



HOSTAGE SURVIVAL

- ⊕ Your goal is to survive
- ⊕ When you're taken as a hostage, don't fight, don't resist and don't play the hero. From the starting point of the hostage taking to about one hour are the most dangerous times. Hostage takers are on the edge and will most likely shoot out of stress and fear.
- ⊕ Be prepared to give an answer about things that you are carrying. Items such as political affiliation or organizational membership.
- ⊕ Fear is very common. Try to relax, take deep breaths and just accept the situation and wait it out.
- ⊕ Keep a low profile and don't volunteer as the hostage spokes person.
- ⊕ Cooperate and don't be a problematic or challenging hostage.
- ⊕ Never beg, plead or cry. Keep your self dignity and self respect. Do not dehumanize yourself.
- ⊕ Do not make threats against your captors and do not make promises.
- ⊕ Avoid appearing as though you are studying them in order to try to disarm them or make an escape.
- ⊕ Avoid the appearance that you are studying their dress, mannerisms and habits.



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- ⊕ Try to gain your captors respect and trust. You are not his enemy and that you're simply waiting for things to end. Show that you're no threat to them.
- ⊕ Emphasize that you are a neutral person, you take no political sides.
- ⊕ Encourage your captors to let the authorities know of your health condition and your well being.
- ⊕ Take care of your health; drink, eat, rest and sleep when ever you can. Eat even if you don't want to.
- ⊕ Be patient for authorities to rescue you or for your captors to let you go. Think of your family and survival. Be prepared for isolation.
- ⊕ Do not try to escape unless you're certain that your attempt will be successful.
- ⊕ If there is a rescue attempt by local authorities using force, lay down, put your hands over your head for cover and don't stand up. Identify yourself when the time comes.
- ⊕ Don't assist rescuers, you may be mistaken for the captors and you may be shot. Stay low and stay calm.
- ⊕ Avoid news cameras and don't make comments about your captors to the media.