

2.5.1

SERIES 2

Understanding
Vulnerability & Risk



Responding to Crises

Activity 2.5.1

Different people have different strategies and resources for responding to a crisis. What are yours? In this activity, we will explore what you and the other members of this training would do to respond during a crisis.

IN THIS ACTIVITY YOU WILL:

- ✓ Explore the types of strategies and resources you and your colleagues use to respond to crisis situations.

ACTIVITY 2.5.1: RESPONDING TO CRISES

INSTRUCTIONS

Consider what types of events would be a shock or crisis for your family. This could include natural disasters (droughts, floods), epidemics, inflation, loss of land due to planning, damages to your home or the home of an extended family member, death or major illness of a family member, loss of job, etc. Choose one shock or crisis that could realistically happen to you or your extended family. If you or your extended family have recently experienced a shock or crisis, you are welcome to use that experience for this exercise if you would like to.

Now, find one person to work with. Work as a pair to answer the questions:

- How do you respond if you experience a shock or crisis? What resources would you call on?
- Are there strategies you do employ, or could employ, to avoid this type of crisis in the future?

For example, if you suffered a health crisis, do you have access to medical care? Would you use savings to go to the doctor? Would family members help out, either financially or

by looking after children or providing food? What kind of daily support might you need and where would you go to get it? What types of activities do you do now that you might have to give up, at least temporarily?

If your crisis is the primary wage earner in the family losing their job, would that wage earner move to a new city for work, or ask influential friends to help them obtain a new job? If the primary wage earner moved to another city, how much of the family would move with them? No one? Just the immediate family? The entire extended family? If some of the family did not move, how would the daily routine of the family be impacted? Would they need to rely on extended family and friends for additional support?

Spend some time to explore your crisis, what it would mean for your life, and all the resources you can tap into to respond to that crisis. Consider city or national systems, such as health care, job boards, or access to loans that could help you respond. Consider personal resources, such as education, connections through family or professional or social groups, or financial savings that you might take advantage of.

Consider the network of family and friends you might rely on and what sort of support they would or could provide.

Take turns with your partner discussing and questioning one another regarding your selected crisis and the resources and strategies you would use to address it. Then, reconvene in the full group and briefly report back the results of your discussions.

Discuss in the full group how this exercise illustrates a step of the analysis required in a vulnerability assessment: looking at the needs that different crises pose and identifying the resources needed to meet all those needs.

Keep this exercise in mind as you move to the second activity in this set. In activity 2.5.2, you will explore vulnerability. As you do this, consider the resources the people in this training group have access to. What types of resources could poor or vulnerable groups access if faced by a similar crisis? If you don't know, where could you look, or what type of study could you undertake, that could provide answers to these questions?