's kit

learn basic sentences in the local language that might come in handy (Are you hurt? Can you walk?....)

Learn the language of the country (st least the basic emergency words) and have my informations on me

First Aid - Write 1-2 actions you can do before your trip

Bring personal medicine according to allergies and informed friends or fam

have an emergency number to contact

know your health condition, allergies according to the atmospheric conditions

mentally prepared and emergency contact ready

prepare an itinerary

Mental Health - Write 1-2 actions you can do before your trip

therapist number

Book to write in

journal

prefigure possible events

do a plan of the trip not to feel lost

emergency numbers give security even through nothing must happen

being in contact with my therapist

Prepare mentally that an earthquake could happen. Bring with you an object that can calm you down if you have it

Being in contact with family

Mental Health - Write 1-2 actions you can do before your trip

sleeping properly

Get more | informations in order to not panick and write a journal

download comfort music

To be aware of methods of calming down and breath techniques

sleep propely

meditating

Family Reunion - Write 1-2 actions you can do before your trip

Memorize phone numbers

have a phonebook

Meeting points not near bridges

Decide on meeting point Exchange with phone numbers Get everyone a map

identify a place that is close enough to the hotel

Emergency rendezvous point

find a meeting place before

share location

Remember phone number

Family Reunion - Write 1-2 actions you can do before your trip

know the meeting points of the city

Phone battery charged

bring a powerbank

unlock your phone or set emergency numbers

Make sure all family members know safe meeting points and emergency phone numbers

plan to contact your family sometimes during your trip

Decide on signal words

Find an easy spot, like a huge building in the middle of the city that everybody can see and that is safe

Basic Needs - Write 1-2 actions you can do before your trip

water

Always take some snacks with you

look at the map and identify safe places where you can find clean water

food stock

medications

Medicine for first aid

Water

dry snacks, neck pillow, medications, change for some clothes

local currency

Basic Needs - Write 1-2 actions you can do before your trip

Learn more about the hospitals, take snacks and medications

Get to know what are the facilities in the surroundings of your buildings (shops, public toilets)

Deodorant and some basic things to clean yourself

sweets

Small First aid kit

Pack emergency supplies

Phone, charger, Flashlights, coperta (like plaids idk), different types of clothing, water as soon as I arrive to the city

always have a bottle of watercash

Session Summary

- What is preparedness
- Connection of preparedness with other actions
- How to prepare for an earthquake

How preparedness will help you have a better trip?

Reassurance feeling

I feel like it's better to not go for a trip at this point ahahah

Less anxiety

feel like you have more control over emergency situation

you might come back in one piece

Be aware that anything can happen

Feeling of safety

enjoy more empenete because you know that in every situation you might be covered

I never thought before on looking the emergency plans and to pack for emergencies, but now I'll be more ready

How preparedness will help you have a better trip?

You can feel in control also in an unfamiliar situation

You will feel more relaxed

Increase your cautiousness, reduce panic in emergency cases,

Reduce panic in emergency

reduce fear, anxiety

reduce the chance of unexpected events

my relatives do not feel worried

More awareness

Gets more prepared for the next trips too