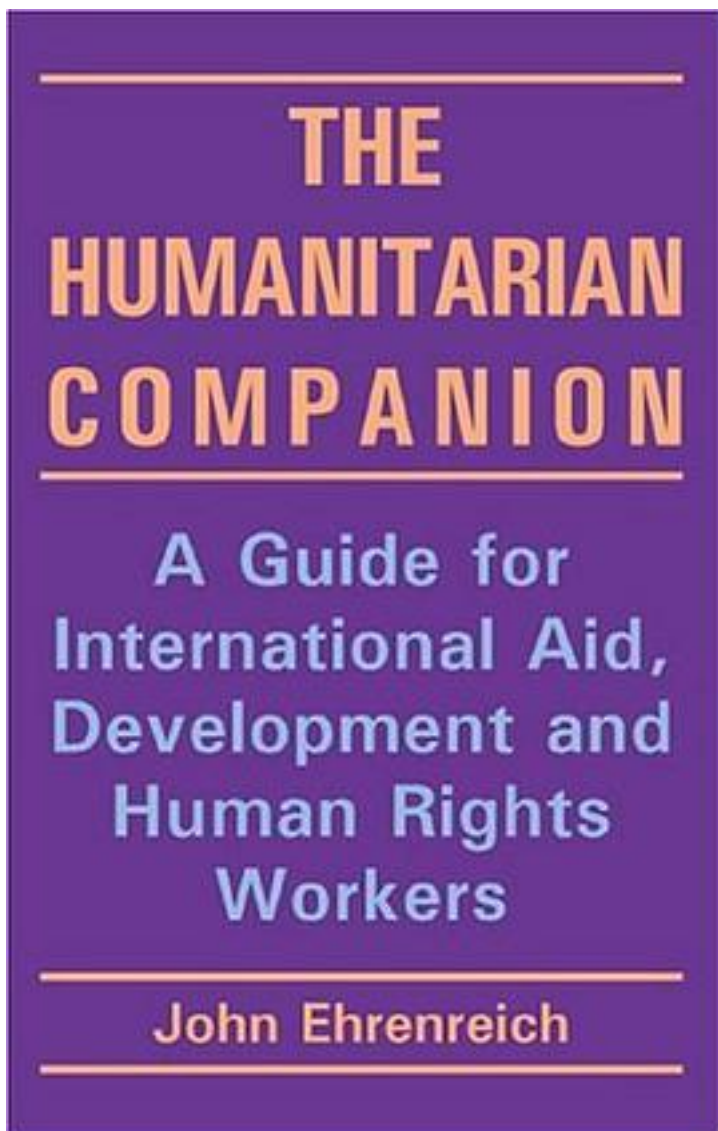


The Humanitarian Companion



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Humanitarian workers -- working in their own country or overseas -- face many common challenges. This book will help them, and those training them, prepare both practically and emotionally for the wide range of challenges, dangers and insecurities that are an everyday part of their work. Written with both the new humanitarian worker and the experienced veteran in mind, the book deals in turn with the main stages of a humanitarian assignment. It starts with issues to consider before you start out, then deals with safety and security in the field, staying healthy, managing stress, coping with the trauma of others, and dealing with returning home at the end of an assignment. An extensive appendix includes a checklist of 'what to do and what to take with you', a brief first aid manual, and other practical information and advice. This book will be a welcome companion for all humanitarian workers, and an essential tool for those training them.

作者介绍:

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