

A BOOKLET BY EU GO ASSOCIATION

Would You Survive 2

INTRODUCTION

Disasters can happen unexpectedly, leaving individuals and communities vulnerable to both immediate and long-term challenges. Recognizing the critical need for accessible and effective disaster preparedness resources, we are proud to present the *Disaster Tool Guideline*. This practical and reusable booklet has been carefully designed to empower youth workers, educators, and disaster management professionals with essential tools and knowledge to navigate emergency situations effectively.

The *Disaster Tool Guideline* was created as a tangible result of the training course "Would You Survive? 2", funded by the Erasmus+ Programme of the European Union. This project took place in Kaunas, Lithuania, from 27 September to 6 October 2024, bringing together participants to enhance their understanding of disaster management and resilience-building.

Whether you are a professional in disaster response or someone seeking to enhance community resilience, this booklet serves as a vital resource for enhancing disaster management knowledge, promoting safety, and ensuring well-being during critical moments.

Non-formal activities for integrating disaster education



'Introduction to Disaster Management'

1. Introduction to Disaster Management (20 minutes)

- Begin with a brief presentation on the importance of disaster management.
- Introduce the five phases of disaster management: Prevention, Mitigation, Preparedness, Response, and Recovery.
- Discuss different types of disasters (natural, technological, and human-induced).

2. Group Activity: Disaster Scenario Simulation (30 minutes)

- Divide participants into small groups and assign each group a different disaster scenario (e.g., earthquake, flood, cyber-attack, or pandemic).
- Each group discusses their scenario and identifies the specific challenges they might face during each phase of the disaster management cycle.

3. Risk Analysis Exercise (30 minutes)

- Explain the process of risk analysis and its importance in disaster management.
- Have groups conduct a risk analysis for their assigned disaster scenario, focusing on potential impacts on their regions or NGOs.
- Groups should identify high-risk areas, potential vulnerabilities, and mitigation strategies.

4. Conclusion and Q&A (10 minutes)

- Summarize the key points covered during the session.
- Allow time for questions and answers.
- Provide participants with additional resources and handouts for further learning.
- Encourage participants to share their experiences and best practices.

‘Write a Disaster Plan’



Overview

This 90-minute workshop will guide participants in creating disaster management plans. The objective is to boost resilience and safety within their organizations and encourage integration into existing practices.

Team Division and Task Explanation (10 mins)

- Divide participants into teams.
- Provide each team with a scenario card.
- Explain the task: Each team will create an emergency plan addressing the main stages of disaster management for their assigned scenario.
- Emphasize the need to write down actions and strategies for each phase.

Plan Development (50 minutes)

- Teams work on developing their emergency plans.
- Facilitators move around to provide guidance and answer questions.

Presentation and Discussion (30 minutes)

- Each team presents their disaster management plan to the group.
- Allow time for questions, feedback, and discussion after each presentation.
- Encourage teams to discuss how their plans can be integrated into their existing organizational practices.
- Summarize the key points discussed.

Pack Your Basic Supplies

This 60-minute session aims to educate participants on vital evacuation supplies and simulate an emergency situation. Through this simulation, participants will gain skills to efficiently prepare for and respond to unforeseen situations, enhancing their ability to act rapidly during emergencies.

01 Team Division and Task Explanation (10 minutes)

- Divide participants into teams.
- Explain the task: One person from each team will run and grab a backpack from their room within 2 minutes after the signal. The team can only start collecting items after their member returns with the backpack.
- The teams then have 5 minutes to grab 10 items they consider essential.

02 Presentation and Discussion (30 minutes)

- Each team presents their chosen items and explains why they picked them and how they can help in an emergency.
- Facilitators provide feedback and highlight key points about the chosen items.

03 Debriefing (20 mins)

- After the "Pack Your Life" challenge, display a list of basic supplies recommended by military data on the video projector.
- Compare the items chosen by the teams with the military-recommended list.

Materials Needed (examples):

- Useful: Backpacks according the teams number, water bottles, non-perishable food, documents, first aid kits, flashlights, extra batteries, etc.
- Unuseful: Jewelry, heavy books, high-heels, hairdryers, electric shavers, and other non-survival electronics, etc.

Start a Fire

In this session, participants will learn the skills needed to safely and effectively start a fire, including selecting a location, gathering materials, constructing a fire, and extinguishing it properly.

1. Introduction and Safety Guidelines (10 minutes)

- Explain the importance of fire safety.
- Conduct a safety briefing, including: safe distances, emergency procedures, appropriate behavior during the activity.

2. Fire Starting Basics (20 minutes)

- Discuss the different materials needed: 5 or 6 flints, birch bark, cotton balls, small sticks and twigs, buckets of water, sand.
- Demonstrate how to gather the materials and prepare the surface.
- Demonstrate how to start the fire.

3. Hands-On Fire Starting (30 minutes)

- Split participants into 5 or 6 teams depending on the number.
- Designate specific areas for each team to practice starting their fires.
- Allow each team member a turn to start a fire using the provided materials.



4. Fire Starting Competition (20 minutes)

- Teams should decide on roles, such as who will gather materials, who will construct the fire structure, and who will light the fire.
- Each team must start a fire that burns steadily for at least 1 minute.
- The first team to maintain a fire for 1 minute wins the competition.

5. Wrap-Up and Debrief (10 minutes)

- Announce the winning team and congratulate all participants on their efforts.
- Conduct a debriefing session where participants can share what they learned and any challenges they faced.
- Discuss the importance of teamwork, effective communication, and fire safety.

Safety Measures

What to do in case of emergency

1. Stay Calm and Assess the Situation:

- **Remain Calm:** Keeping a clear head helps you think more clearly and make better decisions.
- **Assess Your Surroundings:** Identify any immediate dangers and the safest location you can move to.

2. Ensure Personal Safety:

- **Protect Yourself First:** Your safety is the priority. Move away from hazards such as fire, unstable structures, or toxic spills.
- **Help Others if Safe:** Assist those who need help, but do not put yourself in danger.

3. Alert Authorities:

- **Call Emergency Services:** Dial the local emergency number (e.g., 112 in Europe) to report the incident and request help.
- **Provide Clear Information:** Give your exact location, the nature of the emergency, and any injuries or dangers present.
- **Minimize the number of phone calls** you make to your friends or relatives by your phone because that might overload or block communication lines.

4. Gather Emergency Supplies:

- **Grab Your Emergency Kit:** Ensure you have water, food, first aid, flashlight, and other essentials.
- **Take Important Documents::** Take your ID, passport, birth certificate and contact lists.
- **Shelter-in-Place Plans:** If advised to stay indoors, choose a safe room and seal windows and doors.



Safety Measures

What to do in case of emergency

5. Stay Informed:

- Listen to Authorities: If you hear a warning signal, turn on your TV/radio to hear information and instructions.
- Use Reliable Sources: Check official channels such as government websites and local news.

6. Evacuation Procedures:

- Know Your Routes: Familiarize yourself with multiple evacuation paths in advance.
- Use Designated Exits: Follow marked exits and avoid elevators during fires or earthquakes.

7. Staying at Home Procedures:

- Choose a Safe Room: Preferably an interior room with few windows.
- Seal the Room: Use plastic sheeting and duct tape to seal windows, doors, and vents if advised.

8. Staying at Home Procedures:

- Choose a Safe Room: Preferably an interior room with few windows.
- Seal the Room: Use plastic sheeting and duct tape to seal windows, doors, and vents if advised.

9. Medical Assistance:

- Administer First Aid
- If trained, provide basic first aid for injuries until professional help arrives.
- Seek Medical Help: Ensure injured persons receive appropriate medical care promptly.

10. Food and Water Supplies:

- Storage Non-Perishable Food: canned goods, rice, pasta, oats, cereals, nuts, seeds, dried fruits, granola bars, etc.
- Drinking Water: Store at least 2 liters per person per day for drinking.
- Water Purification: Have water purification tablets in case the water supply is compromised.

Behavior in case of Earthquake



Stay Indoors

- It is generally safer to remain indoors until the shaking stops. Moving outside increases the risk of being hit by falling debris.
- Avoid Windows and Exterior Walls: Glass can break, and exterior walls are more likely to collapse.

If Outdoors:

- Move to an open area: Stay away from buildings, streetlights, wires, and anything else that could fall.
- Drop to the Ground: This helps prevent being knocked over and keeps you more stable.



If in a Vehicle:

- Pull Over Safely: Stop as quickly and safely as possible, avoiding tunnels, bridges, and power lines.
- Stay Inside the Vehicle: Remain seated until the shaking stops.

If trapped under Debris:

- Do Not Light a Match: There might be gas leaks.
- Cover Your Mouth: Try to protect your airways from dust.
- Tap on a Pipe or Wall: Make noise to alert



Behavior in the event of Chemical Threat



- Leave the contaminated area as urgently as possible.
 - Walk perpendicular to the wind direction so that the wind is blowing from the side. Avoid low-lying areas.
-



- Cover your nose and mouth with a disposable mask, towel or handkerchief. Use a respirator in case you have one.
 - Protect your skin – put on waterproof clothes and shoes.
-



- Close and seal windows, ventilation system holes and window vents, go to the upper stories of the house.
 - Avoid going outside unless it is absolutely necessary.
-



- Be sure to take a shower when you come back home, change into clean clothes, put the contaminated clothes into plastic bags and remove them from your house.
 - Prepare for possible evacuation.
-



- In case you cannot withdraw from the contaminated area, stay in an enclosed space, go inside in case you are outdoors.
 - Stay calm and act quickly.
-

Behavior in case you spot a suspicious object or explosive



- Never touch it! Never try to find out what is inside of it, do not lift it or carry it elsewhere.
- Step away from the suspicious object and hide behind a firm structure, preferably a building.
- Report your finding to police officers as soon as you can.

- Be sure to meet the arriving officers because you are the one who can give the most precise description of the suspicious object and to show its exact location.
- Keep other people away from the suspicious object, warn people near its location to go to a safer place.



- In case of explosion, drop to the ground and cover your head with your hands, use any shelter available.
- Do not choose damaged buildings for shelter, these can collapse at any moment, whether fully or partly.

- Help the injured evacuate to a safe place, provide first medical aid and report the event by calling 112 emergency number.
- Use emergency exits in case a detonation had taken place while you were indoors. Never use elevators!



Behavior in the event of Fire



- Do not panic. Take a deep breath and quickly evaluate the situation.
 - Sound the Alarm: Activate the nearest fire alarm pull station if available.
 - Shout "Fire!" to alert others in the vicinity.
-



- Do not use elevators. Use stairs.
 - Stay low to the ground if there is smoke. Smoke rises, so cleaner air is closer to the floor.
 - If a door is hot, do not open it and find an alternative exit.
-



- Proceed to the nearest exit as outlined in your building's evacuation plan.
 - Do not go back for personal belongings.
 - Close doors as you leave to help contain the fire and reduce the spread of smoke.
-



- Only attempt to use a fire extinguisher if you have been trained and the fire is small and contained.
 - Do not re-enter the building until it has been declared safe by fire officials.
-



- If you are trapped, use wet cloth to stuff around cracks in doors and seal vents to keep smoke out. Close doors between you and the fire. Use a phone to call emergency services or hang a sheet or something similar out the window to signal rescuers.

Behavior in case of Flood



1. Immediate Actions in Case of Flood:

- Listen to weather reports and alerts from local authorities.
- Follow instructions and updates from emergency services.

2. Evacuate if Advised:

- If local authorities advise evacuation, do so immediately.
- Know your evacuation routes and safe locations.
- Leave early enough to avoid being trapped by floodwaters.



3. Move to Higher Ground:

- If there is a sudden flood warning, seek higher ground and stay there.
- Avoid low-lying areas, riverbanks, and valleys.
- Do not walk, swim, or drive through moving water.

4. Secure Your Home:

- Bring in outdoor furniture, move essential items to an upper floor.
- Turn off utilities like gas, electricity, and water to prevent electrical shock or gas leaks.



Behavior in the event of War



- Stay informed through reliable news sources and official government channels.
 - Follow evacuation orders and seek designated shelters if instructed.
 - Keep a low profile and avoid drawing attention
-



- Avoid high-risk areas such as borders, military bases, and conflict zones.
 - Prepare an emergency kit with essentials like food, water, medications, and important documents.
-



- Establish a communication plan with family members and have predetermined meeting points.
 - Stay indoors and away from windows to avoid injury from explosions or gunfire.
 - Have an emergency cash reserve in case banking systems are disrupted.
-



- Familiarize yourself with basic first aid and have a first aid kit readily available.
- Avoid spreading rumors or unverified information that could cause panic.



- If you have pets, prepare a kit for them with food, water, and any necessary medications.
-

How to Help Someone during a Panic Attack

When someone is experiencing a panic attack, it can be a distressing and overwhelming situation both for the person affected and those around them. Panic attacks are sudden episodes of intense fear and anxiety that trigger severe physical reactions, even when there is no real danger or apparent cause. Symptoms may include a racing heart, shortness of breath, chest pain or dizziness.

1. Stay calm:

- It's important to remain calm yourself while other person has panic attack.

2. Acknowledge the panic attack:

- Let them know that you understand what is happening and that they are safe. Use phrases like "You're safe," and "I'm here with you."

3. Remove them from triggering places:

- If the environment is contributing to their anxiety, gently suggest moving to a quieter or more comfortable location.
- Say something like, "Would you like to step outside or move to a quieter room?"

4. Take a few breaths:

- Guide the person to take slow, deep breaths. Encourage them to inhale deeply through their nose, hold for a few seconds, and exhale slowly through their mouth.
- You can demonstrate the breathing pattern for them to follow.

5. Use Grounding Techniques:

- You can ask them to name five things they can see, four things they can touch, three things they can hear, two things they can smell, and one thing they can taste.
- Gently distract them with a simple activity, such as counting objects in the room, naming countries, etc.

6. Give Them Space:

- Respect the person's personal space but stay close enough to offer support.

7. After the Attack:

- Once the panic attack is over, offer a glass of water and encourage them to sit and rest.

8. Seek Professional Help:

- If the person experiences frequent panic attacks, encourage them to seek help from a psychologist.

9. Learn More:

- Educate yourself about panic attacks and anxiety disorders to better understand and support your loved one.

How to Manage Stress with simple and easy techniques ✨

Stress is a natural part of life, but when it becomes overwhelming, it can affect your mental and physical well-being. Learning to manage stress is essential for maintaining balance and staying productive. The good news is that there are simple, easy-to-apply relaxation techniques that can be practiced anywhere and only take a few minutes to bring a sense of calm and clarity.

1. Deep Breathing (Diaphragmatic Breathing)

Why it works: Deep breathing helps slow your heart rate and signals your body to relax:

- Find a quiet place to sit or lie down comfortably.
- Place one hand on your chest and the other on your stomach.
- Inhale deeply through your nose for 4 seconds, focusing on expanding your stomach rather than your chest.
- Hold your breath for 4 seconds.
- Exhale slowly through your mouth for other 4 seconds, feeling your stomach deflate.
- Repeat for 5-10 minutes.

2. Progressive Muscle Relaxation (PMR)

Why it works: This method reduces tension in your body by systematically relaxing muscle groups:

- Sit or lie down in a comfortable position.
- Start with your feet: tense your feet tightly for 5 seconds, then release completely for other 5 seconds.
- Move to your calves, thighs, abdomen, arms, shoulders, and neck, repeating the tensing and relaxing process for each group.
- Focus on the sensation of relaxation in each area before moving to the next.

3. Body Scan Meditation

Why it works: This practice helps identify areas of tension in your body and promotes relaxation.

- Lie down or sit in a quiet place.
- Close your eyes and take a few deep breaths.
- Bring your attention to your toes, noticing any tension or sensations.
- Gradually direct your attention upward through your legs—calves, knees, thighs—pausing at each area to observe and relax the muscles.
- Move your focus to your lower back, abdomen, chest, arms, fingers, wrists, shoulders and neck, bring your focus to your jaw, cheeks, forehead, and scalp.
- Once you've scanned your entire body, take a few moments to notice how you feel. When you are ready, open your eyes

How to Manage Stress with simple and easy techniques ✨

4. Visualization (Guided Imagery)

Why it works: Visualizing peaceful scenes helps redirect your mind away from stressors.

- Close your eyes and take a few deep breaths.
- Imagine a place where you feel safe and relaxed—like a beach, forest, or cozy room.
- Focus on the details: the sound of waves, the warmth of the sun, or the smell of pine trees.
- Spend 5-10 minutes exploring yourself in this mental escape.
- Keep focusing on your breath and allow yourself to relax.

5. Mindful Breathing

Why it works: Mindfulness brings your focus to the present moment, reducing worry and anxiety.

- Sit in a comfortable position and close your eyes.
- Focus on your breathing—notice the air entering your nose and filling your lungs, then exiting.
- If your mind wanders, gently bring your focus back to your breath.
- To deepen focus, count each exhale up to 10, then start over. This helps keep your mind anchored.
- After a few minutes, shift your attention to how your entire body feels as you breathe—notice any sensations of relaxation.
- Continue for 5 minutes or longer.

6. Cold Water or Ice Cube Trick

Why it works: Activates your senses and distracts your mind from overwhelming thoughts.

- Place your hands under cold water or hold an ice cube for a few seconds.
- Notice how it feels on different parts of your skin.
- Focus on the sensation: How does the temperature feel on your skin? Is it sharp or numbing?
- Stay with the feeling until you feel grounded.
- Breathe deeply and visualize the coldness "washing away" tension or stress. Continue for 30 seconds or 1 minute.

7. Describe Your Surroundings

Why it works: Shifts your focus to the environment around you, rather than focusing on your body sensations and thoughts.

- Look around the room and describe your surroundings in detail. "The chair is wooden with a dark brown color, and the sofa is soft with a blue fabric."
- Observe the lighting—Is it bright or dark? Notice the textures—Is something smooth, rough, or shiny?
- Be Present: If it feels helpful, speak your observations out loud or silently in your mind, focusing on what captured your attention the most.
- Add a small action to connect with your surroundings, like touching an object or listening closely to background sounds.

CONCLUSION

In moments of uncertainty and stress, being prepared and staying calm can make all the difference. This booklet is designed to empower you with practical tools, techniques, and knowledge to navigate emergency situations and manage stress effectively. From grounding exercises to disaster preparedness protocols, each section offers actionable steps to help you feel more in control and resilient in challenging times.

Remember, preparedness is not just about physical readiness—it's about fostering a mindset of calm, focus, and confidence. Whether you're a youth worker, a disaster management professional, or simply someone seeking to build resilience, these resources are here to guide and support you.

We hope this booklet becomes a valuable companion on your journey to preparedness and well-being.



Funded by
the European Union