



# Surviving Hostile Regions

AKE is a leading international security risk mitigation company providing a variety of fully integrated services. AKE distinguishes itself from other security services companies by taking a proactive, intelligence-led approach to assessing, monitoring, training for and protecting against risk. We assist clients in reducing their exposure to danger across a broad spectrum of risks.

AKE's industry-leading, five-day course designed specifically for teams and individuals working in hostile environments. Surviving Hostile Regions will show you how to reduce risks, increase your effectiveness, and maximise control of any situation you're in. Through the highly focused training, you'll gain the skills and confidence to deal with the most arduous circumstances.

Delivered in a blend of lectures and practical scenarios, supported by video footage, and demonstration weapons and materials. The programme is progressive and interactive, culminating in a series of challenging and realistic training exercises, where you put what you've learned into practice.

Included in the course is trial access to Global Intake, AKE's online political and security risk management tool and the Aide-Mémoire, which recaps essential course material in bulletpoint form.

## The Syllabus

Surviving Hostile Regions is broken down into four main elements:

- Awareness
- Medical
- Self-Sufficiency
- Planning

### Awareness

A hostile zone can be chaotic, and there will be no absolutes, so awareness is your first line of defence.

- The essential factors that could impact you, how to think about them, how to think ahead

Awareness leads to anticipation, and anticipation to avoidance. And importantly, avoidance leads to safety.



### Medical

In a hostile zone, you can't plan on a hospital or ambulance being nearby, and it could be a while before you get to sophisticated medical attention - if you do at all. So you need the skills to act confidently and effectively in the event of medical trauma. The medical skills we teach are designed for these emergencies in the field: they're simple and effective, and use the minimum of equipment.

### Self-Sufficiency

Self-sufficiency skills enable you to work effectively in any climate or situation. Self-sufficiency, be it psychological or physical, will allow you to maximise your powers of resilience and control, and as a result, your safety. Planning, thinking ahead, defining your aim and the risks, and planning for all contingencies are essential components of your safety in a hostile zone. Your objective is your well-being and protection, which also make up the basis of your success. We show you how to achieve this.

[www.akegroup.com](http://www.akegroup.com)

A BTEC and HSE-approved training centre



THE QUEEN'S AWARDS  
FOR ENTERPRISE  
2005

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- How best to maintain the body through food intake, exercise and clothing
- How to reduce the chances of contracting an avoidable illness
- How to increase the time that you can operate at or near your peak efficiency
- Navigation skills, so that wherever you are, with or without a map, you don't need to be lost, and you can get to where you want to be
- Hostage-taking: Firstly, how to avoid being taken, and secondly, if it does happen, how to read events and do what you can to stay safe

## Additional Benefits:

- BTEC Level 4 accreditation for those who pass
- Complimentary war and terrorism insurance. The regard in which AKE's training is held by key insurers in Lloyd's of London means that Surviving Hostile Regions graduates receive £100,000 of life insurance and medical repatriation benefits as an additional advantage of the course. Graduates also qualify for a reduction in insurance rates to the most hostile environments.
- Complimentary trial of Global Intake. Course participants have the option to try Global Intake ([www.globalintake.com](http://www.globalintake.com)), AKE's ground-breaking website and database; offering up-to-date analyses of international politics and security risks, what to do on arrival in-country, medical updates, detailed safety guidelines and a great deal more.

## Testimonials

"Without AKE's training, I'm convinced that Bengt wouldnt be alive today"

- **Stefan Borg, Foreign Correspondent, TV4 Sweden**

"The AKE security training on Iraq gave me the confidence to be able to cope with the unexpected and the knowledge that in a difficult situation I would be able to look after myself and be able to help my companions. The training was the perfect balance of theory and practice. It also convinced me that the AKE training would be equally useful for very many locations all over the world and should be used by companies sending staff to work anywhere overseas where systems and support are likely to fail."

- **Kate Board, British Council**

"For sheer professionalism and attention to personal detail, AKE have to be the best. Out in the field, other security 'experts' look lame in comparison."

- **Nic Robertson, Senior International Correspondent, CNN**

## AKE Services

- Intelligence and political risk consultancy
- Security solutions
- Training
- Medical services
- Emergency planning and crisis management
- Insurance services

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