



LIVE NEWS AFRICA

A SURVIVAL GUIDE FOR JOURNALISTS



LIVE NEWS AFRICA

A SURVIVAL GUIDE FOR JOURNALISTS

Published by the International News Safety Institute and the International Federation of Journalists Africa Office with the support of the Swedish International Development and Co-operation Agency.

© 2007 INSI

International News Safety Institute
International Press Centre
Résidence Palace, Block C
155 rue de la Loi
B-1040 Brussels
www.newssafety.com

IFJ Africa Office
17 Boulevard de la République
BP 21722
Dakar, Senegal

No part of this publication may be reproduced in any form without the written permission of the Editor and publisher. The contents of this book are covered by authors' rights and the rights to use of contributions rests with the Editor and authors themselves.

Designed by Mary Schrider
mary@hazards.org

Cover photo: Ken Oosterbroek /PictureNET Africa)

Contents

PREFACE

Be alive to tell the story! i

PART 1: Be Prepared

CHAPTER 1: Preparing to work in hostile environments 1

PART 2: The Danger Zone

CHAPTER 2:

War zones and conflict areas 13

Embedded during the war in Sierra Leone by Alhassan Sillah

Covering unrest in Democratic Republic of Congo by Michael Arereng

Prudence and Patience by Allen Yero Mballo

CHAPTER 3:

Riots and civil disorder 27

Violent demonstrations in Democratic

Republic of Congo by Emery Makumeno

CHAPTER 4:

Abductions, hostage taking and targeting journalists 33

When government forces target journalists in Africa by Agnes

Eyatunde John Thomasi, Ebrima Sillah, and Amie Joof-Cole

PART 3: The Recovery Zone

CHAPTER 5:

Emergency medical aid 49

CHAPTER 6:

Post-Traumatic Stress Disorder 57

Appendices

APPENDIX 1:

International Federation of Journalists: *International*

Code of Practice for the Safe Conduct of Journalism66

APPENDIX 2:

Know Your Rights68

APPENDIX 3:

Journalists killed in Africa from 1990 to 2006 75

PREFACE

Be alive to tell the story!

Journalism in Africa continues to be a very dangerous profession, both in the peaceful arena as well as in conflict zones. In peace zones, despite the glooming democratisation process in the continent, governments, politicians, economic and religious groups still see the media and journalists as impostors who have no business in reporting “critical issues” that to some extent affect these “key players”. Such key players do not want some of their activities to be reported and hence journalists in exercising their right to inform and educate the masses, often find themselves in conflict with these key players.

In conflict zones, journalists are often seen as part of the different factions and treated accordingly. At the war front, too often journalists are erroneously suspected as being spies or working for the enemy. During instances of civil unrest such as demonstrations or strikes, journalists are sometimes wrongly judged as sympathising with the government, or seen by government security agents as collaborating with the demonstrators. Thus, too often journalists are easily targeted for the wrong reasons while covering events.

Live News: A Survival Guide for Journalists, is therefore carefully tailored to help journalists to prepare themselves mentally, physically and psychologically before engaging on an assignment that can be very dangerous. The guiding tips provided in the text help to prepare the journalists mentally before, he/she moves into a hostile environment or an area that he/she is not familiar with. In trying to bring the news “home” so many journalists have been killed in the process. Some are deliberately targeted, while others are killed in what is now termed as “friendly fire”. A lot more die in accident related cases or at times fall seriously ill while on such mission or sustain serious injuries through natural causes. *Live News: A Survival Guide for Journalists* tries to minimise such occurrences by giving survival tips to journalists who might find themselves in critical conditions.

This *Survival Guide for Journalists* further takes a dive into Emergency and Medical Aid as well as Post Traumatic Stress Disorders. Given



the critical conditions in which the journalists work, it is only logical that they should have a very fair knowledge of certain medications or carry some drugs with themselves in case of any emergency. Such precautionary measures have proved to be of tremendous importance, as they have not only helped those who carry such medications, but even their colleagues who found themselves in dire need. On the other hand journalists who witnessed horrific atrocities eventually become traumatised and are also often in need of help. In this regard, there is need for the Unions to be engaged in some form of counselling in order to help their members to come out of such stress or trauma.

It is mostly stated that journalists do not spend enough time to familiarise themselves with the international conventions that guarantee their fundamental rights. However, in complex milieus as conflict zones, being aware of the existence and importance of these conventions is part of the best defence, most especially when you fall into the wrong hands. Journalists Unions and Associations should therefore endeavour to make sure that their members are aware of these conventions.

There is no doubt that this survival guide is not exhaustive in itself, and should be used with caution. Most recently, there have been incidents where all forms of decency in relation to the respect of human rights have been deliberately flouted by the various parties engaged in conflicts. Journalists covering the news have been kidnapped and brutalised; others have been taken as hostages and in the process dehumanised, tortured and even killed. In this regard, it is advisable that where ever possible journalists who find themselves in critical conditions, should always endeavour to apply the simplest methods to survive as long as possible.

I do strongly believe that this survival guide will serve both as a good resource and a companion for journalists working in the continent in particular and in the world in general. In addition to reading the survival guide, I will also recommend that wherever possible journalists should endeavour to be part of the INSI Safety Training, which has so far been successfully held in Liberia, Democratic Republic of Congo, Rwanda, Kenya and Ivory Coast.

Gabriel Baglo
Director, Africa Regional Office
International Federation of Journalists

The International News Safety Institute (INSI) is a unique coalition of news organisations, journalist support groups and individuals initiated in November 2002, exclusively dedicated to the safety of news media staff working in dangerous environments.

It is a not-for-profit charity, supported entirely by membership contributions which are channelled back into safety work.

Its purpose is to create a global safety network of advice and assistance to journalists and other news gatherers who may face danger covering the news on international assignment or in their own countries.

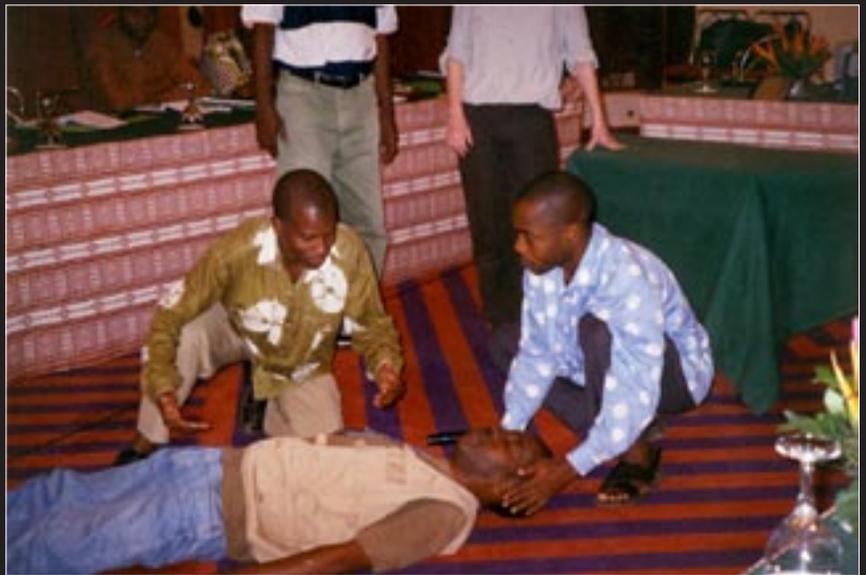
INSI runs a website dedicated to safety issues www.newssafety.com

It raises funds to provide safety training free of charge to journalists in need around the world who are unable to afford their own.

In Africa, in its first two years of full operation (2004-2006), INSI trained 149 journalists in the Democratic Republic of Congo, Rwanda, Ivory Coast, Liberia and Kenya.

INSI created six regional offices (in Europe, Africa, Latin America, South Asia, South East Asia and the Middle East) with the support of the Swedish International Development and Cooperation Agency.

PART 1: BE PREPARED



CHAPTER 1

Preparing to work in hostile environments

A journalist has to be prepared to cover the news. In Africa the news can often be dangerous therefore the journalist must take the maximum precautions at work, at home and on assignment, to limit the risks.

At the office

The office (newspaper, the radio or television office) is one of the first places where a journalist, or the media he works for, can be targeted. There are numerous cases of headquarters of media houses which have been attacked in reprisals of news they had disseminated or because of their editorial line.

The headquarters of public media as well as private must be made safe and emergency exits should be set up. It is important that the access to the buildings is monitored. The security service should identify the visitors by keeping a register with their names, function, reasons for the visit, hours of entry and exit. The journalists should limit meetings (even professional) at their office and have some of those meetings in public places. Sensitive documents (text, audio, video or other) should be duplicated and put in a secured place. Night-time attacks are more common so special security precautions should be in place.

Knowledge of the emergency exits by the workers is essential to limit the risks in the event of accident (fire, flood, quake) or of aggression (to flee the danger). The access to these exits must be permanently free. First aid kits and a fire extinguisher must also be available. Journalists must avoid communicating personal information (mobile telephone number and private home phone, place of residence, schedules of work, number or colour of car).



Headquarters of 24 Heures newspaper (Ivory Coast) burnt down on 4 November, 2005, by young people opposed to its editorial line said to be close to the opposition. ©24 heures

Opposite: Journalists practicing first aid during safety training in Yamoussoukro, Ivory Coast in January 2005. ©INSI 2005

HOW ARE YOU SEEN BY PEOPLE YOU REPORT ON?

How will the main protagonists see you? What is their attitude to journalists? Is there hostility towards your media company? Could you be seen as 'representing' one side or another in a conflict?

In December 1999, during the first coup d'état in Ivory Coast, the workers of the national television were sequestered by the soldiers who went to announce the fall of the regime. This media became the field of fighting, sometimes very violent, during other attempted coups. Ivory Coast Television became, like the presidential palace, the military camps or the airport, one of the symbols of power.

At home

Although spending most of his time in the newsroom or on assignment, the residence of the journalist is also a potential target for attacks. Journalists should instruct their family members and household help not to give out information (moves of the parents, hours of entry and exit) through the phone or to strangers. They should also be involved in taking note of the presence of suspicious vehicles or persons around the house.

On assignment

When on assignment, the vulnerability of journalists increases. No work situation out of the office can be regarded as 100% safe. Therefore the precautions below do not only refer to war correspondent or journalists working in dangerous environments, but must be adapted to the situations of work for journalists.

More journalists are laid low by illness or traffic accidents than are killed or injured in wars, and a journalist who is sick with fever or food poisoning cannot function or file copy. Focus on main risks, even if they do not seem to be as colourful as battlefield risks. Violence often

Congolese Journalist and his wife killed at their residence

Frank Ngyke Kangundu, veteran political affairs journalist at the independent Kinshasa daily, La Référence Plus, and his wife Hélène Mpaka, were murdered on 3 November 2005 by two unidentified armed men in front of their residence in Limete Commune in Kinshasa. When Kangundu offered them money and his car if they would let him go, the assailants replied that they had been "sent to kill him". The attackers reportedly only took a mobile phone and a small amount of cash. The same sources said that the attackers also shot the couple's son in the shoulder. Kangundu, 52, worked for La Référence Plus for more than ten years and was well-respected by his colleagues.

comes from unexpected directions, as a demonstration turns violent, or aggrieved members of the public take out frustrations on the media.

It makes sense for journalists covering a wide range of stories and in a variety of situations to prepare for a hostile environment and for the pressures that exist outside the normal routine. The journalist needs to be mentally prepared, physically prepared and properly equipped. The aim is for the journalist to become aware of risks, to take what precautions he or she can, and to retain as much control of the situation as possible, rather than trusting to luck. A journalist is almost never completely in control, and there is no such thing as zero risk, but every journalist can assess the risks and become more aware of the dangers.

Even situations which do not seem especially dangerous can be hazardous for the unprepared reporter or camera crew, while even the most dangerous situations can be made safer through risk assessment, good preparation and applying your knowledge. Good planning is not only likely to get you there and back safely, but also helps to identify the key elements of your story, gives you background information about your situation and environment and makes you a more knowledgeable and more effective gatherer of news or pictures.

Before you go

ENSURE YOU ARE PHYSICALLY FIT FOR THE ASSIGNMENT

Most journalists are reluctant to turn down what appear to be career-enhancing assignments, even when they are dangerous. However, every journalist needs to be honest with themselves. Are you physically fit to a reasonable level? Could you walk all night if you had to, or run for safety? Will you function away from comfortable hotels? Fitness may be important and you should be capable of physical exertion when needed.

IMPROVE YOUR KNOWLEDGE OF THE LOCAL SITUATION

What do you know about the political and social situation you are entering? Who are the main players? Are you sufficiently briefed on recent developments? What languages do they speak? What are their attitudes likely to be towards the media in general and towards you and your media company or title, in particular? Does your ethnicity put you at extra risk? Do any groups have a history of violence towards journalists or a history of atrocities to civilians? Where are the key

PUT YOURSELF ON THE MAP

If you do not know the area well, make sure you have a good quality up-to-date map.

IN DOUBT? Ask a journalist

Contact local journalists when travelling to an unfamiliar area. Listen to what they say about the source of local risks.



A cameraman
affected by tears
gas during a
demonstration.

©Maxwell
Agwanda, *The
Standard*, Kenya

borders you need to know about? Are there any 'no-go' areas? What permissions do you need and from whom? Will these carry any weight once you are out on the road?

Information about the situation, people and communities you are covering is vital. Journalists can blunder into situations where they have little idea of the culture or language and easily alienate and offend people without even being aware of it. This can even be a problem for nationally based journalists who enter a region with which they are not familiar, where a different dialect or language is spoken. Some journalists adopt a tone that is taken to be arrogance, perhaps to cover their feelings of insecurity or because they are impatient to get the story.

In general, the journalist and camera operator who treat people with respect win more co-operation from the local community.

Knowledge of languages is a valuable asset. If you are going to be working in a place for some time, learn at least the basics. Journalists are often sent at short notice to cover stories where their own language is not understood, or where it may be regarded with hostility. You cannot learn a language overnight. However, people are usually responsive if you greet them in their own language. Learn key phrases such as: 'I am a journalist,' 'Can you help me?' or 'I need a doctor'.

If this is your first time in a country or region, there is a lot you will not know. Good journalists don't know everything but ask good questions and are quick learners. The reporter who has 'been there and done that' can give you vital information and share experiences that will help you to learn quickly. However, some experienced journalists become reservoirs of cynicism, a corrosive impediment to fresh thinking. Cultivate media professionals who have retained a basic respect for the people they are working amongst. Journalists who routinely describe the places and people on whom they are reporting in insulting and derogatory terms are unlikely to help you to gain an insight into the local situation.

KNOW YOUR RIGHTS

Fire fighters do not go into blazing buildings without a sound knowledge of what is facing them and how to deal with it, but journalists still travel (and are sent) without understanding the ground rules for the conflict on which they are to report. Many journalists travel with little or no knowledge of the region or of the application

DON'T BE LOST FOR WORDS

Even if travelling in your own country, learn about local customs, languages and ways of thinking. If you can greet people in their own language it helps to break the ice. Also learn how to ask for help.

TRAVEL WITH A COLLEAGUE: Don't Risk It Alone

Journalists who travel in hazardous areas should avoid travelling alone. It is better to travel with a 'rival' and look out for each other, then travel alone and put yourself at risk.

of local or international law, and without an awareness of their own rights as independent, neutral observers. Few staff is able to quote the relevant protocols of the Geneva Conventions and humanitarian law that define the rights of non-combatants (see appendix 2).

Journalists should be briefed on the political and legal conditions of the region. They should know about the role of the International Committee of the Red Cross, United Nations agencies and regional political bodies before they leave home.

Geneva Conventions

The Geneva Conventions define the murder or ill-treatment of journalists in times of war or major civil unrest as a war crime. The Geneva Conventions give journalists the same rights as civilians in armed conflicts, whether between nations or in situations of widespread civil conflict. A piece of paper cannot stop someone with a gun who is determined to kill or mistreat you, but increasingly people see war criminals brought to justice and soldiers and militia all over the world are familiar with the concept of a war crime. Journalists must build on this knowledge. If you are covering a conflict, carry a copy of the Geneva Convention and in particular the Clauses which say that journalists must be treated as non-combatants. Get them translated into all relevant languages. Remember, however, that journalists lose this status if they take part in the conflict, carry a firearm or act as spies. If they do any of these things, they are no longer acting as journalists.

SOCIAL PROTECTION

What if something goes wrong? What insurance do you have and what will happen to your family? The most immediate need may be medical care and rehabilitation. There may also be a longer term need for rehabilitation from physical injury or psychological scars. Journalists need to know that their income will continue undiminished if they are unable to work, and that their families will be provided for if they are killed. Media groups may plead that they do not have the resources for this kind of insurance, but someone has to carry the cost and it should not be the individual. Journalists' organisations need to ensure that this essential demand is met. Insurance and medical cover should apply equally to freelance journalists and staff members and cover the whole team.

Media organisations in many areas receive their news at a cut price when they use local staff members or freelancers without extending insurance and social rights to the journalists and camera crews who put their lives on the line. This practice must be eliminated as pressure for reform within media is applied by journalists and media trade unions.

LEARN ABOUT THE RISKS OF DISEASE

What is the prevalence of disease where you will be reporting? Do you need any special immunisation, or to take any medicines with you? The World Health Organization International Travel and Health Site at <http://www.who.int/countries/en/> is a good place to start.

CLARIFY LINES OF COMMUNICATION WITH YOUR NEWSDESK

When away from your office, communication with the newsdesk or producer may be problematic. People who manage news gatherers in the field are often frustrated if they cannot reach their staff day and night. Remember also that you are at risk in many situations if nobody knows where you are and what you are doing. In all dangerous situations journalists should ensure that they keep a responsible person fully informed of their movements.

Agree a time frame when you will call in and explore with the newsdesk problems that are likely to arise. Those who are waiting for your film or copy to arrive have their own frustrations and may forget how long it can take to get even simple things done in the field. There is a depressing tendency for those in the office to ignore what they are being offered by their own reporters or camera crews in favour of what has been put out by the opposition or the agencies – one reason why news looks the same. Too often, newsdesks forget that diversity of news implies variety of news. So one piece of advice for newsdesk staff is to trust what you are receiving from your own reporters and camera people on the ground. It is absurd for a journalist to put himself/herself and crew at risk to get a story that the rival channel has already shown, and that may be weaker than the story or pictures that they have already filed.

The authority to make difficult calls on day-to-day operational decisions involving your own and others' safety rests with people in the field. Never be bullied by over enthusiastic newsdesks into taking foolish risks. By the same token newsdesks/producers will rightly

BULLETINS NOT BULLETS

Never carry a firearm. You will put yourself outside the protection of the Geneva Conventions, and put your own safety and that of your colleagues at risk.

EMERGENCY CALLS

Bring a cellular phone with emergency numbers pre-set for speed dialling.

want an agreement that there are certain things (e.g. crossing a border, or going with a guerrilla force to conduct an interview) that require prior approval. Reporters, photographers and camera crews should make such agreements and stick to them.

All field staff should be involved in a discussion resulting in agreements on risks and decision-making. These agreements should be recorded and, if a conflict or hazardous situation is likely to continue for some time, be updated in the light of experience in the field. This will gradually become a useful diary of experience. As protocols are updated, information about contacts, special areas of risk and sources of help should be recorded or shared. Journalists must be willing to share information that could save lives. Journalists returning from the field should debrief so that the information kept in the office is as up to date as possible.

One important part of these protocols is an agreement on what will happen if the journalist or crew has not been in touch for a specified period of time. If a journalist knows what steps their organisation will take, it will help them to make decisions if they are detained or in trouble. Every protocol should cover plans for evacuation in case of injury, illness or deteriorating conditions.

TAKE THE RIGHT EQUIPMENT

There is almost no limit to the equipment that might come in useful, from waterproof matches to bars of chocolate for barter. Journalists, photographers and camera crews already have a large amount of equipment they need to carry. How much equipment you can take will depend on where you are and your resources. Here are some of the most important:

- **Press card.** A press card clearly identifies you and carries your photograph. It can be distributed by your professional organisation or trade union or by your employer. The strength of an 'industry standard' card issued by a professional organisation is that it reinforces the concept that journalists belong to a collective profession. The card of your specific news organisation may help or hinder, depending on its reputation among participants in a conflict. You may also carry letters or passes signed by military or police officers accepting you as a journalist and asking their forces to give you reasonable cooperation. You

need to weigh up the value of such material against the possible dangers. A laissez-passer issued by a rebel commander could lead to your detention by Government forces. Think about what information you are carrying that could show you or others in a bad light. Even press cuttings critical of one or other parties to a conflict may lead to problems at a checkpoint.

- **Emergency numbers.** Carry a list of emergency telephone numbers with a note of who is to be called in the event of injury. If you are doing sensitive interviews which could lead to trouble for those being interviewed, take steps to maintain confidentiality. Separate names and copy or disguise names. Be careful that your system for disguising names does not look like a code.
- **A dummy wallet.** Your money and essential documents should be tucked away safely out of sight. However, you need easy access to small sums of money and something to hand over if you are robbed. Carry a spare wallet with modest amounts of money. If you are being robbed, hand this over.
- **Water.** In situations of conflict, normally reliable sources of clean water may stop working or become contaminated. You can survive many days without food, but you will be in a crisis without a daily supply of clean water. Carry bottles of water where possible or filters and chemical purifiers.
- **First aid kit.** A first aid kit is vital for any journalist who is likely to be out of range of mainstream health care services. If possible carry two kits – one on your person and a more comprehensive kit in the vehicle. Chapter 5 covers this in more detail.
- **Long lenses.** One way for camera operators and photographers to improve their safety is to carry long lenses, putting them closer to the action. Less powerful lenses require operators to take greater risks for the same shots. Again the under-resourced local journalist is at a disadvantage. Ensure that your news organisation is aware of the safety benefits of investing in long lenses and lightweight cameras.
- **Emergency alert.** Carry a whistle, in case you need to attract attention or give warnings. Wear a Medic-alert bracelet indicating your blood type and any medical conditions or allergies.



International Federation of Journalists
Press card

In some countries there is no national press card. In this case, the IFJ press card allows a minimum level of recognition for journalists and more protection if the holder of the card works in dangerous places. The IFJ Press Card is recognised by most international organisations including the UN system and the institutions of the European Union.

WEAR YOUR SEAT BELT

Put your seat belt on and make sure all the others passengers, those in the front and the back, wear theirs. In case of an accident without a seat-belt, the passenger at the back hit the one before him and the two of them can die. Some journalists do not wear a seat belt because they believe it will impede their escape if their vehicle comes under attack. But seat belts are designed to be easily released, and they protect drivers and passengers from serious injuries. The number one risk in a car – even in a battle zone – is still a road accident.

- **Personal comfort.** If you will be working away from base and lodgings, ensure you take personal belongings to keep clean and keep your morale up. Take soap and a flannel, and wipes. Take toilet paper and a small towel for sanitary use. Look after your teeth and your feet.

PREPARE YOUR VEHICLE GOOD TRANSPORTATION MEANS

When away from base for a long period you should, wherever possible, have your own vehicle. This is not just for faster travel and to get you to safety, but because you also need a base where you can keep material that is difficult to carry. Wherever possible, the driver should be a dedicated member of your team.

Ensure that your vehicle is in good mechanical condition, that it has a good-quality spare tyre, and carries reserves of fuel and water.

Consider whether to mark your vehicle PRESS or TV in large letters. In some circumstances this will protect you; in others it will make you a target for sniper fire. If you do use these markings, place them on top of the vehicle as well as on the sides, so that they are visible from the air. However, ensure that the signs are removable at short notice. In isolated areas and where you may go off-road, your vehicle should also have a means of being towed, dug or winched out of trouble. Every vehicle should carry a good-quality first aid kit and a fire extinguisher.

The driver should be someone who has experience, who is calm and who drives safely. Even if you don't have an accident, spending days being driven by someone you do not trust saps morale and interferes with rest. If you hire a car and driver for the long term, make the driver a full member of your team entitled to the same protection. If the driver is not of the same ethnic or national background as those being driven, be aware that the driver may face different risks at checkpoints.

Take the right clothing

The clothing you need will depend on the climate, season and length of time away from base.

- **Footwear.** It is important to retain mobility and be able to walk for long periods of time if necessary. A pair of lightweight,

waterproof boots is best. They should be comfortable – do not buy them new just before you leave for assignment. They should be big enough for you to wear two pairs of cotton socks, which will keep your feet warm and reduce friction. Footwear could be your most important piece of clothing.

- **Loose clothing – and plenty of layers.** In most conditions, wear several layers of clothing, so that you can take clothing off if you are too hot. Outer layers should be loose fitting. Inner layers should be cotton or other natural fabrics. Take care that you cannot be mistaken for a soldier – particularly if you are wearing a flak jacket. Try to wear contrasting colours top and bottom so that you are clearly not in uniform. Do not wear bright colours that will make you a target. However, carry in a bag something bright that could be waved to attract attention, or white clothing to use as a white flag. Take a good hat to protect you from the sun and to keep your head warm in the cold.

2 Journalists dead and 13 wounded in road accident in Guinea Bissau

Fifteen (15) journalists from over six media institutions in Guinea Bissau, namely RTGB, RDN, Radio Pindiquiti, Diario de Bissau, Gazeta de Noticias and No Pintcha were involved in a very serious road accident in the region of Gabu, some 200km from the capital Bissau, on December 1, 2005, as they were covering events in relation to World AIDS Day. The tyre of the mini-van in which they were travelling busted and the van eventually somersaulted as the driver tried to apply the brakes. Two journalists, Aruna Djamanca and Sori Baldé, died instantly.



Top: Rescuers and car of the journalists; Bottom: Some of the wounded and dead journalists.
©Union of Journalists Guinea Bissau

PART 2: The Danger Zone



CHAPTER 2

War zones and conflict areas

When bullets start flying there is no guaranteed way of staying safe from harm, and journalists may become targets, in error or deliberately. Front-line media workers have been wounded or killed by bullets, shells and mortar fired from a distance. Stray bullets and ricochets cause many fatalities. Journalists have been targeted by snipers and killed in ambushes. In situations where there are several different forces involved in a conflict and where front lines shift rapidly, it is difficult to know where an area of conflict begins and ends. However, a journalist who stays aware of the dangers and who thinks ahead has a good prospect of staying alive and uninjured.

The best defence a journalist has is his or her own awareness. By trying to understand the mind-set of the combatants in a war zone and the potential of weapons being used, a journalist can reduce his or her chances of getting hurt or killed. Journalists need to be able to assess risks, including which of their own actions can put them in the firing line, and the quickest way out of a danger area. They need to keep a mental map of the geography and the military state of affairs. Like others in combat areas, a journalist needs to assess the least bad option, because no option is totally safe.

The attitude of combatants to journalists

Journalists and military forces have different aims and objectives. Journalists want access so that they can report what is happening. Military forces wish to maintain control of the military situation and to win their battles. They believe that journalists should cover those aspects of an operation that commanders want to show them.

Opposite page: French photojournalist Patrick Zachman in pain after being hit by shotgun birdshot during the day of Nelson Mandela's release in Cape Town. The photographer was covering the event and was caught in crossfire between police and looters. Photo by Paul Velasco (PictureNET Africa)

YOU MAY BE TARGETED AS 'ONE OF THEM'

If you travel with the military or with one side in a conflict you risk becoming a target, either because you are mistaken for a soldier or because you are considered to be associated with the enemy.

Soldiers and other military forces are often suspicious of journalists. Front-line troops may be happy to talk or to have pictures taken, because this records and validates their role. However, the media are an additional and usually unwelcome factor for military commanders in the field.

Senior commanders often see journalists as a nuisance and a security risk. Depending on the situation, they may also associate all or some of the media with the propaganda of the other side, and therefore as a potential enemy, and an enemy they are not supposed to shoot.

Wherever possible, military forces will try to influence coverage of a conflict in their favour. Friendly commanders seek to manage journalists, using liaison officers to feed them propaganda and misinformation and to lead them away from what they are not supposed to know. Hostile military commanders will refuse to cooperate, and may obstruct or even shoot at journalists. Militia may see media as a source of revenue, and offer them services and protection in exchange for money.

Senior commanders have an awareness of the importance of favourable publicity and the need to avoid being blamed for civilian deaths or atrocities. However, checkpoints are often staffed by young, poorly equipped, poorly trained, tired and frightened young men who may take a more subjective and short-term view of events. It may - from their point of view - seem rational and justified to threaten, steal from or even shoot at the media. Before entering a danger area, the journalist needs to gain an understanding of the conflict from the point of view of the different forces involved. Journalists need to have good knowledge about the morale, discipline and attitude of the fighting forces on the ground. They also need to have good inter-personal skills to take the heat out of confrontations when they arise.

Travelling with the military or without escort

The military can offer access to the front line, and travelling with them may be the only way to get to areas where you want to work. However, also be aware of drawbacks. In some countries, if you travel with the military you will be associated with the military and become a target. If you travel with the military you have to do what

Embedded during the war in Sierra Leone

By Alhassan Sillah, Sierra Leonean Journalist



During all of my five years of covering the war, I had been behind government lines, and was protected by government soldiers. In 1992, I found myself on the war front for the very first time, in a village called Dandabu in the Pujehun District in Southern Sierra Leone.

I had just started reporting for the BBC African service, and lingering memories now leaves me describing this rather nightmarish experience as my baptism. Foday Sankoh's Revolutionary United Front (RUF) rebels who had launched a devastating war against the Sierra Leone government, then under late President Joseph Saidu Momoh had made rapid advances from the east of the country where they had launched their rebellion a year earlier in 1991.

They had overrun significant territory in the Pujehun district and were now in Dabdabu presumably on the way to the Southern provincial headquarter town of Bo. As tens of thousands of citizens mainly women and children fled the carnage to Bo, I found myself in the midst of hundreds of government soldiers headed in the opposite direction. For the first time I stood there watching as soldiers let off deafening explosives including the launching of rocket propelled grenades, automatic gunfire and mortar rounds, to drive back the invaders from advancing.

My whole body shook from a combination of fear and shock at the sheer strength of the force of these explosions.

The rebels, who in the meantime replied in kind, were eventually after seven hours of battle, repelled and forced to retreat. In the end I held my nerves – I tell you it was a very nervous first experience - and it served as my guide for the rest of the five years I spent covering that brutal war. I witnessed dozens of other similar combats between government troops and rebel forces, and some of these would last for several hours in a day, cease at nightfall, and then continue the next morning. The ceasefires were not official, only that both sides will stop because of poor visibility and will restart targeting each other's position at dawn.

During all of my five years of covering the war, I had been behind government lines, and was protected by government soldiers. Among the ranks of these soldiers were the good, bad and the ugly. Even though it was obvious that these troops had orders to behave themselves in the presence of 'Mr. Journalist' – for that was what I was commonly called by the soldiers – some soldiers could not avoid showing their indiscipline sides. They would take drugs at will –drugs including cocaine, ecstasy and marijuana –. The problem with government troops was that at the height of the war, all kinds of street boys were incorporated into the army, to boost their number. These were the real fearless combatants, who soon took the law onto them, and showed defenceless civilians what real terror is all about.

Yet when you sit down and talk in ordinary conversation with these army men, you'll find they're humane. They'll talk about their home, their family and recreational sports of some kind. On reflection nowadays, it's still shockingly amazing to me, how man could be transformed into a beast of a killing machine over night. For the journalists travelling with these men, you always have to hold your nerve. War is a terrible thing!!

DON'T BE MISTAKEN FOR A TARGET

- Make sure your clothing is not military style. Do not wear camouflage.
- Remember that cameras can be mistaken for guns.
- Flash photography may be taken as weapon flash.
- Camera lenses, glasses, buckles on belts, shiny patent leather, watches (turn them around) can flash in sunlight.
- Camera lights attract attention from a long way off, particularly at night.
- Lit cigarettes can be seen from a long distance and may attract

the military tells you to do. If a unit comes under fire, their first responsibility is to themselves, their comrades and your safety, rather than to your pictures or copy. Junior soldiers or officers have little decision-making power. If you are allocated to a soldier, try to ensure that it is one of senior rank. Helicopter pilots can give you an overview of trouble areas and allow you to take pictures from the air.

If travelling 'unsupervised' in a conflict zone, you need to be especially aware of where you are and where various forces are situated. Travel with someone who is experienced in the area and only when you are confident that you will not become a target. Identify yourself as media. Some journalists paint MEDIA or PRESS in large letters on the side and top of the vehicle. Before you do this, check that it really is an effective deterrent. In some contexts this will make you a target. If challenged, identify yourself as a journalist.

Try to ensure that you can tell the difference between opposing forces, by uniform or type of vehicle or equipment being used. In some situations this is not easy. Poorly equipped forces may have no clear identity markings. In some conflicts soldiers even take uniforms from dead or captured soldiers if they are better than their own.

If you video or photograph military forces or sites without approval, you are likely to be stopped and have your equipment and film confiscated. You could also be detained or worse.

Becoming a target

You may be targeted for one of three reasons:

- Because you are in the wrong place at the wrong time (bad luck),
- Because you are wrongly perceived to be a military threat,
- Because you are a journalist.

You can reduce your chances of being mistaken for a military target by avoiding looking like one. Wear non-military clothing in bland colours, and with different shades top and bottom. Be careful when filming because a camera can appear as a weapon, and your posture may appear threatening. In some circumstances a video camera and a SAM 7 missile launcher may appear similar. The sun flashing off a camera lens may be mistaken for an antitank weapon or the muzzle

“I was zigzagging whilst running to avoid the gunshots”

By Michael Arereng, Ugandan journalist

I was on assignment to a town called Bunia to cover the unrest in the north-east Ituri District of the DRC in January 2003. Most of Bunia was occupied by the Uganda People’s Defence Forces and others by some rebels groups. One day I was out to make some contacts for interviews when I heard gunshots.

I looked around and what came into my mind was to run back to the hotel which was a distance away but fortunately two young men working at the hotel advised me not to go there. They also advised me to avoid the main road to the airport because landmines were planted by the rebels. I was walking and after some metres I saw one child soldier shot dead. Then I understood that the situation was serious and started running. Other people were running coming from the city centre. I found myself with two child soldiers I recognised them from their clothing because I interviewed their chief some days before. I was told that it was the UPDF who were fighting rebels from the area where my hotel was.

I knew if I continued running with the child soldiers I would not be safe because the Uganda Army would mistake me to be a rebel. So after a few metres I followed my own route together with the two workers of the hotel. I was so frightened. At times I had to lie down in the bush; taking cover as flying bullets past over our heads and whenever I could hide under trees or thickets. Ugandan People Defense Forces returned fire, trees were falling as Bunia shook. I kept on running together with the hotel workers who knew the geography of Bunia. My aim was to reach Bunia airport. The rebels were targeting the airport using long artillery which they had acquired from Rwanda.

I don’t know how many kilometres we ran but I was exhausted. We finally got into a house in the middle of the bush. The house belonged to a man I met in Bunia. He was a gold dealer. The two gentlemen who ran together with me asked him to open the door which he did as they were of same tribe. As we were talking in the sitting room, rebels who were repulsed by Ugandan troops started shooting anyhow and this forced us to take cover in different rooms. I found myself in a store room. We heard people yelling outside the house but we kept quiet. The fighting intensified as we kept hiding fearing the bullets which were passing over the roof of the house. My body was shaking. I heard the sound of moving armoured tanks and I told the people inside the house that UPDF had repulsed the rebels but we were too afraid to move to check. About 30 minutes elapsed and there was a knock at the main door, we thought people were coming in to kill us.

Fortunately it was a woman who was living in the neighbourhood who came to inform us of the presence of the Ugandan troops in the vicinity. Finally we opened the door but though frightened we picked courage when we saw Ugandan troops simply asking for water to drink in order to quench their first.



Michael Arereng (in tie) with Congolese rebels. (Photo Kais Dior)

flash from a firearm. You may also be targeted because you are close to a strategic target. This could put you at risk from artillery attack or from attack by aircraft.

Safety on the move

It is crucial to consider how and with whom to travel within a conflict area. No journalist should travel alone. There should always be someone who will look out for you, and who will take some responsibility for getting help if you are hit. Avoid travelling with companions who are full of bravado. Their over-confidence could cost your life.

Assess risks thoroughly. Travelling from one base to another will often take you over roads that are risky, and yesterday's information may already be out of date. You need to retain your own sense of where you are going, in case you become separated. Co-operate with others but maintain responsibility for yourself.

Make sure that someone outside the party knows where you are going and when you expect to arrive. They should know when to raise the alarm if you do not check in.

Ride inside the vehicle rather than on it. Use a vehicle with four doors so that you do not get trapped in the back. Three journalists killed in an ambush in Afghanistan in 2001 were among a group of reporters hitching a ride on top of an armoured personnel carrier.

CONVOYS

Convoys can give a false sense of security. Military convoys have strict rules and discipline. Vehicles are in communication with each other, immediately aware of any attack, and armed. Convoys of journalists are often lines of cars travelling in the same direction, with a vague feeling there is safety in numbers. If travelling with a military or UN escort, observe their rules. If you are in a convoy of non-military vehicles, be aware that you may attract attention from hostile forces. Make sure you have your own map and a good awareness of where you are going and where you have come from. Keep visual contact and have a radio or telephone link between cars. Military personnel do not like to travel at the front or the back of convoys. The front vehicle is sometimes attacked to block the road and bring the rest of the convoy to a halt.

CHECKPOINTS

Passing through checkpoints can be a time of tension and potential danger. They may be staffed by militias, guerrilla forces or regular soldiers who have lost morale and discipline. Your objective is to pass through safely. Always be polite. Avoid confrontation.

Approach a checkpoint with nothing in your hands except for the necessary papers. Identify yourself as a journalist. If it is a routine crossing and they raise no objection, be polite, but don't volunteer more information than you are asked and do not appear too curious. Never try to film without permission.

If there are problems and the soldiers appear hostile or obstructive, try to calm the situation. Offer a cigarette or a sweet. If you and the soldiers have a language in common, start a conversation about something other than the conflict, such as sport or family. Tell them your name. Make it clear that you know where you are and that others also know where you are.

You are at greater danger from ill-trained and ill-disciplined militia. Be concerned if soldiers appear listless, do not look you in the face and show no feeling. They may no longer feel the value of human life. Be alarmed if a soldier's pupils are unusually small. He may be on drugs, and drugs reduce inhibitions.

When showing your credentials, you can also show a picture of a husband or wife, or children – something to humanise you. Make it clear that people are expecting you and know where you are and will look for you if you do not arrive. You want them to understand that you pose no threat to them, but that you have rights and that there may be consequences in the event of you being hurt or harassed. Stay polite.

Taking cover

Distinguish between taking cover from view (not being seen) and taking cover from fire (protection from bullets).

COVER FROM VIEW

You may be seen because of your shape, shine, silhouette or movement. If you do not want to be seen, do not wear anything bright. Allow shiny equipment to become muddy or dirty. Think about the effect of the sun on lenses.

See Yourself Through the Eyes of the Soldier

“Put yourselves in other people's shoes. The soldier may be a 17 or 18-year-old kid who is poorly trained and frightened. What someone does may be rational in the context of a hostile environment.”

– Andy Kain, AKE training

Prudence and patience, vital to deal with rebels

By Allen Yero Mballo, Bissau Guinean Journalist

During the last ten years at least thirty two conflicts have been recorded in Africa. Some more violent than others in Sudan, Uganda, Democratic Republic of Congo, Somalia, Chad, Burundi. ...Like contagious diseases, those wars moved around West Africa, after the bloody unrest in Sierra Leone and Liberia, it moved to Cote d'Ivoire. In Guinea the stability is weak, and the conflict in Casamance, southern region of Senegal, no solutions have been found yet.

All these conflicts are covered by journalists, most of them are foreigners or Africans working for international news agencies. But the African journalists who cover wars are not well treated compared to the others even if they work for the same news organisation.

This discrimination is firmly fixed in rebels' minds. It can be the fact that we journalists have different views, feelings about a subject and some people believe European journalists are better than African journalists. "No one is a prophet in his own land". Rebels from Sierra Leone for example took some time before they accepted to talk to African reporters.

Prudence, an effective weapon

Good news always depends if your sources are reliable. It's when he is looking for that news that the journalist risks his life. It can happen when he tries to cross a check point from the government side to the rebels' zone, often without taking any precautions.

In Casamance, as everywhere else in Africa, it's almost impossible to go to the rebels without their agreement. It can take many days, even many months of preparation with the rebels. All in all, it is a question of creating a climate of confidence between them and you. This confidence is maintained through regular meetings.

Confidence is built, over several days even months of regular contacts. The rebels give their confidence only at the end of several months of contacts. Then two attitudes are necessary for the journalist: patience and discretion. It took me two months of regular contacts with the Atikas, the armed branch of the independent movement, Movement of the Democratic Forces of Casamance (MFDC). I was finally authorized to meet the chief of the rebels Léopold Sagna in 1993 in his headquarter in Babonda. It was almost the same period for Salif Sadio another MFDC Rebels' chief. I first met him in 2000 in Bissau and later in his camp in Ba-

raca Mandioca. But it's not easy for a "news hunter" to work in these conditions where he has to wait for such a long time. That's why you find yourself using other means to speed up things, like alcohol and cigarettes. This is not a defined rule.

The army suspected me of collaborating with "the enemy"

In March 2006 during the fighting between the Bissau Guinean army and the rebels of Casamance, I had problems with some officers who suspected me of collaborating with "the enemy", the rebel chief Salif Sadio. I had accompanied the previous day a detachment of the army who attacked a rebel camp near the Senegalese border. After six hours of rough fighting the Bissau Guinean troops who had lost six men and were short of ammunition and decided to beat a retreat without informing me. When I was trying to get out of this place I fell in a rebel ambush. I had my life safe thanks to a bottle of Cana (local rum) which I gave to a rebel combatant. The Cana, just like cannabis, is a stimulus the combatants like very much and thus very effective to ease a dialogue between you and those who threaten your life.

When I returned to Sao Domingos one of the Bissau Guinean commanders tried to intimidate me to extort information about the position of the rebels, which I refused. In 1999, during the politico-military conflict in Guinea Bissau, the local media had disappeared not because of the lack of means to cover the story, but because they were often attacked by the belligerents who did not trust the local journalists. Some of them were targeted because of their name, religion or ethnic group. For example, the soldiers loyal to the government did not trust me, because I am Pular and Moslem, therefore close to General Ansumana Mané according to them.

Some soldiers of the Senegalese army were looking at me as a spy of the rebels because of my regular trips to Casamance. In general, the Senegalese army does not like working with journalists in the fighting field. The only information available from their side is provided by the army information department. The officers say they need to "control sensitive information". For the soldiers "sensitive information" is information that is likely to run down the troops moral. For example, when an army undergoes human losses, it would not like that to be known to all. The Senegalese army does organise convoys of journalists to visit conquered zones saying that they have to plan the journalists' presence in the battle areas for safety reasons. But even in military convoy the journalists are not safe as they can be targeted. So there is no safe place in a battle field, the best weapon being prudence. Leaving the place quickly when one does not feel safe, not show off cameras or tape recorders, which irritates certain combatants. If one is arrested, never try to resist. The soldiers or rebels are often drunk or drugged, it is necessary to keep this in mind and avoid panicking when you are attacked.



Somali journalist Ahmed Abdullahi “Al Ahmed”, became disabled in 1992, after he had been injured by a mortar shell when he was covering fighting in Mogadishu. (Photo: Ali Gaab – Panorama)

COVER FROM FIRE

Do not take cover in a place from where someone has recently been firing. This area will be an active target. To be effective, cover must stop a bullet, not just protect you from line of sight. A small tree, a wooden fence or a car body will not protect you. Only in TV cop series does a car door protect against firearms. Earth is excellent at absorbing bullets, which is why it is used to fill sandbags.

A hole or a dip in the ground gives cover from view and cover from fire. If journalists have an armoured vehicle, use this for cover.

If you have to hide behind an ordinary car, try to get the engine block between you and the point of fire. Avoid the petrol tank. Brick walls appear to provide protection, but are little use against modern weapons. In a building, find a room without exterior walls – a hotel bathroom may provide this protection.

Don't stick your head above cover. If you have to look, do so around the side as near to ground level as possible rather than over the top. Even if you are behind a wall, lie flat on the ground, offering the smallest target area. When you take cover, immediately assess your position and plan your withdrawal to a safer place. When you withdraw, run and keep low. If there are several of you, move through the danger area at unpredictable intervals. Don't go all at once. Try to put surrounding ground, vegetation and buildings between you and the firer. Retain reserves of energy. If you are struggling, leave equipment behind to escape with your life.

If you are in a building that may come under fire, remove glass from the window and unnecessary clutter from the room. Anything that is not fixed down will fly about from the force of a blast. If possible, soak mattresses and put them against the walls and doors to impede bullets and shrapnel. Keep water in covered buckets so that you have clean water for drinking and washing.

Common sense in the battle zone

Do you know where the combatants are? Where is firing likely to come from? Take your bearings and try to keep a sense of how you would get, out in an emergency.

- Do not be overconfident. Know your own limitations.
- Take responsibility for your own decisions. Do not be drawn into lethal situations by other journalists, against your instincts.

- Closer is not always better. Think about a higher, more distant, position. Explicit images are rarely broadcast.
- Never pick up a souvenir. Mines can be disguised as all sorts of attractive objects.
- Never carry a firearm or weapon – you lose your civilian status.
- Be aware of the potential for error if observing artillery, bombs or missiles on nearby positions. You are at risk of being hit by so called ‘friendly fire.’

Mohamed Amin, Africa’s Greatest Photojournalist 30 years on the frontlines in Africa, Asia and the Middle East

Mohamed “Mo” Amin, one of the world’s most legendary photojournalists, became famous for his moving pictures of the Ethiopian famine in 1984. Mo is one of the greatest frontline journalists Africa has ever had. Passionate and determined, Mohamed Amin risked his life several times to get the scoop.

In a career spanning more than 30 years, Mo covered every major event in Africa and beyond, braving torture, surviving bombs and bullets, overcoming disability to return to camera work within six months of losing his arm, to emerge as the most decorated news cameraman of all time. But his frenetic life was cut tragically short when, in November 1996, hijackers took over an Ethiopian airliner forcing it to crash in the Indian Ocean, killing 123 passengers and crew. Mo died on his feet still negotiating with the terrorists.

Born in Kenya in 1943, Mo was the second son of an Indian rail worker who settled in East Africa. Mo was more attracted by the camera than the books. At 13 he was an accredited freelance photographer selling his pictures to respected newspapers.

His first big story led him to one of the most painful periods of his career. Mo was 23 when he was jailed and tortured in the infamous Kilimamigu terror prison of Zanzibar. His torment, which lasted 27 days, occurred after his pictures of Soviets training Zanzibar Armed Forces were published. These photos were debated in the British Parliament and the American Senate.



Mo refused to let the starving Ethiopians escape from western eyes and frequently went back to the highlands to update his story. Here he visits Korem, where in 1985 conditions, though grim, had markedly improved.

Frontline friends Mo and soundman John Mathai on an Ethiopian battlefield just a day before the explosion which killed Mathai and cost Mo his left arm.



“I thought I was going to be shot,” he said. “I have never been so frightened in my life. This was a situation over which I had no control. I didn’t know if anyone outside was aware of my plight ...” That’s how Mohamed Amin recalled this period in his biography titled: *The Man Who Moved the World: The Life and Work of Mohamed Amin*, by Bob Smith with Mo’s son Salim Amin, published by Camerapix Publishers International in 1998.

Thanks to his impressive and unique contacts network and also to his luck, Mo was always at the right place at the right time he had “a nose for the news.”

Every shoot was a military campaign with an exit strategy

In January 1964 when the established Arab minority was bloodily overthrown the young photographer (21) was on the frontline. His exclusive film and pictures of the violence which led to more than 15,000 deaths within a week hit the front pages of the world’s televisions and newspapers.

Violent riots in Djibouti and Kenya, long secessionist war in Sudan, the reign of terror of Idi Amin in Uganda, the war-ravaged Somalia, and ruthless rebellions in Ethiopia were some of the risky assignments in East Africa.

The action man, Mohamed Amin was also covering other unrest parts of Africa. He made several trips in Nigeria to cover the Biafran civil war. In central Africa his lens monitored the troubles in Katanga (Zaire) and the arrival of mercenaries in Rwanda.

Outside the continent Mo was also a feared rival for the Western journalists in the Middle East. He managed to be in 1990 the first journalist to enter Iraq during the Gulf War. He also covered the massacre in East Pakistan, the guerrilla in Afghanistan and bombing in Beirut (Lebanon).

His son, Salim Amin, also a photojournalist in the documentary, reflecting on the life of his father, *Mo and Me*, describes the safety code of conduct of his father in these terms: “good health, good planning and good luck, every shoot was a military campaign with an exit strategy.”

Three months after he lost his arm he was back on the frontline

Indeed even if Mohamed Amin was going on high risk assignments he had careful safety rules. Unfortunately his precautions did not save him all the time. Said to be a bad driver he broke his right leg twice in traffic accidents in Kenya. Later in Ethiopia on June, 4, 1991 Mo and some colleagues, after they finished covering the overthrow of Mengistu Haile Mariam, were filming the explosion of an ammunition dump full of high explosives, missiles, rockets and bombs. A blast occurred in the dump. Mohamed’s friend, John Mathai who was helping him as sound man, died on the spot. Mo’s left arm was severely injured and he almost died. His arm was amputated and a US orthotics expert conceived a special prosthesis for the photojournalist to continue to grip his camera. Only three months later he was back to the frontline.

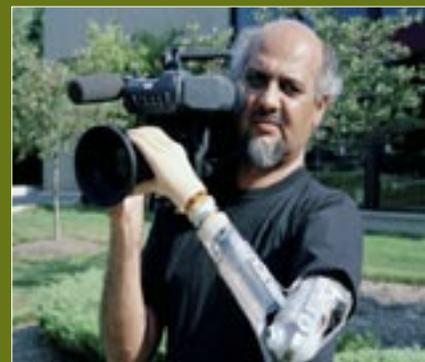
The credo of the world greatest photojournalist was: “If there were bodies lying in the street I just filmed them. If people were being beaten up, I just filmed them. In many situations I should have been dead. But what I say to myself is ‘Well, I’m in this situation and I will cover this story as best I can.’ At the same time I am looking round to find out how I’m going to get out there. There’s no point in getting shot in the back while running. If you run, you’re more suspect.”

Sources:

The Man Who Moved the World: The Life and Work of Mohamed Amin, by Bob Smith with Mo’s son Salim Amin, published by Camerapix Publishers International in 1998.

The Story of Mohamed Amin Front-line cameraman, by Brian Tedley, published by Moonstone Books in 1988.

Mo & Me, documentary by Salim Amin, produced by Camerapix and Al Jazeera International



Mo with his bionic arm

A picture of Kevin Carter taking pictures of the photographer, Ken Oosterbroek, during a shooting at Protea Police Station in Soweto when police opened fire on residents protesting the assassination of SA Communist Party leader Chris Hani, 1993. (Photo: Ken Oosterbroek / PictureNET Africa)



CHAPTER 3

Riots and civil disorder

Riots, violent civil unrest and even demonstrations in your local town centre can be as dangerous as a battle zone. Some events are unpredictable, the dangers are unseen and the situation can escalate at frightening speed. Even nonviolent crowds can become dangerous when people become frightened or angry. Peaceful demonstrations can quickly become dangerous riots. Where there is ethnic conflict or a divided community, journalists need to know about safe and unsafe areas and about safe and unsafe behaviour patterns. Terror campaigns often include civilian targets, and in some countries target media and journalists. Camera crews, reporters and photographers who cover terrorist attacks need to be aware of the risk of revenge or secondary attacks at the scene immediately afterwards.

The aim of the journalist is the same in these situations as in war zones – to achieve good coverage at minimal risk. The same principles of planning ahead and retaining control apply. The greatest risk is to news teams who are sent into situations where they are unaware of the safe and unsafe areas, the pattern of previous risks and the extent to which they themselves may become targets. Journalists may be at extra risk if their media organization is, in the minds of those involved in civil disturbance, identified with one party to the conflict or other. Journalists, or media teams, may consider removing any stickers or logos that place them with one media company or another.

Security forces and police often claim that the presence of cameras induces or escalates riots, and therefore try to prevent cameras recording their activities. Journalists can become a target of rioters or the police if either believes that coverage will identify them as perpetrators of violence. Photographers and camera operators are at extra risk if those involved in a riot believe that film will be handed over to the police.

SURVIVAL TIPS

- Carry press ID ... but only show it when safe.
- Stay upwind of tear gas.
- Take wet towel, water, and some citrus fruit.
- Consider wearing goggles.
- Consider protective clothing if firearms may be used.
- Carry first aid kits ... and learn how to use them.
- Wear loose clothing, made of natural fibres.
- Cover arms, legs and neck.
- Carry a day's food and water.

People in a crowd who are expecting to be filmed and fear being identified may wear balaclavas or motorcycle helmets to cover their faces. Special police or military forces who are prepared for riot also wear helmets and face masks and may remove numbers that can lead to their identification. There is evidence that once people believe they cannot be identified, they have a low level of accountability for their actions and are more likely to use violence.

Violence may begin because of anger within the crowd. At other times it may begin because police decide to disperse a crowd by force. Neither side is likely to give much warning. Security forces may quickly escalate their response from batons and shields to tear gas and rubber bullets, and even live rounds. If you get caught in a large mass of people it may be difficult to reach colleagues and a place of safety quickly.

Plan in advance

When covering a planned event, such as a demonstration, gather intelligence in advance about the likely crowd movements, flash points and safety routes. Reconnoitre the scene in advance to select vantage points and alternative ways out. Knowing where people belonging to different ethnic or religious communities live may determine your travel routes in and out of an area.

IMPROVISE

- A magazine/newspaper can be inserted under a jumper as a makeshift anti-stab vest.
- A hardened baseball hat can protect your head.
- If your team is separating, pre-arrange contact points and times and try to have a direct means of communication.
- Carry press identification. However, if you think that this may attract unwanted attention, conceal it.
- Carry a cell phone with an emergency number pre-loaded on the speed dial facility of your phone in case of emergencies.
- If tear gas is a possibility try to position yourself upwind, and have a wet towel and water available to cover your face. If you cannot carry a gas mask, then citrus fruit such as a lime or lemon, squeezed over the affected area, will help to neutralize the effects of irritants.
- You also need a means of extinguishing the flames if you are splashed with petrol from a Molotov cocktail.

“Despite the violence of the demo, the producer was reluctant to move”

“There were 33 candidates and half of them had taken to the streets with their supporters to ask for a postponement of the poll day.

We were a crew of 5 on the assignment, the cameraman, the sound-engineer, the presenter, the producer and me the fixer. We wanted to do a voxpop, get the speech of some presidential candidates and, of course, some action of the anti-riot police.

We started to film the demo with the demonstrators for a while. Then, we arrived at a point where the anti-riot police blocked the road and told everyone that they had received orders to disperse the crowd because the demonstration was not authorised. At this point, the hardliners became very excited, some started throwing stones to the police and the police were threatening to start shooting and told the journalists to leave the crowd. We were in the crowd and knowing that when the police would retaliate, we would be in danger, the tear gas or the movement of people running away could damage our equipment, I told the producer that we should go behind the police. The producer was very reluctant because the pictures were great with the crowd. He finally accepted to call the camera operator, when the police began shooting tear gas and we started coughing due to the smoke.

We managed somehow to get behind the police, but then we were still in danger because, the police with their shields, helmets and special outfits were protected against stones and Molotov cocktails but we had nothing and were following the policemen who were crashing into the demonstrators in the smoke of the tear gas. We were not the only media on the spot, there were lots of TV crews and no one was stepping aside and no one listened to the police, when they were telling us to step aside and especially not to be between them and the crowd.

That day, I smoked a quantity of bad gas and my nose, eyes and skin were hurting as if I applied a pepper lotion. One camera person fell down and was taken to the hospital. At the end of the day, no one died but many were injured.”



Emery Makumeno was the fixer of a German TV crew covering a protesting demonstration in Kinshasa, the Democratic Republic of Congo capital city in July 2006 during the first round of the election campaign.

- In an environment where tear gas is likely to be used, eye protection should be considered. Swimming goggles or industrial eye protection should be sufficient.
- If firearms are likely to be used, wear the same protective clothing as in war zones.
- Carry first aid kits and know how to use this equipment.
- Wear loose natural fabric clothing; this will not burn as readily as synthetic material. Wear long sleeves, long trousers and a high collar. This will expose as little of your body as possible to the effects of irritants in tear gas.
- Carry a small backpack with sufficient food, water and materials to last you for at least a day in case the unrest spreads and you have difficulty in getting back to your office.

Positioning

Think about how to position cameras and reporters to get an overall view of the scene. Higher up is better. There should be more than one way to leave a position. If you are filming, it can be a positive disadvantage to get into the crowd and be too close to the action. If you are a reporter who is not filming or taking pictures you do



Maxwell Agwanda, *The Standard* newspaper photographer, sandwiched by policemen during a riot in Nairobi. (Photo by Robert Giseru – *The Standard*)

not need to be in the crowd, so long as you have a clear line of sight and can catch the sounds. You can do interviews with participants before and afterwards, but at the time you need an overview of what is happening.

During the event

If you are part of a team, work with the team. Stay together or withdraw together. Withdraw too early rather than too late. If you are working as an individual, ensure that you have good means of communication with someone who can get help if need be. Set up your phone so that ‘last number redial’ is to a source of instant help.

Try to keep a mental map of the main exit routes, prominent locations, security force locations and the nearest hospital facility, and occasionally stop and check that they are still clear.

If you fear film or tape will be seized, carry dud exposed film or tape in your pocket and hide your used material as soon as you take it from the camera. If using digital equipment, have a dummy disc in case you are forced to hand one over. In high-risk situations, team up with another photographer so that you can look out for each other. You may be rivals – but you are also colleagues.

If you are working alone, either as a reporter or a photographer, try to remain aware of when you are becoming the focus of a crowd, rather than just part of it. You may be at risk even if the crowd is not hostile. Do not be tempted into taking unreasonable risks just to obtain the same pictures or film that someone else has already shown.

After the event

Debrief in the newsroom so lessons are learned for the next occasion.

Protect the integrity of your material. What is the law in your country about the right of security forces to demand film and video material? You must understand the legal implications for you as a journalist working within the area, region or country that you are operating in. What is the policy of your news organisation? If it is not possible to protect material within the country, is it possible to set up a system so that film of civil disturbance is archived outside the country?

Remember that your ability to do your job safely is adversely affected if the police are given access to your material after

demonstrations and civil unrest. You are put at serious risk, if those taking part in a riot see you as part of the evidence gathering process.

Terrorist attacks

Journalists face the same risks as all civilians from terrorist attacks and face extra risks when media offices and staff themselves become targets for bombs or shootings. Attending the scene of a killing or a bombing also carries risks. Grieving crowds may turn on photographers and camera operators because they believe them to be callous, or to try to prevent whoever carried out the attack gaining publicity. Sometimes an initial incident is set up so that police or military forces can be ambushed when they arrive. One bomb may be set off to bring the emergency services to the scene, when a bigger bomb is detonated. All those who operate behind police cordons, whether police officers, paramedics or journalists, are at risk of being killed or injured by secondary bombs.

CHAPTER 4

Abductions, hostage taking and targeting journalists

Hostage taking is still a relatively rare, albeit dramatic and traumatic, event. Most abductions are short term, lasting only a few hours, and most people who are taken hostage survive the experience. Being taken hostage is a frightening and highly dangerous event, in which you lose control of your person and your future. Once someone has taken you hostage they can physically do with you what they will. About 80% of hostages are released unharmed, but as a hostage, you are likely to be marginal to the negotiating process and depend on others to ensure that you are released safely. The level of violence following abductions is probably increasing.

This section focuses on what journalists can do to reduce the risk of being abducted, and to increase their chances of survival in the event that abduction takes place. Some of the advice about how to retain hope and dignity while forcibly detained applies also to detention by army or police, events that are very common in countries where press freedoms are marginalised or non-existent.

Why hostages are taken

People are taken hostage because the hostage taker wants:

A POLITICAL COMMODITY

The abduction of a high-profile journalist or someone working for a high-profile news organisation attracts widespread publicity. Kidnappers may demand the release of prisoners associated with their cause.

WHY HOSTAGES ARE TAKEN

Hostages are taken because:

- They are believed to be a political commodity,
- They are believed to be an economic commodity,
- For revenge,
- As an insurance policy, or
- Because of mistaken identity.

AN ECONOMIC COMMODITY

Kidnappers may abduct a journalist employed by an organisation, or belonging to a family, that the kidnappers believe can and will pay large sums of money to secure their safe release.

REVENGE

You are associated with a country or a group seen by the abductors as their enemy. Bargaining for your release may not be what the abductors have in mind.

AN INSURANCE POLICY

You are held to ensure that the abductors can safely leave an area, or during a period of tension or negotiation.

MISTAKEN IDENTITY

You are taken because of mistaken identity or your abductors wrongly think you fall into one of the above categories.

Assessing risk

Hostage taking often follows a pattern. Is the area where you are working one where hostage taking is practised? Is there a history of journalists being taken hostage?

You need to ask yourself, and check with others, whether you have a high or medium risk of being a target as a potential hostage. You are at greater risk if you work for a well-known media organisation or one identified with a government that the potential abductors do not like.

When making a risk assessment, look at the situation from the point of view of the hostage takers. Your news organisation may have no influence over government policy or access to large sums of cash, but do potential abductors know that? Many people have an instinct to 'shoot the messenger' and blame the media for events they dislike. An individual journalist may also become a target because of the work he or she has done, but this is a rare event. In most cases the journalist is held as a symbol of what they are believed to represent.

Reducing risk

If you fall into a target group, consider how easy it would be for an abductor to take you hostage. Usually, abductors take the easiest target. They need a period of reconnaissance, during which they are looking for a pattern of events and situations where you are most vulnerable. They will watch your home, hotel or place of work. The more predictably you behave, the greater the risk. Leave your base at a different time each day, or by a different route. Try not to develop predictable travel routes, or at least be aware that this is the time you are at greatest risk. If you live in a rented house or compound, check that the security arrangements are adequate. You are safer with a press pack and at greater risk if alone or travelling as a single crew.

Abducted female journalist: "I felt under extreme stress"

Ms. Zamzam Abdullahi Abdi was abducted just on 24 October 2004, after 17.00 (local time) near the busiest market of Mogadishu, Bakaara Market, by three militias, and released the following day around 08:00 am without any exchange.

"The militia, two men and one woman, armed with AK-47 assault rifles and pistol ordered me to follow them by force" said Zamzam, a member of the Governing Board of the Somali Women Journalists Association (SOWJA). "I was held in an unknown location however, and therefore I don't know who was responsible for my kidnapping," she added.

"I think that the reason I was kidnapped is due to my involvement in child rights issues, because they said to me 'will you stop talking about child rights?'," said Zamzam Abdullahi, who is also a leading advocate in a number of child protection campaigns in Mogadishu.

"They were masked when they were talking to me, and although they didn't torture me, they threatened me and I felt under extreme stress during my overnight capture," she said.

Somali Journalists Network (SOJON)

RISKY INTERVIEWS

Assess risks with a colleague, and consider:

- the previous practice of interviewee,
- how well you know your contact,
- why you have been chosen for the interview.

Do not be tempted into taking reckless risks.

By the nature of their work, journalists cannot limit themselves to protected safe places, and often interview people who may be hostile to their news organisation. You need to make a fresh assessment of risk before each such assignment, and adopt common sense security measures. When making arrangements do not call from a hotel room phone. Use an individual mobile/cell phone or a public call box, selected at random. Remember that all electronic communications can be intercepted.

When travelling in your own vehicle, make sure the doors are locked at all times. You are vulnerable in towns when you stop at lights, or in rural areas when forced to stop by a road-block or an accident. An accident that blocks the road may be a trap. If you cannot proceed, stop some distance away to assess the situation and try to keep one avenue of escape clear.

If you are making arrangements to meet someone where you have concerns for your safety, make sure that you meet on your own terms. Pick a public place, such as a café, at random, and a table in an area where people are already sitting. Be particularly suspicious of last minute changes to arrangements, especially those where you are given little time or opportunity to disagree.

The process of abduction

Abduction is usually sudden. You must make a rapid assessment of what is going on and act quickly. If the abductor is armed you may have no alternative to doing what you are told to do. If the abductor is not armed you may decide to make a lot of noise, scream and draw attention to yourself. Some people advocate pretending to faint, to make it more difficult for the abductor to get you into a car. In a surprise attack the abductor depends on their target being bewildered and unprepared. Shouting will raise your adrenaline level and this makes it easier to resist. There is obvious risk in resisting, but the risk to your person does not decrease once you have been taken.

Abduction by degrees

However, abduction is not always a sudden, violent, event where it is clear that you are being taken some where against your will.

Many abductions are of a different nature, one where the psychology of the journalist is used to entrap them. The journalist

may be offered a very desirable interview and offered a safe passage to meet someone who may be a guerrilla leader or wanted by the police.

The arrangements may be complex and subject to many changes, 'for security reasons'. The journalist feels relatively safe so long as they are with an intermediary they trust and have promises of safe conduct. Then the intermediary hands the journalist on to a 'friend', with a plausible explanation, perhaps as they are changing cars. The journalist is now in a car with people they do not know, in a place they do not know and with a destination they can only guess at. They have lost all control of the situation and whether they become a hostage or return with their interview is largely a matter of luck.

Nobody can make the judgements for you – you have to balance the desire to get the interview against the risk. A journalist who takes no risks at all will only do routine work, and will never achieve the interview they are seeking. However, it is foolish to press ahead on the basis that abduction cannot happen to you. Amongst the things that you will need to take into account are:

THE PREVIOUS RECORD OF THE PERSON YOU WISH TO INTERVIEW

Have they given interviews before? Have they kept to their word? To whom do they usually give interviews? If the individual or group rarely gives interviews, why now, and why you? One cause for concern would be if you were selected to do an interview for no apparent reason. Be aware that your natural desire to get the interview may distort your judgement. This is not a decision to take alone.

THE REAL STRENGTH OF YOUR CONTACT AND THEIR INFLUENCE

Is your intermediary someone you have known for years, or someone you met last week? A sudden friendship is no guarantee of security. The new friend may be reporting back to potential abductors, to the police or to security forces. If they are in good faith, do they have real influence with the target of the interview?

HOW EASY WILL IT BE FOR OTHERS TO FIND YOU?

Who knows where you are going and whom you are going with? What procedures are in place if you do not arrive back or call in safe within a certain time frame? Will they be able to follow your trail. Abductors work inside areas they know well and where they feel safe. The

SURVIVING ABDUCTION

- Retain mental alertness and a positive attitude.
- Try to build a relationship with your abductor.
- Do what you are told – do not antagonise your captors.
- Adopt a positive routine.
- Seek improvements in your conditions.
- Talk to someone in your mind. Make plans with them.
- Do not believe promises of release, until it happens.

evidence is that hostages can be moved easily and frequently without much risk of discovery.

If you decide to go ahead with a potentially hazardous arrangement, leave clear instructions about where you are going.

Agree code words that you can use in a phone conversation to let the other person know whether you are safe, and an alert time at which people start to look for you. Code words should be words you insert to show that you are safe, rather than unsafe. If you have been abducted you will probably be speaking from a script, and have no opportunity to insert code words.

If you are being taken somewhere by an intermediary, discuss in advance with colleagues the point beyond which you will not go; at which point you will try to abort the process and return to safety. This may, for example, be if your contact tries to leave the car. Obviously, it may not be possible to put such a change of plan into effect, so if you do have such a 'no go' point, you must be prepared to put an attempt to escape into action with speed and an element of surprise.

Surviving the experience

If you have been abducted, you will be frightened and unsure whether you will survive the next minute, hour or day. Remind yourself that most people survive the experience and return safely. Experience of those who have survived being taken hostage suggests that there are some things you can do to help your chances of survival and to allow you to endure the intervening period.

You have lost physical but not mental control. You need to prepare to endure a period of mental and physical stress, and to survive this you will need a positive mental attitude. So far as possible, try not to show your emotions. Use your feelings positively to plan how you will act.

There are things that you should do both in the short term and in the longer term. Make it difficult for your captors to treat you inhumanely. If you can develop a relationship, you may reduce the risk of being physically harmed. Talk about your family. If they do not remove personal possessions, put pictures of your family where you can look at them and talk to them.

- Do as you are told. Behave politely and do not antagonise your captors.

- Do not, on the other hand, attempt to appease your captors. Even if you are sympathetic to a cause, you are not ‘on their side’; you are their captive. If you are able to talk to your captors, your key message should be that as a journalist you are a non-combatant in their conflict, but that journalists have a key role to play in ensuring that all sides get a fair hearing.
- You do not know if you will be held for a long period of time, so behave as if you will be. As soon as possible, adopt a positive routine. Do not allow yourself to slump in the corner and fester.
- Use whatever methods you have for relaxation. Plan what you will do when you return home. Plan a holiday with friends or family. Write a letter in your head. Try to remember scraps of poetry.
- If you are being held for more than a day or two, start to make requests to win what may appear to be petty concessions. Ask for better conditions, for example that you are not kept chained, or you are given soap to wash with, or you can write a letter to your daughter, or that hostages are kept together. Keep in mind the need not to antagonise your captors, but within the bounds of what is permissible in the circumstances, be persistent. Make it a daily request. If it is one that your captors can meet without risk, they may acquiesce. If you win a concession you have won a little mental victory. Be grateful and thank them. Then wait a little and make another request.
- If you are on your own, particularly if being treated with brutality, try to lessen your loneliness in your mind. If you are a religious person talk to your God, or pray. If not, hold conversations with a loved one or trusted friend. Ask them for advice. Tell them how you are going to survive.
- Do not allow yourself to believe promises that you are about to be released. If negotiations are being held, then they may be protracted. Your captors may feel false optimism, or they may be playing mind games. Behave as if you were going to remain captive for a considerable time to come. This will help you to maintain self discipline and soften any disappointment. The dashing of false hope is one of the quickest ways to break someone’s will.

Escaping?

Should you try to escape? If your captors are competent, they will take great pains with your security. Any escape attempt on your part is likely to fail unless there are outside factors or you have an element of surprise. The question of whether you try to escape depends on your physical condition, your mental strength and the circumstances.

If you are held captive and you are in reasonable physical shape you should always be looking out for failures of security in your incarceration.

However, the results of a failed escape attempt could be to leave you worse off than before. On the other hand, if you feel that your life is in serious jeopardy then you have nothing to lose. Signs that you are at extra peril could be that:

- other hostages, perhaps employed by different organisations, are being released, but there are no signs that your release is imminent;
- your guards adopt a different attitude to you, treating you more harshly and ‘dehumanising’ you;
- your captors cease to feed you and your physical conditions deteriorate.



Back of a tortured Gambian journalist

People have escaped captivity when the attention of captors is diverted, perhaps because they have come under attack. If several of you are held together, it is obviously important that you reach agreement on any strategy on escape. If you do decide that your life is in immediate peril and you decide to make an attempt, then you must follow it with your utmost strength of will and physical effort to the end. Bear in mind that if you have been kept in a confined space for any length of time you will find it more difficult to run and your endurance will be weaker. If you can succeed in escaping from your immediate prison, your options are to head for the nearest public space where there are many people and make as much noise as possible, or to hide and try to reach safety by degrees. This will depend on how safe the neighbourhood is where you are being held.

Targeting journalists

Journalists may be targeted in the heat of the moment or, as in the cases of Daniel Pearl in Pakistan, Martin O'Hagan in Belfast, and Tim Lopes in Brazil, they may be victims of cold-blooded murder. The objective may be to seize material or to silence, frighten or even kill journalists. The perpetrators may be guerrilla or terrorist groups. All too often, however, paramilitary forces of the state are implicated in attacks on journalists and murders. Often the very existence of a terrorist threat is used as an excuse to repress journalists, and a cover under which they can be attacked. The war against terrorism often turns into a war against media freedom.

When government forces target journalists in Africa

Jointly written by journalists: Agnes Eyatunde John-Thomasi, Ebrima Sillah and Amie Joof-Cole

Relations between journalists in Africa and the government forces (police, army, etc) still remain far from normal. It is a relationship characterised by mutual suspicion. Their difference however lies in the nature of their professions. While journalists want to report the news as it is, bound by the cardinal principles of objectivity, accuracy and timeliness, on all news items including issues dealing with police investigations, the courts and other state matters, the police on the other hand always want to reach logical conclusions in their investigations first before they see them published in the press. In this case they tend to conceal information and hence create a "blackout" until such investigations are completed.

In addition, there are a number of other crosscutting issues that determine the strained relations between the police and journalists in Africa. These include politicization of democratic and state institutions by the ruling governments to entrench themselves in power; intolerance; corrupt links between the police and business enterprises in Africa; the continuous vague and extended definitions of "state security"; lack of recognition by the police of the fact that they are part of society and have

a need for information; lack of proper training on the part of many of Africa's journalists who report on complex criminal and political stories on the continent; and the new disturbing trends on the continent that brands Africa's critical independent journalists as Western spies and unpatriotic group of people working to destabilize their respective countries.

Politicization of Democratic and State Institutions:

Therefore journalists who dare report on such misnomer often risk being arrested and maltreated by the police. A classic example of this is Zimbabwe where many supporters of the ruling ZANU-PF party are recruited into the police and other security forces who after training are deployed in areas seen as opposition stronghold to enforce not what the law says but what the ruling party believes is the best way to entrench itself in power thus, the open confrontations between the police and the host communities in Zimbabwe. Journalists covering such fracas are often seen as a legitimate target of arrest and harassment in order to stop them from reporting the news.

Corrupt Links Between the Police and Businesses

Generally, committing huge investments and conducting business in Africa is full of risks and uncertainties. In addition to high poverty levels, there is political instability which sees governments constantly change either by coups or through other undemocratic means. Thus many established businesses on the continent do align themselves with ruling governments to continue to survive and earn the support of the powers that be. But in the process, many of these businesses conduct their activities that run contrary to the spirit and letter of the national laws where they operate.

Today in many African countries, it is difficult to distinguish activities of ruling parties from the functions and the running of the state. Because many governments want to maintain a total grip on power, often state institutions like the police that are meant to protect the rights of people, are used as instruments of oppression. Thus the police as an institution is politicized to such a level that an important issue like appointments to senior

The car of Burkina Faso journalist Norbert Zongo after it was burnt down on December 13, 1998. The investigative journalist perished in the fire with three companions. Traces of bullets were found on the doors of the car.



positions are determined by one's loyalty and involvement with the ruling party.

The resultant consequence of this is that in most cases investigations and even criminal prosecutions are always biased against those seen as opponents of the regime in power.

Often their annual earnings are understated to avoid paying higher taxes. Their local staff is also normally underpaid to cut down on costs.

Also such businesses normally have special relations with the police force where they help the force with equipment and other gears supposedly to enhance their work. It has to be noted that police forces in Africa are poorly paid. Therefore journalists who investigate such businesses are arrested, framed and vilified by both the police and the government for trying to scare investors away.

Intolerance

In almost all the countries in Africa, the practice of journalism is characterized by intimidation, harassment, torture, arbitrary arrest and detention and other forms of repression by both the state and the non-state actors. But what is striking though is that in almost all the reported incidence of attacks or threats against journalists in the continent, such cases are hardly properly investigated and the perpetrators rarely brought to justice. This is the reality even in the acclaimed African democratic countries like Ghana, Senegal, Botswana, Namibia, South Africa and a few others.

For example in Ghana, according to The Media Foundation for West Africa (MFWA), a non-charitable organisation that monitors media rights issues in the sub-region, there has been a marked increase of physical attacks, harassment and intimidation of journalists by police personnel in the country. The Media Foundation for West Africa says "at least 7 (seven) incidents of such actions against journalists by the police, who have a constitutional obligation to protect citizens, including journalists, have since the beginning of 2006 come to the attention of the MFWA. We are also particularly worried by the non-action to bring to book these perpetrators."

However the situation remains the same even in Liberia that has just emerged from more than a decade long civil war. On October 13th Edmond Garleh, senior producer of SMILE FM, a

Community radio station in Zwedru, Grand Gedeh County in southern Liberia, was publicly flogged by four police officers for an alleged negative reportage of the police service.

The situation is bleak in countries where there is a collapse of the judicial system like Somalia, where there has been no effective functional government for over a decade. Often journalists are harassed and there is no place to report to for immediate redress. Somalia, with her various militia factions has so far recorded the highest number of murdered journalists in the continent.

Journalists in countries that are at war or that have just emerged from one form of civil conflict or another often face greater risk of being maltreated by their government forces. In Sudan for example, police often arrest journalists because of their reporting on the conflict in Darfur and other parts of the country. Most of the time the journalists are held in secret detention centres without explanation.

According to a source in the Eritrean capital, Asmara, who talked to Reporters Without Borders, “the government is on a state of maximum alert following the recent defection of a number of veteran journalists holding key posts within the information ministry.” The detained journalists are accused of being the friends of, or being in contact with, the journalists who are now abroad, the source added. Reporters without Borders is aware of at least six cases since the start of October 2006 of Eritrean journalists defecting after fleeing the country or requesting asylum abroad.

Eritrea currently has at least 22 journalists being imprisoned in secret locations.

Eritrea is another bad example of intolerant countries in Africa where the police act with impunity when it comes to dealing with journalists. According to the Paris based media watchdog Reporters Without Borders, in November 2006, alone, no less than nine journalists working with the state media were rounded up by the police. The journalists arrested are identified as: Ahmed Baja of Eri-TV, Senait Tesfay of Eri-TV’s Tigrinya-language service, Paulos Kidane of Eri-TV’s Amharic-language service and Radio Dimtsi Hafash (Voice of the Broad Masses), Daniel Mussie of Radio Dimtsi Hafash’s Oromo-language service, Temesghen Abay of Radio Dimtsi Hafash’s Tigrinya-language

service, Yemane Haile of the Eritrean News Agency (ENA), Fethia (surname unknown) of Eri-TV's Arabic-language service, Simon (surname unknown) of Eri-TV and an unidentified journalist working for Eri-TV's Arabic-language service.

Let us also state that the police as an institution like many other institutions only want to use the media for their own selfish interest, where and when they please. They tend to utilise and cajole the media in promoting their image while they remain hostile to any form of report that criticises their image. There are many examples of this taking place in Africa today. However few could be cited from some International Freedom of Expression Exchange (IFEX) alerts. The Nigerian police on December 1, 2005, assaulted New Age newspaper reporter, Annabelle Yyika and smashed her camera as she took photographs of the police brutally attacking some traders at the Lagos state Secretariat Complex. She was later taken to the office of the deputy superintendent of police for questioning. Likewise, on December 22, 2005, a photographer of the Nigerian Tribune, Sikiru Adeoye, was severely beaten by the police in Oyo State. The incident happened when Sikiru went to a local government headquarters to photograph clashes between supporters of Governor Rashidi Ladoja and those of his former political sponsors, Alhagi Lamidi Adedibu. Sikiru Adeoye was taking photographs of Adedibu's supporters, who were attacking the governor's office and clashing with the police securing the office, when some policemen approached him and told him that he does not have permission to take pictures in that vicinity. He was beaten to a state of unconsciousness by the police and was later admitted at the Ibadan hospital.

Similarly, in Ethiopia, the International Federation of Journalists (IFJ) says that in 9 months about twenty journalists have been jailed for political reasons. Seventeen of them were arrested during the violent suppression of anti-government riots that followed the November 2005 elections in Ethiopia. Among the detained journalists is Serkalem Fasil, who was pregnant when she was arrested and subsequently gave birth in prison.

It is worth noting that presently in Ethiopia there are still some journalists arrested in relation to this incident and have now been charged with treason.

Also among the detainees is Abraham Reta, a freelance journalist who was arrested on 24 April 2006 and condemned the

same day to one year imprisonment. Two journalists from the public television channel ETV, Shiferraw Insermu and Dhabassa Wakjira, have been in jail since 22 April 2004.

The IFJ stated that a number of the journalists are suffering from health problems due to the poor prison conditions. Kaliti prison, where the prisoners are held, is at its worst during the Ethiopian rainy season when wild mice invade the cells to avoid the harsh weather and bring with them contagious diseases. Most of the cells are made of corrugated iron sheets, which are extremely cold when it rains and extremely hot during the dry season.

State Security

The term state security continues to be loosely defined in most African countries. For most African governments, state security is what directly challenges the government or the ruling party. This may include media reports exposing corrupt government officials and reports concerning the viewpoints of those “governments” termed as enemies of the state. According to an IFEX alert following the aftermath of the 15 May, 2005 Ethiopian elections, arbitrary arrests and detention of journalists became rampant. On June 2, the editors and deputy editors of four private newspapers were arrested. They were served with summonses by the Central Federal Bureau of Investigation on June 1. On arrival at the Bureau on June 2, they were detained throughout the day, only to be released later in the night without any explanation. Those arrested include: Zelalem Gebre of Menilik newspaper and his deputy, Serkalem Fassil; Abiye Gizaw of Netsanet and his deputy Dereje Abtewold; Mesfin Tesfaye of Abay and his deputy Fekadu Indrias; and Fassil Yenalem of Zena and his deputy and Simret G. Mariam. Many people believed that these rampant arrests, mostly conducted under the pretext of national security were meant to intimidate the independent for reporting on the serious government crackdown on the demonstrators.

Surprisingly, in the Republic of Senegal, where the media is said to be very vibrant and the government very tolerant of the media, On October 17, the police in the capital, Dakar, acting under the orders of the information minister, closed down Sud FM radio station and detained some members of staff. The closure of Sud FM was precipitated by the broadcast of an interview with a rebel leader, Salif Sadio by journalist Ibrahima Gassama, in the southern

province of Cassamance. Other Sud Stations around the country were also closed at least for some few hours.

Across the boarder in the republic of The Gambia on Saturday, October 22, police in the capital Banjul shut down Sud FM in Banjul, a branch of Sud FM in Dakar. The Gambian Secretary of State for Information and Communication Technology accused Sud FM of "inciting trouble between the Gambia and Senegal. Sud FM in Banjul remains closed to this day.

Lack of Proper Training for Africa's Journalists to Report on Complex Criminal and Political Stories

The odd situation that Africa's journalists normally find themselves in when it comes to their relations with the state forces is the fact that quite often journalists who report on complex criminal cases lack the required training and competence to handle such issues. It is also true that because of competition and the rush to meet deadlines, journalists who report on serious criminal police investigations are in a hurry to publish their stories even when the necessary facts or details are missing.

The probable consequences for such reporters are arrest and detention in police cells. Even though it is an established fact that Africa's police forces are always hesitant to confirm cases under investigations to the press, the inadequacy of the journalists also to manoeuvre their way in covering such stories often gives the police enough ammunition to pounce on journalists for misreporting the facts.

It is disheartening to note that in most cases the police who should be the protector of citizens turn out to be the hunters and abusers of journalists who are members of the society to be protected. In most cases journalists believe they have to report the truth and nothing but the truth regardless of anything and in so doing protect the people.

It is therefore of utmost importance that the two parties develop an understanding of working to ensure the safety of the people. They have to know and recognize the professional role and responsibility that each of them should perform and how they can promote a just and democratic society that will tolerate freedom of expression and access to information. However until the above explanations are corrected, the relations between the police and journalists in Africa will remain strained for a very long time to come.

PART 3: The Recovery Zone



CHAPTER 5

Emergency medical aid

Journalists working away from their bases or in hazardous areas need to know when and how to provide emergency aid to a colleague who is ill or injured. Journalists need to know how to deliver emergency aid rather than first aid.

First aid is designed to maintain a patient until he or she gets to a hospital or clinic, on the assumption that these are available reasonably quickly. In hostile environments, a place of safety may be many hours away. Journalists should aim to provide emergency care that can help a casualty to survive for several hours, and perhaps longer. The overall aim is to stabilise a casualty's condition until they receive medical aid from trained staff.

Such knowledge requires more than can be learned from a manual. A first aid or medical emergency course allows a journalist to practise placing splints, bandages and tourniquets and to learn procedures about clearing airways, resuscitation techniques and placing someone in a recovery position.

For your own safety you should not only insist that you learn these skills, but that all journalists working in the field are sent on such courses and refresher courses. The more journalists there are who know what to do in an emergency, the better.

Your ability to help will also depend on the quality of the emergency medical equipment that you carry. Journalists on potentially hazardous assignments should carry a good medical kit and know how to use it. Journalists should also know how to improvise in the absence of splints or stretchers.

This chapter will cover injuries from traumatic events such as gunshots and explosions, but it begins with advice on the most likely need for medical assistance – how to help someone who has fallen ill or to stabilise someone following a road accident.

Illness

The most likely (and least glamorous) conditions that may put a journalist at risk in a hostile region are illnesses, food poisoning and the effects of climatic conditions such as hypothermia, heat stroke or altitude sickness. Part of the preparation for an assignment should be to become familiar with the most common infectious diseases in the region and those that can be passed on through insect bites, or through infected water or food. Take with you the right medicines for the most common conditions. In tropical areas, for example, the risk from malaria is likely to be much greater than the risk of being shot or shelled.

A journalist on assignment should become a hypochondriac. Pay attention to ensure every minor niggle is seen to before it turns into a major problem that could slow you down and put you at risk. Wash regularly, whatever the conditions (use a flannel and water if nothing else is available), and give your body regular inspections. Treat 'minor' conditions such as athlete's foot immediately.

Food and drink

Clean water and food is crucial to your well-being and ability to function. You need a minimum of two liters of clean drinking water daily, and in extreme conditions four to six liters. You also need approximately 2,000 calories a day, depending on your size, the amount of walking and running you are doing, and climatic conditions. In extremes of heat or cold you will use more calories.

Take responsibility for your own food and water. Where water is suspect, be careful of water brought to a table in restaurants, unless the seal is unbroken. It is best to avoid ice cubes in drinks, unless you are sure they were made with sterilised water. Be sure that hot drinks were properly boiled.

Where water is suspect, buy carbonated water, checking that the seals are not broken (still water is easier to 'fake'). You can reduce the fizzyness by adding a teaspoon of sugar to the water. You can make water safe with chemicals (iodine or chlorine), but make sure you leave them in for 10-20 minutes before drinking. Another method is to boil the water for eight to ten minutes. There are good-quality but expensive water filters on the market that will filter out material down to 0.2 microns – the smallest bacteria are 0.5 microns. The cost of such filters is coming down, making them more affordable.

MASLOW'S LAW

Remember the rule of 3s. Your body will survive:

- 3 minutes without oxygen – after which you suffer brain damage and death.
- 3 days without water – after which you suffer serious dehydration.
- 3 weeks without food – after which your survival begins to be in doubt.

The most common food-borne infections are from e-coli bacteria, which live in the gut and can cause ‘traveller’s diarrhoea’ and salmonella, which is common in chickens and other meats, but is killed by thorough cooking. Avoid bloody meats and overcook rather than undercook all meat foods. If you are preparing your own food, thoroughly wash or disinfect any knife or chopping board that was used to prepare meats before using it again.

In areas where typhoid or other water-borne infections are common, be careful about eating quick-growing vegetables unless they are well cooked. Lettuce may be suspect; cooked vegetables are probably OK if they have been thoroughly boiled. Peel fruit or wash it in clean water.

If you are not confident about the quality of the food, the general rule is: **Cook, peel or chlorinate.**

Survival Tip

In an emergency, use ultra violet rays from the sun to purify water. Filter the water and leave it in bright sunlight in a plastic or glass bottle for four hours.

Traumatic injuries

The general approach to administering medical aid in a hostile environment is to stay calm and assess the situation before acting. Taking a few seconds will help you to focus on the most life-threatening conditions and to recall what you know and to focus on what you can do. Try not to worry about what you cannot do. A calm approach will save lives, while panic can spread quickly through a group of frightened people.

- 1 Assess the danger to you.** If someone has been shot and is lying in the open, will you be shot if you go to them? If you are also injured you cease to be any help in this emergency and become part of the problem.
- 2 Assess the danger to the casualty.** What is their most urgent life threatening condition? Is the car they are in about to catch fire? Are they still in the open and being shot at? Assess the risks of leaving them where they are against the risks of moving them.
- 3 Act to remove the casualty from the danger, or the danger from the casualty.** If you can remove the danger – by putting out a fire or persuading someone to stop shooting – so much the better. It is better not to move the casualty until you have stabilised their condition, but you may have to choose the least worst option.
- 4 Use your skills and knowledge to stabilise any life-threatening conditions.** Then get the casualty to a medical centre for treatment as quickly

TAKING A PULSE

- The best place to take a pulse is at the neck.
- Use four fingers flat against the point of the pulse.
- Do not use your thumb. It has its own pulse and will confuse your reading.

Reasons a Casualty Stops Breathing

The five main reasons why a casualty may stop breathing are:

- a blockage in the airway,
- heart attack,
- electric shock,
- gas or smoke inhalation,
- near drowning.

as possible. What you do for the casualty will depend on how long it will take to reach professional help.

EXAMINING THE CASUALTY

Wherever possible, you should wear gloves when approaching a casualty. There should be a pair in your first aid kit.

During these checks and during subsequent emergency treatment, make sure that you record everything you do, including the time, the condition of the casualty (pulse rate, breathing, etc.), action taken and medication given.

Use a simple sketch of a body to indicate wounds or burns. Note the time when a tourniquet was applied. If you are in a group, give one person this recording role. These notes must stay with the casualty and be sent on with them.

Check the condition of the casualty every 15 minutes and record whether they are alert, drowsy, semi-conscious or unconscious.

When you hand over the casualty for transmission to hospital etc. send someone with them who can tell the medical team what happened and what has been done. Make sure that the notes you have made travel with the patient. They will help the medical team to decide what to do next.

Penetrating wounds

Major fractures and penetrating wounds are life-threatening conditions that often result from traffic accidents or from bullet or shrapnel wounds. The most common cause of death is from loss of blood. The most important emergency treatment is to stop or slow loss of blood, and to immobilise any major broken limbs.

During your first examination of the casualty, check for all penetrating wounds. Take care that an obvious wound does not disguise a less obvious but potentially more dangerous one. Look for dark wet stains on the clothing, and be sure to check the innermost layer. Internal bleeding is dangerous. A fractured pelvis or femur (thigh bone) can bleed up to two liters of blood.

If it is safe to leave a casualty in position, do not move them until you have checked that they do not have a fractured spine. Ask a conscious casualty to waggle the toes, and check that the casualty can feel it when you tickle their feet. A semi-conscious casualty will

react to pain or to your voice. Rub their breastbone or pinch them to see if they respond.

If a patient is unconscious, behave as if they have a fractured spine and move them only when you have immobilised the neck and placed the casualty on a stretcher.

In your first examination, use your (gloved) hands as well as your eyes. Check down the head, body and legs from top to bottom, checking for reaction to pain that could indicate broken bones or internal injuries. Cut away any clothing that obscures your vision but take care not to pull cloth from a non-bleeding wound and so allow bleeding to restart.

Stopping loss of blood

One of your most urgent tasks is to stop the casualty losing blood. The principle is to apply pressure to the wound for long enough for the blood to clot. This should take about ten minutes. In your medical kit you should have large sterile bandages (there is little reason to carry small bandages). Open the bandage and apply to the wound with both hands, applying pressure with your body weight for a minimum of ten minutes. Your aim is to stop the bleeding, not to cover the wound. Do not pull the bandage off as this will break the clotting. Leave it in position. However, if the wound bleeds through, the process has not worked and you will have to try again. If possible, raise the limb to reduce the blood pressure at the wound point.

- If there is a very large open wound – such as made by a shotgun or explosion, then pack the wound with bandages and then apply pressure over the top.
- Leave the pressure dressing in position to stop bleeding and to reduce the chances of infection. Bullets and shrapnel are not sterile and are likely to infect a wound. Make sure that the dressings you carry are weather-proof.

There are other methods for stopping blood loss. One is to apply pressure to the pressure points where the large arteries cross bone structure, such as the collarbone. Again the pressure should be applied for ten minutes. The other is to apply a tourniquet, most suitable when a wound is in a limb. The tourniquet (essentially a belt, strap or cloth, tightened to stop the flow of blood) is applied above

BURNS

In case of burns:

- Pour cold (clean) water on the pain of burns for 10 to 15 minutes
- Avoid this in case of extensive burns as it will cause the casualty temperature drop
- Dress the burn with thin plastic wrap
- Do not wrap the burn tightly
- Do not use this material to cover the face
- Do not cover chemical burns at all
- Consider if the casualty is suffering from cold (remove wet clothing, dry him with blankets) or heat (remove clothing, spray with water and fan him).

the joint that is above the wound. If the wound is to the forearm, the tourniquet is applied to the upper arm; if the casualty has a gaping foot wound, the tourniquet is applied above the knee.

Apply the tourniquet by wrapping the strapping around the limb and using a stick to turn it more tightly until the bleeding stops. You can improvise a tourniquet with a belt. If you do not have a stick, use a pen to tighten it. The strapping should be 2.5 cm to 5 cm (1 to 2 inches) broad to avoid damage where it is tightened.

Once you succeed in stopping the loss of blood, you are depriving the limb of oxygen. This will cause damage if the tourniquet is applied for too long a period. Record the time at which it is applied and, after 15-20 minutes, gradually release the tourniquet over a two to three minute period. If the wound begins to bleed again you will have to reapply the tourniquet, again recording the time. In general, use a tourniquet only when other methods fail or you are overwhelmed by casualties and need to put some on hold. However, if you need to move someone out of a danger situation quickly, and know you can give more considered aid in a few minutes, a tourniquet can be the first choice. Falling blood pressure is a sign of blood loss. Blood pressure is measured twice – on the beat of the pulse and at the relaxing stage. The higher rate (on the pulse) should be roughly 100 plus your age and the lower rate should be 60-80. If the relaxed rate is above 100, there may be internal bleeding. You will probably not have the equipment to take blood pressure, but there is a good rough test. Press the casualty's thumbnail until it goes white, and then release it. If it turns pink quickly, then the blood pressure is good. If it stays white for several seconds, there could be a problem, as the blood is not returning quickly. A sign of loss of blood pressure is a faint bluish tinge on the lips or ear lobes in white-skinned people (cyanosis) or a faint greying of the lips or ear lobes in black or brown-skinned people.

Snakebite

As part of your preparation, check whether there are venomous snakes in the region. Most snakes are non-poisonous and prefer to move away from danger and hide. They only bite when frightened, cornered or trodden on. The only effective treatment for snakebite is to give the casualty the anti-venom as quickly as possible. If you are working in remote areas where there are venomous snakes, you

should carry the correct anti-venom and know how to administer it. If you do not carry anti-venom, do not suck out the venom or cut the site of the bite. The aim should be to try to prevent venom spreading while the casualty is moved to where anti-venom is available as quickly as possible. Keep the casualty calm.

Place them flat and restrict movement as much as possible. Try to keep the limb just below the level of the heart. Wrap a large crepe bandage around the bitten limb, starting at the site of the bite and working up the limb. The bandage should be as tight as for a sprained ankle, but NOT a tourniquet. The aim is to restrict the blood flow, but not to stop it. Place a splint on the bandaged limb to keep it as rigid as possible. Try to keep the casualty calm and still while moving them. The less exertion the better. Do not remove splint or bandages until anti-venom can be given.

“This training is a milestone to African journalists who have been covering war” – Nairobi, Kenya 2006

“I learnt a lot at the safety training program. What I learnt will be of immense benefit to my job” – Nairobi, Kenya 2006

“I suggest that such trainings continue because it would help journalists to be more careful in the discharge of their duties” – Monrovia, Liberia 2005

“This training was very good, interactive and very rewarding especially in a society like ours following years of conflict and civil war” – Bukavu, Democratic Republic of Congo, 2005

“This kind of training should be extended to many journalists as possible especially from the war torn and post conflict countries, as it would be important for them to know how to handle themselves in such moments” – Kibuye, Rwanda 2005

CHAPTER 6

Post-Traumatic Stress Disorder

Those who live through horrific events are inevitably affected in some way. Journalists may photograph, film or report on events where people are wounded or killed, and where they are helpless to save them. None of us is unaffected by seeing other human beings terrorized, wounded or killed. Moreover, journalists may be put at personal risk and made to feel afraid. Most people 'deal with' the issues that arise, and recover. Some have short-term reactions, such as a heightened awareness of danger or hyper-sensitivity to sudden noise. Others may be desensitized, and become callous about death and suffering. Some are left with long-term problems which damage their lives.

Journalists who report on wars and conflicts may be distanced by the fact that they have a job to do, and by individual skills in dealing with issues. However, they are also expected to focus on the horror. Photographers and camera operators may spend time analyzing the best angles from which to photograph or film people in fear or who are dead or dying. Nobody who reports on wars and conflicts can be entirely unaffected. This is probably also true of those who report train or plane crashes, gruesome killings or long murder trials. At times of war, journalists who cannot leave a conflict area because they are reporting on their own communities are particularly likely to be affected.

While support networks have long been in place for police officers or firefighters, several factors make it more difficult for journalists to recognize and deal with trauma. Too often, a macho culture encourages journalists to believe that they can cope with any disaster and that personal feelings should not get in the way of the job.

Journalists are also reluctant to shift the focus of attention from people whose lives are ended or torn apart by conflict, to those who

When it's all over, there's more trouble...

- People who live through horrific events are all affected in some way – including journalists.
- Many have short-term reactions, which ease as they talk through issues with colleagues or families.
- Some need more help – often if feelings of helplessness and fear have been suppressed.
- About a quarter of journalists with extensive experience of conflict and war reporting suffer symptoms of Post-Traumatic Stress Disorder (PTSD).
- Changes are needed to the macho culture that makes journalists try to cope alone.
- Journalists should routinely debrief after hazardous assignments.
- There should be voluntary access to independent and knowledgeable counseling.
- Journalists with symptoms need an easy route to treatment.
- Journalists must be confident they will not suffer loss of position, opportunity or prestige.
- Local and freelance journalists are at risk of being left without support.

report on them. Journalists and camera operators want to report the story, and do not want to see themselves as part of the story, as victims.

Over the past 20 years there has been increasing recognition of Post-Traumatic Stress Disorder (PTSD) in people who survive horrific events, and amongst the emergency crews who respond to them. It has more recently been recognised that reporters, photographers and camera operators can also suffer similar disorders with symptoms that make it difficult to function in everyday life (*see panel*). A journalist may only begin to experience these reactions after the conflict is over or they leave the area, when the need to do the job is gone and they are overwhelmed by their hidden feelings. Symptoms are often short term – the term Post-Traumatic Stress Disorder is only applied when severe symptoms continue for more than a month. A ‘disorder’ suggests that the natural human reaction has gone deep and that the mental wounds are not healing on their own. Symptoms over a shorter period are sometimes categorised as ‘acute stress disorder’.

What can journalist organisations and employers do to help?

Most journalists who report on conflict do not suffer from PTSD, but all journalists are affected to a greater or lesser extent. The first step must be to encourage journalists to talk about their experiences as a routine procedure after returning from a harrowing assignment. Journalists need to recognise that owning up to feelings of depression or sadness is not an expression of weakness. These feelings are part of the body’s coping mechanism.

The best way to come to terms with a traumatic experience will vary from journalist to journalist. Some may be able to talk to families and loved ones. Others only feel comfortable talking to people who have shared their experiences. Going out for a drink with colleagues to talk about traumatic events may be enough to release the tension. However, there are obvious dangers in relying on the alcohol rather than the colleagues. Going for a drink can become staying in with a drink, while alcohol can become a problem, rather than a support. Support can be given through such schemes as the free external counselling made available to all staff at the BBC. However there is evidence that some journalists are reluctant to use such a service because they fear damage to their careers.

Any journalist who goes through counselling must be sure they will not lose their job, miss out on key assignments or suffer loss of prestige because they admit to depression or nightmares. Any counselling system for staff must therefore be confidential and should allow journalists to refer themselves without having to go through a management structure. However, there may be a case for a more directed service when journalists are clearly suffering. It is important, also, that journalists learn to recognise symptoms in each other, so that they can offer support and suggest intervention.

Journalist organisations should press managements to ensure that all journalists are offered an opportunity for confidential counselling after traumatic assignments. Journalists' organisations themselves should consider setting up self-help groups where journalists who have covered conflict can talk through their experiences. Such groups must create a feeling of safety where what is said in a meeting does not become the subject of gossip outside.

The evidence is that there will be personal breakdowns or near breakdowns after a prolonged conflict. Employers must provide for 'no-stigma' treatment for journalists with prolonged symptoms. Treating the mental wounds left by reporting on such issues should be no different from ensuring that a reporter who is shot in the arm receives medical treatment before returning to work.

The people most likely to miss out on any treatment on offer are freelance journalists. Journalists' organisations have a specific role to play in ensuring that managements extend the same facilities to freelance journalists and stringers after traumatic assignments as they provide for their own staff. A service set up by a large media organisation could also be made available to freelance journalists at no charge to them, with the costs covered by media groups jointly, or by journalists' organisations.

Quality of support

The quality of support offered to journalists has been identified as an important issue. Journalists do not want their human reactions to be 'medicalised' and, even when they want help, they are fearful that they will enter into a world of 'psychobabble'. The people offering counselling need to know about the pressures of journalism as well as about the horror of war and killings.



Pulitzer winning photographer Kevin Carter looks out of a back car window broken while on assignment during the Chris Hani funeral. (Photo by Paul Velasco / PictureNET Africa)

Kevin Carter, photojournalist haunted by horrors took his own life

Kevin Carter, South African freelance photojournalist took his own life in 1994, months after winning the prestigious Pulitzer Prize, for the image of a starving child being watched by a vulture in Sudan. Kevin covered horrors all over his country and Africa. He was the first to photograph a public execution by necklacing in South Africa in the mid-1980s. He was said to be haunted by those images and had a sense of guilt over getting paid for photos while people in Africa were starving; and guilt over the death of his close friend, photojournalist Ken Oosterbroek. Kevin killed himself three months after Ken was shot dead on assignment.

Guide to Recovery After Trauma

By Margaret Humby, South African Trauma Counselor

Possible normal reactions include

- Unusually strong emotional and physical reactions
- Emotional aftershocks after a traumatic event.

These could occur immediately, or appear a few hours or days later. Being overwhelmed by your emotions is normal and part of healing. It is NOT a sign of weakness, and does not indicate a need for medication.

You may experience several of the following normal reactions:

PHYSICAL REACTIONS

- Shaking / trembling
- Headache
- Tiredness / Fatigue
- Listlessness
- Nausea
- Dizziness
- Fainting
- Chest pain
- Sweating
- Changes in sleep patterns
- Changes in appetite
- Increased heart rate
- Raised blood pressure
- Rapid breathing

THOUGHT REACTIONS

- Confusion
- Pre-occupation
- Recurring memories
- Nightmares
- Suspiciousness
- Poor attention
- Poor concentration
- Poor problem solving
- Intrusive thoughts
- Recurring thoughts
- Hyper alertness
- Flashbacks
- Difficulty making decisions
- Disorientation

EMOTIONAL REACTIONS

- Emotional shock
- Fear
- Guilt
- Vulnerability
- Being exposed
- Being violated
- Grief
- Panic
- Mood swings
- Denial
- Anger
- Irritability
- Numbness
- Emptiness
- Hopelessness / Helplessness
- Self-doubt
- Emotionally drained
- Feeling overwhelmed

BEHAVIORAL REACTIONS

- Changes in ordinary behavior
- Social withdrawal
- Restlessness
- Tendency to avoid anything associated with the trauma
- Indecisiveness
- Increased risk of substance abuse
- Change in personal hygiene habits
- Prolonged silences

Things to try

- Reach out to others and ask for support
- Maintain as normal a schedule as possible
- Talk to others about your experience. Do not try to carry it by yourself
- You are normal and having a normal reaction – don't label yourself as crazy or weak
- Be careful of using drugs, alcohol or medication to ease your symptoms. You don't need to complicate this with a substance abuse problem
- Keep to your normal exercise routine
- Structure your time – keep yourself occupied

- If the trauma happened in your normal environment (e.g. home, place of work, in the traffic) it is important to return to that environment and resume routine activities as soon as possible
- Help anyone who shared the traumatic experience with you (e.g. family, friends or co-workers) as much as possible by sharing feelings and checking out how they are doing
- Give yourself permission to feel rotten and afraid and share your feelings with others
- Keep a journal, write your way through those sleepless hours
- Do the things that you enjoy doing
- Be patient with yourself, you won't be yourself for a while
- Don't make any big life-changing decisions for a while
- Get enough rest and sleep
- Realize others who shared the traumatic experience are under stress
- Reoccurring thoughts, dreams and flashbacks are normal – don't try to fight them. They will decrease over time and become less painful
- Eat well balanced and regular meals – even if you don't feel like it

Things that family members & friends can do

- Listen carefully, give the traumatized person time if they need it
- Help them regain a sense of safety
- Understand what they went through is real, important, very distressing and not their fault. Their reactions are appropriate
- Help them with every day tasks like cleaning, cooking, caring for the family, minding the children
- Don't take their anger or other feelings personally
- Don't tell them they are “lucky it wasn't worse” – traumatized people are not consoled by those statements. Instead, tell them

that you are sorry that such an event has occurred and you want to understand and assist them

The Bottom Line ... be prepared

Most people recover from a traumatic event within 3 to 4 weeks. Some symptoms may endure longer. They should decrease as time passes.

Seek counselling as soon as possible - before problems arise - to avoid any possible complications.

Your reactions are normal even though you do not feel good. Traumatic incidents can hurt... do something about it!

APPENDICES

APPENDIX 1

International Federation of Journalists

International Code of Practice for the Safe Conduct of Journalism

The dangers posed to journalists and media staff working in dangerous situations and conflict zones are the subject of extensive record. The IFJ has recorded the deaths of more than 1000 journalists and media staff over the past ten years.

Many journalists are killed, injured or harassed in war zones, either targeted by one side or another or caught in the crossfire of violence. Others are the victims of premeditated assault and intimidation either by criminals, terrorists or by agencies of the state - the police, the military or the security forces - acting secretly and illegally.

Very often there is little that journalists or media organisations can do to avoid casualties. There will, inevitably, be accidents, no matter how much care is taken to provide protection and there is little one can do when those targeting media use ruthless and brutal methods to crush journalistic inquiry.

However, there are steps that journalists and media organisations should take to minimise the risks to staff. In particular, the following are vital considerations in providing protection:

Adequate preparation, training and social protection. It is essential that journalists and media staff be in a state of readiness when difficulties arise. There should be a framework for providing individuals with health care and social protection.

Media professionals must be informed and inform themselves about the political, physical, and social terrain in which they are working. They must not contribute to the uncertainty and insecurity of their conditions through ignorance or reckless behaviour.

Media organisations must guard against risk-taking for competitive advantage, and should promote co-operation among journalists whenever conditions exist which are potentially hazardous.

Governments must remove obstacles to journalism. They must not restrict unnecessarily the freedom of movement of journalists

or compromise the right of news media to gather, produce and disseminate information in secure and safe conditions.

People Must Keep Their Hands Off Media. Everyone should respect the physical integrity of journalists and media staff at work. Physical interference with filming or other journalistic work must be prohibited.

With these considerations in mind, the IFJ calls on journalists groups, media organisations and all relevant public authorities to respect the following **International Code of Practice for the Safe Conduct of Journalism**:

- 1 Journalists and other media staff ***shall be properly equipped*** for all assignments including the provision of first-aid materials, communication tools, adequate transport facilities and, where necessary, protective clothing;
- 2 Media organisations and, where appropriate, state authorities ***shall provide risk-awareness training*** for those journalists and media workers who are likely to be involved in assignments where dangerous conditions prevail or may be reasonably expected;
- 3 Public authorities shall inform their personnel of the need ***to respect the rights of journalists*** and shall instruct them to respect the physical integrity of journalists and media staff while at work.
- 4 Media organisations ***shall provide social protection*** for all staff engaged in journalistic activity outside the normal place of work, including life insurance;
- 5 Media organisations ***shall provide, free of charge, medical treatment*** and health care, including costs of recuperation and convalescence, for journalists and media workers who are the victims of injury or illness as a result of their work outside the normal place of work;
- 6 Media organisations ***shall protect freelance or part-time employees***. They must receive, on an equal basis, the same social protection and access to training and equipment as that made available to fully employed staff.

APPENDIX 2

Know Your Rights

The Geneva Conventions

The Geneva Conventions demand respect for human beings in time of armed conflict, and that includes respect for the human rights of journalists, who are classified as civilians entitled to protection from violence, threats, murder, imprisonment and torture. These legally binding treaties date from 1949 and have been ratified or acceded to by most countries. They form part of international humanitarian law. Violation makes a soldier or militia member guilty of a war crime. Journalists need to know and to assert these rights.

SUMMARY

The International Committee of the Red Cross (ICRC) says that states must:

- Care for friends and enemies alike;
- Respect every human being, his or her honour, family rights, religious convictions and the special rights of the child;
- Prohibit inhuman or degrading treatment, the taking of hostages, mass extermination, torture, summary executions, deportations, pillage and wanton destruction of property.

Protection for wounded combatants, prisoners of war and civilians

The first two Conventions cover the treatment of wounded and sick members of the armed forces and medical personnel on the battlefield and at sea. The Third Convention covers prisoners of war. All three refer to journalists only in the case of accredited war correspondents.

The Fourth Geneva Convention covers the rights of civilians in enemy or occupied territory.

Of most significance is Article 3 which applies to all the Conventions, and says:

- 1 Persons taking no active part in the hostilities, including

members of armed forces who have laid down their arms and those placed *hors de combat* by sickness, wounds, detention, or any other cause, shall in all circumstances be treated humanely, without any adverse distinction founded on race, colour, religion or faith, sex, birth or wealth, or any other similar criteria. The following acts are prohibited at any time and in any place with respect to the above-mentioned persons:

- a. Violence to life and person, in particular murder of all kinds, mutilation, cruel treatment and torture;
- b. Taking of hostages;
- c. Outrages upon personal dignity, in particular humiliating and degrading treatment;
- d. The passing of sentences and the carrying out of executions without previous judgement pronounced by a regularly constituted court, affording all the judicial guarantees which are recognised as indispensable by civilised peoples.

- 2 The wounded and sick shall be collected and cared for.

Journalists must be protected as civilians: Article 79 is the key

Protocol I to the Geneva Conventions (which came into force in 1978) says in Article 79:

- 1 Journalists engaged in dangerous professional missions in areas of armed conflict shall be considered as civilians within the meaning of Article 50, paragraph 1.
- 2 They shall be protected as such under the Conventions and this Protocol, provided that they take no action adversely affecting their status as civilians, and without prejudice to the right of war correspondents accredited to the armed forces to the status provided for in Article 4A 4) of the Third Convention.
- 3 They may obtain an identity card similar to the model in Annex II of this Protocol. This card, which shall be issued by the government of the State of which the journalist is a national or in whose territory he/she resides or in which the news medium employing him/her is located, shall attest to his/her status as a journalist.

Conventions cover civil war but not riots

Protocol 2 extends the Geneva Conventions to internal armed conflicts between the armed forces of a State and dissident armed forces or other organised armed groups on its territory. It effectively extends the Conventions to large scale civil conflicts. However, it specifically excludes from the Conventions “situations of internal disturbances and tensions, such as riots, isolated and sporadic acts of violence and other acts of a similar nature, as not being armed conflicts.”

How civilians must, and must not, be treated

Article 4 of Protocol 2 describes how parties must extend humane treatment to civilians:

- ① All persons who do not take a direct part or who have ceased to take part in hostilities, whether or not their liberty has been restricted, are entitled to respect for their person, honour and convictions and religious practices. They shall in all circumstances be treated humanely, without any adverse distinction. It is prohibited to order that there shall be no survivors.
- ② The following acts against these persons are and shall remain prohibited at any time and in any place whatsoever:
 - a. Violence to the life, health and physical or mental well-being of persons, in particular murder as well as cruel treatment such as torture, mutilation or any corporal punishment;
 - b. Collective punishments;
 - c. Taking of hostages;
 - d. Acts of terrorism;
 - e. Outrages upon personal dignity, in particular humiliating and degrading treatment, rape, enforced prostitution and any form of indecent assault;
 - f. Slavery and the slave trade in all their forms;
 - g. Pillage;
 - h. Threats to commit any of the foregoing acts.

United Nations Security Council Resolution 1738

23 December 2006

“The Security Council,

“Bearing in mind its primary responsibility under the Charter of the United Nations for the maintenance of international peace and security, and underlining the importance of taking measures aimed at conflict prevention and resolution,

“Reaffirming its resolutions 1265 (1999), 1296 (2000) and 1674 (2006) on the protection of civilians in armed conflict and its resolution 1502 (2003) on protection of United Nations personnel, associated personnel and humanitarian personnel in conflict zones, as well as other relevant resolutions and presidential statements,

“Reaffirming its commitment to the Purposes of the Charter of the United Nations as set out in Article I (1-4) of the Charter, and to the Principles of the Charter as set out in Article 2 (1-7) of the Charter, including its commitment to the principles of the political independence, sovereign equality and territorial integrity of all States, and respect for the sovereignty of all States,

“Reaffirming that parties to an armed conflict bear the primary responsibility to take all feasible steps to ensure the protection of affected civilians,

“Recalling the Geneva Conventions of 12 August 1949, in particular the Third Geneva Convention of 12 August 1949 on the treatment of prisoners of war, and the Additional Protocols of 8 June 1977, in particular article 79 of the Additional Protocol I regarding the protection of journalists engaged in dangerous professional missions in areas of armed conflict,

“Emphasizing that there are existing prohibitions under international humanitarian law against attacks intentionally directed against civilians, as such, which in situations of armed conflict constitute war crimes, and *recalling* the need for States to end impunity for such criminal acts,

“Recalling that the States Parties to the Geneva Conventions have an obligation to search for persons alleged to have committed, or to have ordered to be committed a grave breach of these Conventions, and an obligation to try them before their own courts, regardless of their nationality, or may hand them over for trial to another concerned State provided this State has made out a prima facie case against the said persons,

“Drawing the attention of all States to the full range of justice and reconciliation mechanisms, including national, international and “mixed” criminal courts and tribunals and truth and reconciliation commissions, and *noting* that such mechanisms can promote not only individual responsibility for serious crimes, but also peace, truth, reconciliation and the rights of the victims,

“Recognizing the importance of a comprehensive, coherent and action-oriented approach, including in early planning, of protection of civilians in situations of armed conflict. *Stressing*, in this regard, the need to adopt a broad strategy of conflict prevention, which addresses the root causes of armed conflict in a comprehensive manner in order to enhance the protection of civilians on a long-term basis, including by promoting sustainable development, poverty eradication, national reconciliation, good governance, democracy, the rule of law and respect for and protection of human rights,

“Deeply concerned at the frequency of acts of violence in many parts of the world against journalists, media professionals and associated personnel in armed conflict, in particular deliberate attacks in violation of international humanitarian law,

“Recognizing that the consideration of the issue of protection of journalists in armed conflict by the Security Council is based on the urgency and importance of this issue, and recognizing the valuable role that the Secretary-General can play in providing more information on this issue,

- 1 *Condemns* intentional attacks against journalists, media professionals and associated personnel, as such, in situations of armed conflict, and calls upon all parties to put an end to such practices;

- 2 *Recalls* in this regard that journalists, media professionals and associated personnel engaged in dangerous professional missions in areas of armed conflict shall be considered as civilians and shall be respected and protected as such, provided that they take no action adversely affecting their status as civilians. This is without prejudice to the right of war correspondents accredited to the armed forces to the status of prisoners of war provided for in article 4.A.4 of the Third Geneva Convention;
- 3 *Recalls also* that media equipment and installations constitute civilian objects, and in this respect shall not be the object of attack or of reprisals, unless they are military objectives;
- 4 *Reaffirms* its condemnation of all incitements to violence against civilians in situations of armed conflict, further reaffirms the need to bring to justice, in accordance with applicable international law, individuals who incite such violence, and indicates its willingness, when authorizing missions, to consider, where appropriate, steps in response to media broadcast inciting genocide, crimes against humanity and serious violations of international humanitarian law;
- 5 *Recalls its demand* that all parties to an armed conflict comply fully with the obligations applicable to them under international law related to the protection of civilians in armed conflict, including journalists, media professionals and associated personnel;
- 6 *Urges* States and all other parties to an armed conflict to do their utmost to prevent violations of international humanitarian law against civilians, including journalists, media professionals and associated personnel;
- 7 *Emphasizes* the responsibility of States to comply with the relevant obligations under international law to end impunity and to prosecute those responsible for serious violations of international humanitarian law;
- 8 *Urges* all parties involved in situations of armed conflict to respect the professional independence and rights of journalists, media professionals and associated personnel as civilians;

- 9 *Recalls* that the deliberate targeting of civilians and other protected persons, and the commission of systematic, flagrant and widespread violations of international humanitarian and human rights law in situations of armed conflict may constitute a threat to international peace and security, and *reaffirms in this regard its readiness* to consider such situations and, where necessary, to adopt appropriate steps;
- 10 *Invites* States which have not yet done so to consider becoming parties to the Additional Protocols I and II of 1977 to the Geneva Conventions at the earliest possible date;
- 11 *Affirms* that it will address the issue of protection of journalists in armed conflict strictly under the agenda item “protection of civilians in armed conflict”;
- 12 *Requests* the Secretary-General to include as a sub-item in his next reports on the protection of civilians in armed conflict the issue of the safety and security of journalists, media professionals and associated personnel.”

APPENDIX 3

Journalists killed in Africa from 1990 to 2006

1990

	Name	Country	Nationality	Comments
1	Jaryenneh Moore	Liberia	Liberian	Shot during the civil war
2	Knees Imodibie	Liberia	Nigerian	Shot during the civil war, Guardian
3	Tayo Awotunsin	Liberia	Nigerian	Killed during the civil war, Champion, last seen with Imodibie
4	Theophius James	Liberia	Liberian	Killed during the civil war
5	Albert Woloh	Liberia	Liberian	Killed during the civil war, Standard
6	Francess Goll	Liberia	Liberian	Killed during the civil war, Standard
7	T. Raynes	Liberia	Liberian	Killed during the civil war, Liberian Broadcasting System
8	Sylvio Sindambiwe	Rwanda	Rwandan	Mysterious car accident
9	Thomas Sebiya	South Africa	South African	Communal violence, SABC, Mediaworker Association (MWASA), killed with his son
10	Sam Mabe	South Africa	South African	Unresolved, assistant editor, Sowetan, shot
11	Mohammad Faddoul	Chad	Chadian	Radiodiffusion Nationale Tchadienne, died in detention because of alleged connections with coup leaders

1991

	Name	Country	Nationality	Comments
12	John Mathai	Ethiopia	Ethiopian	Soundman, for BBC & Visnews in Addis Ababa, killed in explosion of his office
13	Aziz Tassiem	South Africa	South African	Visnews, killed in car accident

1992

	Name	Country	Nationality	Comments
14	David Bernardino	Angola	Angolan	Doctor & Publisher of medical journal Njongo, death threats from Jonas Savimbi movement, known to be against UNITA, assassinated
15	Jorge Costa	Angola	Angolan	Radio Nacional de Angola, shot in Benguela by UNITA guerrillas
16	Limpinho Pinduca	Angola	Angolan	Radio Nacional de Angola, shot
17	Fernando Marcelino	Angola	Angolan	Jango, poet and writer, shot with wife and sister by suspected UNITA rebels
18	Djerabe Declud	Chad	Chadian	TV Tchad, shot while riding his scooter
19	D'Albo Madjigoto	Chad	Chadian	Radio national, union activist, shot before one month strike
21	Maxime Kladoumbaye	Chad	Chadian	Agence Tchadienne de Presse, died of injuries inflicted by militants, unresolved

1993

	Name	Country	Nationality	Comments
22	Faria Do Carmo	Angola	Angolan	Radio Benguela, beaten and shot by government forces
23	Jose Maria Dos Santos	Angola	Angolan	Radio Moreno, idem, killed with Faria do Carmo
24	Jose Maria Sanzas	Angola	Angolan	Radio Morena, abducted & killed
25	Pedro Katenguenha	Angola	Angolan	Killed by government armed forces
26	Elpidio Inacio	Angola	Angolan	Televisao Popular de Angola, killed in crossfire
27	Joseph Bagalwa Evariste	Rwanda	Rwandan	Body found in a military barrack
28	Calixte Kalisa	Rwanda	Rwandan	Director of production for the Rwandan TV, "Rwandais d'Information", shot, carrying documents on a massacre against the Bagogwe
29	Jean-Claude Jumel	Somalia	French	Sound technician, sniper bullet
30	Anthony Macharia	Somalia	Kenyan	Sound man, Reuters, beaten, stoned, stabbed, mob violence
31	Ali Ibrahim Mursal	Somalia	Somali	AP, shot while trying to defend another AP staffer from a thief

	Name	Country	Nationality	Comments
32	Dan Eldon	Somalia	American	Reuters, beaten, stoned, stabbed, mob violence
33	Hansi Krauss	Somalia	German	AP, beaten, stoned, stabbed, mob violence
34	Hosea Maina	Somalia	Kenyan	Reuters, beaten, stoned, stabbed, mob violence
35	Unidentified	Somalia	Somali	Somalis working as journalists for CNN; car was attacked and the news team was killed during heavy fighting
36	Unidentified	Somalia	Somali	Idem
37	Unidentified	Somalia	Somali	Idem
38	Unidentified	Somalia	Somali	Idem
39	Unidentified	Somalia	Somali	Idem
40	Calvin Thsosago	South Africa	South African	SABC, killed by mob
41	Musheni	Zaire	Zairoise	Voix du Zaire, died after a "short disease", his son was assassinated three months earlier

1994

	Name	Country	Nationality	Comments
42	Artur Gilela	Angola	Angolan	Sound Engineer Radio national de Angola, crossfire
43	Rick Lomba	Angola	South African	Accident, Carte Blanche, tiger in the zoo
44	Nayk Kassaye	Ethiopia	Ethiopian	Beza independent weekly magazine, disappeared, was previously detained for his critical articles of the government, unresolved
45	Victor Randrianarina	Madagascar	Malagasy	Radio Nationale Malgache, attacked, died of injuries
46	Anastase Seruvumba	Rwanda	Rwandan	Imbaga newspaper, killed during the genocide
47	Jeanne d'Arc Mukamusoni	Rwanda	Rwandan	Idem, director opposition newspaper Le Soleil
48	Andre Kameya	Rwanda	Rwandan	Idem, editor-in-chief Rwanda Rushya
49	Ignace Ruhatana	Rwanda	Rwandan	Idem, editor-in-chief Kanyarwanda
50	Emmanuel-Damien Rukondo	Rwanda	Rwandan	Idem, forced on a truck naked, cut into pieces, president Association of Newspaper Owners
51	Winifrida Mukamana	Rwanda	Rwandan	Idem, video production company Reba Videwo, (woman)
52	Venant Ntawucikayenda	Rwanda	Rwandan	Idem, camera operator for TV Rwanda bomb blast at TV station

	Name	Country	Nationality	Comments
53	Vincent Rwabukwizi	Rwanda	Rwandan	Idem, former director Kanguka newspaper, shot
54	Charles Karinganire	Rwanda	Rwandan	Le Flambeau, cut into pieces at home
55	Alfonse Rutsindura	Rwanda	Rwandan	Editor-in-chief of Amakuruki i Butare, killed by militia with machetes, as was his wife, children and parents
56	Obed Bazimaziki	Rwanda	Rwandan	Le Flambeau
57	Charles Bideri-Munyangabe	Rwanda	Rwandan	Le Messenger-Intumwa
58	Prisca Burasa	Rwanda	Rwandan	Le Partisan
59	Carpophore Gatera	Rwanda	Rwandan	Kanyarwanda
60	Aphrodice Habineza-Sibo	Rwanda	Rwandan	Le Partisan
61	Augustin Habinshuti	Rwanda	Rwandan	Umurwandashyaka
62	Wilson Hategekimana	Rwanda	Rwandan	Le Tribun du peuple
63	Viateur Kalinda	Rwanda	Rwandan	Radio Rwanda
64	Theotime Kamanayo	Rwanda	Rwandan	Kibernika
65	Gratien Karambizi	Rwanda	Rwandan	Imbaga
66	Marcellin Kayiranga	Rwanda	Rwandan	Kanguka
67	Felix Mbunda	Rwanda	Rwandan	TV Rwanda
68	Joseph Mudatsikira	Rwanda	Rwandan	Rwanda Rushya
69	Eugene Mukama	Rwanda	Rwandan	Le Tribune du peuple
70	Bernard Munyakazi	Rwanda	Rwandan	L'Observateur
71	Nehemi Mureramanzi	Rwanda	Rwandan	L'emancipation
72	Donat Mutesa	Rwanda	Rwandan	Kanyarwanda
73	Joel Nkundimana	Rwanda	Rwandan	Kanyarwanda
74	Sylvestre Nkubiri	Rwanda	Rwandan	Kinyamateka
75	Emmanuel Nsabimana	Rwanda	Rwandan	Orinfor
76	Eudes Nshimiryoy	Rwanda	Rwandan	TV Rwanda
77	Aloys Nyimbuzi	Rwanda	Rwandan	L'Observateur
78	Tharcisse Rubwiriza	Rwanda	Rwandan	Orinfor

	Name	Country	Nationality	Comments
79	Jean-Baptiste Rudahangarwa	Rwanda	Rwandan	La Releve
80	Jean-Claude Rugaju	Rwanda	Rwandan	Le Tribune du peuple
81	Vincent Shabakaka	Rwanda	Rwandan	Kibernika
82	Felix Twagiramungu	Rwanda	Rwandan	Iwacu
83	Francois Funga	Rwanda	Rwandan	Killed by militia, Dialogue
84	Eugene Gakwaya	Rwanda	Rwandan	Killed by militia, Le Tribune du Peuple”
85	Martin Kamurase	Rwanda	Rwandan	Militia, (killed at home), Rwanda Rushya
86	Emile Kanamugire	Rwanda	Rwandan	Militia, La Griffe
87	Fidele Kanyabugoyi	Rwanda	Rwandan	Interahamwes, Kanyarwanda
88	Sixbert Mbuguje	Rwanda	Rwandan	Militia, Imbaga
89	Gilbert Munana	Rwanda	Rwandan	Interahamwe, Le Flambeau
90	Jean Claude Munyarigoga	Rwanda	Rwandan	Interahamwe, killed at home, Orinfor
91	Alexis Ntaganzwa	Rwanda	Rwandan	Rafiki
92	Felicien Semusambi	Rwanda	Rwandan	Unuranga, killed by the FPR
93	Frederic Sibomana	Rwanda	Rwandan	Isibo
94	Ilaria Alpi	Somalia	Italian	Executed while reporting on Italian contingent departure, TV RAI 3, (woman)
95	Miran Krovatin	Somalia	Slovene	idem, was with Alpi, TV RAI
96	Pierre Anceaux	Somalia	Swiss	Caritas News, shot by Somali soldiers
97	Abdul Shariff	South Africa	South African	AP, shot while covering a congregation of ANC leaders
98	Ken Oosterbroek	South Africa	South African	The Star, broke neck while covering clashes between ANC and Inkatha gunmen
99	John Harrison	South Africa		BBC, car crash
100	Kate Machiven	South Africa		WTN producer, car accident
101	Pierre Kabeya	Zaire	Zairoise	Kin-Matin weekly, abducted, tortured, previously dropped off an article on the trial on the massacre of students
102	Adolphe Kavula Missamba	Zaire	Zairoise	Nsemo newspaper, abducted, mysterious death, activist of the radical opposition Union for Democracy and Social Progress.

	Name	Country	Nationality	Comments
	Kevin Carter	South Africa	South African	Freelance photographer took his own life, months after winning the Pulitzer Prize, for the image of a starving child being watched by a vulture in Sudan. He covered horrors all over his country and Africa.

1995

	Name	Country	Nationality	Comments
103	Ricardo De Mello	Angola	Angolan	Director for daily newsletter Imparcial fax, shot in the face, threats, known for accusing politicians and military figures of corruption & other crimes
104	Vincent Francis	Burundi	South African	WTN bureau chief, killed in ambush
105	Pamphile Simbizi	Burundi	Burundian	Director of National Radio of Burundi, stabbed to death
106	Hussein Njuki	Uganda	Ugandan	Assalaam newsletter, died in police custody

1996

	Name	Country	Nationality	Comments
107	Antonio Casemero	Angola	Angolan	Angolan Popular TV, previously quarrelled with a government official, shot
108	Mohamed Amin	Indian Ocean	Kenyan	Camerapix, Cameraman and photojournalist, died in the crash of a hijacked Ethiopian airliner.
109	Brian Tetley	Indian Ocean	British	Died in the crash of a hijacked Ethiopian airliner, East Africa Standard
110	Yasser Mustafa Saeed	Sudan	Sudanese	Sports commentator for radio and TV, shot in front of his family, unresolved.

1997

	Name	Country	Nationality	Comments
111	Peterkings Nkhoma	Namibia	Namibian	Namibia Press Agency, car accident, possible murder by police, under investigation
112	Appolos Hakizimana	Rwanda	Rwandan	Intego, started newspaper Unuravumba, received threats, shot
113	Ishmael Jalloh	Sierra Leone	Sierra Leonean	Punch, Storm, Vision newspapers, battle, died of wounds
114	Eddie Ellis	South Africa	South African	SABC, knife attack, stabbed 40 times by a gang of car thieves

1998

	Name	Country	Nationality	Comments
115	Simao Roberto	Angola	Angolan	Government-owned Jornal de Angola, shot, under investigation
116	Norbert Zongo	Burkina Faso	Burkinabe	Editor in-chief L'Independent weekly, shot, car burnt only from inside, recently accused the head of state's brother for murder
117	Fabien Fortune Bitoumbo	Congo	Congolese	Radio Liberte, ex-editor in-chief of private-owned newspaper La Rue Meurt, taken hostage, shot by militia group, under investigation
118	Belmonde Magloire	DRC	Beninese	Director of Le Point Zaire, disappeared shortly after having been released from prison. His new car was seen painted over in military colors.
119	Abaye Hailu	Ethiopia	Ethiopian	Editor in chief Wolafen, incarcerated, died in custody of lung disorder
120	Tesfaye Tadesse	Ethiopia	Ethiopian	Mestawet magazine, Lubar, newspaper, stabbed and hacked to death, under investigation

	Name	Country	Nationality	Comments
121	Anton Scheepers	Kenya	South African	Aqua Vision, plane crash near Nairobi
122	Patrick Wagner	Kenya	South African	Getaway magazine, idem
123	Derek Rodney	Kenya	South African	Crime reporter Star, idem
124	Herman Potgieter	Kenya	South African	Idem, freelance
125	Tunde Oladepo	Nigeria	Nigerian	Senior Editor Guardian, shot in front of his family
126	Okezie Amaruben	Nigeria	Nigerian	Publisher Newsservice magazine, killed by police/ mistaken identity, policeman arrested
127	Wilson Ndayambadje	Rwanda	Rwandan	National Rwandan Radio &TV, beaten, killed by soldier, latter sentenced to death & executed
128	Edward Smith	Sierra Leone	Sierra Leonean	BBC, ambush by junta forces

1999

	Name	Country	Nationality	Comments
129	Mauricio Cristovao	Angola	Angolan	Radio 5 sports channel, shot three times, ambushed, under investigation
130	Joao Da Costa	Angola	Angolan	Administrative assistant Radio Nacional, found in car shot, under investigation
131	Abdoulaye Bakayoko	Ivory Coast	Ivorian	Owner/Manager Le Liberal, shot, motive unknown
132	Bolade Fasasi	Nigeria	Nigerian	Treasurer of Lagos State Council, member of NAWOI, shot, woman
133	Fidelis Ikwuebe	Nigeria	Nigerian	The Guardian, kidnapped during inter-communal clashes, killed
134	Sam Nimfa-Jan	Nigeria	Nigerian	Details magazine, killed by mob ethnic clashes
135	Samuel Boyi	Nigeria	Nigerian	Killed while travelling in convoy with Adamawa state governor
136	John Musa	Nigeria	Nigerian	Media worker, Standard, asthmatic, killed by teargas during strike
137	Edward Ayo-Ojo	Nigeria	Nigerian	Daily Times, body found dumped, motive unknown
138	Jenner Cole	Sierra Leone	Sierra Leonean	SKY-FM 106, killed by RUF rebels
139	James Oguogo	Sierra Leone	Nigerian	Deputy Editor-in-Chief, Concord Times, shot by RUF rebels
140	Mohamed Kamara	Sierra Leone	Sierra Leonean	Kiss 104 FM, shot dead by RUF rebels

	Name	Country	Nationality	Comments
141	Paul Abu Mansaray	Sierra Leone	Sierra Leonean	Standard Times, house set on fire, entire family was killed, threatened for his journalistic activity
142	Myles Tierney	Sierra Leone	American	APTV Producer, shot by rebels while travelling in ECOMOG convoy
143	Abdul Juma Jalloh	Sierra Leone	Sierra Leonean	African Champion, killed by ECOMOG soldier, taken for a RUF rebel
144	Conrad Roy	Sierra Leone	Sierra Leonean	Expo Times former news editor, arrested by ECOMOG, died of TB in prison
145	Alpha Amadu Bah Bah	Sierra Leone	Sierra Leonean	Shot & stabbed by rebels in front of his family
146	Mabay Kamara	Sierra Leone	Sierra Leonean	Vision newspaper, abducted & killed by rebels, set his house on fire
147	Munir Turay	Sierra Leone	Sierra Leonean	Punch, Daily Mail, SLBS, shot
148	Tony Vincent	South Africa	South African	Freelance cameraman, died when the microlite from which he was filming crashed

2000

	Name	Country	Nationality	Comments
149	Crispin Kandolo	DRC	Congolese	UNESCO, ambush, bodies burned
150	Omar Barrow	Gambia	Gambian	Shot by army anti-riot unit during demonstration
151	Carlos Cardoso	Mozambique	Mozambican	Prominent editor, shot down in ambush, under investigation by multiple parties
152	Saoman Conteh	Sierra Leone	Sierra Leonean	Shot dead while covering a demonstration outside the house of Sankoh
153	Miguel Gil Moreno de Mora	Sierra Leone	Spanish	AP, rebel ambush
154	Kurt Schork	Sierra Leone	American	Reuters, idem
155	Coletane Markham	South Africa	South African	Attacked outside her home, under investigation, she was investigating child prostitution at the time
156	Ahmed Kafi Awale	Somalia	Somali	Reporting from a market when a shoot-out between local criminals and police broke out
157	Antonio Paciencia	Zambia	Angolan	missing and found dead in the Zambezi river, under investigation

2001

	Name	Country	Nationality	Comments
158	Alegria Gustavo	Angola	Angolan	Radio Nacional de Angola, shot dead after leaving a party, motive remains unclear
159	Rockfeller Okeke	Nigeria	Nigerian	News Agency of Nigeria, shot dead as he was leaving his house
160	Abdulkadir Adan Hussein	Somalia	Somali	Radio Benadir, killed by armed men in front of a teashop
161	Ian Clover	South Africa	South African	Found at home, stabbed
162	Kenneth Matovu	Uganda	Ugandan	Deputy Editor, New Vision, died on the spot in a head-on collision car crash
163	Francis Batte	Uganda	Ugandan	Deputy Editor, The Monitor, idem
164	Simon Peter Ekarot	Uganda	Ugandan	New Vision, idem
165	Leo Kabunga	Uganda	Ugandan	New Vision, idem

2002

	Name	Country	Nationality	Comments
166	Unidentified	Angola	Angolan	Helicopter crash
167	Unidentified	Angola	Angolan	Helicopter crash
168	Unidentified	Angola	Angolan	Helicopter crash
169	Hamissi Bizimana	Burundi	Burundian	Bonesha FM, journalist leaped from his car when it was hit by a grenade blast thrown by the Burundian rebels. He rushed to help his son and the rebels shot him dead
170	Jean-Marie Hategekimana	Rwanda	Rwandan	Imvaho. Murdered in a bar. Two gunmen shot the journalist
171	Jimmy Higenyi	Uganda	Ugandan	Journalism student shot dead by Ugandan police while covering political rally. Killed by one bullet in the chest
172	Angels Banda	Zambia	Zambian	Zambia Daily Mail. Killed in a car accident while attending union-backed seminar

2003

	Name	Country	Nationality	Comments
173	Akite Kisémbó	Democratic Republic of Congo	Congolese	Agence France Presse. Abducted and executed by rebels
174	Kloueu Gonzreu	Ivory Coast	Ivorian	Agence Ivoirienne de Presse. Found dead in region where Liberian mercenaries reportedly kidnapped the journalist
175	Jean Hélele	Ivory Coast	French	Radio France International. Killed by police officer outside police headquarters while awaiting release of opposition party activists
176	Doyin Sokoya	Nigeria	Nigerian	Killed when their bus collided with another bus
177	Deji Onajobi	Nigeria	Nigerian	Idem
178	Sola Bakare	Nigeria	Nigerian	Idem
179	Semiu Oyetunji	Nigeria	Nigerian	Idem
180	Wole Adebári	Nigeria	Nigerian	Idem
181	Adesina Durosomo	Nigeria	Nigerian	Idem
182	Abdullahi Madkeer	Somalia	Somali	DMC. Shot in the stomach by Resistance Army during shooting. Died at the hospital

2004

	Name	Country	Nationality	Comments
183	Antoine Masse	Ivory Coast	Ivorian	Le Courrier d'Abidjan, killed during clashes between Ivorian demonstrators and soldiers of the French peacekeeping force.
184	Masimba Albert Karikoga	Zimbabwe	Zimbabwean	Zimbabwe Herald Entertainment Editor, died in a car accident.
185	Deida Hydára	Gambia	Gambian	The Point co-editor and AFP correspondent shot three times and died instantly as he was dropping off colleagues from his newspaper.

2005

	Name	Country	Nationality	Comments
186	Kate Peyton	Somalia	British	BBC producer, shot dead while making a series of reports in the Somali capital Mogadishu.
187	Duniya Muhiyadin Nur	Somalia	Somali	HornAfrik, killed when gunmen at a checkpoint opened fire at the vehicle in which she was travelling near Mogadishu.
188	Harry Yansaneh	Sierra Leone	Sierra Leonean	For Di People Editor, died of kidney problems apparently caused by an assault he suffered three months before. Yansaneh explicitly accused Member of Parliament Fatmata Hassan of ordering the attack.
189	Frank Kangundu	D. R. Congo	Congolese (DRC)	La Reference Plus journalist, killed with his wife by unidentified armed men right in front of their residence.
190	Aruna Djamanca	Guinea Bissau	Bissau Guinean	Journalist, road crash; the minibus carrying twelve journalists tire blew out and caused the accident.
191	Sori Baldeh	Guinea Bissau	Bissau Guinean	Idem

2006

	Name	Country	Nationality	Comments
192	Jack Situma	Zambia	Kenyan	Journalist, filming an In-flight magazine and video when a banana boat he was in along with 14 others capsized.
193	Fred Agwu	Nigeria	Nigerian	Photo journalist, died after he was knocked down by a hit and run vehicle.
194	Martin Adler	Somalia	Swedish	Freelance journalist, shot and killed by an unknown gunman in the Somali capital while attending a mass demonstration organized by the Islamic courts union.
195	Bapuwa Muamba	D. R. Congo	Congolese (DRC)	Journalist, bled to death after being shot by three assailants who broke into his home.
196	Mohammed Taha	Sudan	Sudanese	Al-Wifaq editor, his beheaded body was found on the outskirts of the capital, Khartoum, hours after he was taken by unknown group of armed men.
197	Mathieu Kisito Ngalamou	Cameroon	Cameroonian	La Nouvelle Expression sport journalist, died in a traffic accident on the road Yaoundé-Baffousam.
198	Theresia Nyantori	Tanzania	Tanzanian	Photographer, killed on impact, after a small plane crashed through the roof of a house.
199	Godwin Agbroko	Nigeria	Nigerian	This Day editor and columnist, shot and found dead at the wheel of his car. Although the police think he was shot in the course of an attempted hold-up, his family suspected a targeted murder.



With the support of the Swedish International
Development and Co-operation Agency