

Advice for crew members if kidnapped

Do's

- Remember that the vast majority of West Africa kidnap victims are released safely and reasonably quickly.
- Remember that your family, friends and company will do all they possibly can to get you released as quickly as possible.
- Maintain your dignity – be friendly and cooperative, but not servile.
- Establish a rapport with the kidnappers (football is often a safe subject), if you can. It may come in useful!
- Play down your own importance.
- Tell the kidnappers your basic needs and inform them of any medication you need.
- Establish a daily routine, and keep fit, both mentally and physically.
- Use your mind constructively and think of what you will do when you are safely home.
- Be sensible about what you eat and drink – e.g. drink boiled or bottled water if possible. Try to keep your strength up.
- Give proof of life, if asked to do so.
- Keep in mind that you may be kept in captivity for some weeks.
- Decide on the safest place in the event of a rescue. If there is a rescue, go to that safe place if you can, stay still and do not get up until you are told to do so by your rescuers.

Don'ts

- Don't resist during the abduction.
- Don't antagonize your kidnappers.
- Don't try to negotiate your own release or become involved in the negotiations. You are in no position to do so.
- Don't drink swamp water.
- Try not to give any information that could help the kidnappers put pressure on your family or the company.
- Don't allow yourself to think you have been forgotten – the kidnappers may try to convince you that that is the case, but it will not be true.
- Don't try to escape unless there is no other alternative, or you are very confident that you can escape successfully. This is very unlikely to be an option in the Gulf of Guinea and very unlikely to succeed.
- Don't believe what the kidnappers tell you. They are very likely to lie to you.
- Don't tell the kidnappers that you will recognize them or be able to come after them when you are released.

Advice for crew and families

- Be honest with your family about the risks.
- Discuss with them how you and they would handle it: they should be prepared to carry on as normally as possible during the kidnap.
- Tell them not to talk to the media or to negotiate themselves with the kidnappers – this will only extend the duration of the kidnap.
- Advise your family to trust the company – the company will keep them informed but will give no detail of the negotiation or of the threats being made against the hostages.
- Keep fit and healthy on board.