



NATIONAL UNION
OF JOURNALISTS
OF UKRAINE



JOURNALISTS'
SOLIDARITY CENTER



SAFETY OF UKRAINIAN FEMALE MEDIA WORKERS AT HOT SPOTS

PRACTICAL ADVICE FROM FEMALE JOURNALISTS

***JOURNALISTS
ARE IMPORTANT***

WHEN ON THE FRONT LINE: DON'T TRUST THE ILLUSION OF SAFETY

IRYNA BAHLAI

- A journalist with over 20 years of experience
- A parliamentary correspondent before 2014
- A war correspondent responsible for covering events in Donbas before April 2022
- Currently a news presenter in the all-Ukrainian telethon on Inter's team





NATIONAL UNION
OF JOURNALISTS
OF UKRAINE



JOURNALISTS'
SOLIDARITY CENTER



*JOURNALISTS
ARE IMPORTANT*



*The war taught me not to look at everything stereotypically, that there are completely different dimensions of life, rules, and feelings there.
Remember: your safety is primarily your responsibility.*



BEFORE GOING TO THE AREA OF HOSTILITIES: THINK OVER EVERY DETAIL

- ✓ It is better to go to a hot spot in a group: make arrangements with other journalists about a joint trip
- ✓ Assign the role of each person in the group
- ✓ Develop an action plan, including worst-case scenarios.
- ✓ Work out a probable route and agree on it with military personnel and volunteers
- ✓ Be in good physical shape for the military not to consider you a girl to take care for



BEFORE GOING TO THE AREA OF HOSTILITIES: THINK OVER EVERY DETAIL

- ✓ Form a circle of those who will permanently be in touch with you
- ✓ Agree on a time for follow-up calls
- ✓ Choose the proper bulletproof vest and helmet; remember, special protective equipment is not produced especially for women
- ✓ Take care of first aid supplies
- ✓ If you are not sure about safety, it is better not to go: no footage is worth life

WHEN ON A TRIP: DO NOT TRY TO BE A HERO

- ✓ Do not trust the illusion of safety, in particular, if you're lucky once or twice it doesn't mean everything will continue to be fine
- ✓ Make sure to obey the military, do what they say or do
- ✓ Inform trusted persons about your movements
- ✓ Dress according to the conditions of the combat zone. No silk blouses or mink fur coats
- ✓ Control your emotions. Avoid conflict situations. Do not give in to provocations
- ✓ Respect people who constantly live in critical conditions: avoid questions that may cause nervousness or aggression



NATIONAL UNION
OF JOURNALISTS
OF UKRAINE



JOURNALISTS'
SOLIDARITY CENTER



*JOURNALISTS
ARE IMPORTANT*

AFTER THE TRIP: TAKE CARE OF YOUR PSYCHOLOGICAL STATE

- ✓ Do not let your emotions devour you
- ✓ Address a psychotherapist if needed

Psychological support hotline for journalists and their family members

Call

0 800 501 594

calls are free from fixed numbers throughout Ukraine,
at your operator's tariffs from mobile phones

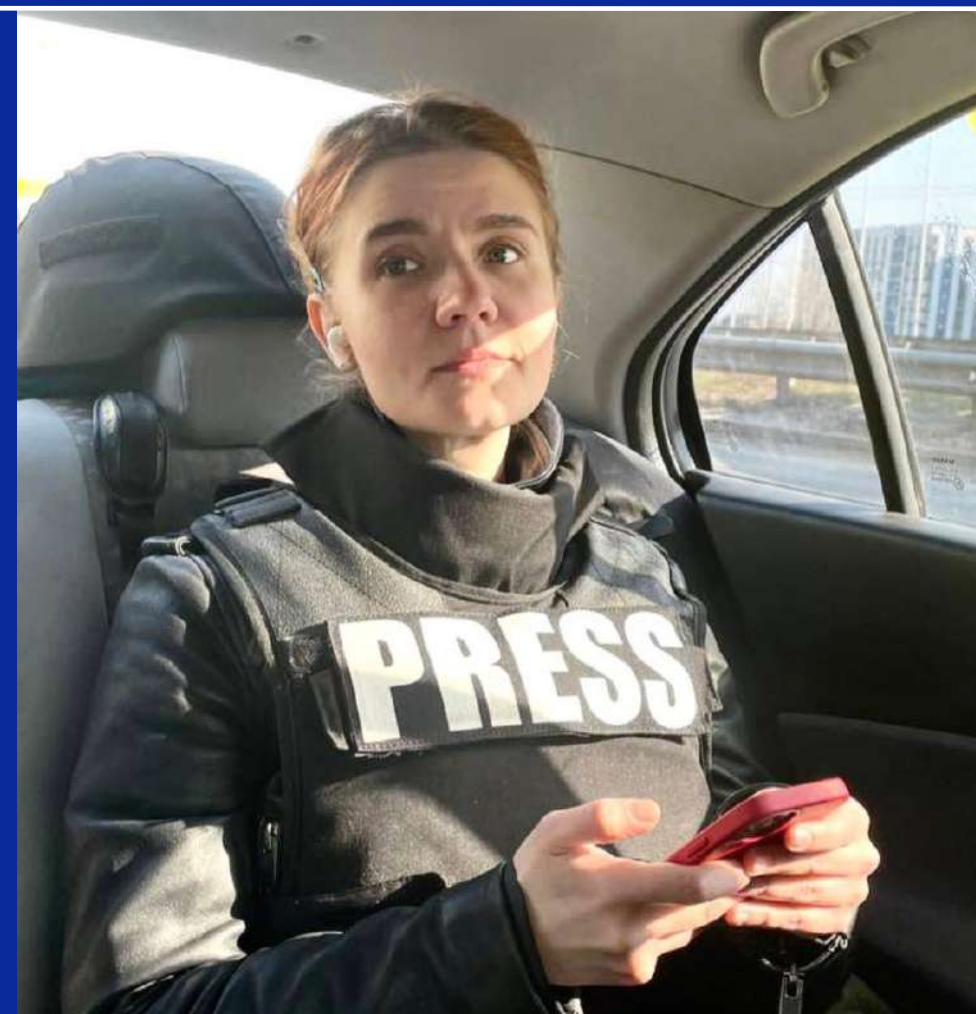
Text

+380 (67) 861 9792

Viber/Whatsapp

DE-OCCUPIED ZONE: ESTIMATE YOUR RISKS

LIUBOMYRA REMAZHEVSKA



- previously specialized in journalism in the economic field: energy and heavy industries.
- Until October 2022, had worked for the agency of journalistic investigations Slidstvo.Info.
- With the beginning of the RF's full-scale invasion of Ukraine started to record the consequences of the shelling of Ukrainian settlements, records the stories of people who witnessed war crimes of the Russian military in the territory of Ukraine



Working conditions for many journalists have changed. In particular, classic investigative journalism became impossible. Therefore, it was necessary to change the sphere of activity and start recording Russian crimes, consequences of invasion, and eyewitness accounts of the war.

PLANNING A TRIP TO THE ZONE OF HOSTILITIES

- ✓ Take care of accreditation in advance
- ✓ Assess the risks and dangers of the trip
- ✓ Make a detailed trip plan
- ✓ Make a list of contacts you may need on a trip
- ✓ Get consent from representatives of key structures for a specific trip (Armed Forces, Military Administration, Interior Ministry, etc.)
- ✓ Get training on how to use protective equipment
- ✓ Choose comfortable, not new clothes and footwear

RISKS WORTH THE ATTENTION OF FEMALE MEDIA WORKERS BEFORE A TRIP

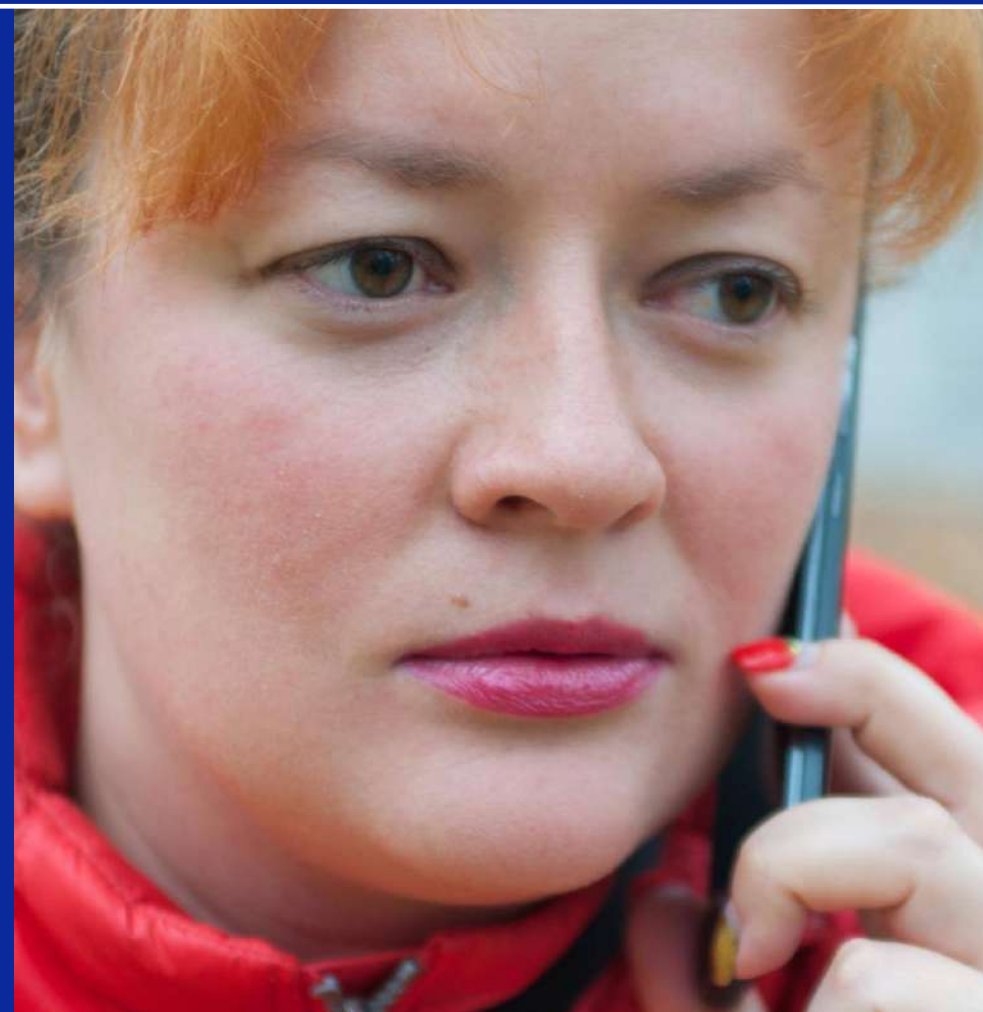
- ✓ Balance of protection and physical endurance
- ✓ Ability to use means of protection: body armor, helmet, tactical first aid kit
- ✓ Limit of mental endurance

ON A TRIP

- ✓ Try not to move without a military escort
- ✓ Wear protective gear when filming: no one knows when and where it is needed
- ✓ Keep calm and respond adequately to challenges including the nervous behavior of the population
- ✓ Keep all the necessary documents you need to show military or officials
- ✓ Be able to calmly and reasonably explain the purpose of your trip
- ✓ Be able to know who to call if you need help
- ✓ Remember land mine safety, move only in locations authorized by military

WHEN IN OCCUPATION: ALWAYS CHANGE YOUR LOCATION

YEVHENIYA VIRLYCH



- Public figure, entrepreneur, and journalist.
- Editor-in-chief of one of the most famous Kherson publications Kavun.City.
- Together with her husband Vladyslav Hladkyi worked in the occupation until July.
- They were hiding from the FSB, constantly changed apartments, and invented ciphers, however in the end had to leave Kherson.
- Currently, Yevheniya is engaged in active social and media activities.



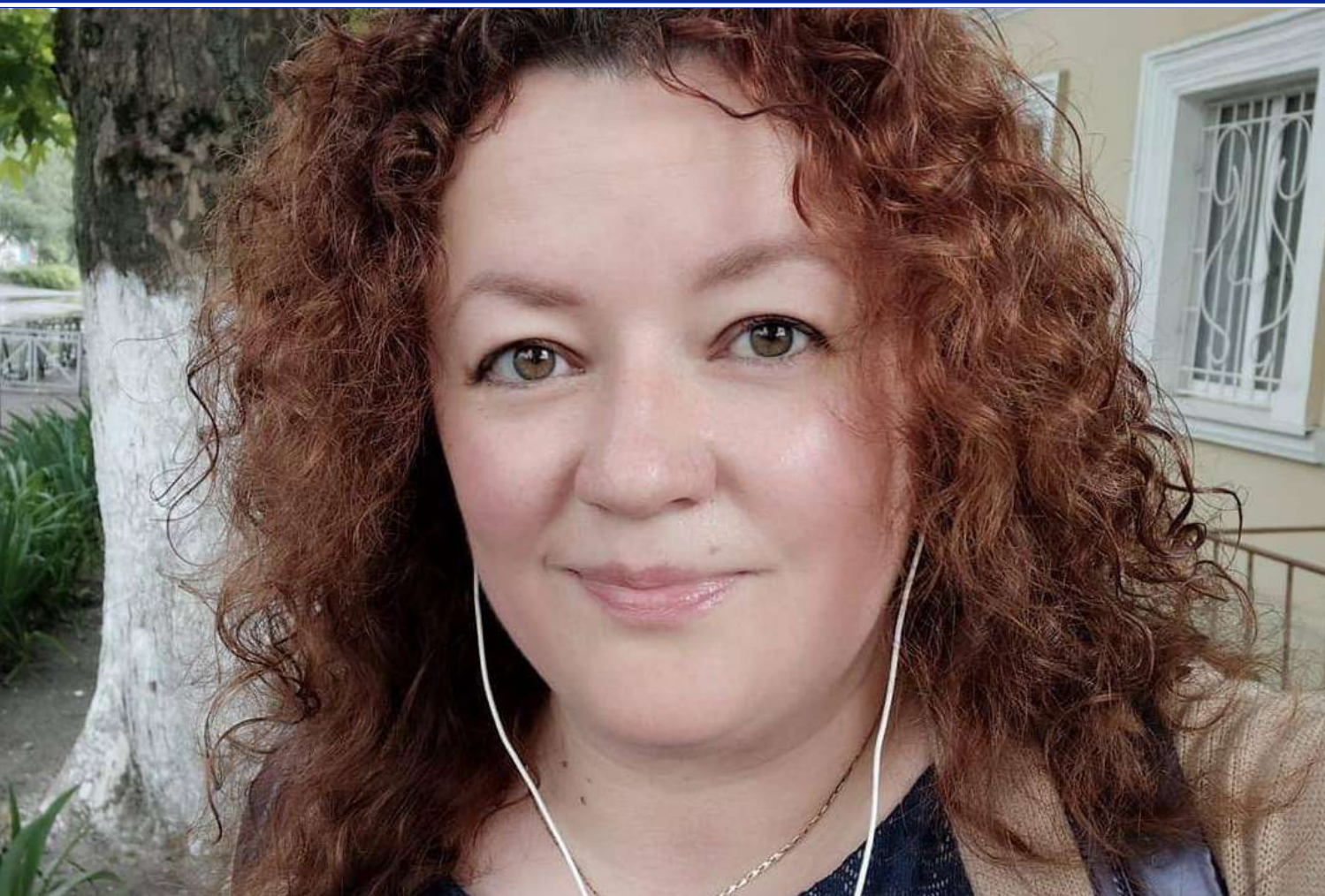
NATIONAL UNION
OF JOURNALISTS
OF UKRAINE



JOURNALISTS'
SOLIDARITY CENTER



*JOURNALISTS
ARE IMPORTANT*



To stop supporting the publication people trusted would have been treason. But the danger grew every day. We were helped by the readers and colleagues. And the support provided for us by the National Union of Journalists of Ukraine (NUJU) was absolutely invaluable: it was constant communication, and help in solving various problems. I even informed the NUJU of the possibility to get into danger.



NATIONAL UNION
OF JOURNALISTS
OF UKRAINE



JOURNALISTS'
SOLIDARITY CENTER



*JOURNALISTS
ARE IMPORTANT*

DISGUISE YOURSELF BEFORE GOING OUTSIDE

- ✓ change your hairstyle or hair color
- ✓ change your clothing style to one that makes you invisible in the crowd of passers-by
- ✓ wear a headscarf if you hadn't done so before

DISGUISE THE SITE OF YOUR STAY

- ✓ To hide from the enemy, it is better to choose a big city, than a small town or village
- ✓ Spread a fictional story that you left the occupied territory
- ✓ Periodically change the place of your actual stay
- ✓ Agree with the people who left the occupation, about the opportunity to hide in their apartments for a certain time
- ✓ Create trusted contacts, which should include those whom the enemy does not associate with you
- ✓ Contact people you trust, if possible, several times a day

MAKE YOUR GADGETS SAFE

- ✓ Don't keep anything able to trigger suspicions of the enemy on your phone, that includes your Diia app
- ✓ Have a spare phone for going out and crossing roadblocks
- ✓ Roll your phone back to basic settings
- ✓ Fill the phone with neutral information and photos
- ✓ Encrypt correspondence as much as possible
- ✓ Conduct correspondence in Russian, delete messages in Ukrainian



NATIONAL UNION
OF JOURNALISTS
OF UKRAINE



JOURNALISTS'
SOLIDARITY CENTER



*JOURNALISTS
ARE IMPORTANT*

MAKE YOUR GADGETS SAFE

- ✓ Remember and periodically change passwords
- ✓ Remember key phone numbers
- ✓ Keep essential information in the cloud

LEAVING OCCUPIED TERRITORY

- ✓ Take care of documents that will not indicate your belonging to the media community
- ✓ Hide or do not take with you: editorial certificates; computers or drives with the respective information
- ✓ Behave calmly and politely during inspections
- ✓ Do not argue with occupiers, act in such a way to save your own life



NATIONAL UNION
OF JOURNALISTS
OF UKRAINE



JOURNALISTS'
SOLIDARITY CENTER



*JOURNALISTS
ARE IMPORTANT*



UNESCO is the United Nations Educational, Scientific, and Cultural Organization. It contributes to peace and security by promoting international cooperation in education, sciences, culture, communication, and information. UNESCO promotes knowledge sharing and the free flow of ideas to accelerate mutual understanding. It is the coordinator of the UN Action Plan on the Safety of Journalists and the Issue of Impunity, which aims to create a free and safe environment for journalists and media workers, thus strengthening peace, democracy, and sustainable development worldwide. UNESCO is working closely with its partner organizations in Ukraine to provide support to journalists on the ground.

The designations employed and the presentation of material throughout this digest do not imply the expression of any opinion whatsoever on the part of UNESCO concerning the legal status of any country, territory, city, or area or its authorities, or concerning the delimitation of its frontiers or boundaries.

The authors are responsible for the choice and the presentation of the facts contained in this digest and for the opinions expressed therein, which are not necessarily those of UNESCO and do not commit the Organization.