



SORINTEQ

HEART – HOSTILE ENVIRONMENT AWARENESS & RESPONSE TRAINING

A 5 day specialist training
course for Government and
commercial sectors

- ✓ 5 Day Programme
- ✓ Specialist Training for Law Enforcement
- ✓ All Training Equipment Provided

Contact Us

 [0333 0063248](tel:03330063248)

 [Sorinteq Academy](http://SorinteqAcademy)



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Course Overview

The Hostile Environment Awareness & Response Training (HEART) course is designed to prepare individuals and teams to operate safely, confidently, and effectively in hostile or high-risk environments.

This intensive programme focuses on pre-deployment planning, situational awareness, and critical incident response, equipping learners with the practical skills required to survive, evade, and escape when operating under threat. The course addresses both individual and team-based operations, including lone working scenarios, and is grounded in real-world operational experience.

Training is highly practical, scenario-driven, and designed to build confidence, resilience, and decision-making capability in challenging and unpredictable environments.

Who is the course for?

This course is suitable for personnel whose roles require deployment or movement in hostile environments, including:

- Government staff operating overseas or in unstable regions
- Journalists, aid workers, and NGO personnel
- Security professionals and protective service teams
- Corporate staff travelling to high-risk locations
- Individuals required to work alone or in small teams in hostile areas

No prior hostile environment training is required, although the course can also act as refresher or CPD training for experienced personnel.





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Course Content

The HEART course covers a comprehensive range of practical and theoretical elements, including:

- Hostile Environment Risk Awareness
- Understanding threat types, risk indicators, and environmental hazards
- Worst–Case Scenario Planning
- Developing contingency plans for critical incidents
- Route Planning and Navigation
- Urban and rural navigation, movement planning, and avoidance techniques
- Escape Routes and Safe Havens
- Identifying and exploiting escape opportunities
- Equipment Considerations
- Carry, concealment, caching, and use of essential equipment
- Kidnap Awareness and Response
- Recognising signals, indicators, and behavioural warning signs
- Escape and Evasion Techniques
- Practical evasion skills for urban and rural environments
- Team and Lone Worker Considerations
- Communication, decision-making, and stress management
- Scenario-Based Exercises
- Applied learning through realistic and immersive scenarios





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Aims and Objectives of the Course

By the end of the HEART course, learners will be able to:

- Conduct effective pre-deployment and contingency planning
- Identify and mitigate risks associated with hostile environments
- Develop escape and evasion strategies for both urban and rural settings
- Recognise early indicators of hostile intent, including kidnap threats
- Respond effectively to critical incidents under stress
- Navigate safely using planned and improvised routes
- Operate independently or as part of a team in high-risk situations
- Increase personal resilience, confidence, and situational awareness

Why Choose Sorinteq

Sorinteq delivers university-accredited, practitioner-led training trusted by Government and commercial organisations. Our HEART Course equips participants with specialist knowledge, practical experience, and operational confidence, ensuring they can effectively protect clients and organisations from ransomware threats.

Students undertaking courses provided by Sorinteq may earn credits towards formal academic qualifications such as Post Graduate Certificate, Diploma or MSc at the university of Buckingham.

For further enquiries please email info@sorinteq.com or call Sorinteq on +44 (0)333 0063248.

Sorinteq provide all necessary training equipment including laptop computers, internet connectivity, mobile devices and training material.

