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 13

th

Edmond Garleh, senior producer of SMILE FM, a

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Community radio station in Zwedru, Grand Gedeh County in

southern Liberia, was publicly ?ogged by four police of?cers 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 con?ict 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 con?ict 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 ?eeing 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 identi?ed

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

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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 unidenti?ed 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 sel?sh

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 of?ce 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 of?ce and clashing with the police securing the

of?ce, 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

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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 de?ned 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 of?cials

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; Mes?n 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

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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 ?nd 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 con?rm 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 de-

velop 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 ex-

planations are corrected, the relations between the police and jour-

nalists in Africa will remain strained for a very long time to come.

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PART 3: The Recovery Zone

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ournalists 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 ?rst 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 ?rst 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 ?eld 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.

CHAPTER 5

Emergency medical aid

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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 ?annel 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

?zzyness 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 ?lters on the market that will ?lter out material down

to 0.2 microns — the smallest bacteria are 0.5 microns. The cost of

such ?lters 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.

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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 con?dent about the quality of the food, the general

rule is: Cook, peel or chlorinate.

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.

? 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.

? Assess the danger to the casualty. What is their most urgent life

threatening condition? Is the car they are in about to catch ?re?

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.

? Act to remove the casualty from the danger, or the danger from the

casualty. If you can remove the danger — by putting out a ?re 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.

? Use your skills and knowledge to stabilise any life-threatening conditions.

Then get the casualty to a medical centre for treatment as quickly

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.

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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 ?rst 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 traf?c 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 ?rst 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

Reasons a

Casualty Stops

Breathing

The ?ve main reasons

why a casualty may stop

breathing are:

• a blockage in the

airway,

• heart attack,

• electric shock,

• gas or smoke

inhalation,

• near drowning.

TAKING A PULSE

• The best place to take

a pulse is at the neck.

• Use four ?ngers ?at

against the point of

the pulse.

• Do not use your

thumb. It has its own

pulse and will confuse

your reading.

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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 ?rst 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 ?ow 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).

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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 ?rst

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

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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 ?at 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 ?ow, 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 bene?t 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 con?ict and civil war” – Bukavu, Democratic

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“This kind of training should be extended to many

journalists as possible especially from the war torn

and post con?ict countries, as it would be important

for them to know how to handle themselves in such

moments” – Kibuye, Rwanda 2005

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hose who live through horri?c events are inevitably affected in

some way. Journalists may photograph, ?lm 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 con?icts 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 ?lm people in fear or who are

dead or dying. Nobody who reports on wars and con?icts 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 con?ict 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 of?cers

or ?re?ghters, several factors make it more dif?cult 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 con?ict, to those who

CHAPTER 6

Post-Traumatic

Stress Disorder

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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 horri?c

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 dif?cult to function in everyday life (see panel). A journalist

may only begin to experience these reactions after the con?ict 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 con?ict do not suffer from PTSD,

but all journalists are affected to a greater or lesser extent. The

?rst 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.

When it’s all over,

there’s more trouble…

• People who live through

horri?c 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 con?ict 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 con?dent

they will not suffer loss of

position, opportunity or

prestige.

• Local and freelance

journalists are at risk of

being left without support.

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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 con?dential 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 con?dential

counselling after traumatic assignments. Journalists’ organisations

themselves should consider setting up self-help groups where

journalists who have covered con?ict 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 con?ict. 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 speci?c 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 identi?ed 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.

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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

?rst 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.

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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

• Dif?culty making decisions

• Disorientation

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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

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

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• If the trauma happened in your normal environment (e.g. home,

place of work, in the traf?c) 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 ?ashbacks are normal – don’t

try to ?ght 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

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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!

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APPENDICES

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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 con?ict 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 cross?re

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 dif?culties 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

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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 ?lming 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:

? Journalists and other media staff shall be properly equipped

for all assignments including the provision of ?rst-aid materials,

communication tools, adequate transport facilities and, where

necessary, protective clothing;

? 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;

? 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.

? Media organisations shall provide social protection for all staff

engaged in journalistic activity outside the normal place of work,

including life insurance;

? 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;

? 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.

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APPENDIX 2

Know Your Rights

The Geneva Conventions

The Geneva Conventions demand respect for human beings in time

of armed con?ict, and that includes respect for the human rights of

journalists, who are classi?ed as civilians entitled to protection from

violence, threats, murder, imprisonment and torture. These legally

binding treaties date from 1949 and have been rati?ed 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 ?rst two Conventions cover the treatment of wounded and sick

members of the armed forces and medical personnel on the battle?eld

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 signi?cance is Article 3 which applies to all the

Conventions, and says:

? Persons taking no active part in the hostilities, including

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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.

? The wounded and sick shall be collected and cared for.

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

Protocol 1 to the Geneva Conventions (which came into force in 1978)

says in Article 79:

? Journalists engaged in dangerous professional missions in areas

of armed con?ict shall be considered as civilians within the

meaning of Article 50, paragraph 1.

? 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.

? 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.

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Conventions cover civil war but not riots

Protocol 2 extends the Geneva Conventions to internal armed

con?icts 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 con?icts.

However, it speci?cally 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 con?icts.”

How civilians must, and must not, be treated

Article 4 of Protocol 2 describes how parties must extend humane

treatment to civilians:

? 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.

? 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.

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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

con?ict prevention and resolution,

“Reaf?rming its resolutions 1265 (1999), 1296 (2000) and 1674 (2006)

on the protection of civilians in armed con?ict and its resolution

1502 (2003) on protection of United Nations personnel, associated

personnel and humanitarian personnel in con?ict zones, as well as

other relevant resolutions and presidential statements,

“Reaf?rming its commitment to the Purposes of the Charter of

the United Nations as set out in Article 1 (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,

“Reaf?rming that parties to an armed con?ict 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 con?ict,

“Emphasizing that there are existing prohibitions under international

humanitarian law against attacks intentionally directed against

civilians, as such, which in situations of armed con?ict constitute war

crimes, and recalling the need for States to end impunity for such

criminal acts,

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“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 con?ict. Stressing, in this regard,

the need to adopt a broad strategy of con?ict prevention, which

addresses the root causes of armed con?ict 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 con?ict, in particular deliberate attacks in

violation of international humanitarian law,

“Recognizing that the consideration of the issue of protection of

journalists in armed con?ict 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,

? Condemns intentional attacks against journalists, media

professionals and associated personnel, as such, in situations of

armed con?ict, and calls upon all parties to put an end to such

practices;

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? Recalls in this regard that journalists, media professionals and

associated personnel engaged in dangerous professional missions

in areas of armed con?ict 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;

? 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;

? Reaf?rms its condemnation of all incitements to violence

against civilians in situations of armed con?ict, further reaf?rms

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;

? Recalls its demand that all parties to an armed con?ict comply fully

with the obligations applicable to them under international law

related to the protection of civilians in armed con?ict, including

journalists, media professionals and associated personnel;

? Urges States and all other parties to an armed con?ict to do their

utmost to prevent violations of international humanitarian law

against civilians, including journalists, media professionals and

associated personnel;

? 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;

? Urges all parties involved in situations of armed con?ict to

respect the professional independence and rights of journalists,

media professionals and associated personnel as civilians;

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? Recalls that the deliberate targeting of civilians and other

protected persons, and the commission of systematic, ?agrant

and widespread violations of international humanitarian and

human rights law in situations of armed con?ict may constitute

a threat to international peace and security, and reaf?rms in

this regard its readiness to consider such situations and, where

necessary, to adopt appropriate steps;

? 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;

? Af?rms that it will address the issue of protection of journalists

in armed con?ict strictly under the agenda item “protection of

civilians in armed con?ict”;

? Requests the Secretary-General to include as a sub-item in his next

reports on the protection of civilians in armed con?ict the issue

of the safety and security of journalists, media professionals and

associated personnel.”

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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 Broadasting

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 of?ce

13 Aziz Tassiem South Africa South African Visnews, killed in car accident

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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 Declaud 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

in?icted 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 cross?re

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

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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 Unidenti?ed Somalia Somali Somalis working as journalists for CNN; car was

attacked and the news team was killed during heavy

?ghting

36 Unidenti?ed Somalia Somali Idem

37 Unidenti?ed Somalia Somali Idem

38 Unidenti?ed Somalia Somali Idem

39 Unidenti?ed 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, cross?re

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

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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 Messager-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 Nshimiryo Rwanda Rwandan TV Rwanda

77 Aloys Nyimbuzi Rwanda Rwandan L’Observateur

78 Tharcisse Rubwiriza Rwanda Rwandan Orinfor

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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 Ra?ki

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.

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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 ?gures 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 of?cial, 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.

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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

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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

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Name Country Nationality Comments

141 Paul Abu Mansaray Sierra Leone Sierra Leonean Standard Times, house set on ?re, 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 ?re

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 ?lming 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 Ka? Awale Somalia Somali Reporting from a market when a shoot-out between

local criminals and police broke out

157 Antonio Pacienca Zambia Angolan missing and found dead in the Zambezi river, under

investigation

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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 Unidenti?ed Angola Angolan Helicopter crash

167 Unidenti?ed Angola Angolan Helicopter crash

168 Unidenti?ed 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

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2003

Name Country Nationality Comments

173 Akite Kisembo 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 Hélene Ivory Coast French Radio France International. Killed by police of?cer

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 Adebari 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 Hydara Gambia Gambian The Point co-editor and AFP correspondent shot

three times and died instantly as he was dropping off

colleagues from his newspaper.

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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 ?re 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 unidenti?ed 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

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2006

Name Country Nationality Comments

192 Jack Situma Zambia Kenyan Journalist, ?lming an In-?ight 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

traf?c 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.

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