



- ◆ SAFETY
- ◆ SURVIVAL
- ◆ SECURITY

# LTR TRAINING SYSTEMS, Inc.

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## International Travel Safety

### Curriculum Overview (4 hrs classroom and lab)

We live in a world where more and more people are traveling overseas for work and recreation, where the hazards associated with international travel continue to increase. This class covers all aspects of international travel from water purification and nutrition to personal safety in the air and on the ground. The LTR staff have travel extensively throughout Russia, the Middle East and other parts of the world. You will learn to avoid trouble in the first place and how to deal with it when it happens.

#### Course Objectives:

- 1) To be able to identify and mitigate potential hazards before embarking on your journey.
- 2) To familiarize students with Air Travel Safety Tips,
- 3) To familiarize students with Urban Survival, Crime Avoidance, Travel Exposure and Basic Executive Security protocols
- 4) To be able to Dress for Success, Travel Clothing, Body Sheltering,
- 5) To identify Safe Food and Water needs for Travelers
- 6) To familiarize students with Personal Survival Kits, Medical Kits and Tools for Improvising on the road



#### Course Content:

1. Possible Emergency / Stressful Scenarios
2. Field Stress, Stress Reactions, Panic Behavior
3. Health Concerns, Medical Emergencies
4. Basics of Survival Medicine
5. Hypothermia, Frostbite, Insulation Principles
6. Travel Clothing, Improvised Clothing
7. Food and Water Disinfecting needs for Travelers
8. Travel Exposure, Personal Security
9. Vehicle Safety in Urban and Rural Areas
10. Air Travel,
11. Personal Survival & Medical Kits
12. Simple Phrases for Travelers

#### PROGRAM INFORMATION

Class Dates: CALL  
Class Fee: CALL

Class Size: 25 students  
Course Requirements: VCR/Monitor  
Projector screen, 35mm projector