

COMMUNITY-BASED DISASTER RISK REDUCTION  
for Field Practitioners



The  
**CURRICULUM**







## Foreword

South Asia remains one of the most disaster prone regions in the world. Annually millions of people are affected by natural disasters; from 1987 to 2006, 24% of people killed worldwide by disasters were in South Asia, according to data from the Centre for Research on the Epidemiology of Disasters. The frequency and magnitude of disasters in South Asia has increased over recent years and has demonstrated the need to reduce the underlying risk factors and to develop and improve disaster risk reduction strategies, particularly taking into consideration climate change, that aim to reduce disaster related risks, death, injury and adverse affects on livelihoods. Disasters obviously also have a negative impact on the achievement of the Millennium Development Goals and too on national development plans of countries in the region.

The International Federation of Red Cross and Red Crescent Societies is committed to the implementation of the Hyogo Framework for Action that set out a series of initiatives that governments, civil society, regional and international organisations and communities can carry out for promoting a strategic and systematic approach to reducing vulnerabilities, risks and hazards.

Red Cross and Red Crescent national societies in South Asia have for many years conducted Disaster Management / Disaster Risk Reduction training programmes at various levels. However, the training





terminology, curriculum, methodology, materials vary from one national society to another despite commonalities in the nature of the hazards that they face, their needs and challenges and increasingly the standardisation of Disaster Risk Reduction policy and strategy. Existing training curricula used by field practitioners also need to be updated to address the emerging threats faced in the region include new developments and good practices in Disaster Risk Reduction. More consistent and better quality Disaster Risk Reduction training programmes can produce the necessary human-resources within the national societies in order to transfer appropriate knowledge and skills to the local communities to face these new challenges.

This training material is significant in providing the first comprehensive attempt in South Asia to provide a standardised Disaster Risk Reduction training curriculum targeting field practitioners and community in order to improve the overall quality and impact of the Disaster Risk Reduction training programmes in South Asia undertaken by Red Cross and Red Crescent Society staff and volunteers working in disaster risk reduction. The book brings together material drawn from our own experiences within the Movement in dealing with the hazards that we face in this region but also from international non-government organisations and United Nations system agencies. Disaster risk reduction is most effective when it is undertaken in close cooperation and coordination with the government and other organisations.





Each national society has been assigned crucial roles and responsibilities under their respective Government's policies, legislation, strategies and plans, which this material will help us to undertake them more efficiently and effectively. This reference volume on community-based disaster risk reduction, I am sure, will benefit not just to those in the national societies in South Asia - both staff and volunteers - but also to others working in the region and for national societies and Federation delegations elsewhere, as well as those working for other organisations and in the governments.

We are particularly grateful for the financial support from DIPECHO and other Participating National Societies that has enabled the International Federation South Asia Regional Delegation to undertake this work.

I strongly encourage national society staff and volunteers to use this excellent resource in your efforts to ensure that we play our part to undertake the priorities under the Hyogo Framework for Action and contribute to the achievement of the Millennium Development Goals.

Head of International Federation  
South Asia Regional Delegation

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# WHY COMMUNITY-BASED DISASTER RISK REDUCTION

**T**he community based approaches to disaster risk reduction recognises the fact that in the immediate aftermath of a disaster, the first response always comes from the community itself. It also recognises the fact that in many cases, top down approaches may fail to address the specific local needs of vulnerable communities, ignore the potential of local resources and capacities and may in some cases even increase people's vulnerability. Community-Based Disaster Risk Reduction seeks ways to help communities effectively use local resources and capacities to better prepare for disasters, and to adopt measures to reduce their vulnerability.

Specifically, below is a list of practical considerations as to why there is a need for community-based approaches to disaster risk reduction:

- ❧ Communities themselves best understand local opportunities and constraints and therefore need to be involved in identification and resolution of disaster vulnerability issues
- ❧ Communities have the greatest stake in ensuring their own survival and well being, given their own interest in the development of their community, hence information and assessment of the disaster risk situation and options for risk reduction should be generated in a participatory manner and in local language, so that it is well understood
- ❧ Communities have a good understanding of local realities, negotiation options and strategies to be adopted and should be at the forefront of empowered action to manage and reduce risk







The relevance of community-based approaches is also increasing in the light of radically changing patterns of disaster occurrence and loss. While occasional large catastrophes associated with earthquakes, volcanic eruption and cyclones continue to occur, the rapid increase in disaster occurrence and loss documented in various data bases, is due almost exclusively to an exponential increase in the occurrence of small to medium scale disasters associated socio-natural hazards such as landslide, flood, drought and fire. In the context of these new patterns of disaster occurrence and loss, Community-Based Disaster Risk Reduction offer perhaps the only alternative for being better prepared for disasters.

It should be emphasised that Community-Based Disaster Risk Reduction should be undertaken with vulnerable communities in partnerships with the government and other stakeholders in disaster risk reduction.





# COMMUNITY –BASED DISASTER RISK REDUCTION AND THE INTERNATIONAL FEDERATION OF RED CROSS AND RED CRESCENT



*I*n line with the International Federation's global strategy of improving community safety and resilience, the National Societies in Afghanistan, Bangladesh, India, Nepal, Pakistan and Sri Lanka and the International Federation Delegation in Maldives have been making, through various risk reduction and preparedness program initiatives, significant contribution in reducing the vulnerability of people living in some of the most hazard-prone areas in their respective countries.

It was identified that there was a need to foster knowledge sharing on disaster risk reduction and develop a common approach with standardised materials and tools. As a response to this need, the International Federation of Red Cross and Red Crescent South Asia Regional Delegation with the support of DIPECHO, within the 'Building Safer Communities' initiative, launched a project to develop a standardised Community Based Disaster Risk Reduction training curriculum targeted at field practitioners. The aim was to improve the overall quality and impact of Disaster Risk Reduction training programmes outputs in South Asia. It is intended that this curriculum will also be equally useful to other agencies working in the region.



# TOWARDS STANDARDISING THE TRAINING CURRICULUM FOR COMMUNITY-BASED DISASTER RISK REDUCTION



To begin the process, the International Federation of Red Cross and Red Crescent, South Asia Regional Delegation jointly with the Asian Disaster Preparedness Center conducted a training needs analysis. Results were presented during the Consultative Workshop on CBDRR Curriculum Development which was held in New Delhi on April 2008. Below is the summary of results and findings:

❧ **Audience Analysis:** The target audience for the training are the Red Cross and Red Crescent CBDRR field practitioners who may either be a regular staff or volunteer of the National Societies or their respective provincial branches; they are expected to perform the role of assisting at-risk communities implement their own CBDRR programs.

❧ **Task Analysis:** In order to perform the above role, there are 7 major tasks of the CBDRR Field Practitioners. These are:

- Task 1* Popularise the International Red Cross and Red Crescent Movement and promote the Spirit of Volunteerism;
- Task 2* Identify and select the communities for CBDRR assistance;
- Task 3* Engage / interact with communities, particularly the vulnerable groups for identifying community needs, interests and concerns for locally specific hazards, risks and vulnerabilities;
- Task 4* Identify types of DRR activities through community participatory planning on disaster risk reduction activities, including plan for resource sharing and implementation;
- Task 5* Implement jointly with people a community led risk reduction program and activities;
- Task 6* Conduct participatory monitoring of project implementation and evaluation of project effectiveness; and
- Task 7* Document lessons learned and share knowledge within and outside the organisation.



✿ Required Competencies. The Community-Based Disaster Risk Reduction Field Practitioner should be competent in the following areas to execute the above mentioned tasks: oral and written communications, planning, program management, problem solving, partnership building and co-operating with others, training, managing and utilising information, benchmarking and service delivery improvement on Community-Based Disaster Risk Reduction.

Based on the above findings, a course outline was developed. Details of the course outline were presented for comments during the 6th Disaster Management Working Group in New Delhi in May 2008. Subsequently, further comments were solicited through telephone conference and e-mail exchanges with the members of the Technical Committee on the Curriculum Development. This group was formed during the above mentioned consultative workshop and was tasked to provide technical inputs in the design and implementation of the training curriculum.

The curriculum was then honed through a series of field tests in Islamabad, Pakistan, Wadduwa, Sri Lanka and Dhaka, Bangladesh. The Facilitator's Guide, Participant's Workbook and Supplementary to Facilitators Guide (collection of activities for group dynamics) are the results of this process.





# COURSE OBJECTIVES



**T**he Community-Based Disaster Risk Reduction for Field Practitioners course provides the opportunity to learn essential knowledge and skills in Community-Based Disaster Risk Reduction to address implementation challenges in a systematic manner. The field practitioners will be provided with practical tools for design and implementation of programmes for reducing disaster risks and vulnerabilities and building of community capacity to promote a culture of safety.

The general objective of the course is for participants apply the theories and practical tools used in Community-Based Disaster Risk Reduction to help in building safer and more resilient communities jointly with the population who are at- risk to disasters. At the end of the course, the field practitioners will be able to:

1. Explain the conceptual framework in reducing risk
2. Design and conduct community-based vulnerability and capacity assessment
3. Identify measures for hazard and vulnerability reduction and community capacity building
4. Prepare risk reduction plans and understand how to integrate them into development programmes
5. Analyse problems in the implementation of Community-Based Disaster Risk Reduction plans and their sustainability
6. Design and conduct participatory monitoring and evaluation in Community-Based Disaster Risk Reduction
7. Document best practices and lessons learnt in Community-Based Disaster Risk Reduction



The course is structured to develop the expertise of each participant on three tracks of competence. These are:

### **Track One: The Fundamental Concepts and Principles**

This covers the development of knowledge and skills in understanding the issues involved such as:

- a. Scope of the Problem - understanding the disaster problem and its impact; the linkages with sustainable development, and understanding of disaster risk reduction concepts and principles
- b. Conceptual Framework – the development of a theoretical model applicable for community based approaches to disaster risk reduction includes discussion on the principles of participation and human development, goals and objectives, inputs, outputs and impact parameters

### **Track Two: The Technical Knowledge and Skills**

This focuses on the improvement of expertise and specialisation in managing community-based activities in disaster related activities. It covers the development of the more specialised knowledge and skills of individuals by exposing them to current case experiences, theories and practice related to the problems in which they will be involved and interventions appropriate to the problem. This track includes:

- a. Hazard, vulnerability and capacity: risk assessment tools, mapping and exposure to practical tools and processes
- b. Community-based disaster risk reduction practice: specific principles and methods of community-based approaches in disaster preparedness planning, risk assessment, programme management, training, project design and implementation, networking and advocacy for programme sustainability

### **Track Three: Building Personal Skills and Commitments**

This focuses on the development of skills necessary for effective work as a facilitator and motivator of communities for tackling disaster risk. It includes abilities of analysis, problem solving, decision making, leadership, communicating, facilitating, advocating, working in a group or team, mobilising vulnerable groups, reinforcing of commitment and general improvement in interpersonal skills.

In addition, it will help to build the attitudes, values, moral strength and passion that are key ingredients of a committed facilitator of community process for empowerment and leadership. Supplemented by evocative discussions and short lectures, this objective will be achieved as a built in process during the duration of the training through exercise and group interaction.





# COURSE CONTENT



The course is composed of six modules. Hereunder is the list of the modules, brief description and contents.

## **Module 1: Introduction to the International Red Cross and Red Crescent Movement**

The course starts with a review of the basic information about the Movement. This module contains the History of the Movement, the Fundamental Principles of the International Red Cross and Red Crescent Movement, different bodies within the organisational structure, role of volunteers and Code of Conduct for the International Red Cross and Red Crescent Movement and Non-Governmental Organisations in Disaster Relief.

### **Note!**

This module is largely geared towards field practitioners from National Red Cross or Red Crescent Societies. If this course is being run externally to the Red Cross Red Crescent context it may not be necessary to cover all the sessions in Module 1. It is suggested however that time is still spent covering the Code of Conduct for the International Red Cross and Red Crescent Movement and Non-Governmental Organisations in Disaster Relief as this has relevance to the activities of many other actors in Community-Based Disaster Risk Reduction.



## **Module 2: Community-Based Disaster Risk Reduction: A Framework for Reducing Risk**

This module explains the place of Community-Based Disaster Risk Reduction in the overall disaster risk reduction context, definitions of terms and importance of community-based approach, the processes and elements of community level disaster risk reduction systems, the link of Community-Based Disaster Risk Reduction with development initiatives, roles of vulnerable groups in Community-Based Disaster Risk Reduction and characteristics of safer and resilient communities.

## **Module 3: The Community-Based Disaster Risk Reduction Process**

This module discusses in detail the Community-Based Disaster Risk Reduction process, the role of field practitioners in each of the step, perceptions of risk, hazard, vulnerability and capacity assessment, orientation on Vulnerability and Capacity Assessment (VCA): Learning by Doing and practice the application of tools both in the classroom and in the field work.

The practice of VCA is followed with learning sessions on identification of risk reduction measures, prioritisation, preparation of community risk reduction plans, stakeholder analysis, organisational mechanisms to implement the plan, examples of integration of risk reduction into development activities and planning facilitation skills.

Also the module contains topical presentation and sessions on sharing on issues and problems and solutions related to implementation of Community-Based Disaster Risk Reduction projects (e.g. formation of community-based organisations, Community-Based Disaster Risk Reduction trainings, building partnerships for Community-Based Disaster Risk Reduction, program sustainability).

This module also explains how communities can decide collectively in measuring progress and what actions need to be taken as a result of this analysis; principles of participatory monitoring and evaluation; and how to monitor and evaluate Community-Based Disaster Risk Reduction Programmes.







## **Module 4: Documenting Good Practice and Lessons Learnt in Community-Based Disaster Risk Reduction**

This module focuses on skills acquisition on documenting best practices and lessons learnt in Community-Based Disaster Risk Reduction implementation, developing criteria, information gathering and methodologies and techniques, elements of a case study and practice writing of case studies.

## **Module 5: Advocacy for Sustaining Community-Based Disaster Risk Reduction**

In general, this module provides skills capacity enhancement on designing and implementing advocacy plans to support promotion of sustainability of Community-Based Disaster Risk Reduction programmes. Specifically, this cover the following topics: steps in advocacy, advocacy strategies, stakeholder analysis in the context of advocacy, building alliances, developing advocacy messages, advocacy tactics and planning for advocacy.

## **Module 6: Next Steps**

This includes participant's self review, synthesis of learning log and planning for next steps particularly on the integration of Community-Based Disaster Risk Reduction into their organisation's plans and programmes.





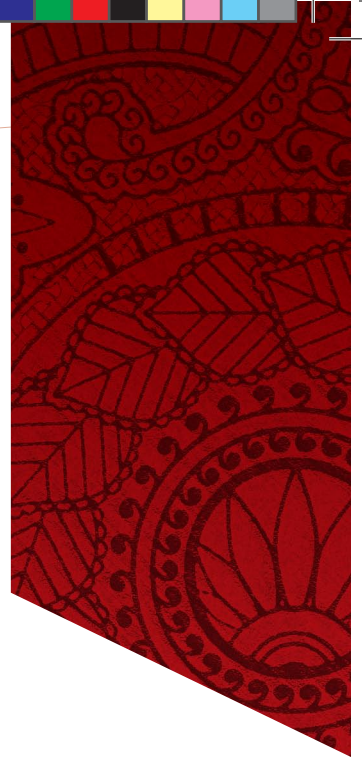
# TEACHING AND LEARNING METHODOLOGIES

The Community-Based Disaster Risk Reduction For Field Practitioners course draws upon the rich repository of knowledge, experience, tools and case studies of the International Federation, National Societies, Asian Disaster Preparedness Center and other partner organisations.

The following basic principles of adult education guide the design and conduct of the course:

- ✿ Adult learners bring with them a wealth of experience, knowledge and skills
- ✿ No one directly teaches adults anything. What is being taught should have a personal meaning for adults and should be relevant to their needs and problems
- ✿ While adult learners want to be independent, they also enjoy functioning interdependently; learning is a cooperative and collaborative process
- ✿ People learn best as a result of experience
- ✿ Learning is not imposed; it is a developing a evolving process

This course promotes sharing of relevant technical and community-based risk assessment tools and knowledge. It encourages participants to think creatively and utilises contemporary learning methods, including evocative discussions, film showing, interactive lectures, instructional games, group work, class room exercises, role play and field work.



# COURSE PARTICIPANTS

The target participants for this training are the field practitioners of Community-Based Disaster Risk Reduction of different and various government and non-government agencies. From the National Societies of Red Cross and Red Crescent, the field practitioners may either be regular staff or volunteers of the National Societies (or their respective provincial branches).

The field practitioners are expected to perform the role of assisting at-risk communities implement their own Community-Based Disaster Risk Reduction programmes. This training will be helpful for field practitioners who:

- ✿ Are directly involved in programmes such as Community-Based Disaster Risk Reduction, Community-Based Disaster Preparedness, Community-Based Disaster Management, Community-Based First Aid and Earthquake Preparedness
- ✿ Already have a basic understanding of the International Red Cross and Red Crescent Movement and knowledge of some of the tools used in vulnerability and capacity assessment
- ✿ Have language proficiency sufficient to receive and participate in this training in English
- ✿ Have facilitation skills and experience



# COURSE SCHEDULE

The course will run for 7 days. Below are the topics to be covered for each day:

DAY	MODULE
Day 0	Opening Ceremony
Day 1	Pre-course Activities
	<b>Module 1</b> Introduction to the International Red Cross and Red Crescent Movement
	Session 1 History and Origin of the International Red Cross and Red Crescent Movement
	Session 2 The Fundamental Principles of the International Red Cross and Red Crescent Movement
	Session 3 Components of the International Red Cross and Red Crescent Movement
	Session 4 Volunteering in the Context of National Red Cross and Red Crescent Societies
	Session 5 The Code of Conduct for the International Red Cross and Red Crescent Movement and Non-Governmental Organisations in Disaster Relief
	<b>Module 2</b> Community-Based Disaster Risk Reduction: A Framework for Reducing Risk
	Session 1 Basic Terms and Concepts on Disaster Risk Reduction
	Session 2 Linking Community-Based Disaster Risk Reduction with Development
Day 2	<b>Module 2</b> continuation
	Session 3 Characteristics of a Safer, More Resilient Community
	Session 4 The Role of the International Red Cross and Red Crescent in Community-Based Disaster Risk Reduction
	Session 5 Introducing the Community-Based Disaster Risk Reduction Process
	Session 6 Addressing Special Needs: Ensuring Inclusion of All Vulnerable Groups



	<b>Module 3</b>	<b>The Community-Based Disaster Risk Reduction Process</b>
	Session 1	Step 1. Initiating the Process of Working with the Community on Community-Based Disaster Risk Reduction
Day 3	<b>Module 3</b>	<i>continuation</i>
	Session 2	Step 2. Conduct of Participatory Vulnerability and Capacity Assessment
Day 4		Field Visit
Day 5		Field Visit
Day 6	<b>Module 3</b>	<i>continuation</i>
	Session 3	Step 3. Community-Based Disaster Risk Reduction Planning
	Session 4	Step 4. Community-Based Disaster Risk Reduction Plan Implementation
Day 7	<b>Module 3</b>	<i>continuation</i>
	Session 5	Step 5. Participatory Community Monitoring and Evaluation
	<b>Module 4</b>	<b>Documenting Good Practice and Lessons Learnt in Community-Based Disaster Risk Reduction</b>
	Session 1	Introduction to Writing Case studies
	Session 2	Information Gathering Methodologies and Techniques
	Session 3	Case Study Design
	<b>Module 5</b>	<b>Advocacy for Sustaining Community-Based Disaster Risk Reduction</b>
	Session 1	Advocacy in the Context of Red Cross and Red Crescent Movement
	Session 2	Steps in Advocacy: Theory and Practice
	Session 3	The Role of Advocates
	<b>Module 6</b>	<b>Next Steps</b>
	Session 1	Action Planning by Participants
	Session 2	Course Summary
	Session 3	Post Course Assessment
	Session 4	Completion of Course Evaluation Forms
	Session 5	Gallery Walk and Sharing of Learning
		Closing Ceremony





# COURSE KIT

The course kit is composed of the following which will be distributed to concerned individuals:

- ❧ Participant's Workbook – for field practitioners attending the course
- ❧ Facilitator's Guide and Supplement of Facilitator's Guide ( A collection of group energisers ) – for the resource persons
- ❧ Compilation of Reading Materials and CD copy of the power point presentations- for both the participants and facilitators

The Facilitator's Guide is used in close link with the Participant's Workbook and the Compilation of Reading Materials. It outlines the content flow and participatory learning activities which can be applied to national and local conditions with modification. Some sample visuals have been included as a guide to Community-Based Disaster Risk Reduction training facilitators in the development of their training materials.



## **And finally...**

Participants are expected to have fun while learning!



## The Fundamental Principles of the International Red Cross and Red Crescent Movement

### Humanity

The International Red Cross and Red Crescent Movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavours, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

### Impartiality

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavours to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

### Neutrality

In order to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

### Independence

The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

### Voluntary service

It is a voluntary relief movement not prompted in any manner by desire for gain.

### Unity

There can be only one Red Cross or Red Crescent Society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.

### Universality

The International Red Cross and Red Crescent Movement, in which all societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.



## List of Participants

The following individuals had provided valuable inputs in the development of the standardised curriculum on Community-Based Disaster Risk Reduction for Field Practitioners, which was pilot-tested in Pakistan, Sri Lanka and Bangladesh:

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building safer communities  
in South Asia

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