

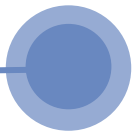


INTERNATIONAL SOS

Digital Learning Portfolio

Version 2.3

TRAINING FOR PEOPLE
ON THE MOVE



PREVENTION, COMPLIANCE AND KNOWLEDGE RETENTION

International SOS provides our Workforce Resilience subscribers with engaging digital learning content which helps your people prepare for, and avoid, the common risks they face whether in the workplace or while travelling.



PREVENTION, COMPLIANCE AND KNOWLEDGE RETENTION

Our Digital Learning Portfolio (DLP)

written in industry standard, accessible, multilingual eLearning templates is designed to work across any device. All content is written by our in-house security and medical experts.

By using our training, you can reduce the frequency and impact of health and security incidents affecting your people and business, it also aids in employee development and staff retention.

Use either our TrainingPortal (LMS) or your own. The SCORM 1.2 content allows for **monitoring utilisation, completion, analytics, and certification** - so you can tell who has completed **what** topics and **when**.

We offer Integrated Training Solutions.

Our integrated Workforce Resilience training solutions can be tailored to the particular needs of your organisation.

Our Digital Learning Portfolio content and Training & Consultancy Services **are here to help to ensure your people are prepared and your company is compliant; ready for any eventuality**

Benefits of using DLP:

- +40 learning courses ready to go for the Corporate, NGO and Education markets
- Variety of topics from 3 to 15 minutes duration
- Complete eLearning and receive a certificate
- 11+ languages, multilingual by design

Benefits of using our classroom or virtual training:

- Reduced Frequency and Impact of Health and Security Incidents
- Employee Development and Staff Retention
- Business Continuity
- Safeguard of Your Reputation and Corporate Social Responsibility Goals
- Mitigation Legal Liability Risks

View our DLP teaser video: <https://vimeo.com/380455821>



TRAVELLER AWARENESS

- Introduction to Membership
- Travel Risk Awareness - Security
- Travel Risk Awareness - Medical
- Road Safety
- Women's Security
- Information security & Privacy
- Hotel Safety
- Journey Management Planning
- Petty Crime
- Malaria

HIGHER RISK AWARENESS

- Travel Awareness - Higher Risk
- Civil Unrest
- Kidnap Awareness
- Violent Attacks
- Terrorist Incidents & Response
- Security in Latin America

WORKFORCE RESILIENCE

- Air Pollution
- Cybercrime – working remotely
- LBGTQI
- Natural Disasters – Security
- Natural Disasters – Medical
- Safe Food & Water

HEALTH & WELLBEING

- Emotional Wellness when Travelling
- Emotional Resilience Assessment
- Stress Management
- Productivity Tips for Home Working
- Tips for Staying Healthy while Working at Home

PANDEMICS AWARENESS

- Vaccine Myth Buster
- Coronavirus Awareness (To be retired)
- Pandemics & Other Global
- Health Threats
- Pandemics A Manager's guide
- Physical distancing etiquette
- Return to Work
- Return to Travel

FIRST AID

- First Aid Refresher - AED
- First Aid Refresher - CPR
- First Aid Refresher - Bleeding Wounds
- First Aid Refresher - Severe Allergies

Traveller Awareness

These topics are suitable for people going to low or medium risk destinations.



Introduction to Membership

16 minutes; assessment 80% pass rate

Languages: en, de, it, tr, th, ko, ja, zh, es mx

Describes your subscription benefits, tips on preparation before a trip, how to seek assistance and to use the [Assistance App](#)



Travel Risk Awareness – Security

15 minutes; assessment 80% pass rate

Languages: en, fr, de, no, it, es, tr, th, ko, ja, zh, pt br, es mx

Covers the key security risks faced when travelling and is designed to help your people stay safe.



Travel Risk Awareness - Medical

15 minutes; assessment 80% pass rate

Languages: en, fr, de, it, es, tr, th, ko, ja, zh, pt br, es mx

Explains the key medical risks you may face on a trip and is designed to help your people stay healthy.



Road Safety

15 minutes; assessment 80% pass rate

Languages: en, no, th, ko, ja, zh

Journeys by road and travelling in unfamiliar places presents unexpected risks for travellers. (in collaboration with the Global Road Safety Partnership).



Women's Security

18 minutes

Languages: en, no, ko, ja, zh

Addresses matters related to the safety needs of female travelers and persons accompanying them.



Malaria

15 minutes; assessment 80% pass rate

Languages: en, fr, de, it, es, ko, ja, zh

Can be life threatening and a real risk killing thousands annually across 90 countries. Malaria is preventable and curable if treated in time. Useful for people travelling to or working in affected areas.



Traveller Awareness



Information Security & Privacy

10 minutes

Languages: en, fr, de, it, es, ko, ja

Outlines threats and provides guidance on how to protect information and devices before, during and after travel. (Replaces Cyber & Information Security).



Female Travellers

3 minutes

Languages: en

Helps female travellers and their companions be prepared and ready to respond in the event of an incident.



Hotel safety

3 minutes

Languages: en, th, ja, zh

Provides tips and information on the factors impacting hotel selection, room selection, checking in and securing your room.



Journey Management Planning

3 minutes

Languages: en

Sharing knowledge on how you can you travel safely by road when you're overseas.



Petty Crime

3 minutes

Languages: en

Knowledge to help your understanding and improve your ability to safely travel abroad without becoming a victim of theft

GLOSSARY OF LANGUAGE CODES

English - en
French - fr
German - de
Norwegian - no

Italian - it
Spanish - es
Portuguese - pt
Turkish - tr

Korean - ko
Japanese - ja
Thai - th

Simplified Chinese - zh
Latin American Spanish - es mx
Portuguese Brazilian - pt br

HIGHER RISK AWARENESS

These topics are suitable for people going to higher risk destinations.



Higher Risk Awareness

25 minutes

Languages: en (US)

Builds upon the learning in our TRA Security module and covers issues potentially affecting those travelling to higher and medium risk locations.



Civil Unrest

5 minutes

Languages: en, fr, de, it, es, pt, ko, ja, zh, pt br, es mx,

Improve your understanding of why civil unrest occurs, and how to respond if you do find yourself caught up in this type of situation.



Kidnap Awareness

3 minutes

Languages: en, fr, de, it, es, pt, ko, ja, zh, pt br, es mx

While the likelihood of you being kidnapped is rare, knowing your situational awareness and how to respond (should an incident occur) lowers your risk.



Violent Attacks

4.5 minutes

Languages: en, th, es mx

Improve your situational awareness and how to respond, covering active shooters, knife violence and vehicle-ramming attacks.



Terrorist Incidents

3 minutes

Languages: en, ko, ja, zh

Explains the basics of terrorist targets, their main methods of attack and preparedness on best ways to respond to potential attacks.



Security in Latin America

25 minutes

Languages: en, es, pt br

For those who need awareness of the different personal security risks related to travelling in Latin America

WORKFORCE RESILIENCE

These topics are suitable for all your employees, including mobile workers.



Air Pollution

3 minutes

Languages: en

Understand what air pollution is and how to limit your exposure to pollutants and keep yourself healthy.



LBGTQ+

4 minutes

Languages: : en, fr, de, it, es, ko, ja, zh

Information to help you and your colleagues travel without inadvertently falling foul of local laws or practices.



Cybercrime – remote working

3 minutes

Languages: en, fr, de, it, es, pt, ko, ja, zh, pt br ,es mx

Anyone can fall victim to a cyber-attack, know how to prevent cybercriminals from stealing your data for financial reward.



Natural Disasters - Security

3 minutes

Languages: en, ja, zh

Explains some common types of Natural Disaster, tips on planning ahead and ways of reacting to a natural disaster.



Natural Disasters - Medical

3 minutes

Languages: en, ja, zh

Know how to cope during a natural disaster, covers general health & safety concerns and tips on staying well

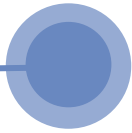


Safe Food & Water

3 minutes

Languages: en, ja, zh

Understand risks and conditions from contaminated food & water, ensure basic hygiene measures to stay healthy.



HEALTH AND WELLBEING

These topics are suitable for all your people.



Emotional Wellness

3 minutes

Languages: en, ja, zh

Learn how to recognise signs of stress when undertaking frequent travel, how to maintain emotional wellbeing and know or when to seek support if you are struggling to cope.



Emotional Resilience - Assessment

6 minutes

Languages: en, fr, de, it, es, pt, ko, ja, zh, pt br, es mx,

This fun assessment aims to help identify your traveller 'type' to estimate how likely you are to feel stressed during travels (A WorkPlace Options collaboration).



Stress Management

3 minutes

Languages: en, fr, de, it, es, pt, ko, ja, zh, pt br, es mx

When faced with new or uncertain situations it is common to feel stressed and anxious. Understand how to deal with information overload and heightened awareness of risk exposure during periods of stress.



Productivity Tips – work from home

4 minutes

Languages: en, fr, de, it, es, pt, ko, ja, zh, pt br, es mx

Tips to help to help people adjust, stay focused and be productive while working remotely.



Staying Healthy – work from home

3 minutes

Languages: en, fr, de, it, es, pt, ko, ja, zh, pt br, es mx

Keeping on the right path and making good decisions when Working From Home, being active, getting rest, and managing stress.

Our Digital Learning Portfolio content, along with our Training & Consultancy Services helps to ensure your people are prepared, ready for many an eventuality and your company is compliant.

Discover more here:

<https://www.internationalsos.com/services/training>

<https://www.internationalsos.com/services/workforce-resilience/digital-training-portfolio>

Pandemics Awareness



Vaccine Myth Buster

3.5 minutes

Languages: en, fr, de, no, it, es, tr, th, ko, ja, zh, pt br, es mx

Understand the critical role that vaccines play in reducing the spread of COVID-19.



Coronavirus Awareness

4 minutes

Languages: en, fr, de, no, it, es, tr, th, ko, ja, zh, pt br, es mx

Provides a high-level understanding on what a coronavirus is (e.g. Covid-19). Contains a section for managers to mitigate business exposure



Pandemics – Global Threats

27 minutes

Languages: en, ja, zh

This course covers a range of global health threats that cause pandemic outbreaks which can spread around the world, e.g., Bird flu, Zika, etc. (does not cover Covid-19).



Pandemics – Manager Guide

11 minutes

Languages: en, ja, zh

Pandemics are disease outbreaks that spread around the world. Those managing people can prepare to keep employees well and your business locations running.



Physical / Social Distancing

3 minutes

Languages: en, fr, de, no, it, es, tr, th, ko, ja, zh, pt br, es mx

Reducing social interactions with other people during a pandemic helps slow the spread of infectious diseases; keeping others safe.



Return to Work

4.5 minutes

Languages: en, fr, de, no, it, es, tr, th, ko, ja, zh, pt br, es mx

As restrictions are eased after a pandemic, learn how to transition to a changed work environment with stricter hygiene standards.



Return to Travel

5 minutes

Languages: en, fr, de, no, it, es, tr, th, ko, ja, zh, pt br, es mx

As travel activities resume after a pandemic, understand your options for using public transport whilst maintaining health standards on your journey.

NGO & SCHOLASTIC TOPICS

These topics are crafted to suit our SCHOLASTIC or NGO travellers.



NGO – Road safety

16 minutes; assessment 80% pass rate
Languages: en (US)

Journeys by road and travelling in unfamiliar places presents unexpected risks for travellers. (in collaboration with the Global Road Safety Partnership).



NGO – Women's Security

18 minutes
Languages: en (US)

This course aims to address matters related to the safety needs of female business travelers and persons accompanying them.



NGO – Malaria

25 minutes; assessment 80% pass rate
Languages: en (US)

Can be life threatening and a real risk killing thousands annually across 90 countries. Malaria is preventable and curable if treated in time. Useful for people travelling to or working in affected areas.



Student - Wellness

25 minutes; assessment 80% pass rate
Languages: en (US)

Raises awareness of various personal health risks that may be faced; includes practical advice and hints, well-being and other tips to help keep healthy while overseas



Student - Security

25 minutes; assessment 80% pass rate
Languages: en (US)

For students who are travelling abroad. Includes, practical advice, hints, tips to mitigate risks and keep you secure while overseas.



Student - Female Security

25 minutes
Languages: en (US)

Addresses matters related to the safety needs of female scholastic travelers and persons accompanying them. Be aware of personal health and security risks and well-being that may be faced overseas; includes practical advice and hints

For Universities, we have developed an additional web portal with content aimed at students and staff heading out on travel.

Visit here: [https://my.internationalsos.com/School Trip Resources](https://my.internationalsos.com/School_Trip_Resources)



FIRST AID

These topics are suitable for all your people as a reminder on key skills and information gained after attending a First Aid Training classroom course.



First Aid Refresher – AED

5 minutes

Languages: en (US)

Ensure you know with this refresher how to use an **Automated External Defibrillator**, plus techniques and how to react in a Situation.



First Aid Refresher – CPR

5 minutes

Languages: en (US)

Refresh your knowledge on adult **cardiopulmonary resuscitation** and how best to react in a situation.



First Aid – Bleeding wounds

5 minutes

Languages: en (US)

Take this refresher to remember some of the key skills on how to treat a **bleeding wound** if needed.



First Aid – Severe Allergies

5 minutes

Languages: en (US)

Remind yourself on **anaphylaxis** and how to react in a situation if it arises.

INTERNATIONAL SOS Digital Learning Portfolio

PREVENTION, COMPLIANCE AND KNOWLEDGE RETENTION

Ask your Account Manager about our DLP content, virtual and classroom sessions or consultancy solutions in: First Aid, Health and Wellbeing and Workforce Risk prevention.

<https://www.internationalsos.com/services/workforce-resilience/digital-training-portfolio>