



Myndigheten för  
samhällsskydd  
och beredskap

statens  
**Försvarshistoriska  
museer**



**Frivilliga försvarsorganisationer (FFO)**

# The brochure *If crisis or war comes* (2018)



VIKTIG INFORMATION TILL SVERIGES INVÄNARE



## OM **KRISEN** ELLER **KRIGET** KOMMER



BEREDD  
ELLER  
RÄDD

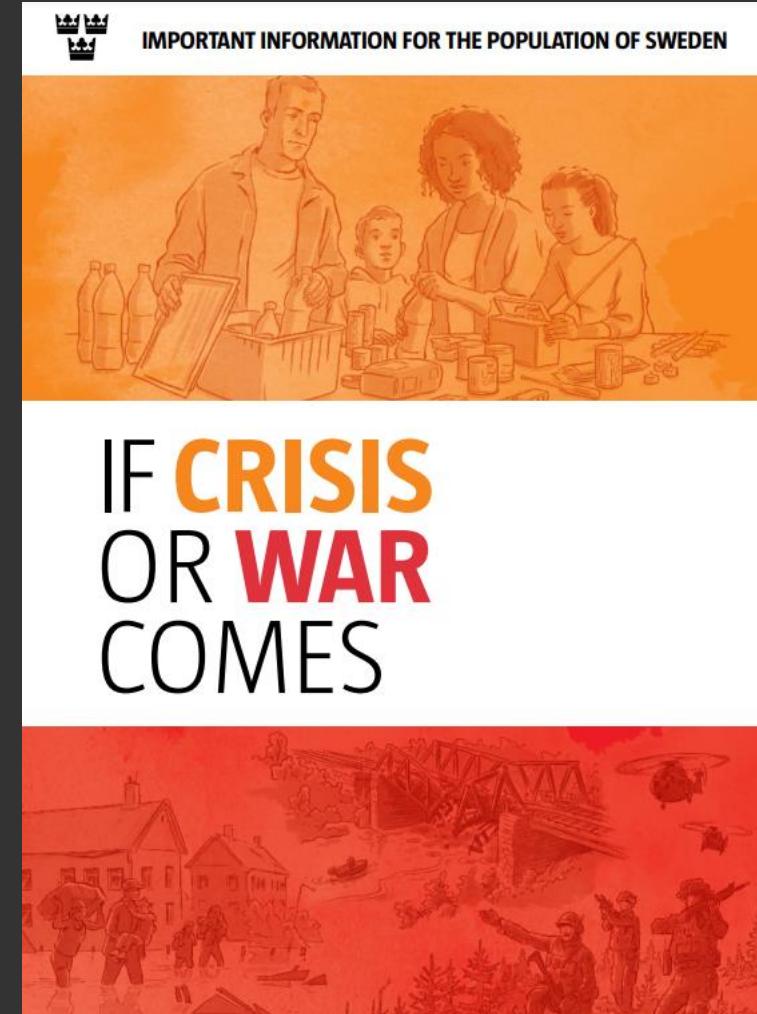
Who is the brochure aimed at?

Who sent the brochure?

Why was it sent?

What does it contain?

BEREDD  
ELLER  
RÄDD



# WHAT IS CRISES?

**Examples of  
personal crises**

**Examples of  
social crises**



# WHAT ARE THE RISKS OF SOCIAL CRISIS WHERE YOU LIVE?

## EXAMPLES:

Accident at a nuclear power plant

Floods

Snowstorm

Major fires

Landslides

Water shortage



# WHAT YOU NEED TO HAVE AT HOME

Water

Food

Heating

Communication



# WATER

## Water supply in a crisis

Allow for at least three litres per adult per day.

If you are unsure of the water's quality, boil the water.  
"Big bubbles, no troubles"

Water can be collected in:

- Containers, ideally with a dispenser tap
- Bottles
- Buckets with a lid
- Plastic bottles, for freezing water in (don't fill to the top, otherwise they will crack)
- Mineral water



# FOOD

## Food in a crisis

- Food with a long shelf life, such as tinned and dry foods
- Food that's quick and easy to cook
- Food that you like

Tips: When shopping, buy a few extra dry foods and items with a long shelf life.



# HEATING

## Heating during a crisis

Be careful if you light candles and alternative sources of heat.

Examples of things that keep you warm:

- warm outer clothing
- woolly hats, gloves, scarves
- blankets
- sleeping bags
- candles, tealights



# COMMUNICATION

You need to be able to:

Follow information from government authorities, preferably via Sveriges Radio P4

Be in contact with relatives and friends

Contact the emergency, health or police service

Examples of useful things to have:

- a battery-powered, solar-powered or wind-up radio
- extra batteries/power bank for devices like mobile phones
- phone charger for use in a car
- two-way radio/walkie-talkie



# HOW PREPARED ARE YOU?

What do you have at home to ensure you are prepared for a crisis?



# ALL OF SWEDEN TOGETHER



BEREDD  
ELLER  
RÄDD

<https://www.youtube.com/watch?v=2QeFEwE2IpY>

# WHAT IS TOTAL DEFENCE?

Are You a part of the total defence?

What can You do as part of the total defence?



# TOTAL DEFENCE DUTY

Total defence duty applies to all Swedish citizens and permanent residents.

From the age of 16 up to 70 years.

It can be anything from military service to assisting the emergency services at an accident or at natural disaster.

Everyone between 16 to 70 years of age can be war deployed.  
That means that you have perform a certain task in case of war.

**Everybody has a duty to contribute and everyone's needed.**



## Three types of total defence duty



Military service in the Swedish Armed Forces



Civilian service in civil defence



General compulsory service in civil defence



# Military defence

The military defence contains the Armed Forces (Försvarsmakten), the Home Guard (Hemvärvnet) and certain authorities that help the military defence.



The Army/Armén



The Air Force/  
Flygvapnet



The Navy/Marinen



The Home Guard/Hemvärvnet



# Civil defence

- Civil defence is the activity carried out by relevant organisations to allow society to manage during times of heightened preparedness.
- Authorities, municipality, regions, voluntary defence organisations, companies, associations work together to secure key functions of society.

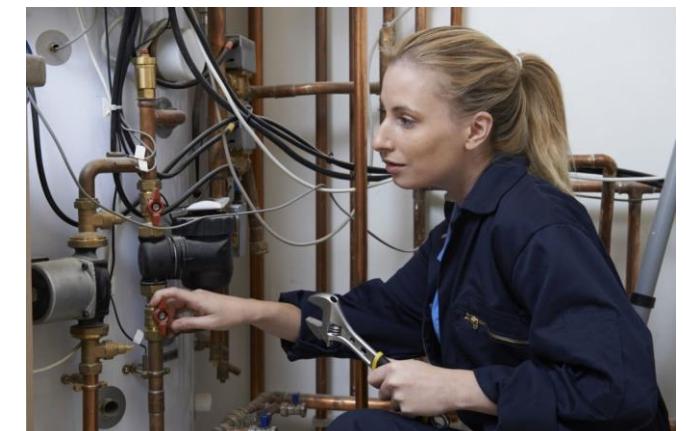


# General compulsory service in civil defence

Working with activities that have to function even under threat of war or during wartime, e.g. transport.

This may mean that you:

- 1) Carry on with your normal job
- 2) Work under a special contract that is possible through membership of a voluntary defence organisation
- 3) Be assigned by the Swedish Public Employment Service to perform work that is particularly important for the total defence



# WHAT WE ARE PROTECTING AND DEFENDING

In Sweden we have several rights that are worth defending. Like the right to lead our lives as we want to. Regardless of gender, age, religion, sexual orientation or origin.

**Freedom of speech**

**Freedom of assembly**

**Freedom of information**

**Religious freedom**

**Freedom of association**

**Freedom of movement**

**The right to demonstrate**

**Constitutional state**



# In which way would You help the defence of Sweden?

**Military defence**

**Civil defence**

**Member in a voluntary  
defence organisation**

**Don't mind**



# A residential area near yours has been flooded. What do You do?

Help the residents shift  
the water

Bring blankets, water and  
food for the residents

Open up Your home for  
the affected people

Own option



# A massive snow storm threatens to pass the area where You live, what do You do?

Leave my home and go away

I do nothing but follow the information on P4 and Krisinformation.se

Make sure that I have enough basic necessities at home

Own option



# VOLUNTARY DEFENCE ORGANISATIONS

In Sweden there are 18 voluntary defence organisations that contribute to the country's civil and military defence.

The organisations recruit and educate volunteers for many different tasks..

Bilkåren, Sveriges Bilkårsers Riksförbund

FAK, Frivilliga Automobilbilkåren

FFK, Frivilliga Flygkåren

FMCK, Frivilliga Motorcykelkåren

FPF, Försvarets Personaltjänstförbund

FRO, Frivilliga Radioorganisationen

FVRF, Flygvapenfrivilliga

IIR, Insatsingenjörerna

SBK, Svenska Brukshundklubben

SBS, Svenska Blå Stjärnan

SCF, Civilförsvarsförbundet

SFF, Svenska Fallskärmsförbundet

SLK, Riksförbundet Sveriges Lottakårer

SPSF, Svenska Pistolskytteförbundet

SRK, Svenska Röda Korset

Försvarsutbildarna, Svenska försvarsutbildningsförbundet

SVK RF, Sjövärnskårenas riksförbund

SvSF, Svenska Skyttesportsförbundet



# SOURCE CRITICISM

Questions to ask the information you see or hear:

Who?

What?

Why?

When?

How?



# SOURCE CONFIDENCE

**We need sources that we can trust.**

- Where do you get information and news that you can trust?
- Why do you trust these sources?

