

MODULE 1

Introduction and Roles



**Resilience is built before
it is needed.**



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About RISE

RISE Resilient Communities is a European training programme supporting adults, educators and community leaders to prepare for, respond to and recover from disasters.

It brings together experience from Ireland, Spain, Türkiye, Italy and Ukraine, covering storms, floods, earthquakes, wildfires, conflict and community recovery.

The course focuses on practical, low-cost action that people and communities can take before, during and after a crisis.

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About This Module

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Module 1 is the foundation for the five hazard-specific modules that follow: Floods, Earthquakes, Conflict, Wildfires and Heatwaves, and Storms.

It is written for civilians in any of the five RISE partner countries. Some readers have already helped during or after a disaster; others want to be better prepared for next time.

Length: 60 to 75 minutes self-study, 90 minutes facilitated.

Language: plain English, easy to understand and as clean as possible to translate into Spanish, Turkish, Italian and Ukrainian.

Structure: each section is written for the learner. At the end of each section, a short note gives the educator what they need to deliver it.



This training talks about events that have caused real harm to real people. Some readers will have lived through one of them.

A note before you begin



Learning Outcomes

By the end of this module, you will be able to:

- Explain why community-level disaster education matters, using real events from the five RISE countries
- Identify the people in your community who are most likely to need extra support
- Describe the civilian roles in a crisis, and which of them suit you
- Take stock of the skills, tools and connections you already have
- Find volunteer groups and NGOs you can support or join
- Choose one solidarity habit to start this week
- Say what each of the five hazard modules will cover

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01

Why Disaster Education Matters

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You Are in the Right Place

You are reading this because something has happened, or you suspect something will.

Maybe you have already lived through a flood, a fire, an earthquake, a storm, or a war.

Maybe you watched it happen to people nearby and want to be ready if it reaches you.

Either way, you are in the right place.



Extreme weather is the single greatest long-term threat to humanity, for the third year in a row.

World Economic Forum, Global Risks Report 2026

Disasters Are Becoming More Frequent and More Severe

#1

LONG-TERM THREAT

Extreme weather is ranked the single greatest long-term threat to humanity, for the third year in a row.

5 of 10

MOST SEVERE LONG-TERM RISKS

Five of the ten most severe long-term risks identified by global experts are environmental.

2 years

NEAR-TERM OUTLOOK

State-based armed conflict, interstate war and extreme weather all rank among the most serious risks the world faces over the next two years.

These figures are not abstract. In the five countries that built this training, recent events show what the data means in practice.

Source: World Economic Forum (January 2026), Global Risks Report 2026.



Five Countries, Five Events

These figures are not abstract. Here is what they look like in the countries that built this training.

Spain

237 people killed in the DANA floods, 29 October 2024

Türkiye

More than 53,000 killed in the Kahramanmaraş earthquakes, 6 February 2023

Italy

Around 96,500 hectares burned in the 2025 wildfire season

Ireland

Record gusts of 183 km/h and over one million homes and businesses without power in Storm Éowyn, January 2025

Ukraine

More than 14,000 civilians killed since the full-scale invasion of 2022

Spain

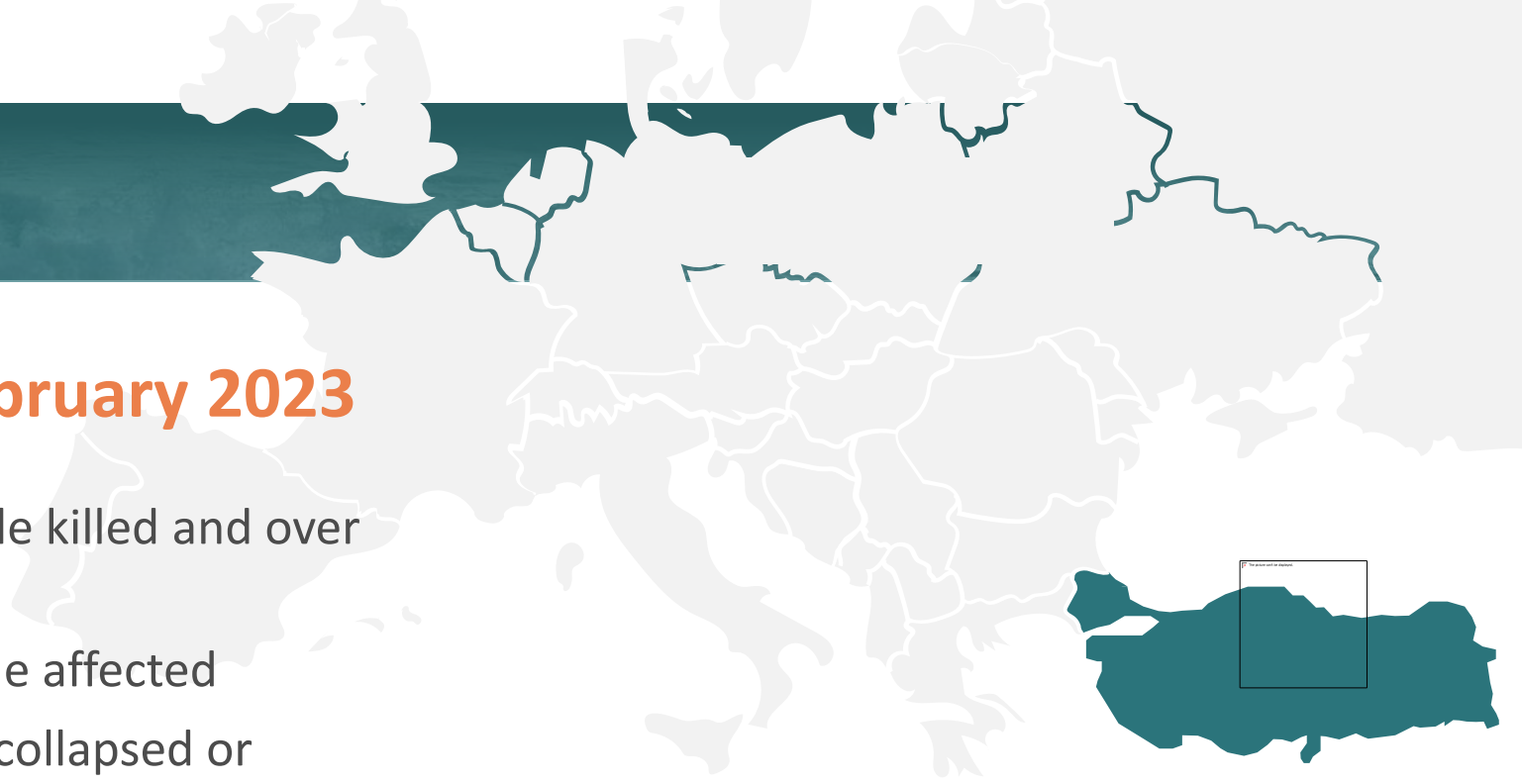
DANA floods, 29 October 2024

- 237 people killed, most of them in the Valencia region
- A year's worth of rain fell in eight hours
- About 15,000 people displaced
- Total damages exceeded €10 billion: the deadliest natural disaster in modern Spanish history

Go deeper: Module 2, Floods, tells the fuller story, including why the term for this kind of storm, DANA, matters, and what four other RISE countries' own flood disasters have in common with Valencia's.

"A year's worth of rain fell in eight hours."

Türkiye

A map of Europe with Turkey highlighted in dark teal. The rest of Europe is shown in light grey. Turkey is located in the southeastern part of the European continent.

Earthquakes, 6 February 2023

- More than 53,000 people killed and over 107,000 injured
- Around 16 million people affected
- Over 280,000 buildings collapsed or severely damaged
- Around 3 million people forced to leave their homes

Go deeper: Module 3, Earthquakes, goes further back too, to Türkiye's 1999 İzmit earthquake and the insurance scheme it led to, and shows why magnitude alone never tells you how much harm a quake will do.

"In many neighbourhoods the first rescuers were neighbours pulling people from rubble with their hands."

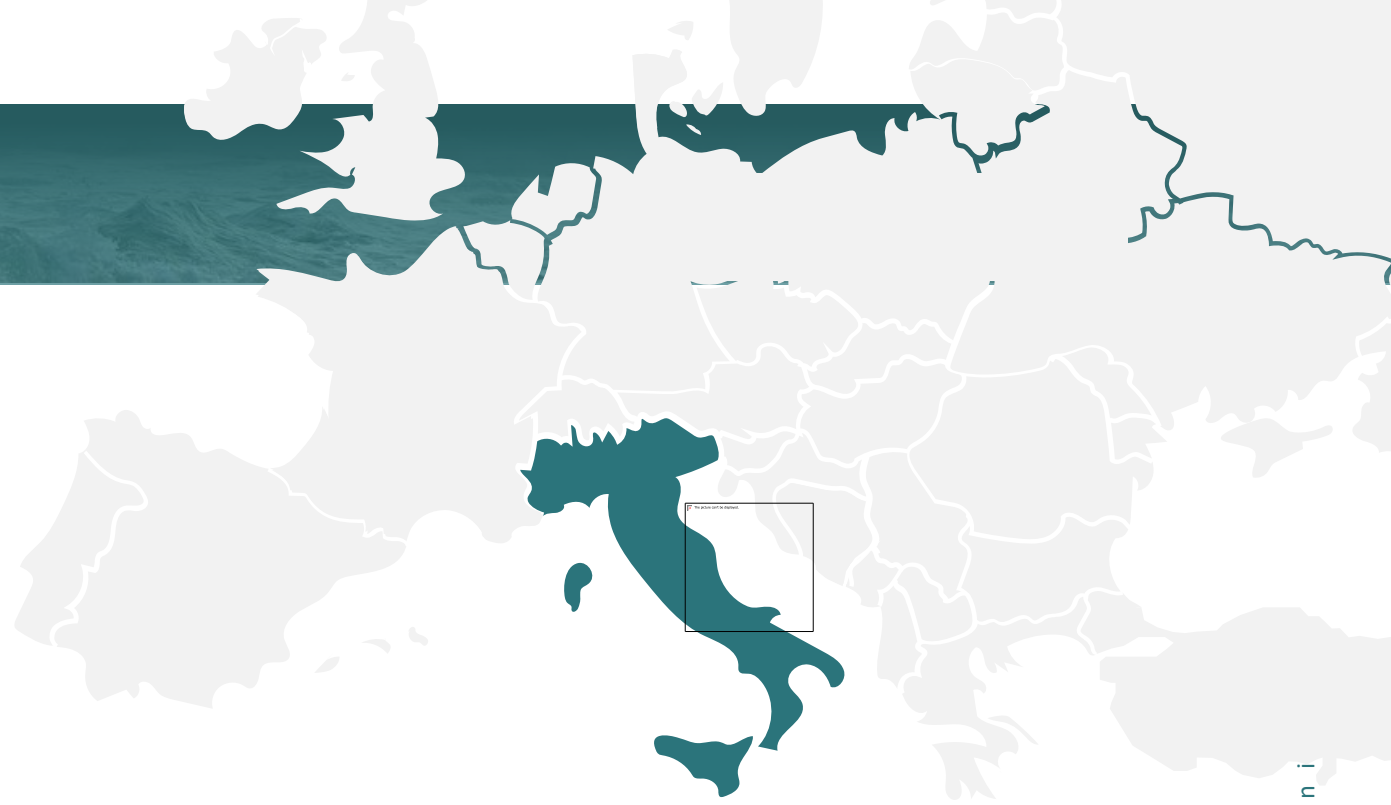
Italy

The 2025 wildfire season

- Around 96,500 hectares burned in Italy
- Across the European Union as a whole, 2025 was the most destructive wildfire season ever recorded
- More than one million hectares burned across the EU

Go deeper: Module 5, Heatwaves and Wildfires, covers both halves of that name, including a heat hazard many people underestimate more than fire.

“2025 was the most destructive wildfire season ever recorded in the EU.”



Ireland

Storm Éowyn, January 2025

- Record wind gusts of 183 km/h
- Over one million homes and businesses lost power across the island
- The telecoms outage was the largest in Irish regulatory history
- Some rural communities were cut off from power for more than two weeks

Go deeper: Module 6, Storms, follows that recovery week by week, and asks what your household would do on hour one of a power cut that lasts three weeks, not three hours.

“After Storm Éowyn, rural Irish communities waited days for help to arrive.”

Ukraine



Full-scale invasion, 2022 onwards

- Russia attacked Ukraine in 2014; the full-scale invasion began in 2022
- More than 14,000 civilians killed and more than 35,000 injured
- 2.5 million homes damaged or destroyed, roughly 13% of the housing stock
- 3.7 million people displaced inside Ukraine, 5.9 million more refugees abroad
- 2025 was the deadliest year for Ukrainian civilians since the war began

Go deeper: Module 4, Conflict, War and Man-Made Disasters, is built to be useful whether or not this feels close to home, drawing on Ukraine's experience alongside Bosnia, Croatia and Chechnya.

“2025 was the deadliest year for Ukrainian civilians since the war began.”

Disasters happen everywhere.

01

- Wealthy and well-organised countries are not exempt.

02

Services cannot reach everyone in time.

- After Storm Éowyn, rural Irish communities waited days for help.
- After the Türkiye earthquake, the first rescuers in many neighbourhoods were neighbours pulling people from rubble with their hands.

03

Civilians do most of the early work.

- In the hours and days that matter most, ordinary civilians do most of the rescue, the comfort and the first repair work.



Most of It Is Decided in Advance

This is why community-level disaster education matters, and why it has to start long before anything happens.

Most of what determines how badly a disaster hurts a community is decided in advance:

- 1** **The conversations** you have with your neighbours when nothing is wrong
- 2** **The supplies** you put aside while the weather is calm
- 3** **The volunteer training** you sign up for in peacetime
- 4** **The list of who lives alone** on your street, kept up to date
- 5** **The phone numbers** saved before the masts go down

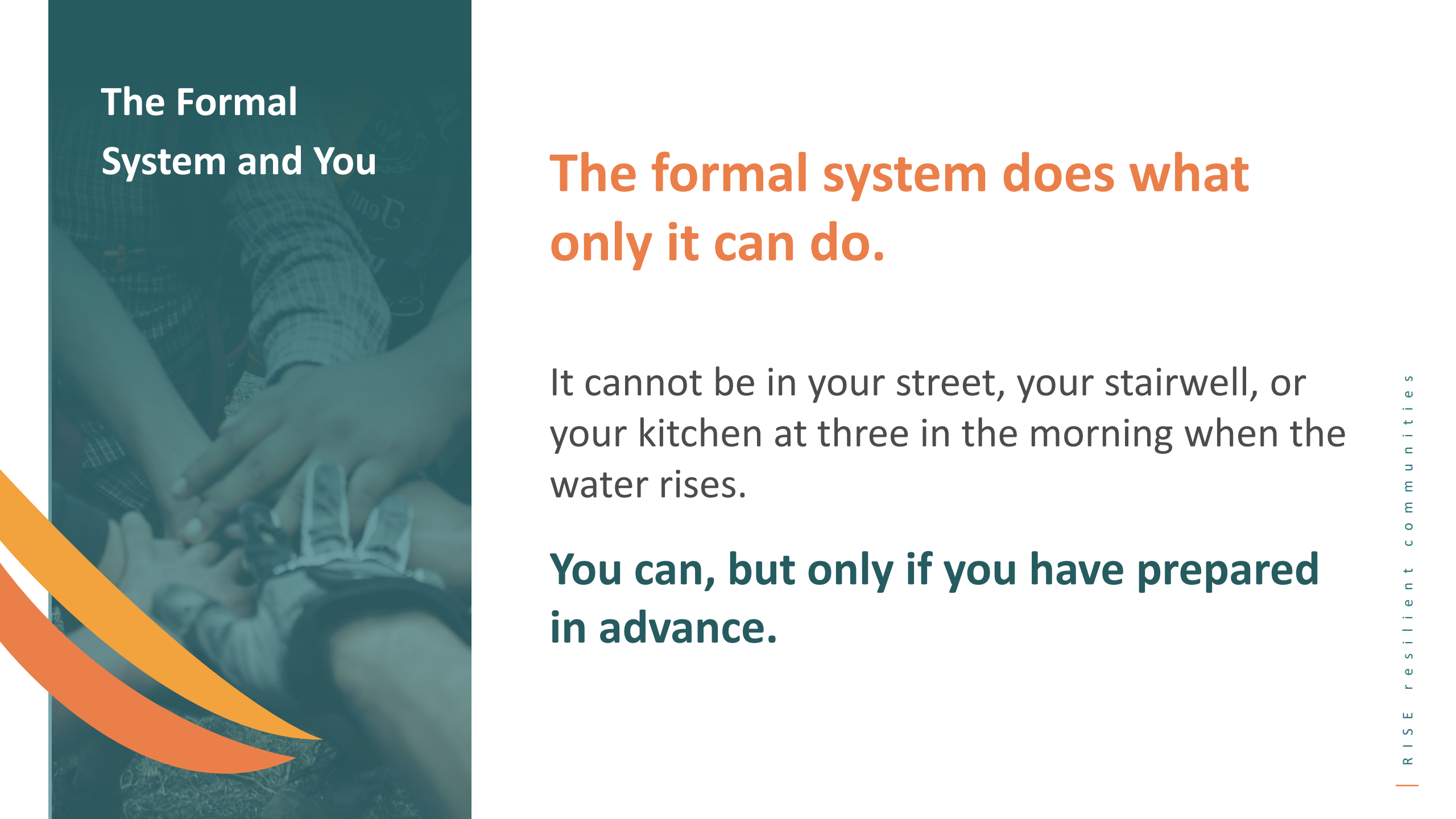
Communities that do this work in advance lose fewer people, recover faster, and rebuild with less outside help.



“

**Resilience is built before it is
needed.**

It is the strength, the knowledge and the relationships that
reduce a shock when it comes.



The Formal System and You

**The formal system does what
only it can do.**

It cannot be in your street, your stairwell, or
your kitchen at three in the morning when the
water rises.

**You can, but only if you have prepared
in advance.**

How Can You Prepare and Help?

1

Know

your local risks before
they reach you

2

Get ready

yourself and the
people around you

3

Act

usefully if something
does happen

4

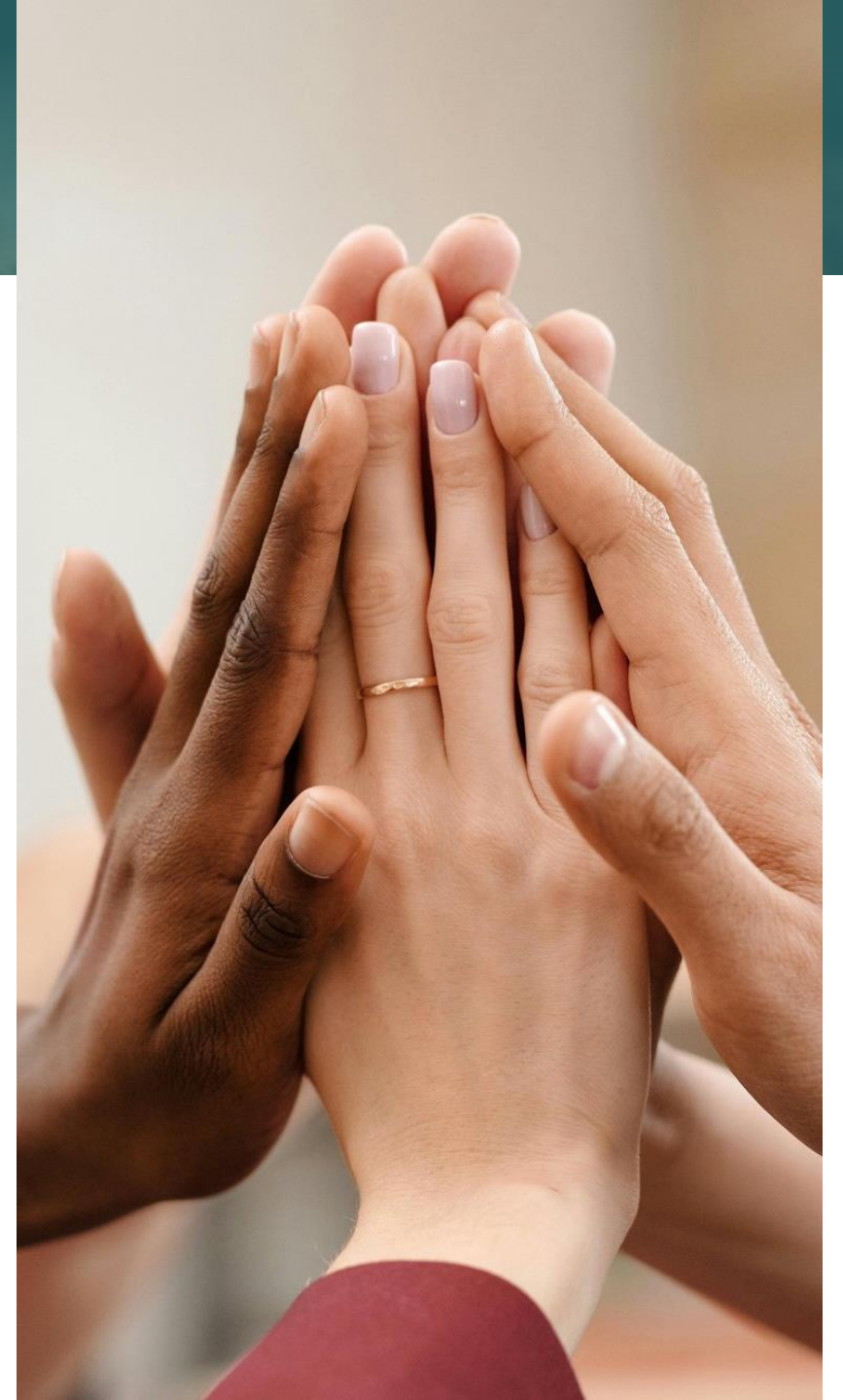
Recover

help your community
recover afterwards

That is the arc of this training: understanding the risk, getting ready, acting during the event, and rebuilding after. Module 1 starts at the beginning.

Section 1 Key Takeaways

- Disasters are becoming more frequent and more severe, and they happen everywhere
- Formal emergency services cannot reach everyone in time; ordinary civilians do most of the early rescue, comfort and repair
- Most of what decides how badly a community is hurt is settled in advance
- Resilience is built before it is needed



02

The People Most Likely to Need Extra Support

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The Pattern Is Consistent Across Disasters

In any disaster, some people are more likely to need help, and to need it sooner. Knowing who they are before something happens is one of the most useful things you can do.

Türkiye

2023 EARTHQUAKES

People who were already poor, or living in older or unsafely built homes, died at higher rates.

45%

UKRAINE, 2025

People aged 60 and over made up 45% of civilian deaths in front-line areas, despite making up only 25% of the population.

761

COMMUNITIES, 35 COUNTRIES

In floods globally, older adults and people with reduced mobility face the highest mortality and health risks. The link between floods and death is stronger in places with more people aged 65 and over.



Who in Your Community Might That Be?

1

An older person living alone, especially someone with few daily visitors or limited contact with neighbours.

2

A child or young person whose parents work long hours or who is often alone after school.

3

A person with a physical disability or chronic illness that limits how quickly they can move or leave a building.

4

A person with a mental health condition that makes a sudden crisis harder to manage.

5

A person new to the area, or someone who does not speak the local language well.

6

A person without a car or without an easy route out of their home.

Most People Will Be on This List at Some Point

A fit adult

is on it the week they break a leg.

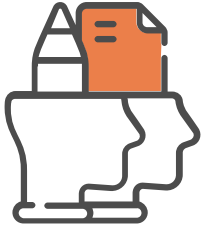
A confident neighbour

is on it the month they are caring for a sick parent.

Someone who normally copes well

is on it after a bereavement.

The point is to know, when something happens, whose door to knock on first.



Exercise (2 minutes)

Who would you knock on first?

- Think of three people on your street, in your building, or in your family who might need extra help in an emergency.
- Write their names on a piece of paper.
- Keep it somewhere you can find quickly.

01

Learn the names

- Learn the names of the people on either side of you, above you, and below you.

02

Save the numbers

- Save one or two of their phone numbers.

03

Start a group chat

- If your street, stairwell or building does not already have a group chat, start one. A WhatsApp, Signal or Telegram group with even a handful of neighbours is one of the most useful things a community can have before a disaster.

It costs nothing. It takes ten minutes. When the power fails, the storm hits, or the alert comes through, you already have a way to check on each other and share what you know.

Section 2 Key Takeaways

- Some people are more likely to need help, and to need it sooner. Knowing who they are is one of the most useful things you can do
- Age, poverty, disability, isolation and unsafe housing raise the risk, in every country in this training
- Almost everyone is on the list at some point
- Learn names, save numbers, start a group chat: it costs nothing and takes ten minutes



03

Roles in a Crisis

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A Shared Responsibility

Disaster preparedness is a shared responsibility.

Governments, emergency services and NGOs have formal duties, but households, neighbours, community groups and local volunteers are part of the resilience system too.

Civilians fill many useful roles in a disaster. Most people will take on more than one over time, and the right role for you depends on who you are, where you live, and what is happening around you.

These roles come up across all five hazard types covered by this training.

Eight Roles Civilians Play

1

Helper at home

Take care of your own household first

2

Trained first aider

Basic first aid training and a small kit

3

Neighbourhood organiser

Knock on doors; hold the list of who needs help

4

Logistics and supplies organiser

Manage food, water, blankets, batteries and charging points

5

Link to formal services

The calm voice on the emergency line

6

Younger volunteer

Carry supplies, set up charging points, find open routes

7

Information helper

Share verified updates; push back on rumours

8

Coordinator

Take charge of a small group of helpers

Most people will take on more than one role over time. Not every role is right for every person, and you do not need to choose now.



Role 1: Helper at Home

You take care of your own household first.

You know where the medicines are, where the documents are, where the torch and spare water are kept. You make sure children, older relatives and pets are safe.

A household in order is one less call on emergency services and one more household able to help others as the situation develops.

This role needs nothing more than a little planning ahead and knowing your own household's specific needs.

Role 2: Trained First Aider

You have done basic first aid training, and you carry a small kit when you leave the house. In any disaster, the first minutes matter most.

Türkiye, 2023

Neighbours pulled survivors from rubble and treated injuries for hours before professional teams could reach them.

Valencia, 2024

Civilians administered first aid to people trapped in cars and on upper floors.

Eastern Ukraine

Carrying a small kit with a tourniquet and basic dressings has become standard for ordinary civilians.

The lesson across all of these is the same: when something happens, the trained person on the spot is the one who makes the difference before the ambulance arrives.

Civil protection bodies and Red Cross or Red Crescent societies run free first aid courses in every RISE partner country. Anyone can do this role, but you need to do the training in peacetime.



Role 3: Neighbourhood Organiser

You know who lives on your stretch of street. You knock on doors. You hold a list of who needs help and pass it to whoever is coordinating.

After Storm Éowyn, the rural Irish communities that came through with the least harm were the ones where neighbours had checked on each other in the first 24 hours.

This role often falls to people who have lived in an area for a long time, including retired neighbours who know everyone on the street and are available when working-age adults are not.

What it asks of you is the willingness to make first contact and to listen.

Role 4: Logistics and Supplies Organiser

You manage the flow of food, water, blankets, batteries and phone-charging points within your group or neighbourhood. You keep track of what is needed, what is on hand, and what is on the way.

Storm Éowyn

Rural Irish communities without power for over a week relied on local volunteers running shared charging points and distributing supplies from village halls.

Valencia, 2024

Neighbourhood logistics hubs kept clean water and basic food moving while official supply lines were still being rebuilt.

This role becomes important in extended events. It suits people who are organised, can think a step ahead, and are comfortable saying no when something is not needed and yes when it is.

Roles 5 and 6: Link to Services, Younger Volunteer

Link to formal services

You are the calm voice on the emergency line.

You translate for a neighbour who does not speak the language.

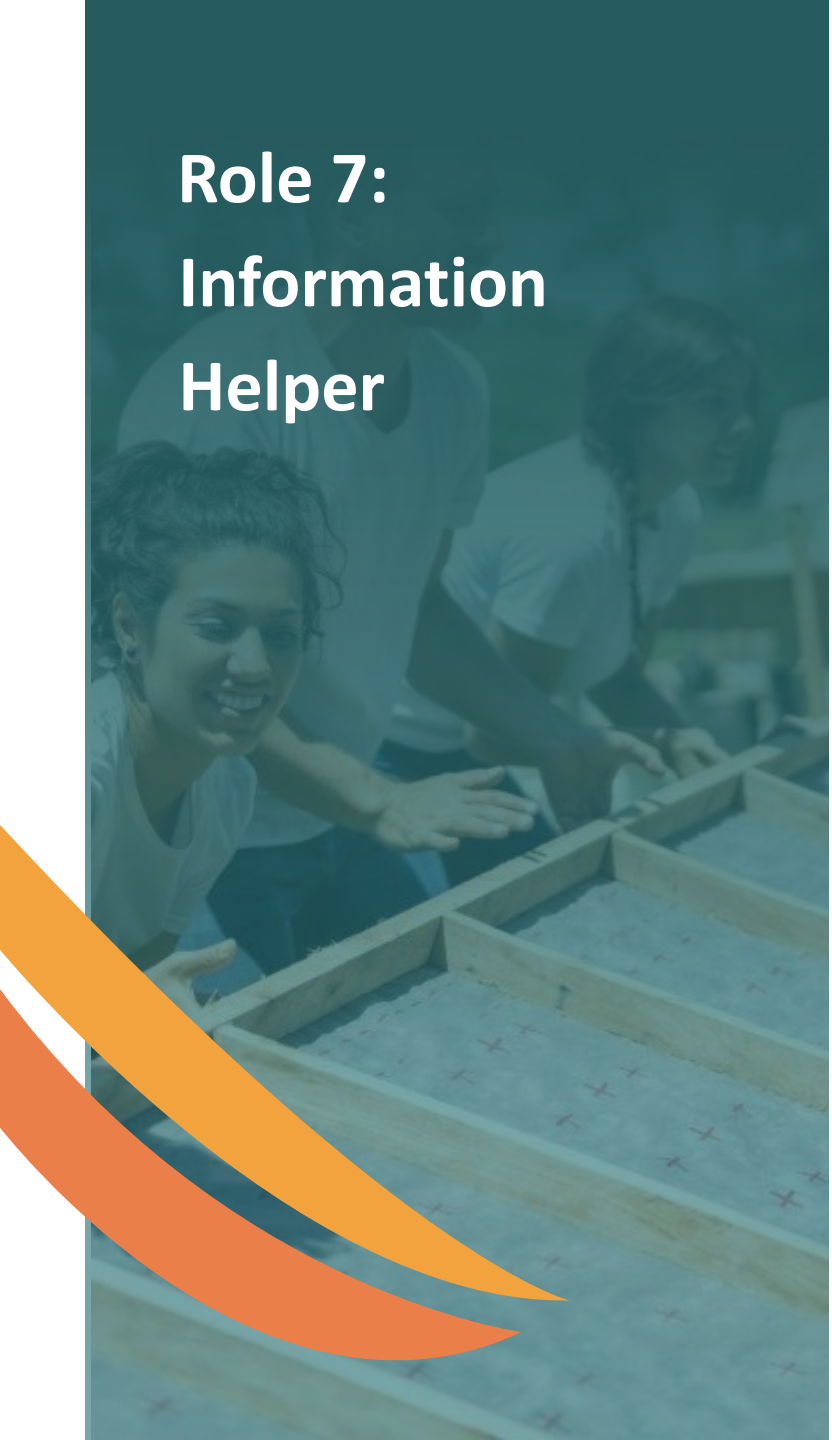
You meet the ambulance at the corner because the building number is hard to read in the dark.

A steady voice under pressure, language skills, or detailed local knowledge all help.

Younger volunteer

Younger people are usually physically able and digitally skilled. They can carry supplies, set up shared phone-charging points, find out which routes are open, help clear debris.

This role suits anyone with the energy and time to do the physical work that an extended response demands, and the comfort with phones and apps to find and share information quickly.



Role 7: Information Helper

You track what is happening from reliable sources. You share verified updates with neighbours and group chats. You push back on rumours and misinformation calmly.

This role is sometimes assumed to belong to younger people, but it suits anyone comfortable with a phone and the internet. Some of the most effective information helpers in recent disasters have been retired teachers, librarians and grandparents.

Before sharing an update, ask:

1

Who said this?

2

Is it from an official source, a trusted local organisation, or someone directly present?

3

Could sharing it cause panic or send people into danger?



Role 8: Coordinator

You take charge of a small group of helpers.

You agree who is doing what. You stop people running in different directions.

People often end up in this role without planning to, because someone has to. If that turns out to be you, the rest of this training will help you do it well.

Not every role is right for every person, and you do not need to choose now. The next section helps you see which roles you are already suited to.

Stay Safe Enough to Be Useful

Helping does not mean taking dangerous risks.

In every disaster, the first rule is to stay safe enough to be useful.

Civilian action works best when it supports formal responders rather than creating more people who need rescue.

Do not enter:

- Floodwater
- Unstable buildings
- Active fire zones
- Conflict areas
- Damaged electrical areas
- Any place emergency services have told people to avoid



Looking After Yourself

You are allowed to stop.

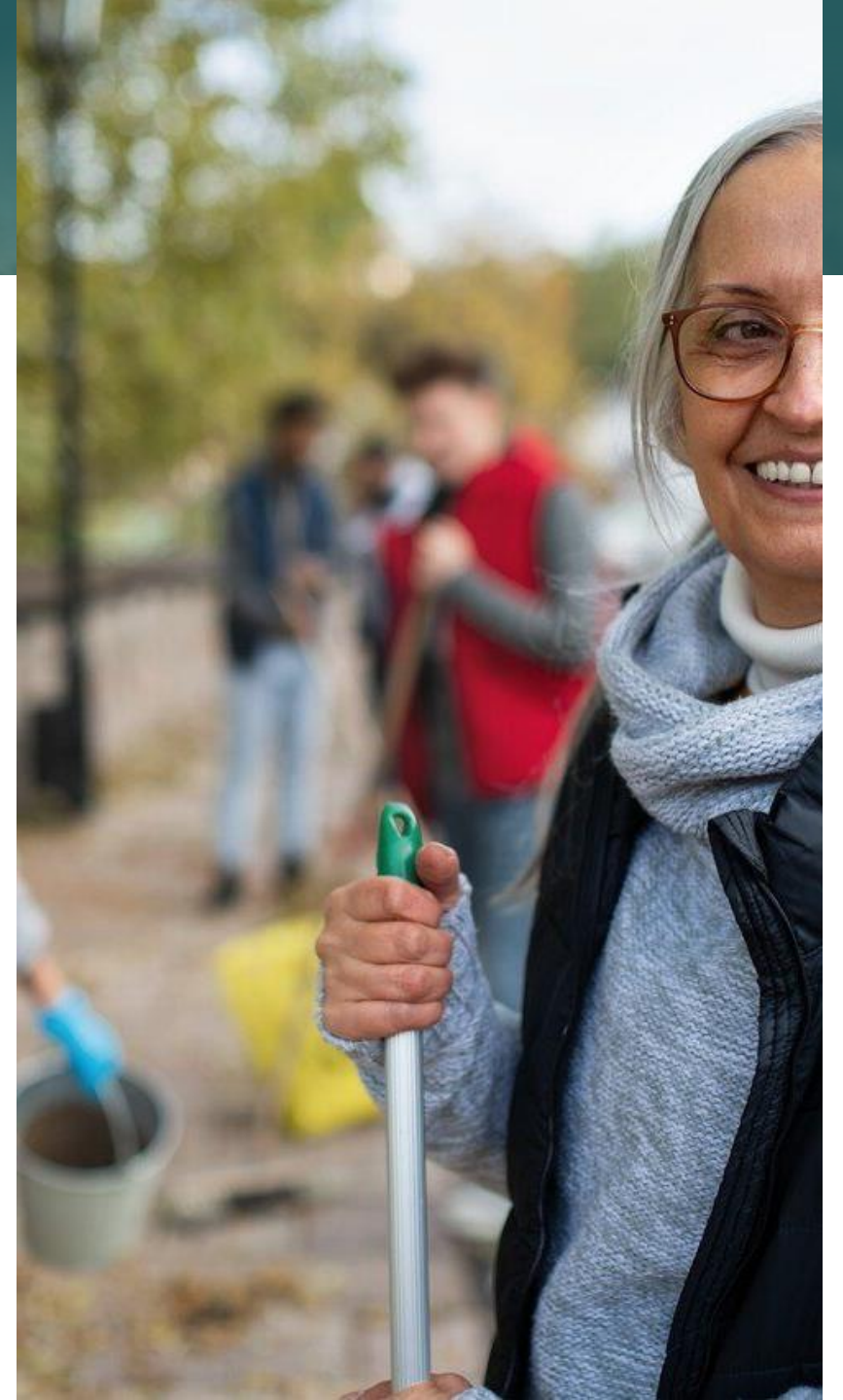
Helping during a disaster can be frightening, tiring and upsetting.

Take breaks when you can. Work in pairs where possible. Eat, drink water, keep warm, and ask for support if you need it.

A helper who is exhausted, overwhelmed or unsafe cannot keep helping others.

Section 3 Key Takeaways

- Disaster preparedness is a shared responsibility: households, neighbours and volunteers are part of the resilience system
- There are eight civilian roles; most people take on more than one over time
- The right role depends on who you are, where you live and what is happening
- Stay safe enough to be useful, and support formal responders
- You are allowed to stop: take breaks, work in pairs, ask for support



04

The Skills and Tools You Already Have

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Notice What You Already Have

The single most useful thing this training will ask you to do is stop and notice what you already have.

Most adults underestimate their own usefulness in a crisis.

Work through the inventory on the next three slides. Be honest. Tick what applies, write in what is missing. Do not be modest, and do not be ambitious.

The point is to see clearly where you are starting from.

My Skills

- ☐ Basic first aid training (cuts, burns, CPR)
- ☐ Advanced first aid or medical training
- ☐ Knowing how to safely turn off the gas, water and electricity in my home
- ☐ The ability to drive
- ☐ The ability to swim
- ☐ Being physically strong enough to help lift a person

- ☐ Speaking more than one language
- ☐ Staying calm under pressure
- ☐ Being good at organising people
- ☐ A trade skill (electrical, plumbing, building, mechanical)
- ☐ Being comfortable with digital tools and social media
- ☐ Experience caring for older people, children, or people with disabilities

My Tools

☐ A torch with working batteries

☐ A first aid kit at home

☐ A radio that works without mains electricity

☐ A power bank for my phone

☐ At least 3 litres of bottled water per person in my household

☐ Non-perishable food for 72 hours (see next slide)

☐ Warm clothing and blankets accessible without electricity

☐ Important documents kept in one place I can grab quickly

☐ A vehicle with a half-full tank or better



Why 72 Hours?

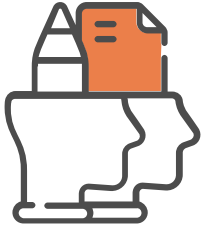
72 hours

Non-perishable food for 72 hours is now part of wider European preparedness thinking.

The EU Preparedness Union Strategy encourages households to be ready to manage for at least 72 hours in an emergency, with basic supplies, medicines, information and communication options prepared in advance.

My Connections

- ☐ Knowing my neighbours' names
- ☐ Having a phone number for at least one person on my street
- ☐ Knowing which of my neighbours might need help
- ☐ Belonging to a community group (faith, sports, hobby, parents)
- ☐ Knowing of one local NGO or volunteer group I could contact



Now Look Back at Section 1.3

With your ticks in front of you, ask:

- Which role do you have the most pieces of already?
- Which would need only a few new skills or tools to be a real option for you?
- Which is a stretch but still worth working towards?

There is no single right answer. Most people will fit two or three roles partly, and one role most strongly. That role is your starting point. The unticked items are the skills and tools you can build to grow into other roles over time.

Key Action: Close One Gap This Month

- Look at the items you did not tick. Choose one. Just one. Do something about it before the next module.
- Sign up for a basic first aid course with your civil protection service, Red Cross or Red Crescent. Many run free or low-cost sessions throughout the year, and it is worth refreshing the training every year or so even once completed.
- Put together a basic kit for your home: torch, batteries, power bank, first aid supplies, three days of water and food.
- Save the phone numbers of two neighbours in your phone, and give yours to them.

Section 4 Key Takeaways

- Most adults underestimate their own usefulness in a crisis
- The inventory covers three things: skills, tools and connections
- Most people fit two or three roles partly, and one role most strongly; that is your starting point
- Close one gap this month: just one



05

Volunteering and the NGOs You Can Support

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Ordinary People Show Up

When a disaster happens, ordinary people show up to help.

Some are already formal volunteers with a trained group or organisation.

Others become what are often called spontaneous volunteers: people who were not officially signed up, but who step forward because their street, village or town has been hit and they cannot stand by.

That instinct is one of the strongest forces in any recovery, and every event covered by this training has been shaped by it.

Help Comes in Many Forms

Not all of it looks like a uniformed volunteer with a clipboard. Across the events in this training, some of the most effective groups have been the ones that already existed:

Parish councils

Mosque committees

Parent groups

Sports clubs

Choirs

Residents' associations

Mutual aid networks formed after earlier events

What they already had

They had the people, the trust, and the local knowledge already in place.

What turned them into part of the response

A conversation, sometimes a very short one, about what their group would do if something happened.

What This Looks Like at Each Phase

Phase	What adults and communities can do
Before	Know local risks, prepare supplies, save key numbers, check on vulnerable neighbours, join or contact a local group.
During	Stay safe, follow official advice, share verified information, check on nearby people, support basic needs if safe.
After	Help with clean-up, report damage, support recovery, look after emotional wellbeing, keep community links active.

Route 1: You Already Volunteer

If you already volunteer with a community group of any kind, you have most of what is needed already. The next useful step is to raise the question with your group: what could we do, with the people and resources we have, if a disaster happened in our area?

A parish that runs a food bank
can become a distribution hub in a flood.

A residents' association with a WhatsApp group
can become a neighbourhood information channel in an earthquake.

These shifts work best when the group has thought about them in advance, not when it is improvising under pressure. One agenda item at your next meeting is enough to start.

There are different routes into preparedness, and most readers will recognise themselves in at least one of them.

Routes 2 and 3: Not in a Group, or Helped Informally

If you are not yet part of any group

The next step is to connect with one. This does not have to be a disaster response organisation. A community group of any kind that meets your interests and gives you a local network puts you in a stronger position before anything happens.

To train for disaster response, start with your country's civil protection service, Red Cross or Red Crescent society. None of these require a heavy commitment.

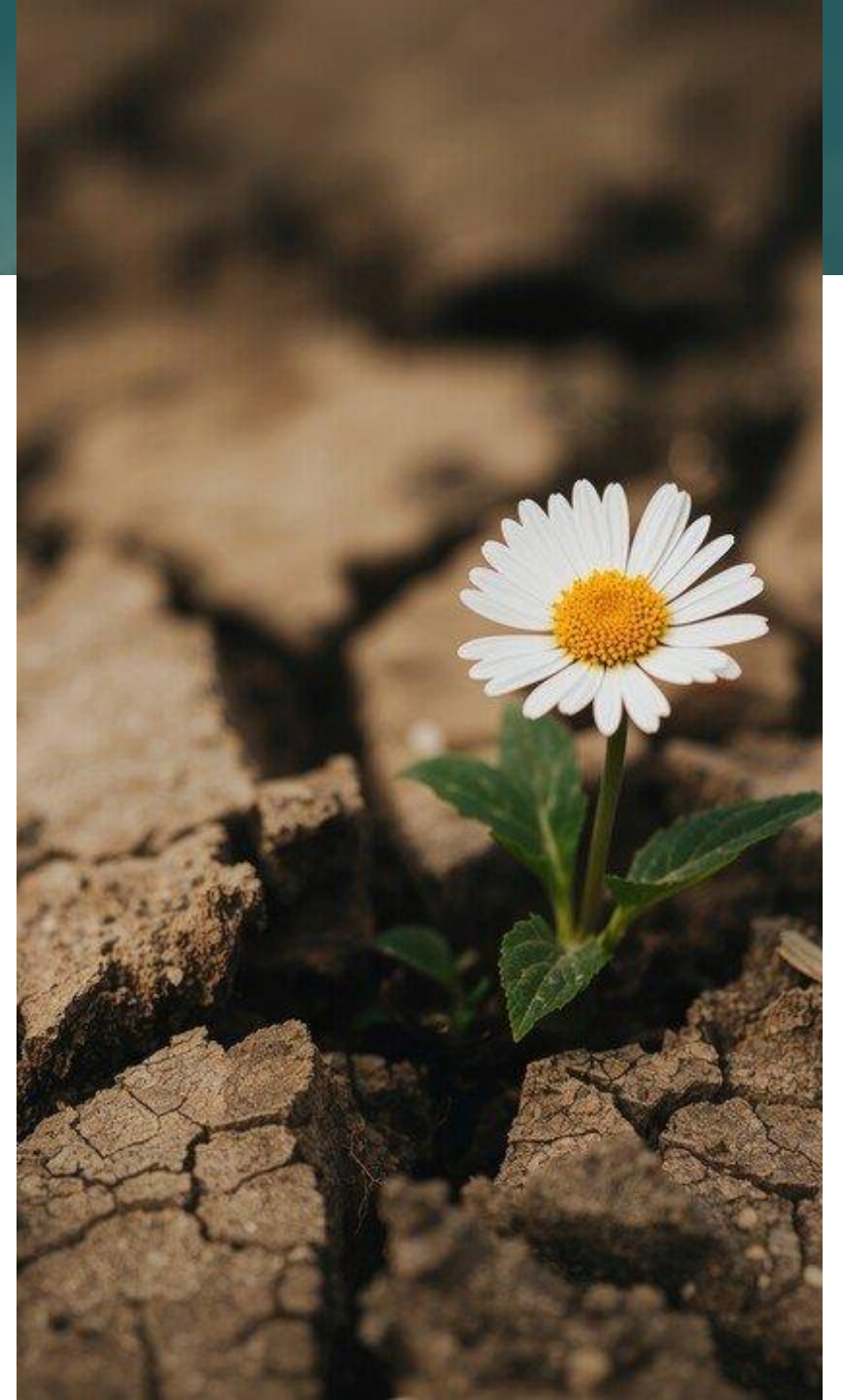
If you have helped informally in the past

By checking on neighbours, sharing supplies, or just being present when others were in trouble: that work is real and it matters.

The step that strengthens it is connecting with one organised group or community network, so that next time you are not acting alone.

Where to Look

- Your national civil protection service, including your city and county councils
- Your national Red Cross or Red Crescent society
- Community first response groups
- Local search and rescue teams
- Faith-based or community organisations active in your area
- Mutual aid networks formed after recent local events in your country



NGOs You Can Support: Italy

Organisation	What they do	Contact
EMERGENCY	Free, high-quality care for people affected by conflict and poverty; healthcare facilities, training local personnel, search and rescue in the Mediterranean	en.emergency.it
INTERSOS	International humanitarian organisation, founded in Italy, operating on the front line of war, violence, extreme poverty and disasters	intersos.org/en/what-we-do/italy
Italian Red Cross (Basilicata)	Local volunteering and donation hub	cri.it/cosa-facciamo/volontariato
Civil Protection, Basilicata	Regional civil protection volunteering	protezionecivile.regione.basilicata.it
ActionAid Italia	Natural disasters and wars, immediate response, community empowerment, long-term sustainability	actionaid.it

NGOs You Can Support: Spain

Organisation	What they do	Contact
Cruz Roja (Red Cross), Valencia region	Care and support at home for vulnerable people at risk of social exclusion, coordination in community emergencies	cruzroja.es
ONG IAE (Intervención, Ayuda y Emergencias)	Humanitarian aid, search and rescue, dog-assisted therapy	ongiae@gmail.com
Escoles Solidàries ONGD	Education and cooperation for development	Xàtiva, Valencia region
Oxfam Intermón	Humanitarian action and emergencies: life-saving assistance, clean water and sanitation in crises	oxfamintermon.org
Médicos Sin Fronteras (MSF)	Emergency response, prioritising medical and logistical needs	msf.es
Caritas Valencia	Long-term support: livelihoods, basic needs, housing, psychological and emotional support	caritasvalencia.org
Ribera Alta and Ribera Baixa County Councils	Young volunteer and enterprise coordination, psychological help, coordination with city councils	manra.org / lariberabaixa.es

NGOs You Can Support: Ukraine

Organisation	What they do	Contact
State Emergency Service of Ukraine (SESU)	Emergency response, firefighting and rescue, evacuation, civil protection, disaster risk management	dsns.gov.ua / 101
Ukrainian Red Cross	Humanitarian assistance, first aid, evacuation support, psychosocial services	redcross.org.ua / 0 800 332 656
East SOS	Evacuation from frontline areas, humanitarian assistance for internally displaced people	vostok-sos.org
Caritas Ukraine	Humanitarian assistance, support for displaced people, social and psychological services, community recovery	caritas.ua
UAnimals	Rescue and evacuation of domestic and wild animals from frontline areas, support for shelters and volunteers	uanimals.org/en
Right to Protection (R2P)	Legal assistance, protection of the rights of displaced people, refugees and those affected by war	r2p.org.ua
Building Ukraine Together (BUR)	Community recovery and reconstruction, volunteer engagement, housing repairs, youth participation	bur.org.ua

Section 5 Key Takeaways

- Ordinary people show up to help; that instinct is one of the strongest forces in any recovery
- Existing groups are often the most effective: they already have the people, the trust and the local knowledge
- Three routes in: raise it with your group, connect with one, or build on what you have done informally
- Start with your civil protection service or Red Cross or Red Crescent society; none require a heavy commitment



06

Strength in Solidarity

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One of the Strongest Predictors of Recovery

One of the strongest predictors of how a community recovers from a disaster is the depth of the relationships between the people who live there. Wealth, government and formal services all matter, but they work best when they meet a community that already knows itself.

Valencia

After the floods, the streets were cleared faster by neighbours with shovels than by any centralised plan.

Türkiye

After the earthquake, the first rescuers were almost always relatives and neighbours, not professional search teams.

Storm Éowyn

With rural communities cut off from power and services for over a week, the Irish government, the Red Cross and rural networks all named one thing as central to getting through: neighbours checking on neighbours.

What the Evidence Says

Research on volunteerism in disaster management shows that local people can, when they are organised safely:

Provide first aid

Support search and rescue

Clear debris

Distribute supplies

Share information

Reduce pressure on formal authorities

It also shows that spontaneous help needs coordination, because unmanaged offers of help, donations and information can overwhelm emergency systems.

Solidarity Is a Habit You Build Before You Need It

Knowing your
neighbour's name
is solidarity.

Checking on the
older person
upstairs
is solidarity.

Joining a local
group, formal or
informal
is solidarity.

Knowing where
your civil
protection service
meets and what it
does
is solidarity.

This is what community and civilian-led action means in practice.

Strong communities work alongside formal services rather than in place of them.

The small ties you build every week, the conversations, the phone numbers, the favours given and returned, are what carry a place through the worst days and into recovery.



Every disaster covered by this training has been survived, mourned, and rebuilt by ordinary people working together.

Section 1.6, Strength in Solidarity

Key Action: One Habit This Week

Choose one solidarity habit to begin this week and keep doing it.

- Introduce yourself to one neighbour you do not yet know by name.
- Check in on someone you identified in your Section 1.2 list.
- Bring up disaster preparedness once, casually, with a group you already belong to.

Habits build communities. Communities carry each other through.

Section 6 Key Takeaways

- The depth of relationships between neighbours is one of the strongest predictors of how a community recovers
- Organised, safe local help adds real capacity; spontaneous help needs coordination
- Solidarity is a habit you build before you need it
- Strong communities work alongside formal services, not in place of them



07

The Five Modules Ahead

RISE
resilient
communities



A Taste of What Comes Next

Module 1 has given you the foundation.

The roles. The people to look out for. Your own skills and tools. The habit of solidarity.

The five modules that follow put that foundation to work against a specific hazard.

Here is a taste of each.



Module 2: Floods

Five countries, five different kinds of flood:

- Valencia's DANA
- A Turkish flash flood that gave people minutes rather than hours
- An Italian storm that overflowed 23 rivers at once
- A slow-building coastal risk in an Irish town
- A catastrophic flash flood in Germany's Ahr valley

The two numbers worth remembering more than any other in a flood:

15 cm

of moving water can knock over an adult

30 cm

can float a car



Module 3: Earthquakes

Why there is no warning

**Why magnitude alone
never tells the full story**

**The drop-cover-hold-on
drill**

matters more than almost
anything else in this training

**Why a doorway is a
myth**

in most modern buildings,
sheltering in one is not good
advice

**You will also learn what a small, active fault map from Türkiye
can teach every RISE country about its own ground.**



Module 4: Conflict, War and Man-Made Disasters

A trauma-informed module built around testing common assumptions against real evidence, not against opinion.

Using what actually happened in:

Ukraine

Bosnia

Croatia

Chechnya

Syria

It asks a genuinely useful question before anything else: if the situation where you live changed, who and what would you trust for information, and how would you check it?



Module 5: Heatwaves and Wildfires

Two connected hazards with two different correct responses:

Heat
shelter

Fire
evacuate

You will learn to:

- Recognise heatstroke as the medical emergency it is
- Find out what a climate refuge is, and where your nearest one is
- See why defensible space around a home is measured in metres, not guesswork

Module 6: Storms



Storm Éowyn's three-week power cut

Ukraine's "Points of Invincibility"

doing double duty during a Black Sea storm

The most common cause of storm injury and death

a fallen power line

The one rule that prevents almost all of it: treat every fallen line as live, and stay well back.

Every Module Follows the Same Shape

1

Understanding the
risk

2

Getting ready

3

Staying safe during
the event

4

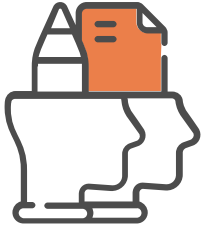
Helping your
community recover

You already know how to move through that shape. The rest of this training is about applying it.



**Habits build communities.
Communities carry each other
through.**

Module 1, Closing Reflection



Closing Reflection

Before you finish this module, three short prompts to take with you.

- **One person.** Name one person in your community you will check on this week. Write down their name.
- **One action.** Name one thing on your skills and tools inventory you will do something about this month. Write it down.
- **One question.** Name one thing you still want to know. Bring it to the next module.

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Explore the
Other Modules



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