

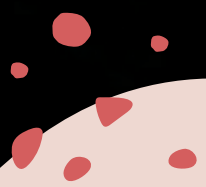
# *The holistic humanitarian approach to journalists' safety and resilience training*

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# *"military model" of hostile environment training is outdated*

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- Majority of journalists killed globally since 1992 are local reporters targeted
- Downward trend in World Press Freedom Index
- Increasing natural and man-made disasters
- Increasing censorship/self-censorship
- UNESCO call in 2015 for research in the area

# *New curricula based on risk/mitigation*

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Built on experience of 30+ frontline anti-terrorist work internationally - police

Taylor's non-clinical competencies for healthcare workers adapted (Red Cross)

Experience in other organisations dealing with trauma

Low cost, high quality as countries who require usually no means to pay

Experiential learning in austere environment (forest, river, contested area)

Live exercises with PSNI, Ambulance and Community Rescue

Camp fire for each evening's debriefing/talking stick  
**(feelings/culture/communication)**

**Citizen Aid** app and certification used during course

# *Structured to build resilience and safety skills*

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- Shelter-building, bushcraft, water purification, and how to manage personal nutrition, light fires, cook outdoors, and other critical survival skills.  
= teamwork, leadership skills, built personal resilience, equipment (**battery/signal**)
- Personal health issues associated with energy levels, sleep deprivation, temperature control, reproductive health and **infection control**.
- First aid, mental health first aid (PTS/PTSD) and mass casualty event
- Dealing with sources, hostile communication, self-defence, online abuse/cyber security
- Situational awareness, dynamic risk assessment, car safety, protest safety, explosives and weapons, chemical/biological threats

# *Learning in practice*

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International cohort undertook course in **2019** and another in **2020** (one week)

A mini-one day course run in May 2021 (for freelancers funded by the Rory Peck Trust/graduating students)

Feedback from several sources feed into refinement of methodology

# *Outcome*

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**Connor-Davidson Resilience Index** showed substantial improvement in resilience

Safety and security knowledge significantly enhanced (before and after survey)

Students did assignments in Gaza, Syrian border (award) and internationally

Strong group and confidence building exercise (**reflective feedback**)

Student feedback six weeks later fed into improvements for following year

Results written-up for **Education Science** and **British Journalism Review**, shared with courses in Middle East, Nigeria and Kashmir (**UNESCO/WJEC**)

**Short day course run in June 2021 for freelance journalists and students**