

The best knowledge of how to cope in
vulnerable situations



Swedish Civil Defence League
www.civil.se

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To predict the unpredictable

The Civil Defence League supplies knowledge and skills to private citizens in the areas of safety, security, protection and survival.

We show people how to prevent and handle accidents, disasters and other hardships.

Although there are no military threats against Sweden, the society is at increased risk. We are growing more dependent on services such as electricity, IT and other conveniences. But what happens when what is taken for granted suddenly shuts down? The lack of knowledge is great. This is why The Civil Defence League wants to supply: **The best knowledge of how to cope in vulnerable situations.** How you predict the unpredictable.

A long and exiting history

The Civil Defence League has a long and exciting history beginning at the end of the 1930's. Around this time the association's foremost function was to protect against the military threat that existed at that time. Hence the name The Civil Defence League.

The association is a non-profit, voluntary and countrywide organization. There are approximately 250 active associations spread across the country and there are about 25 000 members altogether.

A changed threat situation

Sweden has not been in a wartime situation since the beginning of the 1800's, which is one of the reasons that the threat situation against Sweden has changed, and The Civil Defence League with it. The threats that exist today are within our own borders — extraordinary events that occur at close range to the private citizen, close to you in your everyday environment. At the same time we cannot not forget about terrorism and organized crime. Despite the fact that these are not very widespread in Sweden, people are strongly affected by what is happening in other countries.

One of the greatest threats is the prevailing ignorance; the attitude that "it will never happen to me." But those who are aware and have certain knowledge of how to cope in vulnerable situations will fare better. **We are of the opinion that if you can handle small, everyday crises you can also handle the graver ones.**

In connection with the fact that our threat situation has changed, a new law has been enacted. The law stipulates that the local authorities will have to take greater responsibility than previously to act in the event of peacetime accidents and disasters. The idea is that crises should be solved at a local level and as close to the private citizen as possible. The situations that may arise in the future will occur locally; thus it is extra important that these can be handled by a civil organization.

It is in this context that The Civil Defence League fills an important role. By assisting with well-educated, knowledgeable volunteers with good local knowledge, we provide local authorities with the possibility to receive good help in the event of larger crises.

The Swedish Crisis Management System

The work on the present Swedish Crisis Management System started in the middle of 2002 and is primarily concerned with raising the ability to handle crises in peacetime. The aim is that everybody in society should be mentally and practically prepared for unexpected situations that may arise.

We have gone from a top- to a bottom-oriented perspective. This means that we cannot expect directives from the state for how things should be solved in crisis situations. Today everybody must take responsibility on their own to manage and solve the problems that may arise.

In the year 2002, by request of the parliament, the Swedish Emergency Management Agency was formed to clarify, support and coordinate the various parties' responsibilities, as well as to build up and transfer knowledge. Together with other governmental and local authorities, the Swedish Emergency Management Agency works to coordinate and develop crisis preparation in Swedish society.

The Civil Defence League is in regular contact with the authority. This is partly to demonstrate new needs as they arise within the society, but also to give and receive suggestions as to what they might undertake to do on their own. A voluntary resource group is one example.

Voluntary Resource Group

A voluntary resource group consists of people from different volunteer organizations who make themselves available as a reinforcement resource at certain events, crises and other vulnerable situations. It applies to both planned and unplanned situations.

The resource group can function as a link between local citizens and local authorities. The authorities ultimately decide what the resource group should be used for, but its basic tasks are information handling, giving advice, assisting in evacuations, providing relief and organizing spontaneous volunteers.

A voluntary resource group can be tailor-made according to the particular situation, needs and wishes of the authorities.

There are 290 local authorities in Sweden.



Education

We in The Civil Defence League have a long tradition when it comes to conveying knowledge about how to cope in crisis situations. In recent years we have taught more than one million Swedes to cope with and prepare for different kinds of crisis situations, and every year our well-educated instructors convey their knowledge to more than 100 000 new Swedes.

The organization has unique competence when it comes to survival in crisis situations, as well as a wide selection of courses and training modules. These courses give you the knowledge you need to cope in vulnerable situations.

The Civil Defence League has many courses to offer. The following are some examples.



Security and Survival

These courses will give you basic knowledge of humans' physical and psychological needs and how these needs affect us in vulnerable situations. You will also learn how you can protect yourself and others and how to prevent an emergency.

Home preparedness

In the home preparedness course, you will be taught how, when properly prepared at home, you can cope with a situation in which society has ceased to function normally. You will learn how to deal with food, water, heating, lighting, hygiene and how to receive continuous information.

Open-air security

Here you will learn about security outdoors. You will learn how to make distress signals and how you can arrange for food, water, shelter and heat.

Home security

Most accidents happen at home, and many are preventable. You will learn simple methods for preventing accidents at home and what to do if an accident should occur.

Our vulnerable society

This course imparts knowledge and understanding about society's vulnerability with a focus on your own community. You will be given interesting and valuable knowledge about the steps society has taken to prepare for crises and to endure hardship and what expectations the state/community has of you in the crisis management system.

Child security

Our child security education is aimed at those working with children aged 4-10. We teach staff who in turn teach the children. The leader course is 3-4 hours long, and is free of charge for the participant.



Hembert- properly prepared at home
This course gives you, as a grown-up, knowledge about society's vulnerability. How to manage with water, hygiene, heating, light and information when society's comforts and services shut down. Along with your children, you will then plan and practice how best to arrange for maximum comfort.

Find Vilse[®] - open-air security

This course presents knowledge about basic psychological and physiological needs, and how both children and adults are affected by them. Also covered is how children should act if they get lost and how to increase the likelihood of being found quickly.



Kattis and Roffe[®] - home security

Proceeding from the most common accidents, this course covers the reasons for children's accidents, accident risks at different ages, what to do to prevent children's accidents and how to act if an accident should occur.

The Civil Defence League abroad

The Civil Defence League helps other countries get started with similar programs. The focus has been on creating the conditions necessary for these countries to pursue self-defense education on their own, according to their wishes and requirements.

Estonia, Latvia, Lithuania, Poland and Russia are examples of countries that The Civil Defense Association assists.

Facts about Sweden

Population: 9 million inhabitants
Capital city: Stockholm
Language: Swedish
Area: 450,000 km² (174,000 sq. mi.) Third largest country in Western Europe
Religion: 80% belong to the Evangelical Lutheran Church of Sweden
Parliament: The "riksdag", with 349 members in one chamber
Government: Constitutional monarchy, parliamentary democracy

An organization for everyone

Whether Asian, African or American, with us it doesn't matter which country you come from, likewise whether you are a man or a woman, adult or child. The Civil Defence League is open to everyone.

We are a voluntary organization without religious or political affiliations, working to strengthen democracy and the integrity of human life.

Feel free to contact us for more information.

Address: Civilförsvarsförbundet, Box 2034, SE-169 02 Solna, Sweden
Phone: +46 (0)8 629 63 60
Fax: +46 (0)8 629 63 83
E-mail: info@civil.se
Website: www.civil.se



