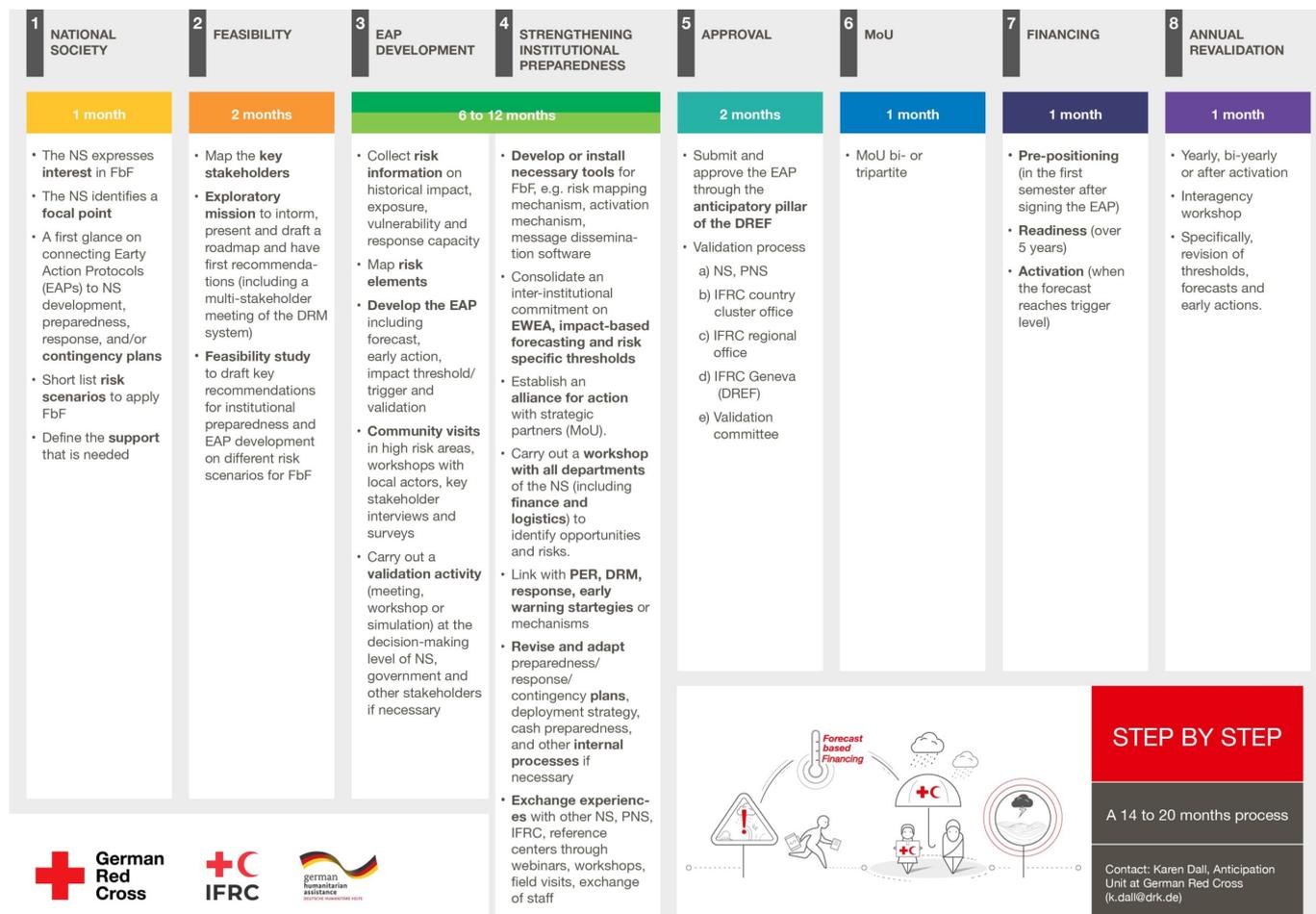


# Step 1: Start exploring FbF

Before you start FbF or a scoping study make sure that you understand FbF well enough to determine whether it is something your national society wants to commit to and invest in. As you can see in the figure below, the initial process of setting up an FbF program can take between 14 and 20 months.



There are several ways to inform yourself and your national society about FbF basics and to better understand the approach.

- Reach out to the [Anticipation Hub](#), the [IFRC](#), the [RCRC Climate Centre](#), German Red Cross, or any other Partner National Society and request a virtual introduction session for your national society and/or senior management staff.
- Attend a regional or a global [dialogue platform](#). These platforms usually include an introductory session.
- Participate in a regional training. For example, IFRC facilitates introductory trainings on anticipatory action and FbF. For more

information, please reach out to your colleagues at the IFRC country or regional office.

- Join an e-learning course. The IFRC developed a course Anticipatory Action: A Proactive Approach to Disaster Risk Management and partners like FAO, WFP and START Network also have great introductions to anticipatory action. Please look in the [toolbox](#) below.
- Various introductory materials are linked in the [toolbox](#) below and in the [library](#) (e.g., brochures and presentations on FbF).