

CREDITS

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The handbook was produced as one of the initiatives of the joint co-operation between the journalists unions from Ukraine and Russia in response to the crisis and war in Ukraine.

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It was edited by Oliver Money-Kyrle

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Cover photo journalists interviewing former Ukraine defence minister Valeriy Heletey in 2014 © Yuriy Lukanov

Below, left to right, Boris Timoshenko (GDF), Yuriy Lukanov (IMTUU), Sergey Tomilenko (NUJU), Nadezda Azhgikhina (RUJ) and Oliver Money-Kyrle (IFJ/EFJ)



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Preface

Safety and Solidarity through the Global Journalists' Movement

The International Federation of Journalists and its regional organisation the European Federation of Journalists have been committed to improving the safety of journalists for over two decades. At the beginning of the 1990s this took the form of establishing a safety fund to help journalist victims of violence and the publication of an annual list of journalists killed.

Since the beginning of this century the IFJ expanded the work to campaign for proper safety training, equipment and insurance for war correspondents and especially freelancers.

The IFJ also pioneered the adaption of these programmes for otherwise ordinary journalist who suddenly find, when conflicts come to them, that they have become de facto war correspondents through no choice of theirs. They are often the least equipped to manage the new threats and are most vulnerable to targeting by combatting parties.

Our affiliates, the national journalists unions also come under intense pressure during conflicts to both preserve their neutrality and to respond to the crisis facing their members.

Throughout 2014 the IFJ and EFJ have been working hand in hand with affiliates, the National Union of Journalists of Ukraine, the Independent Media Trade Union of Ukraine and the Russian Union of Journalists to support their members in the field, condemn the intimidation of journalists and manipulation of media and to maintain a professional co-operation between journalists across the conflict.

The unions have shown great courage and leadership and we can be very proud of their responses.

We are also grateful to the support of Dunja Mijatovic, Representative on Freedom of the Media for the Organisation for Security and Co-operation in Europe for initiating a dialogue between the journalists unions in the spring of 2014. Since then six meetings have taken place that have been vital in building the climate of trust and co-operation.

The process has not been easy, there have been tensions and sometimes serious disagreements, but there has been a remarkably broad areas of agreement, both on the principles that underline our profession and on areas of practical action to support and protect our members.

This handbook was one initiative from this process and attempts to document the conflict through the eyes of the journalists and the unions. It draws on the joint monitoring and reporting that was conducted by the unions to record the major incidents against journalists in Ukraine and in Russia when related to the conflict.

Through a series of interviews with journalists who have been in the war zone it provides an occasionally rough but authentic voice of the reporters and their experiences. The value of proper safety training and preparation for any correspondent is a major theme with interviews packed with advice to journalists contemplating heading to the front line.

We hope journalists will benefit from reading this handbook and that it strengthens the will of those fighting to improve the rights, safety and conditions of journalists around the world.

Jim Boumelha, President IFJ

Mogens Blicher Bjerregård, President EFJ



Journalist Unions Responding to the Crisis

Since the start of the demonstrations on Kyiv's Maidan square and the first beating of journalists IFJ/EFJ, RUJ and the two Ukraine journalists unions, NUJU and IMTUU have been working side-by-side to protect our colleagues. Indeed, the weekend the Kyiv demonstrations first started IFJ affiliates from across Eastern Europe held a demonstration on the Maidan to mark the Global Day to End Impunity for those who kill journalists, on 23rd November 2013.

As the violence spread against journalists in Kyiv NUJU and IMTUU were the first to react and the RUJ was swift to show solidarity with the victims.

In their offices just up Khreschatyk Street from Maidan, NUJU and IMTUU quickly established a support centre for journalists covering the demonstrations, providing advice, training equipment, medical services, coffee and a place to smoke, chat and recover before venturing back onto the streets. Journalists shared their news and debated the risks and threats involved in reporting as the crisis rapidly evolved into violent confrontations. NUJU / IMTUU provided these services throughout the winter and used the base to plan campaigns and safety initiatives for journalists to operate without threats of violence. They organised demonstrations, documented all incidents and arranged international solidarity through the IFJ.

The RUJ was quick to support its colleagues in Ukraine with messages of solidarity demanding journalists have free access to information, security to work, and those who violate journalists' rights be punished.

In March 2014 after the bloody end to the Maidan demonstrations, and as the tension rose in Crimea and the East, the RUJ, IMTUU and NUJU met in Brussels to discuss how to co-operate as the tension between the two countries rose sharply and their colleagues came under threat from further violence.

The unions worked together monitoring the events with ever increasing alarm and, where possible, intervening to support their members.

Together the RUJ, IMTUU and NUJU created an open line for journalists covering the Crimea referendum. Union leaders were available 24 hours a day helping international correspondents facing problems in Simferopol. A similar hotline was established also for Eastern Ukraine.

In Kyiv the NUJU/IMTUU support centre became a crisis centre as the violent disorder turned into military conflict and journalists found themselves on the front line of warring parties in a highly confused and rapidly evolving situation. With the IFJ they set about establishing an extensive safety training programme that over the summer trained over 280 journalists on safety and risk awareness in conflict zones.

Meanwhile in Russia the RUJ sought to raise awareness about the risks reporters face when sent to conflict zones and protested against the growing propaganda through calls for journalists' professional standards. They protested the targeting and killings of journalists, promoted the IFJ/ RUJ safety handbook and demanded employers take responsibility for the welfare of their staff.

The many public meetings revealed how ill-prepared journalists were, travelling to the conflict without proper insurance, training or security planning. Freelance journalists were particularly vulnerable. The RUJ had to call on the International Red Cross to retrieve the body of freelancer Andrei Mironov.

In May 2014, the RUJ elaborated amendments to the Media Law to hold employers legally responsible for safety training, equipment and insurance. It wasn't until the spring of 2015 that it received its first reading at the state Duma.

By the summer in Ukraine the IMTUU / NUJU crisis centre was in full swing, the safety trainings were being implemented around the country, solidarity funds were raised for journalists victims of both the Maidan and the growing community of displaced journalists forced to flee their homes. Further support was being provided for trauma counselling.

In April and again in June the Russian and Ukraine unions were invited to meet under the auspices of Dunja Mijatovic's office as Representative on Freedom of the Media at the OSCE in Vienna. Several journalists died during these months and strong statements were sent out condemning the violence and nationalist rhetoric. It was a tense period for all involved as the fog of war threatened to narrow minds and cloud judgements.

August was dominated by the disappearance of Andrei Stenin and speculation that the Ukrainian SBU were holding him for hostage exchanges. Weeks later his charcoaled body was found in a car that had been shot up and then set ablaze in an area where the fighting had been raging when he was first reported missing.

At the same time IMTUU / NUJU documented over 70 cases of journalists being detained by the separatist forces in Donetsk and Luhansk. Some were held for a few hours or days, but several were held for many weeks, beaten and tortured before finally being released in prisoner exchanges.

On September 8th the RUJ arranged a Concert for Killed Journalists in the Moscow Conservatory. Killed Italian journalist, Andrea Rochelli, and Russian journalist, Andrei Mironov, received the RUJ's Anna Politkovskaya award. In October the RUJ ran a war correspondent's debate at the Dagomys journalist festival, and in December, the RUJ's Memorial Day was dedicated to supporting families of journalist victims of conflict.



Anna Politkovskaya Award ceremony Sept 2014
©Svetlana Svistunova

Two further dialogue meetings were held in Vienna in September and December where participants heard first-hand accounts from journalists on the front line in Crimea and Eastern Ukraine, debated the problems of propaganda and how the madness of war infects all of society to which journalists are seldom immune.

These gatherings provided essential respite for the participants to be able to reflect on the war from a distance and to reaffirm commitments to basic journalist principles and solidarity. Their significance and the risks taken by each delegation was also measured by the criticism the unions were often subjected to from their own members back home who wanted to reject any form of dialogue. It is a testament to those involved that they held their ground and remained committed to the process.

Journalists must be respected by all sides of a conflict, they must be independent and distance themselves from the nationalist drumbeat of war that demonizes opposing sides. They must have free access to information, and they must be allowed to operate in safety. All these principles were recalled in the joint statements elaborated either in the IFJ Brussels offices or in Vienna with the OSCE.

“Journalists are not soldiers; journalists should not be used as instruments in information wars. We are glad to develop our dialogue, between Russian and Ukrainian professional organizations, the IFJ /EFJ under OSCE umbrella, believing that it is a very important part of our struggle for

journalism as a public good at home and across Europe as a whole. We face resistance, insults and blame from those who would like to divide us, and to use us as soldiers of information wars. But we go on, insisting on our professional and ethical standards, refusing journalists as combatants. We believe that the most important during all conflicts and political

contradictions is to be honest, to maintain our dignity and professional duty, to be journalists and human beings first of all. It gives us hope, and the prospect of a future – without violence, hate and impunity.”
RUJ, IMTUU, NUJU



Participants at the 2nd OSCE Dialogue meeting hosted by Dunja Mijatovic, June 2014 ©OSCE

Reporting from the Kyiv Maidan: November 22 – February 21, 2014

By Yuriy Lukanov, President IMTUU

December 1, 2013 I was photographing an attempt to storm the Presidential Administration on Bankova Street, Kyiv. Tear gas was in the air, stun grenades exploding and stones flying in all directions. Suddenly a colleague grabbed and pulled me towards him. Inches from my camera a huge stone cracked against my jeans pocket. I moved on.

Only later that evening when I was paying in a supermarket, did I discover the four dented credit cards that had protected me from that stone. Not until I got home did I notice the rough graze on my leg. This was the first, and thankfully only, injury I suffered while covering the Maidan protests. I was lucky, dozens of journalists were injured and at least one killed.

In 2008, I covered the Russia-Georgia war. In 2009 I reported from Moldova as government buildings burned. In both cases I was able to communicate as a journalist with both sides of the conflict. My colleagues reporting from hotspots across the planet told me this is normal. On the Maidan though, this practice stopped.

The traditional rules of respecting the neutrality of medics and journalists during violence failed in Ukraine. Journalists needed to adapt and understand the threats if they were to continue to report and survive.

Conflict zones are high risk environments and journalists can be injured or even killed, mostly unintentionally. In Kyiv at least 206 journalists were injured, largely as a result of one side treating them as targets.



Kyiv, November 25, 2013 ©Sergey Dolzhenko, European press photo agency (EPA),

In Kyiv, the conflict took place between government and civil society. The then President of Ukraine, Viktor Yanukovych, provoked discontent by systematically breaching laws, disrespecting private property rights, raiding businesses, imprisoning opposition leaders and harassing journalists. The formal reason for the start of the protests was his refusal to sign an association agreement with the European Union. Tensions grew during the night of November 30 after the Berkut police units were sent in to disperse the peaceful protesters.

On December 1, when the Berkut decided to clear the protesters around the Presidential buildings, it mattered not if journalists were wearing press labels or waving their press cards, all were targeted to clear the area.

- Roman Kupriyanov, an operator for Euronews TV, was filming an injured man on the ground when the Berkut ordered him to stop filming. Roman ignored them and ended up in hospital with a broken skull.

- Pavlo Penjozhok, Polish freelancer suffered a broken skull from the Berkut despite showing his press card.

- Serhiy Dolzhenko from European Press-photo Agency had his hands and equipment bashed by Berkut. "It was entertainment for them. Those who shouted they were journalists seemed to receive an extra strike in response."

- Oleksandr Perevoznyk, photojournalist for "IgaBusinessInform Agency was beaten by

7-8 Berkut before he was brought to the medics.

That day up to thirty journalists were injured on Bankova Street, some by stun grenades or flying stones, but most were deliberately beaten by the Berkut.



©Strutynsky Vitali, Maidan 29-30 November 2013

It wasn't only the Berkut that journalists had to fear. The government had also hired gangs of thugs known as *Titushka's* to provoke fights with opposition groups. They'd been actively used against journalists for months. Titushka gangs were responsible for attacking Dmytro Hnap and Yakiv Lubchich of "Hromadske" TV on 29th November; and Oleksandr Mikhelson of "Ukrainskiy Tyzhden" on 19 February.

Most horrifically they were responsible for killing Viacheslav Veremy of 'Vesty' newspaper. On 19th February Veremy and his colleague were in a taxi when they saw a gang of armed Titushkas. Veremy tried to photograph them, but when they saw this the group attacked the car, dragged the passengers out and beat them. Veremy's colleague and the driver escaped, but Veremy was shot in his chest. Police officers present at the incident reportedly refused to intervene. Veremy was rushed to hospital where he died on the operating table. He was a few days short of his 34th birthday.

Arrests and Detentions

In many cases Berkut did not just beat journalists, but they also arrested them. Valeriy Garaguts of Dnipropetrovsk newspaper

was beaten then charged with organising mass protests. He was detained for two months and released in a compromise between protestors and government shortly before the end of the protests.

Freelancer Markiy Gavryliv was arrested January 22 while photographing the battles on Grushevsky Street. He was beaten so harshly he needed surgery. The courts charged him with participation in mass protests.

Dmytro Barkar, and operator Igor Iskhakov of Radio Svoboda were detained on January 20, officially to help the police as 'witnesses'. Five hours later they were released, and had to go directly to hospital, to treat their beaten faces.

No Man's land, caught between the police and the protesters

Several journalists were injured on the Maidan when located between protesters and the police. This is not a good place to be when stones and tear gas grenades are in the air.

Journalists should choose a place at some distance from the action to be able to view the events, avoid being hurt in the crossfire and from which they can easily escape should the violence suddenly move in their direction.

Difficulties with Protesters

In general, the protesters treated journalists with respect. Even Russian journalists, who reported that Nazis were gathered on the Maidan, were not attacked by protesters who only appealed to them: "Do not lie!"

But there were still problems for journalists. Sometimes Maidan Self-Defence members asked journalists to stop recording, sometimes protesters would cover the camera lenses. This was mostly because protesters feared being identified in news footage. In such cases, I stopped filming, left the place of conflict, and filmed some other scenes.

Once I received a call from Mykola Vorobyov who had been detained by the Maidan Self-defense. They thought he had been illegally collecting funds for the protests. They ignored his press credentials. But when I intervened they released Vorobyov and apologized.

PRESS IDENTIFICATION

IMTUU and NUJU distributed bright orange vests and helmets with the word "Press" to journalists during the protests so police would stop 'accidentally' assaulting them. But the benefits of wearing them continues to be debated.

Yanyk Falkevych of internet-TV "Spilnobachennya" was injured in his left eye by a stun grenade on Grushevsky Street when Police threw them into a group of people mostly wearing bright orange Press vests.

Oleksandr Tarasov, Head of IMTUU's Kherson branch was filming at Gryshevsky Street on January 22, with a bright orange Press helmet and vest when he was hit hard in the face by a rubber bullet. Tarasov is convinced the police deliberately fired at him despite his Press vest.



Oleksandr Tarasov Feb 2014 ©IMTUU/NUJU

Galyna Sadomtseva, a journalist from "Spilnobachennya" was wounded in the leg

and face by "Berkut" riot police deliberately shooting at her and members of her crew.

I have the following approach. During the clashes, if a journalist might be shot by an unidentifiable gunman, a journalist should not risk a vest. If however he/she is near the police and any aggressive officer would be easily identified, the vest can bring protection. Police always claimed they did not attack journalists deliberately. If journalists are well identified, the police lose that argument. However this solution is not universal and each journalist needs to assess each situation before deciding.

Caught on Camera

On February 18, I was working on Instytutaska Street where the most dramatic conflicts happened when I had a chance to photograph ranks of the Berkut. When I approached they shouted at me to "Go away!" I took the photos and quickly left. Later on the photos showed images of a policemen aiming a gun directly at me. I was lucky.

The month before on January 19, I was on Grushevsky Street taking photos 50 meters from a Berkut policeman aiming his gun at someone. He saw me taking the photos and turned the weapon on me. I took the photo and hid behind a column.



Berkut aiming at ©Yuriy Lukanov

An Unexpected Act of Kindness

On February 18, I was filming clashes between police and protesters from a gateway where I found myself behind the ranks of police. I joined a group of locals chatting to the Berkut, taking photos.

"Are you a journalist?" one asked me. "And why are you not wearing a helmet?"

"I attended a parliamentary meeting earlier and was not planning to film the clashes. I didn't think I would need a helmet".

He brought me over to a pile of items lost by protesters during clashes and found a helmet for me. I mention this unexpected kindness to emphasize that not all members of the security forces were against us.



Hrushevsky Street, Kyiv, February 5, 2014 ©Mieczyslaw Humulynsky

Reviewing the Casualties, a Joint Overview of Restrictions on the Media in Ukraine 2014

The following section assesses the many different threats and challenges that journalists faced in 2014 in their efforts to report the Ukraine conflict. Each section is split between contributions from the Russian Union and the Ukraine Unions of Journalists on how their members were impacted by the war. The wide range of obstacles and threats faced by journalists from both sides and abroad are recorded to illustrate the challenges of conflict reporting, to provide a record of what took place and to help inform journalists on how to prepare themselves in future conflicts. It is divided into the following categories:

Freedom of Movement, Detentions, Threats, Assaults and Deaths

Freedom of Movement

View from Ukraine

Problems with freedom of movement began with the start of the annexation of Crimea in March. Representatives of the self-styled 'self-defense of Crimea' militants, stopped Ukrainian journalists from entering the autonomous republic at the border between the peninsula and Kherson region. Gunmen confiscated journalists' cars and threatened to shoot them accusing Ukrainian media of biased reporting.

In early April similar problems began in the Donbass region when militants first captured the regional administrative buildings and held mass riots in Donetsk and Luhansk.

On April 6 reports appeared of attacks on journalists thrown out of administrative buildings occupied by the separatists or assaulted by protesters in the streets of Donetsk. Some were forced out of a meeting held in support of the Berkut.

From then on, obstruction and aggression to journalists became a common feature among supporters of the self-proclaimed Donetsk and Luhansk People's Republics, DNR and LNR.

During the summer the LNR and DNR introduced accreditation for reporters, but few Ukrainian journalists could obtain it for fear that applying for accreditation to the press service of these "republics" would get them arrested.

When, on April 12, fighting began in Sloviansk, armed separatists seized and detained the first journalists. They were mostly Ukrainian, but some foreign correspondents were also held.

In June the Ukraine Security Services (SBU) introduced accreditation in the ATO (Anti-Terrorist Operations) area. Former SBU spokesman, Marina Ostapenko, said it was introduced to help freedom of movement for journalists to pass through road blocks.

Initially accreditation did not involve issuing a card, but adding names to lists provided to the military. On August 20, journalists protested accusing ATO HQ of restricting journalists by denying them access to the conflict.

By the end of 2014 the SBU had introduced a new accreditation and started issuing press cards from the Ministry of Defence. IMTUU and NUJU both claimed that the new rules did not comply with the law and further complicated the work of journalists. For example the press card were only available at the ATO HQ in Kramatorsk thereby forcing journalists to take often unnecessary, and potentially dangerous

journeys to Kramatorsk. IMTUU / NUJU eventually persuaded the SBU and Defense Ministry to also issue cards in Kyiv.

View from Russia

Blocking of journalists by Ukrainian border guards

Numerous Russian journalists have been blocked at the Ukraine border. The explanations varied from - "insufficient finances", "unconfirmed purpose of travel," "no return ticket", "passport with Crimea stamp", "a threat to Ukraine's integrity and security", or "no explanation".

The unofficial cause is the perceived bias of Russian media. But the obstruction is not restricted to the Russian state channels that actively participate in the information wars.

On April 4 independent correspondent Roman Osharova of "Novaya Gazeta" was detained at Kyiv's Borispol airport. At first, he was prevented from entering the country due to doubts over the purpose of his visit. Presenting his "Voice of America" press card won him some time. Finally, after a 10-hour wait, with the help of human rights defenders and diplomats, Osharov was admitted into the country.

Vsevolod Boyko from "Echo Moskvy" was less fortunate; the border guards at Donetsk airport refused him entry due to a lack of funds.

Other journalists refused entry included Ilya Barabanov and photographer Alexander Miridonova of "Kommersant", their colleagues Andrei Kolesnikov and Dmitry Azarov, Paul Sedakov and Artem Goloshapov of Forbes, Yaroslav Lukashev of "Vesti FM" radio, Svistunova Valentine of "Business Petersburg" (who worked in Ukraine since the beginning of the Maidan protests, and visited Crimea, including during the assault by Russian troops) were all denied entry to the country.

Ukrainian border guards paid special attention to REN TV staff. Several times the film crew for "Week with Marianna

Maksimovskaya" programme were expelled. Customs Services at the Odessa airport refused entry to Roman Super and his operator Peter Kosikhin. Maksimovskaya complained that "All of our operators and the majority of journalists have been banned from Ukraine for two years."

Many more journalists were refused entry or were deported including - Russia-1 TV correspondents Andrew Mesheryakov, Alexander Buzaladze, Russia Today journalist Andrew Ivanov, TASS photographer Sergey Fadeichev, newspaper journalists Igor Yelkov and Konstantin Zavrzhin, REN-TV operator Yury Tunev, RIA Novosti correspondent Andrew Malyshkin, RIA Novosti photographer Alexey Kudenko and TV Zvezda reviewer Maxim Dodonov. Ukrainian border guards detained TV Center film crew, Vesti program from Russia TV Channel, their colleagues from Saints-Petersburg 5th TV Channel, other correspondents and operators from TV channels Podmoskov'ye, State Russian TV, Zvezda and NTV.

Detentions

View from Ukraine

The first cases of journalists being taken captive began during the Russian annexation of Crimea. March 13, David Geoffrion of the French Canal Plus TV was seized by separatist gunmen when he was filming them occupying a fuel warehouse. IMTUU and the Centre for Investigative Journalism, who were on the spot, immediately attempted to negotiate his release. They alerted the IFJ who, in turn, alerted the RUJ for assistance. Both organisations through contacting the Crimea authorities and the military personnel assisted in Geoffrion's release a few hours later.

On Sunday March 8 two Ukrainian journalists Olena Maksimenko of "Ukrainsky Tyzhden" and Oles Kromplyas of "Glavcom" along with two activists were detained by unknown gunmen at a check-point set up at the crossing into Crimea. They were

transferred to the Sevastopol branch of the Security Services who supported the separatists. Following international appeals, including the OSCE, the journalists were released two days later, but without their equipment.

The illegal detentions of journalists also became a common feature of the war in the Donbass. In one of the first incidents armed separatists in Sloviansk seized Sergey Grishin of "Hromadske TV" and Russian journalist Ilya Azar on April 12. They were freed after an interrogation and forbidden to return to the city. Much worse was to come.

Simon Ostrovsky of "Vice News" was detained in Sloviansk on April 21. Viacheslav Ponomarev, the self-proclaimed mayor of the city told Russian journalist, Elizabeth Antonova of "Gazeta.ru" that Ostrovsky was a 'Right Sector' informant. He said they detained journalists to exchange them for those captured by Ukrainians. After four days of detention, interrogations and the occasional beating, Ostrovsky was freed.



Simon Ostrovsky on his release ©Alexander Khudoteply

IMTUU / NUJU estimate over seventy cases of journalists being illegally detained or abducted during the summer of 2014, some for a few hours or days, others for several weeks. In numerous cases journalists reported being severely beaten, injured and suffering mock executions. Yegor Vorobyov of "Espresso-TV", and several other journalists was captured by Russian soldiers near the city of Ilovaisk, Donetsk region. While the others were released Yegor was transferred to the DNR gunmen who held him for 38 days during which he was tortured and had his arm broken in two places.

There were also further cases of captured journalists being forced to conduct interviews with Russian media that were later used for propaganda purposes. The victims felt betrayed that their fellow media professionals should be involved in conducting forced and humiliating interviews.

The Institute of Mass Information (IMI) recorded 76 cases of journalists being taken and held captive by the separatists in 2014.

There were a number of cases when journalists were detained by Ukrainian soldiers, mostly involving Russian media workers, but some Ukrainians were also arrested.

On June 7 the Ukraine National Guard detained Andrey Sushenkov and Anton Malyshev journalists of the Russian Ministry of Defence TV. They were suspected of tracking and gathering information on a road block service arrangement. On their return to Russia they declared that they had been detained by a 'Right Sector' volunteer battalion which had demanded 200,000 USD to set them free.

View from Russia

Detention of Journalists in Russia

Problems encountered by journalists covering the Ukraine were not limited to crossing the border. Very often, the police detained journalists reporting street demonstrations or working in various cities of Russia and Ukraine.

On March 1st Andrey Filimonov of TV 2 Tomsk, was detained reporting from an anti-war demonstration in Moscow. The next day, police arrested Daniel Turov of "Lenta.ru", while reporting the anti-war rally on Manege Square, Moscow. The arresting police officer allegedly ignored his media credentials and he was later released without charge. Semen Zakrzhny from "Dozd TV" was similarly detained.

In Vladikavkaz (North Ossetia) on March 13 the police detained Ukrainian journalists from channel "1 + 1" for several hours. Editor Anna Bock and operator Pavel Bondarenko were arrested after a police patrol heard them speaking Ukrainian. The reporters were told that there were orders to detain all Ukrainians due to the conflict.

Detentions of Russian Journalists in Ukraine

Russian journalists were also detained in Ukraine by police who suspected them of spying. On January 23 Andrey Kiselev of Lenta.ru was detained and injured. In March, Eugene Kozhemyakin of "Arguments and Facts" was arrested in the Donetsk region by guards who took him for a spy. After the intervention of the editorial board Kozhemyakin was released, expelled and prohibited from returning to Ukraine for three years.

British journalist Graham Phillips, working for "Russia Today" was detained by the National Guard at a checkpoint near Mariupol and accused of "aiding and abetting terrorism" for filming the position of Ukraine troops in May. They deleted his photos and video recordings and took him to the Kyiv Security Services. He was released unharmed three days later. Two months later he was deported and banned from the country for three years, to "protect the interests of its national security, sovereignty and territorial integrity".

THREATS

View from Ukraine

Intimidation of journalists has become common practice in Donbass after the mass riots began. The phenomenon grew to such a scale that, in July, the European Union's press service criticised the DNR and LNR for threatening journalists.

"We strongly condemn the intimidation of journalists by the self-appointed

"government" in Donetsk and Luhansk regions, including physical threats and kidnapping, as it was noted by Dunya Mijatovic the representative of the Organization for Security and Cooperation in Europe on mass media freedom issues," - the statement announced.

"The safety of journalists is a fundamental right of mass media freedom, and we call on both parties to observe this right," - the message noted. The EU called on Ukrainian authorities to conduct an independent investigation concerning all recent violations of journalists' rights.

Supporters of the so-called Luhansk and Donetsk People's Republic had to make objective journalists work for them. To do this they carried out a campaign of threats against independent media.

At the beginning of the unrest unknown people tried to break into the editorial office of the online newspaper "News of Donbass". The editor-in-chief, Alex Matsuka reported being followed and later his car was set on fire.

From July the gunmen intensified their campaign and intimidating journalists became systemic. Editor-in-chief of "Donbass" newspaper Alexander Bryzh said it was then that they started forcing mass media cooperate with them.

They visited editorial offices threatening with their guns, demanding journalists write in support of the self-proclaimed DNR. This happened to the "Vechernyaya Horlovka", "Kocheharka" in Gorlivka and "Gornyak" in Tores and other editions. Regional TV companies were also attacked.

Similar events took place in the Luhansk region. One of the leaders of the self-proclaimed LNR invited editors-in-chief of leading Luhansk editions to meetings to persuade them to work for LNR.

A lot of journalists chose to move to other parts of Ukraine. Only those media propagandizing the LNR and DNR remained on the territory.

View from Russia

Threats in Russia

Journalists in both countries had to deal with threats from groups upset by coverage or determined to conceal and control information about the war. In Russia, the most significant incidents occurred around the funerals of killed journalists in the Vybuty village cemetery in the Pskov region.

On August 26 Vladimir Romenskii of "TV Dozd", Ilya Vasyunin of portal "Russian Planet", Nina Petlyanova of "Novaya Gazeta" and Irina Tumakova of "Fontanka" visited the Pskov region to verify information on the graves of paratroopers, allegedly killed in Ukraine.

Petlyanova and Tumakova described how they arrived around one O'clock to find a series of fresh graves and five different funeral processions. "When we started taking photos we were attacked by two men who pushed us into a van, took our equipment and deleted the photos. The men then threatened that if they ever saw the pictures or other information about them on the internet, they would track us down and we would not survive. They photographed our passports and drove us to the middle of the forest where we were dropped and warned never to return."

After walking back to Vybuty and meeting their colleagues Romenskii and Vasyunin, they decided to return to the cemetery later that evening.

This time they were confronted by people in hooded jackets and covered faces who began hurling stones at their car. "We escaped with a punctured tyre and drove to the nearest petrol station where we stopped and called the police," said Petlyanova.

Romenskii added that two large men had threatened him and Vasyunin. "The strangers told us that we ask a lot of unnecessary questions, and recommended we take the next train back to Moscow or we will never be found alive."

On the same day, Editor-in-chief Sergei koval'chenko of news agency "Telegraph" (St. Petersburg) and correspondent Sergei Zorin were also aggressed near the Vybuty cemetery. Koval'chenko made an official report to the police who identified the perpetrators as members of the military air assault division. On this occasion the police showed a rare efficiency and professionalism.

Threats in Ukraine

In February 2014 the "Right Sector" offered 10.000 hryvnia for the head of Artem Cola, Vologda correspondent of "Russia 24", who was reporting on the Maidan. In May a similar honour was bestowed upon Graham Phillips, the British journalist working for Russia Today who was later arrested by the Ukraine authorities. .

In Donetsk a hunt for the well-known Russian journalist Babchenko was declared by the Donetsk separatists. A photo of Babchenko was pinned to the wall of the local headquarters with the sign "most wanted journalist". Babchenko was working near Slovyansk from the Ukrainian side.

On December 21 two journalists, Benjamin Trubachov of "Inter TV " reported that the commander of the 93rd Brigade, Oleg Mikats, in Peski (Donetsk region) had threatened him and a foreign colleague "that if he saw us or any journalist again – he will personally shoot us " claimed Trubachov.

ASSAULTS

View from Ukraine

On March 7, 2014 at least seven journalists were beaten in Sevastopol. Well-built thugs targeted and beat those in the crowd with TV equipment or "Press" badges.

The correspondent of "Inter" TV channel Andrey Tsaplienko and its two operators were left with moderate injuries. His

colleague Olena Mechanic suffered severe psychological pressure and became heavily stressed. Anton Loktionov was fiercely assaulted and left with broken fingers.

Greek journalist Kostas Onisenko had his nose broken and correspondent of online "Russian Planet" Paul Nikulin (Russia) bled heavily after being beaten by the security forces. Unknown people in military uniform also attacked the crew of CTB TV during a live broadcast in Simferopol, damaging their equipment.

Andrey Tsaplienko, an experienced war journalist, who had never been attacked before then, believed the attacks were committed by pro-Russian forces to frighten Ukrainian journalists into leaving Crimea so that the events could be reported from one side only. It was assumed that former "Berkut" who returned to Crimea after the Maidan were responsible.

After the unrest in Donbass started the journalists were attacked by the supporters of Russia and the DNR and LPR. The crowd that gathered near the State Administrative buildings in Donetsk and Luhansk occupied by pro-Russian activists acted very aggressively.

Among the first to be beaten by the antagonists of the new Ukrainian government on March 2, in Donetsk were the journalists of TV channel "Pershy Dilovy" and "URA-Inform.Donbas" website. People carrying Russian Federation flags called the journalists provocateurs before attacking them. They tried to take the cameras from Alexander Peremot, Paul Stepanok and Sergey Volski and delete all the contents. The police refused to protect them.

After the armed conflict started the DNR and LNR gunmen also took part in beating the journalists. According to the Institute of Mass Information 285 attacks on journalists took place during 2014.

View from Russia

Attacks in Russia Related with the Conflict

On February 2nd in St. Petersburg, at the picket in support of the Ukrainian "Berkut" journalist Anastasia Mironova of "Echo

Moskovy" was attacked and hit in the eye by an elderly couple.

Another "Echo Moskovy" correspondent, Arseny Vesnin, was also attacked in St. Petersburg in August, while covering a demonstration in support of Ukraine. Vesnin said he was kicked in the arm after the assailant saw the "Echo Moskovy" logo on the microphone.

Lev Schlossberg, editor and publisher "Pskov province," and a deputy in the Pskov Regional Assembly was assaulted on August 29 when three men knocked him down and beat him near his home. Schlossberg went to hospital with concussion, a broken nose and partial memory loss. He told "Dozd TV" that the attackers were well-trained professionals. "They approached from behind, I never saw them, they did not engage in any preliminary negotiations, did not threaten anything. They knew me. Obviously, they were well prepared."

On August 25th Schlossberg's newspaper had been the first to report the funerals of soldiers near Vybuty and the attacks on journalists.

A month later the BBC's Moscow team were attacked when attempting to report on "secret funerals" in Astrakhan on September 18. According to the BBC's Steve Rosenberg, they were attacked by three men, who smashed their equipment and assaulted the operator before disappearing. A criminal case was opened under Article 161 of the Criminal Code ("Robbery").

Attacks in Ukraine

In Ukraine, attacks on journalists were mainly committed by representatives of the authorities. Between December 2013 and March 2014 over 50 journalists, including Russians, were beaten by security forces around Maidan. Russian victims included

- Eugene Feldman, Novaya Gazeta: hit by stone and hurt by a stun grenade explosion.

- Emin Kalantarov, Lifenews: hand broken by “Berkut” and camera smashed.
- Andrew Stenin, RIA Novosti: camera hit by stone.
- Zurab Javakhadze, ITAR-TASS: beaten with batons.
- Yuri Matsarski, Izvestia newspaper, and Stanislav Grigoriev, REN TV, hit by stun grenade.
- Vyacheslav Amelyutin and sound engineer Valentin Gvozdev, Zvezda TV: hit by rubber bullets.
- Russia Today TV crews came under fire from military weapons
- Dmitry Steshin and Alexander Kotz, Komsomolskaya Pravda: shot by Berkut. Journalists miraculously survived.
- Maxim Gritseno, Star TV, suffered from Tear gas grenade

During the spring events moved from Kyiv to Crimea and then Eastern Ukraine. Alexander Kotz, of Komsomolskaya Pravda came under sniper fire near Slavyansk on May 2nd. Luckily no one was injured. "We were on the road to Kharkov heading towards the checkpoint on the outskirts of the Slavyansk. But the road was blocked by defence forces so we took the forest road to the militia roadblock. The militia warned us that a hidden sniper was working the area. Two single shots stressed the asphalt next to our gear and we began to manoeuvre out of there. One damaged car bumper, but we were not injured," explained Kotz.

On May 12th Paul Kanygin, of "Novaya Gazeta" was kidnapped near the city of Artemovsk, Donetsk region. Kanygin had been detained by militia fighters of the DNR. Eventually he was released but without his valuables.

DEATHS

During 2014 eight journalists were killed in Ukraine. Seven died during the war in the Donbass and one during the Kyiv Maidan.

Viacheslav Veremy, who worked for the 'Vesty' newspaper, was the first victim shot dead in the streets of Kyiv. On 19th February

Veremy and his colleague were returning home in a taxi when they saw some armed men, titushkas, on the corner of Volodymirska and Velyka Zhytomyrska street. Titushkas were hired thugs used by the authorities to fight Maidan protesters. Veremy attempted to photograph them, but when the Titushkas saw this they attacked the car, dragged the passengers out and beat them. Veremy's colleague and the driver were able to escape, but Veremy was shot in his chest as he was leaving. Police officers at the incident reportedly refused to intervene in the fight. Veremy was rushed to hospital where he died on the operating table. He was a few days short of his 34th birthday.

Shortly before the end of the year the Ministry of Internal Affairs announced that those involved in Veremy's murder had been identified: Those accused of the murder included Zaharchenko, former Minister of Internal Affairs under President Yanukovich, Dubovyk his Deputy and five further people involved in the actual killing. Several other Ukrainian journalists also lost their lives but either as activists or serving in the military.

Deaths

The conflict in Eastern Ukraine became the first one for many years in Europe where journalists were killed on the frontline. The deaths of our colleagues were the nadir of the conflict for journalists, the full extent of which no one could have predicted a year before. Each death was a tragic loss. The most acute example was the death of Andrew Stenin who went missing on August 5th 2014. In the early days rumours emerged that he had been arrested by Ukrainian Security Forces. Some Russian journalists, including representatives of the Russian Union of Journalists were contacted by people claiming to represent the Ukraine secret services saying that Stenin was alive and being held in Kyiv. They claimed he was accused of involvement in the torture and executions of Ukrainian prisoners of war and that the evidence, to be used against him in court, was recorded on his camera. They proposed exchanging Stenin for Ukrainian prisoner Nadezda Savcheko, the Ukraine helicopter pilot accused of being

involved in killing Russian journalists. A huge international campaign was organized calling for his release.

A month later however, Stenin's dead body was found in a burned out vehicle near Donetsk. The investigation found that he was killed during fighting, probably on 6th August together with two colleagues from DPR "Information corps" media workers, Sergey Korenchenkov and Andrey Vyachalo.

The following journalists also lost their lives reporting from the war zone in 2014.

- **24 May 2014.** A group of foreign journalists and photographers came under heavy mortar fire in village Andreevka near Slavyansk. French freelancer William Roguelon was wounded, Italian journalist Andrea Rochelli and his Russian interpreter, journalist Andrey Mironov, were both killed.



Andrey Mironov and Andrew Rochelli ©RUJ

- **17 June 2014.** Camera crew of Russian State TV and Radio Company (VGTRK) came under heavy fire near Lugansk. Journalist Igor Korneluk and sound engineer Anton Voloshin were killed. Operator Viktor Denisov survived.

- **30 June 2014.** Anatoly Klein, Russian 1 TV Channel was fatally wounded in the stomach when a group of journalists and human rights activists came under fire from the Ukrainian National Guard.

- **6 August 2014.** Andrew Stenin, photo-correspondent for Russia Today disappeared on 5th August in East Ukraine.

His dead body was found on 3 September in a burned out vehicle. It is assumed that Stenin and two colleagues from Donetsk, Sergey Korenchenkov and Andrey Vyachalo, were killed on August 6th.

- **10 October 2014.** Journalist Valery Donskoy died from pneumonia in the intensive care unit of the district hospital in Lyubertsy (near Moscow). In March 2014, Valery had freelanced for a French news agency on Maidan. Later he went to freelance in the Donbass. At the end of September he was detained for several days on the border in extremely cold conditions where he contracted pneumonia. After his release, he returned to Moscow where was treated in hospital. A few days later, he died.

Deaths of the colleagues stirred up a sharp debates in Russia about the safety of journalists in conflict zones. It provided impetus for human rights and trade union actions. With broad support from partner organisations the RUJ proposals for employers to provide obligatory life & health insurance, safety trainings and other important measures were brought before the Russian Parliament. The journalist community hopes that this dialogue and such important legislative changes will help reduce the risk of loss of life among our colleagues in the future.



Andrew Stenin on Kyiv Maidan, Killed in August 2014 ©AFP

Survival Tips from the Frontline

The following section includes a series of interviews with journalists from the frontline, each with a very different experience and advice to pass to their colleagues. It includes:

- **Recommendations of a Russian war Correspondent:** Arkady Babchenko, Novaya Gazeta
- **The Day the Separatists came to Call.** Olexander Bryzh Editor-in-Chief “Donbas” newspaper: Head of Donetsk Regional Branch of NUJU
- **Held in Captivity in the DNR:** Serhiy Shapoval: held by Donetsk People’s Republic for 23 days
- **How to Survive the Donbass War Zone :** by Yuriy Lukanov, IMTUU President
- **Hotspots are for Professionally Trained Journalists Only:** Advice from journalists who went through the safety training programme.
- **Psychological Problems are not always Obvious at First Sight:** an interview with *Natalya Uklo* the psychologist who provides counselling to journalists.

Recommendations of a Russian War Correspondent

Arkady Babchenko is a well-known Russian war correspondent who has worked for Novaya Gazeta and other independent media outlets. He has been asked to share what he has learnt and the advice he can give to journalists considering working on the frontline.

First problems. Whenever you are crossing a border, anywhere, you need accreditation and legal documents. If you go to the conflict zone in Donetsk – you need both accreditations, from the Ukrainian authorities and from the Donetsk and Lugansk authorities. Arrange it before you leave otherwise you cannot cross the check point.

You should also be prepared to work in extreme situations, and to know the basic principles and experiences of war correspondents.

What you should you never do?

Number one - you must never carry a weapon. Ever. It is not possible.

Next - you should not support any side of the conflict. Do not show your sympathy in any



©Arkady Babchenko

way, nor show support through your activities.

You must never take weapons in your car, if you have a car.

If you are under fire and need to flee a scene you can jump in a combatant’s car. But if you are the one with the car you must not take any combatants with you.

You must not help anybody with your information – if you pass a check point, be careful of their questions such as how many

people did you meet? Never tell anybody about other combatants. Explain you are a journalist, that you must be neutral, that you cannot inform them and that you will not inform the other side.

If you witness strategic planning by commanders, forget about it immediately. It is not about you. Number of tanks, people and military plans are not about you at all. Just forget it.

If soldiers ask you not to film – Do not film. It does not matter what award you might win for that picture. It is easy to ask if you can film. This is nothing special by the way, and usually people are not against it. But think about it and try to remember that that No is No.

For your own safety don't exaggerate your own position and importance. You are a reporter; you watch and follow events. You are not an activist nor an agitator. Never express your personal opinion negotiating with people in the conflict zone. People may see the situation differently and you could get into problems. Be aware of who is listening and don't discuss details of your reports in a public place.

Think about how you dress. The worst is to work in a war zone with a bright t-shirt and shorts, or a soldiers' uniform.

Respect people's grief. Understand that you are visiting the war, and that here people kill people. They react badly if death is treated as just part of the business for others. Try to understand and to help if you can.

Don't let the horrors penetrate your personality, otherwise the war can kill you from inside.

The simplest rule is not to try to be the first under fire, and not to get caught in cross-fire.

If you come under fire try to find shelter. The deeper the better. The cellar of a big building, for example. If not, try to find storage, or hide behind a car or tank. The best is not to be visible. If the shooting lasts

a long time, try to wait for a pause in the fire when you can run to a better shelter.

What if you are detained?

There are no universal recommendations. It depends on the situation. But first – do not disturb your fellow prisoners, remain calm. Say that you are a journalist, you are not an enemy and you are only doing your job. Ask them not to make a big mistake, not to make a scandal. But you must be tough on the main issue – you are not a spy, you are a journalist. You must insist on it.

If you meet armed people and do not know which side of the conflict they belong to, try to be practical. "You are soldiers, I am a journalist, look at my documents, I am doing my job. Can I go on?" The rest is the same, talk less, listen more and try to understand what they want.

The Day the Separatists came to Call

Olexander Bryzh, is Editor-in-Chief of the Donbass Newspaper and Head of Donetsk Regional Branch of the National Union of the Journalists of Ukraine. In this interview by Yuriy Lukanov, he is asked about the day the militants came to his office.

What happened to the "Donbass" newspaper which you headed up in 2014?

The office of our newspaper which I have led since 1996 was, in June, occupied by gunmen of the self-proclaimed DNR, Donetsk People's Republic, under the command of Russian militants. Until then it had been an independent paper founded by a private stock partnership of the editorial board.

Last year we had criticised the conflict in the Donbass and the war in our region. Our staff have always been "sober-minded" with a reputation for telling the truth as we saw

it. We understood that the “Donetsk People’s Republic” was a soup bubble, an artificial formation supported by Russia. The “Donbas” newspaper wasn’t radical. But we called the terrorists “terrorists” and referred to the “self-proclaimed Republic”. For a period of time they did not touch us even if the journalists felt as if they were sitting on a barrel of gun powder.

Everything changed on June 2 when a journalist who covered events in Donetsk ran into my office crying “Armed men are coming to the Press House. They’ll be here in a few minutes! We need to run away!” I told him we would just carry on working.

Soon after 9 a.m. they came up the road in a bus and two cars. They were commanded by a Caucasian who did not get out of his vehicle but issued orders by walkie-talkie.



Olexander Bryzh, Editor Donbass Newspaper © Yuriy Lukanov

First they went to the office of the “Vecherny Donetsk” newspaper, removed the Chief-editor, Leonid Lapa, and put him on their bus. Then it was our turn. A Caucasian named Mansur accompanied by a submachine gunner broke into my office. The gunner didn’t speak so I couldn’t tell his nationality. But Mansur had a Caucasian accent so I was sure he was from the Russian Federation.

Mansur started to interrogate us, talking extremely aggressively and using filthy language. He shouted that we were raping and killing their women and rubbish like

that. He asked me who I worked for and what I thought about the DNR. I asked him what they wanted which provoked a new burst of aggression. He called another gunman and I was escorted to their bus with the Chief-editor of “Vecherny Donetsk.”

They had also been especially interested in our safe asking about documents and money. But the accountant with the keys had already left and they could not open it. They threw everything out of my briefcase, took my mobile, laptop, passport and all the money I had on me, about 3000 hryvnias.

To be fair several days later all my belongings were returned except for the money.

- **Where were you brought to in the bus and how did you manage to get free?**

We were taken to the 11th floor of the regional State Administrative building. There we talked to Richard Yali an assistant to one of the DNR leaders Denise Pushilin. He had a Russian accent. He started saying that we should report on the DNR activity in the “right way”. Mansur was also present and at one point suddenly offered “Let’s take them out to the square and execute them in public.” They talked to us in such a style.

At the end Richard Yali summarised our position: “You have two options: either you work for us or we’ll destroy both your editions. Remember we know where you live and where your families are. It is your choice”. Finally we were released.

I came back to work and immediately gave an order to cease activity. I told all staff to go on vacation. Then I went home, gathered our essentials and spent the night at our friends’ house. The next day we left Donetsk. We left behind our home and our son’s flat, but the hardest loss for me was to lose the printing plant which belongs to the “Donbass” newspaper editorial board.

Some Advice about Publishing in the occupied area

1. If the territory is already occupied you have to close the editorial office and

move to an area not controlled by separatists. You have to open the editorial office beyond the occupied region and most likely you'll have to issue the newspaper remotely. Now I live in one place, the newspaper is put together in another, and printed in a third.

2. If gunmen come to the editorial office you have to be very careful. It is better to bear everything they say silently without arguing as they are emotionally unstable, armed and likely to over react.

3. When a journalist is going to the war zone he has to evaluate the level of risk. Gunmen don't obey rules. Accordingly the journalist risks being kidnapped and taken hostage etc. You need to think of every possible situation and a way out of it.

4. It is important that a journalist in the war zone keeps in touch with editorial staff at all times. You should develop communication protocols and agree that if the journalist has not been in contact for a certain period of time the staff should interpret this to mean he is in trouble. Editors have to take all possible measures to search for and help him.

Held Captive in the DNR

Journalist Serhiy Shapoval of the VolynPost, was held captive by DNR gunmen for 23 days in April / May 2014 after attempting to go under cover in the DNR volunteer corps. He talks to Yuriy Lukanov about his experiences

How were you taken prisoner?

I decided to join the people's volunteer corps of the so-called DNR to report on it for my newspaper. I decided not to reveal myself as a journalist because Ukrainian journalists cannot work legally on the territory occupied by separatists without being taken prisoner.

On April 26 I approached a DNR propaganda tent and, using the local dialect I asked to join the people's volunteer troops. A messenger came from the State Administrative Building and he took me to the commander nicknamed "Bear". He wrote down my personal information, gave me a nickname "Scythian" and handed me a mattress and a sleeping berth in one of the offices of the ruined administrative buildings and proposed I rested.

That evening I was called for the interrogation, a standard procedure for the separatists who suffer heavily from spy paranoia. I was interrogated for four hours during which neither Bear nor the other investigator could find any cracks in my story.

Until that was they remembered I had had a backpack when I first arrived. They took my mobile phone, dialled the most recent numbers on the call-list and got through to the girl whose place I had left my bag. They told her I was a cool guy and was fighting in Sloviansk and asked a fellow fighter to collect my stuff from her.



Serhiy Shapoval, VolynPost, ©Yuriy Lukanov

In my backpack was my accreditation card to Verhovna Rada and my laptop. An expert searched the laptop, opened the files I had thrown into the Recycle Bin and found my published works. The reason they took me captive was my journalist card.

How were you treated? Did they violate your rights?

I was beaten by five gunmen who demanded I confess to being a subversive and a spy. They cut my forefinger on the right hand, beat my left shoulder with a stun gun after placing a wet cloth on it to amplify the electric shock and imitated shooting me with a pistol.

One of the separatists called the journalists of STB TV channel, and told them a journalist was being held and tortured in the State Administrative building. My colleagues broadcast this information at once. The separatists started to panic when they realised that the information about me was being spread, because they were afraid of being held accountable for their actions

Realising it wasn't possible to conceal the detention of a journalist the butchers decided to force me to make a false public statement to stop my family and police from searching for me. They invited Russian journalists from the Internet channel «ANNA NEWS» to record the statement.

People I'd be ashamed to call my colleagues saw me sitting alone in my pants, saw I had been tortured and was now forced to make a false video statement. They showed no discomfort and soon uploaded this hackwork onto YouTube.

How were you set free?

On May 17 my door opened and the guard asked me to confirm my name. It was the first sign of progress in my case.

The next afternoon another guard brought me some food and said I was to be "exchanged" and had to wash and shave.

Almost all my things had been stolen. Only my shorts and trainers were left more or less undamaged. So they gave me a T-shirt with "Narodnoye opolcheyeniye Donbasa" (the People's Volunteer Corps of Donbass) inscribed on it.

About 7 p.m. a stranger in civilian clothes escorted me from the Donetsk Regional Administrative Building and took me to Donetsk airport area, dropped me on the road and ordered me to head towards the gate. There I was met by Ukraine guards. I

had been included on a list of 16 prisoners to be liberated and I had been the first.

Advice on surviving captivity

1. You need to find a way to inform colleagues that you have been captured. You should even be ready to give interviews to Russian journalists, who could benefit from them, if it helps you get word out that you are in captivity and your friends and family can then start to fight for you.

2. Separatists will demand your passwords for emails and social networks. It is a good idea to open a neutral profile and a mailbox with nothing important in it. Then you don't risk angering the gunmen if they read your reports or opinions.

3. You should tune in to the same psychological state as your captors. Try to assess their mental level. It may be a former employee of the Federal Security Service and you need to be smarter. If it is a simple investigator though you should speak with plain words.

4. Verbal contact is very important. If you talk with someone in a friendly way, then psychologically it becomes more difficult for them to beat you. You need to find an issue that interests them. Also the people with whom you built a contact might do you a favour. They can bring you extra food. Communicate even with militias so they stop to see you as their enemy.

5. When they hit you, you have to fall back to the wall and onto the right side to protect your spine and liver. You should scream, showing that you have lost control. When they stop beating you start talking to them in a normal way. They will learn that you communicate substantially better if you are not being beaten which may encourage them to cease the violence.

6. You should explain that imprisoning and torturing a journalist can ruin their image. I told them about the global solidarity of journalists and how the international scandal around my detention could have grave consequences for them. I

was careful to warn them gently, without aggression.

7. Don't throw away any food. Products are not in abundance and meals are irregular. If you do not feed you will become ill.

8. Try to show that you are somehow related to them. I come from western Ukraine, but I was born in Eastern Ukraine, in Dniprodzerzhinsk. I emphasized all the time that I was from the East and just like them. It helps disarm those keeping you prisoner.

How to Survive the Donbass War Zone

By Yuriy Lukanov, President IMTUU



Yuriy Lukanov on the Maidan 2014 ©Oksana Ati

Carrying Weapons and maintaining Neutrality

It is imperative the journalists both maintain their neutrality and are perceived as maintaining their neutrality in a conflict. Wearing uniforms and being photographed carrying weapons, even just posing with them, can damage your credibility and neutrality and increase the risks you might face.

According to the Geneva Conventions governing the rules of conduct in war zone journalists have a neutral status and must not be killed, detained or otherwise

prevented from going about their work. The deliberate killing of a journalist is a war crime. However, when a journalist publishes images of themselves holding weapons they risk losing their neutral status.

Such journalists risk being detained and arrested at road blocks as an active participant in the conflict. To avoid such problems a journalist must never carry weapons nor be photographed wielding them or it might compromise his or her neutrality.

Accreditation

When preparing to cover the conflict make sure you have all the necessary accreditation to ensure your free movement through check-points and across the conflict zone.

At the end of 2014 the Ukraine Ministry of Defence and Security Services approved a new process for journalists' accreditation in the ATO area (Anti-Terrorist Operation). The document is available on the Ministry's websites in Ukrainian and English.

Journalists have to submit a short list of documents and, once approved, will receive an accreditation card which allows unrestricted passage through Ukrainian check-points.

Part of the Ukrainian-Russian border is not controlled by Ukraine border guards. Journalists crossing the border there without any border stamp in their passports risk being arrested for illegally entering the country.

Inside the DNR and LNR

Donetsk and Luhansk self-proclaimed People's Republics, DNR and LNR, also have a system of accreditation. It is very hard for most Ukrainian journalist to receive an accreditation card and many fear trying.

Foreign journalists have better chances of accreditation, but they still face dangers. The DNR and LNR press services can review a journalist's previous articles and if they do not like the content may arrest the journalist.

Information on accreditation can be found on the DNR/LNR sites though it is advisable to contact the journalists unions for advice in advance.

Any journalist working in the Donbass should keep a vigilant watch over the official LNR and DNR websites and posts of their supporting groups in social networks in case information on them appears. Lists of 'journalist enemies' or names associated with the Right Sector have appeared in the past compromising the safety of operating journalists. Always work out an escape plan and communications protocols with your editorial office in advance.

Ukraine Volunteer Battalions

A feature of the war is the active participation of Ukraine volunteer battalions. Their soldiers are volunteers and so their discipline is not always as strong as regular army units.

Nevertheless they submit to the Ukrainian command and are required to obey Ukrainian laws including respecting the accreditation of journalists. In the event of inappropriate behaviour reports should be made to the Ukrainian Ministry of Defence and the Security Service immediately. Also inform your editor who should take action on your behalf.

Some Advice for Reporting in the Donbass

1. Before traveling to the region to report you should study the local situation thoroughly. When you have learned about the balance of power on the inside you have to take decisions that minimise risks for yourself. Read local media and establish contacts with local people or colleagues.

2. When you are in an area where there are clashes it is safer not to show signs you are a journalist. Separatists and their supporters in Eastern Ukraine very often demonstrate unmotivated aggression towards journalists. Therefore, you have to show that you are a journalist only when necessity requires it; for example, when there is a need to interview somebody to be able to take a photo.

3. There is no universal approach to the use of vests and helmets with the word "Press". If any side of a conflict perceives journalists as enemies, it may end badly for journalists. Therefore, the decision to wear or not wear the identity vest "Press" should be adopted after the attitudes of all sides are examined.

4. Before you initiate contact with one side of a conflict you have to investigate and understand the mood. If there are no overt signs of aggression it is possible to try to launch a conversation. If even small amounts of aggression are displayed, curtail the conversation and quickly move on.

5. If you want to take photos at a close distance it is best to ask permission. If the object of your interest waivers, it is advisable not to insist.

6. You should not enter into a debate with the separatists as you will not influence them and it could provoke an aggression.

7. If you are detained, you have to try in any way to pass this information to colleagues who can raise a noise. Try to take two mobile phones, one of which is hidden and not confiscated during the search.

8. There is a view that we should not disclose information in the press about captured journalists. But the post-Soviet space has its own specifics. The noise in the press creates psychological pressure on the enemy of journalists and journalists are often released by prisoners. Circulate this information to the media and NGO's who defend journalists and human rights. You have to ask them not only to publish information, but also to pressure the separatists in other ways. For example, learn the phone number of their leader and try to telephone him demanding the release of the journalist. Pressure by international organisations such as the International or European Federation of Journalists can also be particularly effective.



Press Vest as issued by ©NUJU/IMTUU

Hotspots are for Safety Trained Journalists Only

Over 280 Ukrainian journalists received safety training for war zones in 2014 organised by the IFJ, IMTUU and NUJU. A selection of trainees have been asked to talk about the benefits of the course, how it changed their attitude to war reporting and each providing three tips.

Eugene Hapych, a freelancer from Kolomyia in Ivano-Frankivsk region, was arrested and held for two days by the DNR in April 2014.

- If I had received the hotspots safety training before my trip, I would not have gone up to the separatists and taken their photos head-on. I would have found a place where it would be difficult to seize me and taken the photos from there.

On one occasion soldiers told me not to wear my helmet or bullet-proof vest. I obeyed and then the shelling began. I hid but the shelter was very weak. If it had collapsed I would have been in trouble without a helmet. Again, had I taken the course I would not have made such a mistake. My tips are:

1. Take photos of the combatants from a safe distance where they can't seize or shoot you.

2. Always have you bullet-proof vest and helmet with you, even when there's no shooting. It can all change in an instant and you are risking your life without protective gear.

3. While planning the trip to a hot spot, do not be dogmatic, be flexible and be prepared to change your plans quickly according to changing circumstances.

Marianna Hardy, a freelance photo-reporter from Chernihiv, suffered concussion when beaten by the Berkut on the Maidan.



Trainers present the ballistic awareness module and how to protect against such weapons ©IMTUU/NUJU

The safety training showed me the mistake I'd made on the Maidan. I should not have worked in the crowd. When the Berkut began chasing the protesters I ran with the crowd and they caught me and beat me. My colleague covered my head after the beating. Otherwise I may not have been able to get help and everything could have been worse. Thus my tips are:

1. During mass unrest do not work inside the crowd which might be attacked. Choose a safe place to operate from at a distance.

2. Work in small teams to look after each other.

3. Avoid direct contact with participants who might endanger you.

Anastasia Shybiko, a freelance journalist from Lviv was a regular reporter from the war zone.

- My first trips to the ATO zone were a kind of 'romance' for me when I thought that no bullet could touch me. When others are

wounded and you are not, you start to think yourself immortal. But this 'romance' quickly vanished when I witnessed doctors giving first aid to the injured. I realised that doctors were not everywhere and that someone's life may depend on me, just as my life may depend on someone else's ability to provide first aid. It was then that I decided to take medical courses and then sign up for the journalist safety training. My tips are:

1. It is incredibly important to study first aid techniques.
2. A good journalist is a living journalist. Safety and common sense above all! Minimise the risks. If there is a danger that the assignment could result in your death, then refuse it and take a new one tomorrow.
3. Do not hold weapons, and never be in a picture or video with a gun. Otherwise, you will be seen as a combatant and may get shot.

Eugene Dobroslov, correspondent for 'Kordon' magazine, is learning to survive the shelling.

I've started to attach special importance not only to how I behave during shelling, but how to avoid drawing attention that might make me a target. Too often someone steps out of the front line just to have a smoke and a shell comes flying over seconds later. My tips are:

1. Study all types of artillery to be able to respond to different kinds of shelling.
2. Your first aid kit should be more than a set of medicines and needs equipment for dealing with trauma injuries. Learn to treat yourself as you may be alone when you need it most.
3. Find alternative ways to communicate since your mobile phone can be quite easily detected and could make you a target.

Vlad Savenok, correspondent for the Internet newspaper 'Vysoky Val.

After taking the safety course I made a mistake which could have got me captured. In Kreminna village, Luhansk region, I interviewed someone openly near a police station. I had failed to take account that the local police were supporting the separatists and could have given me away. My course notes tell us to thoroughly study the mood of the local population and act accordingly. My tips are:

1. Everyone must thoroughly research the situation on the front line and the location of the different forces before traveling.
2. I changed information on my social network profiles encrypting most of the data to make it impossible to know my views. If captured by separatists, such information could be used to accuse you of disloyalty. I advise everyone to do the same.
3. When planning your mission always determine an escape route in case of an unexpected attack.

Anna Prokayeva, correspondent of the Kharkiv state broadcaster, was grateful for the training on how to act under shelling.

Before the safety course I had no idea what to do during shelling. It was sheer luck I survived. My tips are:

1. Drill your performance of the shelling safety rules so they become instinctive.
2. Your behaviour should be aimed not only at getting your story but also at returning safely to your editorial office. Always plan thoroughly every mission to minimise risk.
3. Do not go to the war zone just to satisfy your own ambitions. If this is your primary motivation it could lead to your death.



Safety training TOT Ukraine April 2014 ©Adrien Collin



Safety training Zaporizhzhya 2014 ©IMTUU/NUJU

Psychological Problems are Not Always Obvious at First Sight

The United Centre of Journalists Support set up by IMTUU and NUJU in the spring of 2014 has provided psychological support to over 100 journalists who were damaged by the war. The work is headed by psychologist Natalya Ulko. She is speaking to Yuriy Lukanov.

“The journalists who were forced to leave the Crimea and Donbass suffer many problems, some of the most challenging are those that are not immediately visible,” says Natalya Ulko. “Finding a new home or job is a clear issue, but the psychological side effects of such losses can pose equally strong challenges as bizarre personal behaviour betrays the deeper psychological trauma of a life upturned. Psychological counselling can help provide support”.

What specific problems do journalists suffer?

Many refugee journalists who have fled their homes attend our sessions. Many of them used to be quite successful, were well-known, respected professionals with status. But suddenly their familiar and reassuring environment is ripped away from them.

They find themselves in conflicts with other family members, or friends some of whom chose to stay and support the separatists. Normal communication with them becomes impossible and the traditional circle of human relationships is torn up causing severe emotional trauma.

The journalists often feel despair at their inability to change the situation and guilt at failing to provide for those who depend on them. They feel betrayed by others who

didn't support them adding further to the confusion and bewilderment.



©Natalya Ulko, Psychologist UCJS

Irritability, short temperedness, anxiety and fatigue affect the personality as insomnia, loss of appetite and unsettled daily routines set in. In this state of mind the journalist struggles to function at work adding further to the stress of finding long-term employment.

The most critical psychological reverse occurs when a journalist can no longer work.

But there is help at hand. Good counselling can do a lot to reassure the journalist and restore their confidence and perception of the world and avoid good journalists being lost for society. This is the main goal of our centre.

What about the problems of journalists sent to report war?

Editorial staff often do not realise that journalists sent to the war zone not only need safety training on the rules of behaviour in a conflict but also need psychological training so journalists are mentally prepared.

To be safe journalists need to know their limits and be able to recognise when stress or trauma is affecting their behaviour and ability to make sound decisions.

This includes being aware of their weaknesses and threats to their state of mind, learning to use their own emotional resources, learning how to reduce stress; to monitor emotional changes, behaviour and their psychological state. Most importantly knowing when and how to seek help from their colleagues, management or a qualified psychologist if necessary.

Sometimes professional ethics can also cause psychological discomfort, particularly when they are expected to report impartially a war that is against their country.

Journalist may suffer an internal conflict between a citizen wanting their side to win and of a professional expected to report events objectively.

We run into very many questions which are new for our journalists and we do not cease to look for the answers. I am sure that the experience we are accumulating will be useful not only to us but also to journalists in other countries and other conflicts.



Trauma counselling session Dnipropetrovsk, July 2014 ©IMTUU/NUJU

Views from Further Afield

The following section records the views of two guest speakers to the Ukraine Russian dialogues hosted by Dunja Mijatovice in Vienna. Seamus Dooley, the Irish Secretary of the NUJ of the UK and Ireland spoke about reporting in Northern Ireland and the vital role played by a united union representing both the UK and the Republic of Ireland. Boro Kontic, Director of the Sarajevo Media Centre who lived through the siege of Sarajevo reporting for Voice of America tries to explain why Truth is the first casualty of war. These are followed by a word about Propaganda and the impact it has had on the war and journalists based on some of the discussions held in Vienna.

Author: Oliver Money-Kyrle

How Union Solidarity Saved Journalists during the Northern Ireland Conflict

Seamus Dooley, Irish Secretary of the National Union of Journalists (UK and Ireland), was the guest speaker at the sixth Ukraine Russian Dialogue meeting held in Vienna in April 2015.

Seamus was invited to boost the dialogue by explaining how the British/Irish NUJ, a uniquely international, National Union of Journalists, had managed to serve journalists and maintain its own unity first through the independence of the Republic of Ireland and then later, through the Northern Ireland violence between republicans and loyalists during the 1970's and 80's.

While no effort was made to directly compare British and Irish relations to those of Russia and Ukraine, the parallels were evident for all to reflect on.

What follows is a summary of Dooley's presentation.

"Media freedom" Seamus began is *"the bridge that unites us and on which we stand today."* He called on us to maintain the integrity of the profession, and to resist pressure to wave national flags. Instead,

"we must talk about waving the flag of independent journalism."

"Media freedom is a fragile flower that must be nurtured. Those who hold power always claim to respect media freedom until, that is, journalists challenge their power..."



©Seamus Dooley, Irish Secretary NUJ

What makes the NUJ unusual?

- It is the NUJ of Britain, and Ireland, two sovereign countries, with different legal traditions and 800 years of memories.
- Journalists were intimately linked to the struggle for Irish independence helping to lead the 1916 uprising of poets and writers. Irish journalists subsequently played an important role in the first government

and the founding of the state, and yet, chose to remain in a trade union with its headquarters in London, capital of the country from which we had just won a bloody independence.

- We chose to remain with the NUJ because we believed in the importance of a journalists' union with a professional code of conduct. Irish journalists wanted to remain in a trade union united under a code, a code which crossed national boundaries.

- There have been some attempts to set up separate independent unions by those fearing Britain would influence Irish media policy through the union, but the calls came mostly from politicians rather than journalists. Irish journalists have never allowed NUJ membership to turn them into British propagandists.

- The biggest threat to our unity came during the violence in Northern Ireland, known as 'The Troubles'. It is the proudest achievement of our union that we maintained unity through this conflict and the very tense relations between the two countries.

- Sinn Fein IRA were very skilled at using the media, the loyalists less so. It was not in Sinn Fein's interests to alienate working journalists. They recognised the NUJ press card which helped members through IRA road-blocks.

- Some believe journalists should act as police agents and inform the police when there is a paramilitary check-point. That is not our view. Journalists must remain independent, and we defend the right to protect confidential sources of information. Ed Moloney was prepared to go to jail rather than hand over his notebook to the police containing interviews with former terrorists.

- Censorship was a reality in both countries. In Ireland Section 31 prohibited interviews with members of proscribed

organisations. In the UK it was illegal to broadcast the voice of Jerry Adams forcing the BBC to use actors to speak over his real voice.

- Did Section 31 help or hinder the resolution of the war? We don't know, but the removal of section 31 was a requirement of the peace process and, had it been removed sooner, might have brought Sinn Fein to the negotiating table earlier and saved lives.

- The Belfast Sunday Mail was attacked by both loyalists and the IRA. Some journalists received death threats and went into hiding. Only one journalist, Martin O'Hagan, was killed in Northern Ireland and not for his reporting on the war, but on the peace and how loyalist groups had turned to organised crime. O'Hagan was secretary of the NUJ's Belfast branch and shot dead after leaving a union meeting to plan his daughter's wedding with his wife. He was killed in Sept 2001 three years after the Good Friday Agreement.

- We believe the killers remain free because they were agents of the British security forces. They fear what would emerge if the guilty were to ever go on trial. This is a stain on the history of the UK. The suspicion that there was collusion will linger forever until there is an international investigation. We will not be going away.

- British media frequently cast Britain as the 'honest broker' in a dispute not of their making. The left were more nuanced, but the rest viewed it as terrorism that was nothing to do with the British government.

- In the republic much of the coverage was about how we in Dublin view the conflict, not from an all-Ireland view.

- Journalists had to avoid falling into the trap of wearing a national jersey.

- Some journalists saw any coverage of the IRA as being support for the IRA. They

were termed 'fellow travellers'. Even in the NUJ there were RTE journalists who supported Section 31. The wider union did not, but there was a fear that support for anti-censorship would be seen as support for terrorism.

- We as journalists must have the courage not to give in and take the moral stand for freedom of journalism

What are the principles that underline journalism?

- Journalism is not propaganda and propaganda dressed up as news is very dangerous

- If we are to retain the right to be regarded as journalists we must put in the structures and win the freedoms to allow us to function as independent journalists. It requires national and international support.

- International support does not mean lecturing Ukraine or Russian journalists on the war. In Northern Ireland and the Republic the real frustration was with outsiders telling us what to do. Those who "knew most", or thought so, lived far from Northern Ireland. It is easy to be certain about how journalists should report gunmen on the Falls Road when working for a fashion magazine.

- But we can help to provide training, guidance and solidarity. The international media pick and choose their heroes and martyrs. It is easy to be excited by Charlie Hebdo, but why is the world silent when journalists are abducted in Ukraine?

- Everyone favours providing resources for safety training. Like ice cream, more safety is always popular. But the real challenge is to put in place structures that ensure the state or state agencies are not party to the threat to journalism. No training manual can compete with the power of the state determined to eliminate those who wish to tell the truth.

- Mutual respect and understanding of the professional commitment is the basis of our co-operation.

Why is Truth the First Casualty?



©Boro Kontic, Director Sarajevo Media Centre

Boro Kontic, Director of the Sarajevo Media Centre was guest speaker at the 4th Ukraine Russia dialogue meeting in December 2014.

All journalists are taught that the first casualty in war is the truth, Boro Kontic was asked to explain why.

He did so by giving an insight into how the collective madness of war infects the media. "When a country goes to war all the institutions of the state and society become part of the war effort and media are not immune."

"The public expects journalists to act as patriots and to see things with only one eye. Journalists become propaganda agents, the truth becomes irrelevant and controlling information becomes an obsession. Those who resist are removed."

"I was a patriot, but I was determined to remain a journalist. I loved my country and I thought my country deserved the truth." By December 1992, Kontic had been demoted from his management post. A year later he

resigned to become the Voice of America correspondent in Sarajevo.

Twenty years later Kontic teaches journalists to always look for the full picture, warning that it is easy to report facts without getting near the truth.

“In a war anything is possible and everything can be believed. ‘Croatia develops atomic bomb’ or ‘Serbian children fed to Sarajevo lions’ were typical wartime headlines. The more incredible, the more likely people will believe them.”

Similarly absurd stories can be found circulating freely in Russian media today. ‘Ukraine soldiers to be rewarded with two slaves and a plot of land’; ‘children crucified’; ‘soldier body-parts sold in Germany’. During the First World War British media claimed German soldiers ate Belgian babies.

“So we teach journalists to fight propaganda and avoid bias. Maintaining balance, keeping your distance from the subject and remaining neutral should be sound advice. But what happens when a war is not balanced? Ed Vulliamy, who first discovered the prisoner camps in Bosnia unashamedly reported from the Bosniak point of view who he thought were betrayed by all sides.”

Similarly, when Kontic asked 1993 Pulitzer Prize winner, John Burns, of the New York Times, why he never left Sarajevo to see the war from the other side, he replied, “My professional task is not to be neutral. Just to be fair.”

In 1995 the BiH delegation to the IFJ’s Santander Congress sought a resolution that condemned war propaganda and hate speech. After much debate the congress passed a resolution calling for the establishment of a commission to investigate journalists who propagate ethnic hatred and propaganda. The commission itself never got off the ground, but the motion did inspire two decades of IFJ campaigns on ethics and conflict reporting.

Discussing another earlier conflict helped the Vienna participants to put the current conflict into context and, when the agenda

turned to Ukraine the talk was constructive and focused on solutions rather than blame and responsibility.

The representatives of the Russian and Ukraine commissions on ethics and press complaints proposed setting up a joint body to debate and refute media lies.

Mogens Blicher Bjerregård, EFJ President, backed the ethics hotline and reinforced the need to hold countries to account when they fail to protect journalists under resolutions of the United Nations and Council of Europe.

Nadia Azhgikhina, Secretary of the RUJ pleaded for strong solidarity and the need not to be divided by the war mongers. “We are two countries but one profession.”

Anthony Bellanger, IFJ Deputy General Secretary, said that quality journalism and safe journalists go together. He regretted the lack of safety training and equipment even from the larger media who, not prepared to risk their own correspondents, now rely on freelancers.

Dunja Mijatovic said propaganda does a disservice to all credible and ethical journalists who have fought for and given their lives to honest journalism. She committed her office to pursuing the dialogue.



News Headlines during Yugoslav civil war

Propaganda: and its Impact on Journalists and Unions

While this handbook does not set out to tackle the issue of propaganda, it has been such a feature of the debates around the conflict that it is impossible to ignore the matter and how the intense controversy over the role of media has impacted on the work of journalists in the field.

At the risk of repeating old truisms, it is a fact of war that the first victim is the truth, and for obvious reasons. Every side sees the management of information and the narrative around a conflict as an essential component of its success. War is conducted on many fronts, land, sea, air, in the supply of arms and fuel, food, drink and morale. Maintaining morale at home is essential to sustain the national war effort and public support for the government that pursues the war. Controlling information, maximising successes, minimising setbacks, heroising your dead while demonising your enemy are all recognised elements of the dark arts of conflict news management that, to a greater or lesser extent, all governments engage in. No one is perfect and no one is immune.

Is it fair to point the finger at the performance of Russian media and to decide that its coverage of the conflict has been qualitatively and quantitatively more pernicious than that of other media? Does the list of examples of lies and distorted media reports in Russian media really outweigh those of other media reporting conflict, or are they just more reported and discussed? Russian media has vast resources, global reach and presents an opposing narrative to the one presented in most Western media, but is Russia Today any less objective or more propagandistic than FOX News in the US?

Is Russian media's readiness to fall into step with the Kremlin's drumbeat on

Eastern Ukraine really much different to the performance of US media post 9/11 in the build up to the invasion of Iraq? Does the Kremlin / White House issue direct instructions to the media or, having developed the rhetoric of war, do they simply allow the self-affirming fervour of a nation's war mind-set to take over?

This is not the place to dissect the arguments nor to make a comprehensive analysis of the performances of different media. What we can do though, and what concerns us most, is to identify the impact that propaganda has had on journalists who risk their lives on a daily basis reporting on the front line, and to ask what journalist unions can and should do to address it. In brief, the Ukraine conflict has seen the following:

- Numerous journalists are denied access to the conflict zones – scores of Russian journalists have been banned from entering Ukraine and Ukraine journalists are largely unable to access areas controlled by the Donbass separatists
- Russian journalists often receive hostile receptions in Ukraine and have reported being aggressed, beaten, deported and banned. Accounts of similar incidents of mistreatment have been made by Ukraine journalists in different parts of Russia, while Ukraine journalists in the DNR, LNR have been accused of espionage, beaten and taken hostage etc.
- The restrictions on access to the region did little to stem the propaganda as media just relayed footage provided to them by the separatists.
- Refusing accreditation did however hinder the work of Russian journalists seeking to report the conflict independently.
- Journalists on both sides are subjected to a barrage of information that affirms and reaffirms the official position making it very hard for any one individual to adopt a truly independent position.

- Journalists who dare to propose a counter narrative are often ridiculed or dismissed by their colleagues. There is rarely a need for governmental agents to directly involve themselves in pressuring or censoring them.

- The Ukraine government has been seeking to counter the propaganda by establishing its own ministry of information and applying its own forms of pressure on Ukraine media that try to air and discuss opposing views.

- It can be difficult for both Ukraine and Russian journalists to acknowledge the potentially insidious role the authorities are playing influencing media behind the scenes.

- Journalists on the ground are seldom responsible for the propaganda. They send back their copy and the news room editor takes charge of defining the angle or distorting the message for the desired effect.

- Yet it is the reporters on the ground that are held responsible and will be the first to be held accountable by an enraged public. Employers consistently fail to consider the safety of their staff and the consequences of what is finally broadcast.

- It is also true that there are journalists on the ground who do deliberately set out to distort, deceive and lie about events. They have no right to call themselves journalists and should be unequivocally condemned.

Journalists' unions have to do what they can to stand up to the rhetoric of war and to remind their members of their duties to independent, ethical journalism.

- They need to remain astute to the role of government in stoking the passions of war and enflaming division, directly or indirectly, and to help journalists cut through the manipulation and deceit that serves only to justify further bloodshed.

- Journalists unions need to remain particularly vigilant against the curtailment of our freedoms and our rights in the name of the war effort or 'national interest'. Governments, sometimes with the best of intentions, will nevertheless seek to control journalists and restrict our liberties, as a "short term necessity for a longer term good".

- Journalists and their unions must resist these efforts which history proves time and again, pervert the society and its values that the governments are often claiming to protect.

This is not an easy position to take, and few friends are won by sticking to the principles of the profession while the guns are still firing. But it is our duty, our responsibility and our role, and in times of war, this is the leadership that our members need most. We should never apologise for it.

Appendix

Ukrainian & Russian Unions Agree United Actions

The International Federation of Journalists (IFJ) and the European Federation of Journalists (EFJ) today, 17 March, brought together the representatives of their Ukrainian affiliates, Independent Media Trade Union of Ukraine (IMTUU) and the National Union of the Journalists of Ukraine (NUJU), and their Russian affiliates, the Russian Union of Journalists (RUJ), for a roundtable meeting in Brussels where they agreed co-operative measures to provide support for journalists, and to uphold professional ethical standards and journalist safety.

IFJ's Ukrainian and Russian affiliates agreed on a co-ordinated plan of action to support journalists covering events in Crimea, Kyiv's Maidan Square and across Ukraine. They have issued a joint call in which they state:

"Over recent months journalists in Ukraine have been subjected to an unprecedented level of pressure, intimidation and violence in their efforts to report the demonstrations and protests that started in Kyiv and have since moved across the country. Political groups have sought to use media as propaganda tools to further their interests.

"With events moving swiftly and the prospect of an end to the instability increasingly distant, we call on the respective authorities in Ukraine and Russia to ensure that all journalists be permitted to operate in a free and safe environment and that all pressure to distort and manipulate the news ends."

As a result of the very positive meeting, the following points of action were agreed:

- 1) To reaffirm the principles and concepts enshrined in the IFJ Declaration of Principles on the Conduct of Journalists which they will endeavour to champion among their members, in particular respect for truth, striving for independence and fairness, and doing no harm.

- 2) To strongly support these objectives as they are now under pressure, at a time of national crisis and danger of war where journalists are challenged to reflect the official line and rally around the flag and where politicians attempt to use such national mood to manipulate the flow of information or even silence journalists.

- 3) To fight to maintain trust in news media underpinned by the free flow of news, information and opinion to keep citizens informed and help them make up their minds.

- 4) To commit themselves to campaign among their members to ensure that the quality of the information does not become tainted by propaganda and encourage them to identify with objective reporting.

- 5) To declare mutual solidarity in standing up to the pressures to conform and mobilise individual journalists to support each other to resist such pressure by promoting solidarity and a strong journalistic ethic.

6) To prioritise safety of their members by pooling their respective resources and working with the IFJ Safety department to organise safety training, trauma counselling and provide assistance with medical needs as well as protective equipment to ensure greater protection. Furthermore, the IFJ and the EFJ emphasize the need for independent investigations into violations against journalists, as stated in the [International Partnership Mission](#) to Kyiv in February 2014.

7) To establish a formal coordination involving representatives from the three unions to monitor developments and implement this agreement. The IFJ and EFJ remain ready to help these member unions throughout this crisis and ensure they remain in close contact, fight for common objectives and ensure their actions to defend journalists and journalism are always embedded in principled values of solidarity.

Both Federations pledge to build on the experience of their recent mission to Kyiv and call on all IFJ and EFJ member unions to show their solidarity with our Ukrainian and Russian colleagues and their unions by supporting unequivocally meetings, events, training sessions we would be organising in both countries as a way to strengthen our common objectives as journalists independent from political and commercial interests.

Memorandum of representatives of the Russian and Ukrainian media organizations on the situation in and around Ukraine

Having met on 19 May 2014 at the Office of the OSCE Representative in Vienna, the undersigned representatives of the Russian and Ukrainian media organizations have adopted the following

Memorandum:

1. Russian and Ukrainian journalists agree to mutual co- operation and solidarity when it comes to the issues of the safety of journalists, access to information and adhering to professional standards. Their national organizations are members of the International Federation of Journalists (IFJ) and the European Federation of Journalists (EFJ) and they keep close contacts with other international professional and non- governmental organizations. We support the statement made after the meeting of the IFJ, the EFJ, and Independent Media Trade Union of Ukraine, the National Union of the Journalists of Ukraine, and the Russian Union of Journalists (RUJ) on 17 March 2014 in Brussels.
2. We reiterate that the safety of journalists shall remain high on our agenda. We consider unacceptable any acts of violence against journalists who carry out their professional duties, their detention by state services as well as by non- professional organizations, regardless of the position taken by the media they represent.
3. We call on the border authorities to distinguish between journalists and other travelers, thus taking into account the existing commitments to ease procedures for arranging travel by foreign journalists in the country where they are exercising their profession.
4. We express readiness to distribute protective equipment and insignia among those reporting on the ground that make the journalists' work environment safer. In this sense they make no difference between our members, other journalists and other members of the media.

5. We call on the governments to stop manipulating the media, and stop information and psychological wars against each other. Journalists can and should contribute to a de-escalation of the current conflict; they should not fire up stereotypes and prejudices.

6. We believe that media plurality and free media is an antidote to propaganda. In this sense we see no need to introduce new restrictions; existing laws can deal with dangerous cases of propaganda, extremist and hate speech.

7. We will make efforts to put the unprofessional activities of our colleagues under the scrutiny of self-regulatory bodies. We also will continue to promote professional standards, the high values and traditional mission of the craft.

8. We call the authorities to invest in media literacy for citizens to make informed choices. We consider that journalism schools should make efforts to discuss with the students the current practices of journalists covering conflict situations.

9. We support an effective transformation of state media into public. We support the view that broadcasters funded by the citizens must serve the public and not the political leadership.

**TWO COUNTRIES – ONE PROFESSION:
ACTION PLAN of the Russian and Ukrainian media organizations in relation
to
the situation in and around Ukraine**

Having met on 27 June 2014 at the Office of the OSCE Representative on Freedom of the Media in Vienna, the undersigned representatives of the media organizations of the Russian Federation and Ukraine have adopted this Action Plan.

Following signing of the *Memorandum of representatives of the Russian and Ukrainian media organizations on the situation in and around Ukraine* on 19 May 2014 we agree on the following:

1. We will increase co-operation and solidarity on the issues of the safety of journalists, access to information and adhering to professional standards. We will use the OSCE and any other appropriate platform to regularly and publicly promote professional standards, the high values and traditional mission of our craft.

2. We will openly condemn, also jointly, murder, violence, and threats thereof against all journalists, who carry out their professional duties, regardless of nationality, and demand swift investigations into such crimes. We will strongly denounce, also jointly, cases of unjust detention of journalists by state services and non-regular combatants.

3. We will create a joint contact group to monitor violations of journalists' rights in the conflict zone and to provide information and psychological assistance to journalists who work there.

4. The professional organizations represented here will seek opportunities to distribute protective equipment and insignia among those reporting on the ground that make their work safer. In this sense they will make no difference between their members and other journalists. They will unhesitatingly call upon the editorial offices in their respective countries to provide reporters and other media members in the field with special safety training, as well as with protective equipment, insurance and, upon their return, with psychological support.

5. We will publicly and jointly condemn the practice of those media members who resort to stereotypes and stir up prejudices and promote hate speech and xenophobia, endorse terrorist activities, sponsor aggressive nationalism and chauvinism and thus inflame the current armed conflict.

6. We will request existing national self-regulatory bodies to review the unprofessional activities of media members in both countries who disregard principles of truthful and balanced reporting.

7. We will join the efforts of our professional organizations to help journalists who have been displaced from the conflict zone and lost their jobs.

8. We will encourage and contribute to discussions by civil society and in journalism schools of both countries on the journalism practices in covering the current conflict. We will facilitate an exchange of leading journalism faculty between Russia and Ukraine to moderate such discussions.

IFJ Safety Guidelines for Covering Violent Demonstrations and Civil Unrest

First produced by IFJ in 2013

Preparation

1. Plan in advance. Know what to expect. Know how to get assistance. Know where the safe areas are.
2. Establish pre-arranged contact points with the rest of your team (photographer, camera operator, producer, etc.) if you are separating.
3. Bring a cellular phone and preferably a satellite phone with emergency numbers pre-set for speed dialing. This will facilitate communication with office and colleagues on the ground.
4. Carry first aid kits and learn how to use them.
5. Bring eye protection such as swimming goggles, industrial eye protection, shatterproof glasses, face shields or gas mask.
6. Wear loose natural fabric clothing as this will not burn as readily as synthetic ones. Remember there is always the possibility of gasoline bombs being exploded.
7. Wear color distinctive clothing from police forces and army.
8. Wear comfortable and good shoes. Practical and tightly laced shoes are necessary.
9. Carry a small backpack with enough food and water to last for a day in case you are unable to get out of the area. Backpack can be used as shield against rubber bullets, water cannons and rocks. Make sure the backpack has at least a strap around the chest and one around the waist in case you need to run for safety.
10. Bring your prescription/non-prescription medication in case you are at risk. Take in original, labelled containers from pharmacy.

At the Scene

11. Always remain in team. Safety is in numbers especially at night. Think about linking together if it gets violent.

12. Always carry press identification but conceal it if it attracts unwarranted attention. Do not introduce yourself as a member of the press, you do not want to agitate the crowd further.
13. Take as few notes as possible not to attract attention. Do not bring notebooks with media logo on it.
14. Always arrange interviews outside of the riot area itself.
15. If you are a reporter you don't have to be in the crowd as long as you can see what's happening. Walk along side of the protesters. People who throw stones usually do that from the middle of the mass of protesters where they can blend back into the crowd.
16. If you are a photographer or camera operator, try to shoot from a higher vantage point
17. Run if you see policemen running towards you in riot gear, otherwise, they will treat you as one of the protesters.
18. Do not pick anything up. Leave everything that flies your way on the ground. If you pick up a rock the protesters have thrown, you can get arrested because it might look as if you are going to throw it. If you pick a tear gas canister, you will badly burn your hand.
19. Do not resist arrest. When being arrested at a protest, you'll be taken to a holding area and have to wait for processing due to the massive amount of arrests. Identify yourself in the holding area, where the police officers in charge are more relaxed.

During Riots

20. Stay calm and focused when things get most intense. React to danger or warning signs.
21. Be prepared to run away from smoke, fire, police and flying objects in general. Do all this while your head is down.
22. Tear gas. Position yourself upwind if there is a possibility that tear gas will be used. If you are hit by tear gas, run away from police as fast as you can while breathing as little as you can. Once you are safe, take the bottle of water and flush your eyes. It will still hurt but not nearly as bad as it does when you leave it in. People with asthma, respiratory problems or infections, pregnant women, anyone ill or with a poor immune system, seizure disorders, eye infections, contact lens wearers should avoid tear gas by all means.
23. If you wear contact lenses, the irritating gases will get trapped between the lens and the eye and may increase the amount of damage and irritation. Always prefer glasses.
24. Rubber bullets. This is what the police use most of the time. If you can't run or duck behind something, turn your back against the police, get down on your knees, keep your head down and protect your face. Your backpack can serve as a cover. If you are worried about your back, you can wear motorbike back protector as long as you can run with it.
25. Water cannon. Even though these are easy to spot, it can happen that you get caught. If that happens, turn around, cower down, close your eyes and make a sort of tent in front of your nose and mouth so that you have air left. Be aware that you can be swept away by the water.
26. Work with the team and keep a mental map of your escape route if things turn bad.
27. Have an immediate newsroom debriefing after the coverage to extract lessons from the coverage

Suggested Equipment

28. 30L Rucksack Containing:

1. Baseball Bump cap (Head Protection in style of Baseball Cap)
2. Standard Eye shields
3. Diving Style Goggles (Protection against Tear Gas)
4. 3M 4251 Respirator (Protection against Tear gas as well as general dust particles)

5. Personal First Aid Kit

6. Knee Pads

7. Small Fire Extinguisher

8. Disposable Ear Plugs

30. Other Considerations:

1. Stab Resistant Vests

2. Flame Retardant Spray

3. Flame retardant Underwear – Size Dependent

4. Steel Toe Cap Footwear

5. High-Visibility Vest

6. Hands Protection

Advice against Tear Gas

Tear gas is used to control riots, disperse crowds, and subdue individuals. It is intended to cause pain. The effects of the gas usually are temporary. You can expect relief from most of the symptoms within a couple of hours of exposure.

Symptoms of Tear Gas Exposure

- stinging and burning of the eyes, nose, mouth, and skin
- excessive tearing
- blurred vision
- running nose
- salivation (drooling)
- exposed tissue may develop a rash and a chemical burn
- coughing and difficulty in breathing, including a feeling of choking
- disorientation and confusion, which may lead to panic
- intense anger

Tear gas usually is delivered in the form a grenade, which is fitted onto the end of a gun and fired with a blank shotgun cartridge. Therefore, you may hear shots being fired when tear gas is used. Don't assume you are being shot at. Do not panic. Look up when you hear the shot and avoid being in the path of the grenade. Tear gas grenades often explode in the air, delivering a metal container which will spew gas.

The container will be hot, so do not touch it. Do not pick up an unexploded tear gas canister, since it could explode and cause injury. The best defense against tear gas is a gas mask, but if you don't have a mask there are still steps you can take to minimize damage from tear gas. If you think you might encounter tear gas, you can place wet/soaked towels around your nose and mouth and add lemon juice or cider vinegar.

Carry a plastic bag with a soaked bandanna or paper towel in lemon juice or cider vinegar. Seal it and breathe the fumes if you get exposed to high doses of tear gas. Fumes of chopped-up onions underneath the nose can help.

Don't Panic. You will only start breathing harder and you will inhale more fumes that will cause pain.

Dress in Layers. Once a layer of clothes catches the fumes, you should remove that layer. Try to wear waterproof/rain clothes as a top layer. You can also use garbage bags if desperate.

Goggles are a great thing to have. You can use tight-fitting swim goggles if chemical safety goggles aren't available. Don't wear contact lenses anywhere you might encounter tear gas. If

you are wearing contact lenses, immediately remove them. They will be damaged as will anything else you can't wash.

Bring an extra set of basic clothing (including socks). It will make your day if you have been sprayed or gassed. You can wear your clothes again after you wash them, but wash them separately that first time.

If you don't have goggles or any sort of mask, you can breathe the air inside your shirt, since there is less air circulation and therefore a lower concentration of the gas, but that is counterproductive once the fabric becomes saturated.

First aid for eyes is to flush them with sterile saline or water until the stinging starts to abate.

Exposed skin should be washed with soap and water. Breathing difficulties are treated by administering oxygen and in some cases using medication that are used to treat asthma.

Medicated bandages can be used on burns.

Never grab the tear gas canisters; they might burn your skin.

Never wash/rinse tear gas with hot water. Use cold water.

Avoid creams that are oil-based or sunscreens. They will increase the absorption through the skin and will lead to more respiratory consumption as well. Avoid wearing make-up as it will increase the effect of the gas.

Advice in Case of Arrest

- Know your rights: you have the right to remain silent and to be assisted by a competent and independent lawyer of your choice.
- You have the right not to be subjected to torture, intimidation, deceit, other forms of harassment.
- You have the right to be informed of these rights and to be told that anything you say may be used against you in court.
- If you are detained, you must be treated as a human being and you are entitled to due process.

Emergency Contacts

Ensure you have with you the following contact details in case you need to report arrest or detention and require assistance:

1. Your country's Embassy or Consular Office in the country of location.
2. IFJ affiliate in the country of residence or location.
3. IFJ Secretariat on: **+32 2 235 22 00/ +32 2 235 2207**
4. ICRC 24 hours/day Hotline for Assistance to Journalists:**+41 79 217 32 85**

Conduct at Checkpoints and Roadblocks

- Always be polite.
- Avoid confrontation.
- Identify yourself as a journalist.
- If on foot, approach the checkpoint with only necessary papers on hand.
- When in a vehicle, keep windows and doors locked; do not alight unless ordered to do so.
- Never try to film without permission.
- If soldiers or militia manning the checkpoint are hostile or nervous, offer sweets or cigarettes.

- When showing your identity card, let them also see pictures of your partner or children to bring out the more human aspect of your work.
- Let them know that people know where you are and that you are expected back.
- Make them understand that you are not a threat.
- Stay polite but be alert especially for soldiers who seem to be listless and would not look you in the eye.