



## HEST

An all-round safety training course for journalists reporting live in times of trouble



### Working in dangerous situations

Journalists covering war zones, areas of civil unrest and also urban uprisings, humanitarian crises, terrorist attacks as well as natural disasters are constantly under editorial pressure to bring breaking news to the world without being injured or killed in the process.

As a journalist, you need to be well equipped physically and mentally to face potential dangers when reporting in unsafe and unpredictable situations.

### A proactive safety course for journalists

**HEST – Hostile Environment Safety Training** – addresses their questions on safety, trauma and stress in a practical manner.

This tailored course has been developed by a team of journalists, front-line media professionals and renowned British SAS. It is made up of a balanced mix of lectures, short practical exercises, real-life role-plays with personalised debriefings.

You will acquire the tools and knowledge needed to quickly and competently assess danger in critical situations. The 4-day course ends with a Personal Report Card.

“I always considered myself a complete amateur and now I know I was right. Although in the past I did a lot of things right by instinct, I now know that I never thought of 2000 other problems. The course was realistic and hammered in the fact that it is better to get away in one piece instead of staying a bit longer” from a former participant.

### Course quick facts

#### Who should attend

- All media journalists and reporters
- Cameramen, producers and engineers
- 10 to 14 people

#### What outcome for you

- Identify your strengths and weaknesses when reporting from potentially violent, hostile, dangerous environments and enable you to better assess the risks;
- Acquire essential tools to handle stress, safety and avoid danger to operate under extreme conditions;
- Exchange experiences in a stimulating environment.

#### Content

- Journalists will prepare stories under simulated hostile environments, in both rural and urban settings.
- Day 1: Foundation
  - Day 2: Rural
  - Day 3: Urban
  - Day 4: Confirmation

#### Where

Schloss Hexenagger  
Munich, Germany

#### When

- from 21 to 24 March 2006
- from 23 to 26 May 2006
- from 19 to 22 September 2006

The course starts on Monday at 19:30. Participants should be ready for collection at Munich airport on Monday between 17:30 & 18:30. It finishes on Friday at 16:30. Please book a late flight after 19:00.

#### Working language

English

#### Fee

Fee includes access to all sessions, course material, meals & accommodation for 4 days and transfer from and to airport. It does not include travel to Munich.

- EBU Members and freelancers sponsored by a member: 2750 € / person
- Non-members: 3300 € / person

More on [www.ebu.ch/training](http://www.ebu.ch/training)

# Journalism | EBU International Training

## Course structure

### Day 1: Foundation

Lectures on:

- Situation awareness and personal security (physical integrity and possessions) illustrated with real-life scenarios;
- Planning and preparing a story (including risk assessment, sourcing local intelligence, assessing local contacts);
- Basic life-support course (breathing, gunshot wounds, control of bleeding, burns, shock);
- Avoiding kidnap, surviving abduction: how to survive in captivity;
- Stress management / Post-traumatic stress disorder.

### Day 2: Rural

Focus on practical training in a conflict environment.

Participants will have to identify, film/record, edit and feed a story while facing the following challenges:

- Mine, booby-trap and improvised explosive devices;
- Checkpoints (illegal, militia, conventional forces): techniques for negotiating safe passage and identifying early escalating dangers;
- Reacting under fire, surviving ambush and use of ground;

### Day 3: Urban

Focus on practical training in civil disturbances.

Participants will have to identify, film/record, edit and feed a story while facing the following challenges:

- Ballistics awareness and selecting protective cover;
- Conflict management and defusing confrontation;
- Civil disturbance and riots; working securely in crowds;
- Negotiating urban checkpoints (by vehicle and on foot);
- Car bombs, blast injuries and stabbing.

### Day 4: Consolidation

Techniques consolidated with discussion and further practice:

- Practical exercise in an integrated rural/urban scenario;
- Navigation (astral, map and compass, GPS, survival navigation techniques).
- Intermediate life-support instruction, complementing basic course from Day 1;
- Discussion of team and personal issues raised during the course.

## The training team

Objective Team Ltd has been selected by a panel of EBU experts and advisors as the best prepared to offer hostile environment training for journalists and camera crews working in the field.

Objective Team Ltd has unique experience of operating in hostile environments. The team's professionals include former senior officers and trainers from European military Special Forces, front-line media professionals, and experts in secure business practices. Its news media clients include Channel 4 Documentary, Anglia & Granada TV, the Financial Times, Associated Newspapers, and many more.

## EBU International Training Quality standards

To ensure that the quality remains at its best, each training course is carefully assessed and evaluated following strictly identified guidelines.

### Accreditation

Upon completion of the course, each participant will receive:

- A weather-proof on-site emergency aide memoire with critical data on the core training skills.
- A certificate of course completion enabling reduced insurance costs.

## For further information, contact:

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Tel.: +41 22 717 21 46



**Hostile Environment Safety Training**  
Schloss Hexenagger, Munich, Germany  
2006

**Personal details**

First name:..... Last name: .....  
Age: ..... M / F  
Function: .....  
Company: .....  
Address: .....  
City/Postcode: ..... Country: .....  
Tel.: ..... Mobile: .....  
E-mail: .....

**Choice of dates**

- from 21 to 24 March 2006
- from 23 to 26 May 2006
- from 19 to 22 September 2006

**Professional details**

Please describe the experience you have had in hostile environments (number of years, place, etc.):  
.....  
.....  
.....  
Likely area(s) of work: .....  
.....  
I have a personal insurance policy: Y / N  
Special needs/comments (i.e. dietary requirements, known physical disability, etc.): .....  
.....

**Personal & work equipment**

Please bring with you the following :

1. Your personal belongings when being sent to hostile areas: medical kit and prescriptions, protection gear (flaks, helmets), and clothes.
2. Your own recording or filming & editing equipment (i.e. digital DV camera or DAT equipment, laptop computer for editing) so that you can record or shoot and edit a story during the scenarios.  
Please indicate equipment type: .....  
.....
3. Tapes (footage, stories) or audiotapes (soundbites, stories) that you might have and which illustrate a hostile environment situation in which you were involved.

Yes, I confirm my participation in the 4-day "HEST" course.  
I have read and agree to the booking terms and conditions outlined overleaf.

Authorizer's signature:  Date: .....  
Authorizer's name: .....



# Order Form | EBU International Training

## Hostile Environment Safety Training Schloss Hexenagger, Munich, Germany

### Payment – Booking terms & conditions

#### Fees

Course prices are per participant and include access to all sessions, course material, meals, accommodation and transfer between airport and training location.

However, all participants pay their own international travel.

- EBU Members and freelancers sponsored by an EBU Member: 2750 €
- Non-members: 3300 €

#### Registration form

This form constitutes a formal booking when duly completed, signed and sent back to our office.

No other means of reservation will be accepted. A confirmation of receipt will be sent to you by fax or e-mail.

#### Payment

An invoice will be issued to you by post. Payment is due upon receipt of invoice by bank transfer to the account mentioned on the invoice. Upon receipt of payment, a confirmation of booking with fixed dates will be sent to you by fax or e-mail.

#### Cancellations

Cancellations must be made at least 15 days prior to course commencement to avoid cancellation fees set out below:

- 8 to 15 days prior to commencement: 50% of course fee
- 1 to 7 days prior to commencement: 100% of course fee

Substitute participants will, however, be accepted at any time.

In case of force majeure or too few registrations, we reserve the right to cancel a course and will then refund the full course fee.

To register, please tear off this page and fax back to +41 (0)22 747 41 46

or post to  
EBU International Training  
L'Ancienne-Route 17 A  
CH-1218 Grand-Saconnex (GE)  
Switzerland

e-mail: [labourdette@ebu.ch](mailto:labourdette@ebu.ch)