



# HEALTH EMERGENCIES IN LARGE POPULATIONS

16-26 October 2022, TEHRAN

## Applicant's guide



Tehran University  
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## Acronyms

H.E.L.P.	Health Emergencies in Large Populations
ICRC	International Committee of the Red Cross
IRCS	Iranian Red Crescent Society
TSPH	Tehran School of Public Health

## 1. H.E.L.P. course

### 1.1. Background

The H.E.L.P. course is a two-week, on-site, course that was created in 1986 by the ICRC in cooperation with the World Health Organization (WHO) and the University of Geneva (UNIGE). Since the 1<sup>st</sup> training held in Geneva, the course took place in 28 countries with 5500+ trainees from 130+ different nationalities. In 2022, there are 11 courses active in 9 countries – Baltimore USA, Benin, Cuba, Hawaii USA, India, Iran, Japan, Lebanon and Switzerland, always involving ICRC, WHO, an academic partner and the Red Cross / Red Crescent National Society. With the COVID-19 pandemic, the course has evolved to an online version in 2021, which led to a revision of the training means and a new reflection on delivery methods. The pre-learning phase, lasting at least a month prior to the course, takes more importance in the learning process even if in 2022 8 courses go back to in-person teaching.

### 1.2. Course aim

The H.E.L.P. course aims to enhance professionalism in the response to health emergencies as a result of armed conflict, natural disasters and disease outbreaks. The course focuses on decision making in acute and protracted crises, with strong emphasis on placing affected people and context at the centre. The H.E.L.P. course adopts a public health approach, fosters a multidisciplinary response, and brings out challenges, dilemmas, standards, norms and principles. The H.E.L.P. course brings together a wide range of participants and Facilitators to mutually benefit from each other's knowledge and experience.

### 1.3. Course audience

The course is intended for individuals with 1-3 years' work experience in humanitarian crises. Prospective participants have taken, or will take, an active role in managing interventions and operations. Professional backgrounds may vary from a health background (e.g. doctors, nurses, public health officers, nutritionists to water and sanitation engineers) to disciplines with a focus on strategic management or responsibilities in humanitarian crisis situations. The course aims to bring together a rich mix of professional expertise and experience, coming from a variety of regions, and a range of national and international institutions such as Ministry of Health and governmental institutions, the Red Cross / Red Crescent Movement, UN agencies, NGOs, military and individuals undertaking continued education.

## 2. H.E.L.P. course in Tehran

### 2.1. Venue and Dates

The ten-days long course will be conducted in Tehran, Iran between 16 to 26 October 2022.

### 2.2. Course Language

The course in Tehran will be held in English and all the participants should be able to communicate and actively interact in English.

### 2.3. Course content

No matter where the course is taught 80% of its core content is the same. The course explores a wide range of topics. After setting the scene, it focuses on aspects of managing interventions such as programme cycle management, field epidemiology in crisis situations, outbreak investigation and control, practical ethics in humanitarian action and, communication and coordination. Moreover, the elements of the health pyramid are examined such as Nutrition and water and sanitation. This is followed by looking at some of the core health issues, including communicable diseases, non-communicable diseases, sexual and reproductive health, mental health and psychosocial support and mass casualty management. Additionally, the course goes into the legal framework in which humanitarian interventions take place and the imperative of international humanitarian law, humanitarian protection and, multidisciplinary approaches to violence through the examples of violence against health care and sexual violence. Depending on the regional context or current events, some specific topics may also be addressed such as effects of climate change on crises, specific diseases such as COVID-19, first aid in the field, management of dead bodies, responses to nuclear, radiological, biological, or chemical threats, remote management or other relevant topics.

### 2.4. Certificate

Upon successful completion of the course, participants will be awarded a certificate of attendance signed by the three organizers of the course. Participation in all the sessions of the course is mandatory

### 2.5. Learning approach

As a guiding framework, we attempt to implement a balance approach including exercises, videos, simulations, case study, group work, general discussion, and lecture. As a recap exercise, the participants will be requested to practice on a simulation exercise on the last day of the course and put what they have learned during the course into practice.

### 2.6. Course Fee and expenses

The course fee in Tehran for international participants is CHF 1,000 which should be transferred by the participant or his/her sponsor into the ICRC bank account in Switzerland. Participants are expected to cover their tickets, accommodation, and visa expenses.

The HELP Course fee for Iranian participants is IRR 50,000,000 which should be transferred into the ICRC bank account in Tehran. Participants from cities other than Tehran are expected to cover their tickets and accommodation expenses.

## 2.7. Registration

The application form should be filled out and returned to the ICRC Iran by 31 August 2022 through the following email address: ([teh\\_teheran@icrc.org](mailto:teh_teheran@icrc.org)).

! Note

- The participants will be selected according to their professional experiences and academic background.
- All the participants are expected to deliver a 10-minute presentation/lecture in English during the course related to their profession/field of expertise. The purpose of the presentations is sharing experiences from different contexts and creating the opportunity to discuss about the humanitarian principles, operational challenges, and ethical dilemmas.

## 2.8. Visa

Iranian Red Crescent Society will facilitate the visa issuance for the participants. The selected applicants will be contacted in due time regarding visa application process. All the travellers should have received at least two doses of Covid-19 vaccine. PCR test might be required by the airlines or airport/health authorities.

You may find more info on visa requirements here: <https://evisa.mfa.ir/en/>

## 2.9. Certificate

Upon successful completion of the course, participants will be awarded a certificate of attendance signed by the three organizers of the course. Participation in all the sessions of the course is mandatory.

