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- 150 years of action
- Civilians in war
- Fundamental Principles poster

YOUTH ON THE MOVE



THE MAGAZINE OF THE INTERNATIONAL RED CROSS AND RED CRESCENT MOVEMENT



The International Red Cross and Red Crescent Movement is made up of the International Committee of the Red Cross (ICRC), the International Federation of Red Cross and Red Crescent Societies and the National Societies.

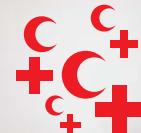


ICRC

The International Committee of the Red Cross (ICRC) is an impartial, neutral and independent organization whose exclusively humanitarian mission is to protect the lives and dignity of victims of armed conflict and other situations of violence and to provide them with assistance. The ICRC also endeavours to prevent suffering by promoting and strengthening humanitarian law and universal humanitarian principles. Established in 1863, the ICRC is at the origin of the Geneva Conventions and the International Red Cross and Red Crescent Movement. It directs and coordinates the international activities conducted by the Movement in armed conflicts and other situations of violence.



The International Federation of Red Cross and Red Crescent Societies works on the basis of the Fundamental Principles of the International Red Cross and Red Crescent Movement to inspire, facilitate and promote all humanitarian activities carried out by its member National Societies to improve the situation of the most vulnerable people. Founded in 1919, the International Federation directs and coordinates international assistance of the Movement to victims of natural and technological disasters, to refugees and in health emergencies. It acts as the official representative of its member societies in the international field. It promotes cooperation between National Societies, and works to strengthen their capacity to carry out effective disaster preparedness, health and social programmes.



National Red Cross and Red Crescent Societies embody the work and principles of the International Red Cross and Red Crescent Movement in more than 186 countries. National Societies act as auxiliaries to the public authorities of their own countries in the humanitarian field and provide a range of services including disaster relief, health and social programmes. During wartime, National Societies assist the affected civilian population and support the army medical services where appropriate.

Together, all the above components of the International Red Cross and Red Crescent

Movement (the 'Movement') are guided by the same seven Fundamental Principles:

humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

In the same manner, all Red Cross and Red Crescent activities have one central purpose:

to help without discrimination those who suffer and thus contribute to peace in the world.

EDITORIAL

Anyone in Solferino in June couldn't help being inspired. Five hundred youth from nearly 150 countries gathered in northern Italy to mark 150 years since the battle of Solferino, which sparked the International Red Cross and Red Crescent Movement. The dry fields of Solferino crackled with intelligence, energy, focus and humanitarian spirit.

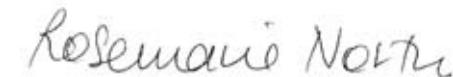
These youth leaders — and the tens of millions of Red Cross Red Crescent youth volunteers they represent — need all the resources they can muster. Youth volunteers are often the first to respond to conflict, disaster or pandemics. And they are also often among those worst affected by crisis. The challenges facing them now and in the future are daunting. Conflict, poverty, migration, violence, climate change, sickness and discrimination have no easy solutions. Youth in the Red Cross Red Crescent Movement need the support of the wider Movement. Again, it won't always be easy...

Youth, almost by definition, challenge the status quo. The youth meeting culminated in the presentation of a Youth Declaration, agreed in Solferino, to the international community in Geneva including representatives of the United Nations, the Swiss government and the Movement. The declaration challenges everyone to engage youth more in leadership, to include vulnerable people in decision-making and to declare that any discrimination (including that based on gender and sexual orientation) is unacceptable.

Now it's up to the Movement. If we accept the challenge, the result will be a more inclusive and responsive Movement. We will be living up to the promise of Henry Dunant's dream.

The youth meeting will remain a personal highlight for many of those who attended. But the real work started when they left. Let us all say "thank you in advance" to youth for their humanitarian actions now and in the future to tackle today's 'Solferinos'.

We at *Red Cross Red Crescent* magazine — which will relaunch in 2010 with a new look and a new editor — also thank our readers in advance for showing their humanitarian spirit. Simple gestures make a difference. Make yours.



Rosemarie North
Editor



THE SOUTH AFRICAN RED CROSS SOCIETY

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Youth on the move

MARKO KOKIC / ICRC

At Youth on the move, Seibou Traore from the Red Cross Society of Côte d'Ivoire introduces himself to youth colleagues from the Canadian Red Cross Society.



It started with an idea. Today, it is the world's largest humanitarian organization, present in 186 countries and with tens of millions of volunteers.

In June, 500 youth from 149 countries gathered for the third Red Cross Red Crescent World Youth Meeting in Solferino, Italy. This is the place where a 31-year-old, Henry Dunant, horrified by the battle of Solferino, asked how we can do more to reduce suffering.

Dunant's question is still relevant. The world is riven by conflict, poverty, migration, violence, climate change, sickness and discrimination.

And his spirit still inspires humanitarian action. Youth leaders at the meeting, with the theme 'Youth on the move', represent millions of youth volunteers on the front lines of today's most pressing humanitarian challenges. What will they take home from Solferino?



Amal Emam
Egyptian Red
Crescent Society

"I am not here in this life just for me; I have a responsibility towards my community, towards my country. I have found a real opportunity through the Egyptian Red Crescent to build up myself and to offer service to my community."



Moshe Ohayon
Danenberg
Magen David Adom
In Israel

"It is very important to stick to the humanitarian principles and values because in our region sometimes it is very difficult to distinguish what you are doing — is it good or is it bad? When you use the principles and values you've got some kind of code you can use."



Salimata Konan
Red Cross Society
of Côte d'Ivoire

"In the future I see youth in charge, youth who are not afraid to see two people of the same sex holding hands. I hope at the next Solferino many more people participate and don't hide their sexual choice. I support diversity."





MARKO KOKIC / ICRC



MARKO KOKIC / ICRC

It is a hot June day in northern Italy. The sun beats down on a huge expanse of mown fields. Out of buses pour young women and men wearing uniforms bearing crosses, crescents and crystals, and lugging suitcases and backpacks. Some have travelled three days to be here. They blink in the mid-summer light.

Within minutes they mingled with other youth from all over the world. They exchanged National Society pins and, for four intense days, shared tents, meals and discussions at the third Red Cross Red Crescent World Youth Meeting — this year themed ‘Youth on the move’.

“We stay in tents with different ethnicities, different people,” said Salimata Konan, a participant from the Red Cross Society of Côte d’Ivoire. “We don’t even speak the same language but we communicate. My neighbour is from China and it’s strange but we manage to communicate. It demonstrates the principle of humanity. It touches me deeply.”

In the footsteps of Dunant

These dry fields are the same place where, 150 years ago in June 1859, young Genevan businessman Henry Dunant was appalled by the needless suffering and death following the battle of Solferino. In the absence of any

trained help, he organized local people to transport the wounded and give them water, food and first aid. Afterwards, he wrote *A Memory of Solferino*, in which he conceived the idea of what is today the International Red Cross and Red Crescent Movement.

Dunant’s spirit continues to inspire youth today, said Lyn Garcia, the president of the national youth council of the Philippine National Red Cross.

“There’s a part in *A Memory of Solferino* where no one helps him and he knocks on the door looking for someone who can help him. Ladies come and they organize a simple hospital,” she said. “I relate it to myself. Now I am the one



MARKO KOKIC / ICRC



Youth make their move (clockwise from top): participants have fun at a workshop; cooperation during an emergency response unit demonstration; ICRC President Jakob Kellenberger chats to a participant; badges and pins from other National Societies are in hot demand at Youth on the move.

**Yacid Estrada
Santiago
Colombian Red Cross Society**

"In the workshop we explained how we became infected [with HIV] and the stigma we had to face so that really makes people change. They can say, 'Now I know someone with HIV'. It lowers the stigma."

**Lyn Garcia
Philippine National Red Cross**

"Let's invest in youth because what will happen when the youth become adults? If we invest now in youth, the people who will lead the organization in the future will know how to run it and what is good for it."

**John Muathe
Kenya Red Cross Society**

"Being in the water and sanitation department, my motivation is seeing the smile on an old woman's face when you get water. When she gets clean water, she says 'Thank you', and I am happy. I have achieved."

+C solferino '09 150 YEARS

asking for other people to help the Red Cross because we are here for suffering people. We are here for humanity. Without us, what will happen to the Movement? Without us, what will happen to vulnerable people? So that's my inspiration from Henry Dunant."

The Youth Meeting, which takes place every ten years, included workshops and practical exercises on topics considered important and voted on by youth aged up to 35, such as preventing the spread of HIV, recruiting volunteers and building branches, dealing with disaster, climate change, the rights of children, water and sanitation, forced migration, restoring family

links and the Sphere Project's minimum standards.

The evenings brought concerts, competitions and 'share and compare' cultural exchanges with handicrafts, food, dancing and singing. In addition, people of all ages from every National Society were invited to take part in activities at a 'humanitarian village' and carry a torch in the *fiaccolata*, an annual candlelit procession following in the footsteps of Dunant and his volunteers.

In 1859, non-discrimination was important to Dunant, who gave aid to soldiers regardless of which side they were on. This year, too, non-discrimination was a theme running through events,

which culminated in a Youth Declaration drafted in Solferino. Travelling by bus and on foot, 228 young people carried the declaration on the 'journey of an idea' from Solferino to Geneva and presented it to governments, the United Nations, international non-governmental organizations and the leadership of the Red Cross Red Crescent.

The declaration calls on National Societies to "declare that discrimination of any kind is unacceptable in our Movement, including discrimination based on gender and sexual orientation".

For Konan, non-discrimination is an essential part of the future of the Movement. "I see youth in charge, youth

A Memory of Solferino

By Henry Dunant

“When the sun came up on the twenty-fifth [of June 1859], it disclosed the most dreadful sights imaginable. Bodies of men and horses covered the battlefield; corpses were strewn over roads, ditches, ravines, thickets and fields; the approaches of Solferino were literally thick with dead.”

“Anyone crossing the vast theatre of the previous day's fighting could see at every step, in the midst of chaotic disorder, despair unspeakable and misery of every kind.”

“I succeeded [...] in getting together a certain number of women who helped as best they could. [...] food, and above all drink, had to be taken to men dying of hunger and thirst; then their wounds could be dressed and their bleeding, muddy, vermin-covered bodies washed.”

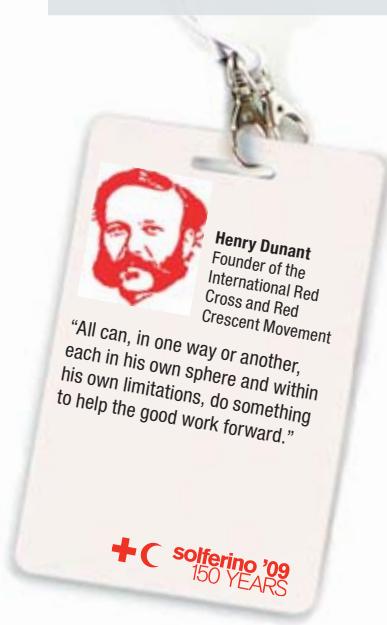
“The women of Castiglione, seeing that I made no distinction between nationalities, followed my example [...] ‘*Tutti fratelli*’ [All are brothers], they repeated feelingly.”

“But why have I told of all these scenes of pain and distress [...]? It is a natural question. Perhaps I might answer it by another: Would it not be possible, in time of peace and quiet, to form relief societies for the purpose of having care given to the wounded in wartime by zealous, devoted and thoroughly qualified volunteers?”

Read the book that changed history at www.icrc.org



MARCO KOKIC / ICRC



MARCO KOKIC / ICRC

MARCO KOKIC / ICRC

who are not afraid to see two people of the same sex holding hands. I hope at the next Solferino many more people participate and don't hide their sexual choice,” she said.

But first, there is work to be done. Amal Emam, an Egyptian Red Crescent Society volunteer, said her very presence in Solferino helped educate youth who have difficulty looking past her headscarf.

“I know for many people I show diversity,” said Emam, a young doctor. “Just look into my heart and my mind and then we can talk. I look at people as individuals, hearts and minds, not colour and clothes. Feeling you're being

discriminated against for clothes and colour or religion is really hard.”

Be the change you wish to see

Diversity enriches humanitarian work, she said. For example, during an exercise in a workshop on international humanitarian law, her team's task was to get members from one side of a rope to the other. The solution seemed obvious: lift everyone over. But as a Muslim woman, Emam didn't feel comfortable being lifted. She could have bowed to social pressure — or walked away from the exercise.

Instead, the young doctor challenged the group to find another way.

“It's important when you're looking for solutions to always search for alternatives because there is no one truth. It's our power as youth to think of alternatives,” she said.

“I'm pretty sure there were others who weren't comfortable either but they didn't say. Be brave enough to say you're not comfortable. People will follow you and help you.”

In the end, the group all agreed to form steps with their hands to transfer participants across the rope. It was a solution Amal Emam was happy with.

“I'm really proud to be part of this organization. Maybe if I had these ideas in another organization, they would not be



Diversity in action (clockwise from top): meals are another opportunity for exchange and discussion; a furry friend; International Federation Secretary General Bekele Geleta makes his gesture for humanity; and it would not be a youth camp without bunk beds.

considered. It's the power of the people in our Movement." She said she had volunteered in different organizations but felt most at home with the Movement's Fundamental Principles of humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

"This is something unique to our Movement and to our National Societies. I can be a physician and offer help but if I lack the humanity or impartiality there will be something missing."

Diversity can be an issue after disasters, said Telma Tondo, 25, an Italian Red Cross volunteer since 2001, who helped organize the Youth Meeting. She also served in the aftermath of Ita-

ly's Abruzzo earthquake, which cost the lives of more than 200 people including two Italian Red Cross volunteers, Daniela Bortolotti and Martina Di Battista.

After the earthquake, the Italian Red Cross asked Tondo to run a clown therapy programme with children living in temporary camps, where conflict between local people and immigrants continued after the disaster. She and other volunteers encouraged children to play together, even though their parents were barely on speaking terms.

Strength in diversity

Yacid Estrada Santiago, community health coordinator for the Colombian Red Cross



JEAN-CHARLES CHAMOIS / INTERNATIONAL FEDERATION

Toshe Kamilarovski
Former Yugoslav Republic of Macedonia

"People are used to saying 'This is man's work and women should stay home and do the housework and men should bring home money'. Perhaps we cannot be equal physically because of different strengths but we can be equal in our minds. I think this is very important for my country."

Telma Tondo
Italian Red Cross

"We actually felt the shaking of the ground and I didn't think it was really such a big thing. But the next morning when I turned on the TV, I started to worry about these people."

Mustafa Kazimi
Afghanistan Red Crescent

"When we do HIV presentations, lots of people say thank you, thank you. We didn't know that sharing razors, using the same blade, can bring HIV. People are very happy to learn."

Jean-Charles Chamois / INTERNATIONAL FEDERATION

+C solferino '09 150 YEARS

Youth Declaration

In Geneva, youth presented the Youth Declaration agreed at the meeting in Solferino to political and humanitarian leaders. An extract:

Doing more, doing better, reaching further

We, the youth of the International Red Cross and Red Crescent Movement, united on the battlefields of Solferino, reaffirm the vision of 31-year-old Henry Dunant. His vision of humanity has changed the world and united us under common emblems of hope. One hundred and fifty years later, his fleeting idea has evolved into a global humanitarian movement made up of 100 million Red Cross and Red Crescent volunteers.

We have gathered to define our vision of humanity and to address the Solferinos of today. Poverty, conflict, violence, migration, disease, discrimination and climate change are some of the challenges that still cause suffering for hundreds of millions of people across the world.

Our generation faces unprecedented change. As Henry Dunant mobilized the people of Solferino to alleviate suffering, and then appealed to the world to provide humanitarian access, we have mobilized ourselves and now appeal to the leaders of the world to:

- recognize youth as agents of change
- encourage the unique abilities and skills of youth such as intercultural communication and innovative use of technology
- include youth in decision-making and planning at all levels
- push for youth to have a stronger role in programme development and implementation to empower their communities
- increase focus on peer education as a primary method of prevention.

We speak with one voice and call on the international community to work with us to do more, do better and reach further.

Read the full declaration at www.icrc.org or www.ifrc.org



COLLIN PIERCE / INTERNATIONAL FEDERATION



COLLIN PIERCE / INTERNATIONAL FEDERATION

"They say, 'I cannot believe you are living with HIV, you don't look it,' which is good. It lowers the stigma."

Non-discrimination can be a matter of life and death for people with HIV in Colombia, said Santiago. "We have internal conflict with armed groups. And people living with HIV have become a target for those armed groups. They receive pamphlets saying they could be killed. It has become a huge humanitarian problem."

Attracting a more diverse group of volunteers into National Societies can help them reach new vulnerable groups, said Frederike de Graaf, a project manager at the Netherlands Red Cross.

"We're a multicultural society but in recent years society has been changing so fast that people don't have time to adjust. That brings some tensions," she said.

If the Netherlands Red Cross recruited volunteers from migrant groups, for example, they could help older migrants whose children no longer felt obliged to take care of them.

De Graaf, who is involved with a programme called 'youth as agents of behavioural change', used Youth on the move to develop a toolkit that can be used globally to help young people bring about change.

"We try to make people aware of their own prejudices — because I think

it's quite human to have prejudices. But you can give people the tools to realize that and change it into something positive. They will be able to spread the word to others."

Serious trouble

Focusing on the Fundamental Principles of the Movement could help in situations of conflict, said Moshe Ohayon Danenberg, a volunteer coordinator, nurse and paramedic in an intensive-care ambulance for his National Society, the Magen David Adom in Israel.

"I feel that if we educate our youth according to the principles and values, it would probably influence the entire society, especially the armed conflict that



Beacons of hope (clockwise from top): lighting a candle before the *fiaccolata* procession; villagers cheer on thousands of people following in Henry Dunant's footsteps; the crowd gathers before the procession; and the evening ends with spectacular fireworks.



COLLIN PIERCE / INTERNATIONAL FEDERATION



we still have,” he said. “In that respect we have quite a lot to learn from the Palestine Red Crescent Society because they’re an old society and they have a lot of humanitarian relief programmes and they know how to use the principles and values.”

Danenbergsaid fresh energy was needed to tackle today’s challenges. “I think the Movement will grow because right now our world is in serious trouble. It doesn’t matter who caused all the troubles, but they are here now. We don’t have any other choice but to start addressing these troubles.”

For the 500 youth at the meeting, the hard work started once they returned to their countries and National Societies to tackle today’s ‘Solferinos’.

Many youth resolved to apply ideas gathered from other National Societies. Vidiana Xareal, from Timor Leste Red Cross Society, was clear on what she would do. “I want to help my friends as young people to engage and to give them information about the Red Cross, road safety, drugs, cigarettes and HIV,” she said.

Summing up the enthusiasm and energy of many participants, Nehanda Higinio, of Belize Red Cross Society, wrote in a blog at www.ourworld-yourmove.org, “This experience has opened my eyes to the power we have as young people to change the world. I feel encouraged and excited to go home and share with everyone all that I have learned.”

Ghana Red Cross Society volunteer Ernest P. Nyame-Annan said youth need the whole Movement to engage.

“It will depend on what we do today. If we keep on doing the same thing we’ll have the same results in the next 150 years. But if we realize that there are so many things we need to change and we start today, then the future will be brighter,” he said.

“It takes you and me to do it. Your head, your heart, your hand. Join them together to change the world. Wonderful.”

Rosemarie North

Rosemarie North is editor of *Red Cross Red Crescent* magazine.



Amira Ben Ali
Tunisian Red Crescent
“At first I was just a volunteer but now it’s more. I can do a lot of things for the whole of humanity and make a lot of changes in the world. I won’t stop working in the Red Cross Red Crescent.”

Ernest P. Nyame-Annan
Ghana Red Cross Society
“What you are doing today will have a result in the future. Is it going to affect society positively or is it going to affect society negatively? The future depends on what you are doing today.”



Our world. Views from the field.

New research commissioned by ICRC as part of the Our world. Your move. campaign sheds light on the experiences of people living with armed conflict.

BEFORE we came to the city, we led a simple life," says José, one of millions of Colombians forced to flee conflict. "We grew bananas, cassava and corn. Having enough to eat was never a problem." Tears well in his eyes when he tells ICRC researchers that his children now subsist on bread and water.

Forced displacement is one of the most serious consequences of conflict, according to a global research study commissioned by ICRC as part of the Our world. Your move. campaign. In Colombia alone, millions of people had to abandon their homes, their land, their crops, their animals and familiar well-established ways of life to endure a life of poverty in big cities.

Our world. Views from the field. studied the experiences and opinions of civilians living with the everyday reality of armed conflict.

The research concentrated on some of the most troubled places in the world — representative of today's 'Solferinos'

— where people experience armed conflict, armed violence or their aftermath. These countries were Afghanistan, Colombia, Democratic Republic of the Congo (DRC), Georgia, Haiti, Lebanon, Liberia and the Philippines. The study provides clear insight into how people experience armed conflict and its long-term impact on their lives. It also uncovers some valuable findings for the ICRC in conducting its humanitarian work, says Pierre Krähenbühl, ICRC's director of operations.

"These figures represent millions of people who are struggling to provide for their children, who have been forced to flee their villages under threat, or who live in constant fear that someone they care for will be killed, assaulted or disappear. The research is a step towards acknowledging our accountability towards the people that we are there to serve."

The big picture

Approximately 4,000 civilians were asked to relate their personal experi-

ences through an opinion survey. In most cases, interviews were conducted face-to-face as the infrastructure in many of the countries rendered telecommunications inaccessible.

Of those interviewed, 44 per cent said they had had personal experience of armed conflict and one in three had seen a relative killed. Across the eight countries, the research revealed a bleak picture. More than half of those who personally experienced armed conflict had been forced to leave their homes and almost half had lost contact with a close relative. One in five said they had lost their means of income.

It also became clear through the research that displacement, separation from family members and lack of access to basic necessities were among people's most common experiences and biggest fears.

Limited access to services such as water, electricity and health care emerged as a widespread problem, particularly in Afghanistan and Haiti, where well over half of the people directly affected by armed violence said they had experienced a lack of these basic necessities.

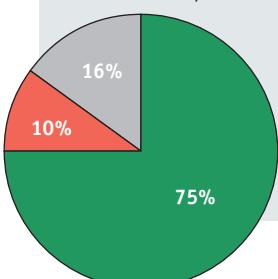
The consequences of armed conflict or violence were felt beyond those who



Limits to behaviour

Is there anything that combatants should not be allowed to do in fighting their enemy?

- Yes – there are things combatants should not be allowed to do
- No – there is nothing combatants should not be allowed to do
- Don't know / Refused



Around 75 per cent of those surveyed across the eight countries feel there should be limits to what combatants are allowed to do in the course of fighting their enemies. Just 10 per cent say that there should be no such limits. The remainder are undecided.

Where total does not sum to 100%, this is due to multiple responses, computer rounding or to the exclusion of "don't know" responses

Facts and figures

- In Afghanistan, 76 per cent of those who had personal experience of armed conflict said they were forced to leave their homes and 61 per cent said they had lost contact with a close relative.
- In Liberia, a startling 90 per cent said they had been displaced, followed by 61 per cent in Lebanon and 58 per cent in DRC. The loss of contact with a relative was also high in Liberia (86 per cent), Lebanon (51 per cent) and DRC (47 per cent).

were immediately affected. In total, two-thirds of people (66 per cent) had been affected in some way — either personally or due to these wider consequences — and this included almost everyone in Haiti (98 per cent), Afghanistan (96 per cent), Lebanon (96 per cent) and Liberia (96 per cent).

The individual stories

To gain a more in-depth and personal understanding of people's true experiences of war, the ICRC complemented the opinion survey by conducting person-to-person and focus-group interviews. This was a very important stage of the research process. It was invaluable to sit down and hear from the people themselves about the reality of living through these traumatic events. Similarly, the people involved in

the interviews appreciated the opportunities to share their views.

In each country surveyed, the ICRC focused on the most vulnerable civilians, such as internally displaced persons, separated families, people injured by anti-personnel landmines and 'first responders' (e.g., health workers). The interviews covered a range of related issues including people's needs, fears and expectations. Also under discussion was their experience of the 'humanitarian gesture' in times of need. Other questions focused on the law of war, the conduct of armed groups and people's thoughts on the effectiveness of the Geneva Conventions. The interviews also uncovered interesting general perceptions of humanitarian organizations and views about respect for health personnel and services.

The emotional impact

Time and again, regardless of the country, similar stories emerged. Armed conflict was considered a vicious cycle that breeds poverty and further violence. Irrespective of the reason for conflict, there was a shared frustration with being dragged into a conflict that civilians believed was completely 'undeserved' by them. Secondly, a predominant feeling emerged that armed conflict served no purpose whatsoever; instead, it only led to heavy losses. The research showed clearly that civilians caught up in conflict continually experienced a range of intense emotions such as fear, anxiety, sadness, depression, helplessness and even dissociation of their feelings as a way to cope with their situation.

Those directly affected by armed conflict or armed violence faced a range of dangers to their lives, health, livelihoods, liberty, self-respect and state of mind.

A woman in Georgia, whose son was missing, told of her extreme distress. "I was like a crazy person for four months. I stopped working. I was not even cooking food for the rest of my family. Life stopped. Neighbours and relatives could not make me change this attitude. I was



A 79-year-old is taken by her grandson to visit their abandoned village on Mindanao Island. Roughly 300,000 people have been displaced by the fighting, between government forces and the Moro Islamic Liberation Front, an armed group, in the southern Philippines.

thinking of burning our house: why do anything if my son was not with me?"

In Lebanon, a man grieved for his son. "During the war, one can accept that people get killed, but not after the end of the war when people have returned to their villages and homes. My heart has died since my son was killed by a cluster bomb."

'Post-conflict needs' revolve around emotional and psychological needs. Feeling comfortable in new locations if displaced (e.g., by being welcomed by a supportive community and not being discriminated against), receiving support for the emotional toll of loss of belongings and loved ones immediately, having opportunities for communication (e.g., having a 'shoulder to cry on' and having their story heard) and getting in touch with separated family members were considered essential.

What does it mean for the ICRC?

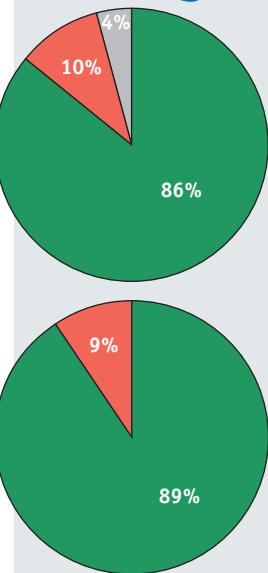
A common theme across all the countries was an overall insatiable need for humanitarian assistance. However the research also revealed several areas for improvement. For example, people said aid needed to be delivered more quickly and on time, to ensure it reached all those in real need and the civilians directly rather than through intermediaries. The need to cover all areas affected by conflict and not just the cities was also flagged.

In all the countries, people said their families and communities were the first to give them assistance and best understood their needs.

Krähenbühl says these findings give a clear direction for humanitarian assistance. "The importance of being close to affected communities is something we've picked up on in recent years in our own operational experience. It is important to enable local health workers, including

The right to health care

To what extent do you agree or disagree with this statement: "Everyone wounded or sick during an armed conflict should have the right to health care"?



Where total does not sum to 100%, this is due to multiple responses, computer rounding or to the exclusion of "don't know" responses

In the context of an armed conflict, what best describes your personal views?

- Health workers should treat wounded and sick civilians from all sides of a conflict
- Health workers should treat only wounded and sick civilians from their side of a conflict

Similarly, most people want health workers to treat the wounded from all sides in armed conflicts.

our colleagues from National Red Cross and Red Crescent Societies, to respond on the ground, because we've seen that this makes a difference for affected populations. The survey underscores the importance of strengthening the capacity of communities at a grass-roots level to cope in the face of armed conflict. We will be focusing on this increasingly in the future."

Throughout the research, psychological support and counselling were also considered very important and something that should be provided by aid organizations. According to respondents, humanitarian organizations should also play a stronger role in education. Likewise respondents felt humanitarian organizations should deliver better tools and supplies such as housing and farming equipment to enable civilians to rebuild their lives and livelihoods.

A number of barriers to receiving humanitarian assistance were also highlighted. Corruption, social factors, discrimination, inaccessible locations, fear of rejection by the community or by those giving help were often mentioned. Corruption emerged as the biggest single barrier to receiving aid for 59 per cent of those polled — rising to more than 80 per cent in Colombia, Liberia and the Philippines.

"It's a striking finding and comes as a very strong reminder of all the precautions that one must put into place in the implementation of programmes, both during the evaluation phase and in carrying them out, in order to ensure that populations do not face discrimination or these forms of blockages. I think that this requires further close attention on our part," explains Krähenbühl.

For a humanitarian organization such as the ICRC which is committed to assisting people according to their needs, this research serves as a reminder to place the individual at the centre of its approach and to see the situation through his or her eyes. Listening to a person's experiences, needs, worries and expectations is key to ensuring that the organization tailors its response effectively in order to better protect and assist people affected by armed conflict throughout the world.

Eros Bosisio

Eros Bosisio is ICRC Geneva communications officer and research coordinator.

Our world. Views from the field. can be downloaded at www.icrc.org

60 years of the Geneva Conventions

The ICRC marked the 60th anniversary of the four Geneva Conventions on 12 August by calling on states and armed groups to respect the rules which protect civilians as well as sick, wounded or detained combatants. "We see violations on a regular basis in the field, ranging from the mass displacement of civilians to indiscriminate attacks and ill-treatment of prisoners," said ICRC President Jakob Kellenberger. "Even wars have limits and if the existing rules were followed to a greater extent, much of the suffering caused by armed conflict could be avoided. On a more positive note, many of these violations are no longer going unnoticed. Increasingly, those responsible are being held accountable for their actions and that is a sign of progress." The conventions and their Additional Protocols form the backbone of international humanitarian law. All 194 countries are party to the conventions, making them universal. The ICRC also used this historic occasion to call for further clarifications and developments of international humanitarian law to respond to the ever-changing nature of armed conflicts.



French President Nicolas Sarkozy receives a copy of the Declaration of Paris from International Federation President Juan Manuel Suárez del Toro at a ceremony to mark the 90th anniversary of the International Federation.

90 years of action

ON 4 May, the International Federation celebrated the 90th anniversary of the founding of the League of Red Cross Societies (its predecessor) in Paris in 1919. To mark the occasion, the International Federation's Governing Board adopted the Declaration of Paris 'Together for Humanity: 90 years and beyond'. It contains a reminder of the auxiliary role that National Societies play alongside governments in the provision of humanitarian aid to all people in need on their territories.

The declaration, which is available at www.ifrc.org, urges states to expand the humanitarian space and provide resources for Red Cross Red Crescent operations. It advocates prevention as a priority; emergency response alone is not enough. The document asks countries to consider the most vulnerable people during the current economic crisis. They are encouraged to coordinate with their National Societies and avoid cutting humanitarian aid budgets.

In his welcoming address at a diplomatic reception in Paris, French President Nicolas Sarkozy said, "You are right to remind the national authorities of every country that their primary duty is to protect their citizens and to tend to the most vulnerable. You are right to ask us to do more to cope with humanitarian tragedies."

The declaration refers to the wide range of Red Cross Red Crescent activities, draws a link between the past, present and future, states the International Federation's position on emergencies and makes an appeal to states and civil society — all on one page, making it a condensed yet powerful tool for humanitarian diplomacy.

As President Sarkozy pointed out, relations between governments and National Societies should be "relations of complementarity, not submission". This formula may guide National Societies that are building or rebuilding their dialogue with public authorities.



The League was founded in the aftermath of the First World War, when there was a need for close cooperation between Red Cross Societies, which, through their humanitarian activities on behalf of prisoners of war, combatants and civilians, had attracted millions of volunteers and built a large body of expertise. A devastated Europe could not afford to lose such a resource.

It was Henry Davison, president of the American Red Cross war committee, who proposed forming a federation of these National Societies. An international conference resulted in the birth of the League of Red Cross Societies, which was renamed the League of Red Cross and Red Crescent Societies in 1983, and then the International Federation of Red Cross and Red Crescent Societies in 1991.

Its first objective was to improve people's health after the First World War and to promote the creation of new National Societies. The five founding member societies were those of Britain, France, Italy, Japan and the United States. Today there are 186 recognized National Societies — one in almost every country in the world. Its first mission was to assist typhus and famine victims in Poland; today it runs more than 80 relief operations a year.

Yulia Gusynina

Yulia Gusynina is co-chair of the Paris Event Task Force for the International Federation.

How well do you know the Movement?

- 1 The International Red Cross and Red Crescent Movement is made up of tens of millions of volunteers, supporters and staff in 186 countries. What are the Movement's three components?
- 2 Why do we celebrate World Red Cross Red Crescent Day on 8 May?
- 3 What are the seven Fundamental Principles of the Movement?
- 4 On 17 February 1863, a committee of five members met in Geneva to set up what would become the Movement. What was its name?
- 5 National Societies can choose to use the emblem of the red crescent, red cross or red crystal. Of the current 186 members, how many use the red crescent?
- 6 What three anniversaries is the Movement marking in 2009?
- 7 What is the name of the global campaign launched this year by the Movement?
- 8 The International Red Cross and Red Crescent Museum in Geneva houses the longest telegram in the world. It measures 72 metres. What does it say?
- 9 Since 1994, the International Federation has had a special status with the United Nations General Assembly. What is it?
- 10 Under what circumstances does the Movement take part in conflict?

Find the answers on page 30.

SEVEN FUNDAMENTAL PRINCIPLES

HUMANITY

The International Red Cross and Red Crescent Movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavours, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

INDEPENDENCE

The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

IMPARTIALITY

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavours to relieve the suffering of individuals, being guided solely by their needs, and to give priority



It is a voluntary relief movement not prompted in any manner by desire for gain.

VOLUNTARY SERVICE

There can be only one Red Cross or Red Crescent

UNITY

ity to the most urgent cases of distress.

NEUTRALITY

In order to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

UNIVERSALITY

The International Red Cross and Red Crescent Movement, in which all societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.

SIMPLE GESTURES MAKE A DIFFERENCE. MAKE YOURS.

Society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.



International Federation
of Red Cross and Red Crescent Societies



Our world is in a mess.
It's time to make your move.
ourworld-yournmove.org



ICRC

COZO BEACH, just outside the Tanzanian capital Dar es Salaam, is as idyllic as any of the tourist resorts swamped by the Indian Ocean tsunami on 26 December 2004. Its neat curve of pure white sand is sheltered from the breakers by an outcrop of boulders ground to smoothness by the waves. Palm trees tilt in the sea breeze. A little funfair just inland is busy at weekends and on holidays with children who cluster on the swings and rides.

To this day, many Tanzanians do not know that ten people died there in

the tsunami, even though the wave was largely spent by the time it reached their shores more than 6,000 kilometres from the undersea quake's epicentre.

A short distance along the coast, by pure chance, Moses Onesmo Lyimo happened to be standing at the window of one of the buildings overlooking the entrance to Dar's busy harbour when what he remembers as a sudden, violent ebb tide sucked all the moored fishing boats out to sea. Then the water rolled back in again in a vast ripple — the tsunami. Three fishermen died; five boats were

lost from Dar and 26 seriously damaged. Lyimo, 62, doesn't recall exactly what was going through his mind, except that it wasn't 'tsunami'. "No one had ever seen such a thing in their lives," he says. "We actually thought the world was ending."

Tanzania was not by any means the country worst affected by the 2004 tsunami. But there as elsewhere around the Indian Ocean rim, the wave led to a new culture of prevention taking root. The Tanzania Red Cross National Society's Ferry Marine branch, of which Lyimo is disaster management officer, is a direct result of the tsunami — it was set up in 2005 to serve the fishing community centred on Dar.

Now two projects help the Tanzania Red Cross build tsunami preparedness — recognition, early warning, safe evacuation — into daily life up and down Tanzania's fishing coast.

Development at risk

Amid the modern emphasis on disaster risk reduction and building back safer, this is but one of a multitude of recent cases of a disaster leading to improvements in the recovery stage. After the 2006 earthquake near the ancient Indonesian city of Yogyakarta, for example, the International Federation's recovery programme included building thousands of traditional quake-proof bamboo shelters. They were made entirely from local materials and cost less than US\$185 each. The design secret lay in eliminating the use of nails: the structure was

ALEX WYNTER / INTERNATIONAL FEDERATION

Culture change

After 'tsunami number one', countries around the Indian Ocean embrace change.

Tanzania Red Cross National Society Branch
Secretary Ali Ismael (left) talks to children about the danger of tsunamis. Noticeboards (opposite) educate people about risks and how to prepare for disaster.





held together with wooden pegs and rope, providing much greater flexibility.

"While we cannot prevent natural phenomena such as earthquakes and cyclones, we can limit their impacts," wrote United Nations (UN) Secretary-General Ban Ki-moon, writing in the 2009 *Global Assessment Report on Disaster Risk Reduction*. "The scale of any disaster is linked closely to past decisions taken by citizens and governments — or the absence of such decisions. Pre-emptive risk reduction is the key."

That report, the first major assessment of disaster risk reduction since the 2000 launch of the UN International Strategy for Disaster Reduction (UNISDR), points out that development is "increasingly at risk" from a faltering global economy, food and energy insecurity, conflict, climate change and extreme poverty — the 'Solférinos' of the 21st century. But the report presents as its "central message" the idea that "reducing disaster risk can provide a vehicle to reduce poverty, safeguard development and adapt to climate change".

Invest and act now

June 2009 also saw the second biennial session in Geneva of UNISDR's Global Platform for Disaster Risk Reduction, the main worldwide forum for governments and other agencies concerned with disaster risk reduction. It established several targets intended to provide "catalysts for cutting deaths and economic losses" from disasters, including 10 per cent of all humanitarian and reconstruction funding for disaster risk reduction by 2010, as well as 30 per cent for climate change adaptation, and major cities in disaster-prone areas to enforce relevant building codes by 2015.

"Achieving targets like these is challenging, but it can be done," said John Holmes, the UN Under-Secretary-General for Humanitarian Affairs who chairs the UNISDR partnership. "Even now, some of the world's poorest countries are reducing the impact of disasters [...] What we need is the collective will to invest and act now."

In the run-up to the UN climate change conference in Copenhagen in December 2009, Holmes also emphasized the rising threat of climate change, "a source of great risk, but at the same time [potentially] a 'triple win' — adaptation, disaster risk reduction and poverty reduction".

A half-decade on from the Indian Ocean tsunami, communities in affected countries are now better able to face future threats from disaster,

World Disasters Report 2009

Focus on early warning, early action

While natural hazards cannot be prevented, they only become disasters because affected communities are vulnerable and unprepared. Early warning systems have been proved beyond doubt to save lives and reduce economic losses at all levels, as the International Federation's *World Disasters Report* explains, but they are still not an integral part of disaster management and risk reduction globally. This report argues that early action can do more to reduce loss of life and protect livelihoods than can be achieved through emergency response alone. National governments, donors and all stakeholders must take up this challenge. Read the entire report in English (with summaries in Arabic, French and Spanish) at www.ifrc.org/publicat/wdr2009/index.asp?navid=09_03

climate change impacts and disease, many observers believe. For their part, Red Cross Red Crescent recovery programmes have wherever possible striven to increase resilience. Examples include storm-resistant housing, mangrove planting along exposed coastlines like Viet Nam's, early warning systems, 'hazard mapping' to enable safe evacuation for either seismic or climatic risks, as well as extra training in the traditional Red Cross Red Crescent fields of first aid and disaster preparedness.

As programmes are completed and handed over to communities, they are placed in the care of civil society groups that have expanded since the tsunami. "This is the best way to make improvements sustainable," says Mohammed Mukhier, head of the International Federation's department of community preparedness and risk reduction. "It provides hope for the future that communities are better able to cope with the threats that will inevitably arise."

So will we 'do it better' next time?

This is the key question asked in another important 2009 report, *The Tsunami Legacy*, published by the Tsunami Global Lessons Learned Project, of which the International Federation was a key backer.

As is widely acknowledged, the tsunami was a unique event that generated a uniquely generous humanitarian response. Well aware of its exceptional nature, Chimpele Hassan, a veteran 60-year-old Tanzanian fisherman, points out that his village of Msanga Mkuu, 40 kilometres north of the Tanzanian–Mozambican border, was founded some 300 years ago by a Mozambican known

to local history only as 'Malango'. "The tsunami," says Hassan, "was 'number one'." The first. There'd never been anything to compare: only fairly innocuous *mawimbis* — before 2004 the standard Swahili term for any big wave.

At first sight the 2004 tsunami may not provide a model, particularly with the current global financial crisis. "No other recovery ever had the resources this one had, and I can guarantee [none] ever will," says Mihir Bhatt of the All-India Disaster Mitigation Institute. "Whatever innovations we think are replicable," he adds, "have to be at a low-cost level."

But luckily they may be just that. The lessons of the tsunami "are not necessarily those that depend on [...] large amounts of funding," argues *The Tsunami Legacy*. Effective leadership and coordination, beginning at the grassroots level and involving governments and development organizations alike, can go a long way to ensuring sustainable recovery.

The "most important lesson", the report says, is that disasters themselves should be seen as opportunities for reform and improvement. "What stands out [...] is that governments in all five of the most tsunami-affected countries embraced change as a core ethic to confront this catastrophe." The challenge now is to build the new culture of prevention. Change must be embraced, not for its own sake but because "in a disaster, organizational weaknesses will be severely tested and exposed".

Alex Wynter

Alex Wynter is a journalist and editor based in the United Kingdom.

OUR WORLD AT WAR

DOCUMENTING THE REALITIES of war — death, displacement, detention and loss — is one way of trying to help the victims of war's atrocities. Today, more than ever, the ICRC recognizes the importance of being able to show the images of the impact of war from the perspective of the men, women and children who are affected by it and of those who come to their aid from the ICRC and National Societies. The ICRC strongly believes that photographs do make a difference — they can inform,

mobilize and influence the course of events today and in the future.

This year is an important one for the Red Cross Red Crescent as it marks 150 years since the battle of Solferino where the idea for the Red Cross Red Crescent was born. It also marks 150 years of photography. War photographers and humanitarians share the same purpose: to end the unacceptable suffering caused by war.

This year also marks the 60th anniversary of the Geneva

Bedding on boards

On the island of Mindanao, in the Philippines, a child plays in front of his family's temporary home in an evacuation centre on the front line between government forces and armed opposition fighters. While some families were able to find shelter in schools and public buildings, others are living more precariously, sometimes sleeping on little more than sections of cardboard.



JAMES NAGHTWEY / ICRC / VII



Football for life

Amputee football has been the source of enormous hope and solace for one of the most marginalized groups in Liberia: young men. They are, most of them, victims of the war. That some of them took part in it only adds to the stigmatization of the group.

"When you ask them how they felt after being amputated, most of them say that they wanted to kill themselves," says Paul A. Tolbert, senior coach of the national amputee football team. "Life no longer had meaning for them. Amputee football restores their hope. Take the guy who was named the most valuable player in the recent African Cup for amputee football. He was a very good player, but he lost hope when his leg was amputated. When I went to recruit him, I told him, 'You can make it. There is still a chance for you.' He has gained hope and, what's more, now knows that what he could not do, win a war when he had two legs, he is now doing on one leg."

Conventions, the bedrock of international humanitarian law, which afford protection and assistance to those not or no longer taking part in hostilities. It is this law that was developed to limit behaviour in warfare and to end barbarity. Today, accepted by all nations, these four conventions are truly universal law.

To commemorate these anniversaries, and 90 years since the founding of the International Federation, the Movement launched a campaign — Our world. Your move. — as a way to remind everyone of his or her individual responsibility to lessen human suffering. For its part, ICRC commissioned the VII photo agency to send five award-winning war photographers to eight conflict-affected countries: Afghanistan, Colombia, the Democratic Republic of the Congo, Georgia, Haiti, Lebanon, Liberia and the Philippines. The outcome of these photographic missions was the exhibition Our world. At war.

ICRC and the photographers Ron Haviv, Antonin Kratochvil, Christopher Morris, James Nachtwey and

Franco Pagetti unite in this exhibition to bring individual stories of loss and suffering in war to the forefront of the world's attention: women struggling to recover from sexual violence, families coping with loss and displacement, and people victimized by warfare. It also draws attention to the inspirational attempts that are made, by ordinary men and women, to limit human suffering in some of the most violent corners of the world.

Ultimately, the exhibition aims to inspire people to act on behalf of victims of war. As James Nachtwey explains: "Whatever else one might see or feel when looking at a picture of human suffering — outrage, sadness, disbelief — I think an essential reaction is a sense of compassion. Compassion humanizes issues, helps us identify with others and requires us to correct that which is unacceptable."

Charlotte Lindsey Curtet

Charlotte Lindsey Curtet is deputy director of communications at ICRC.



FRANCO PAGETTI / ICRC / VII

Loss upon loss

Almost two years ago, when fighting broke out between the Lebanese army and Muslim militias in the Nahr el-Bared camp, Hasniyeh Yehia Tawiyeh, a resident, was forced to flee. Today, she lives in the nearby Beddawi camp. Her husband was hospitalized after their flight. A week later, he died in her arms while she was helping him up the seven flights of stairs to their small apartment. Her son visited her in 2007. One Friday, having gone to attend prayers, he failed to return. Hasniyeh learnt afterwards that he was one of two young men who had been killed that Friday during a peaceful protest against the fighting. "I have been through many things," she says. "But all the hardship I've been through, I could put it in one hand. The death of my son, I would put it in the other hand and it would weigh much more than all the other suffering I have endured."

JAMES NACHTWEY / ICRC / VII

Waiting for news

Ozias is 11 years old. Here, at a temporary resting place, he is wondering whether his parents are still alive. He would soon be reunited with his family through the efforts of the ICRC. When people flee their homes, families are often torn apart. With each new conflict in the Democratic Republic of the Congo the numbers of orphaned or unaccompanied children increases. A Red Cross worker explains: "In the current war, women are raped, children are separated from their families, and fathers die. The children are left homeless and live like vagrants."

RON HAVIV / ICRC / VII





One step at a time

In the gait training room at the ICRC's orthopaedic centre in Kabul, Alberto Cairo, the head of the ICRC's orthopaedic programme in Afghanistan, works with a mine victim, a double amputee who has just received his two prostheses. An amputee has to learn to walk again. It is extremely important for the patient to be helped to stand and to walk correctly, from the very beginning. A patient who learns to do so from the start will walk well for the rest of his or her life. Bad habits acquired early are very hard to change.



FRANCO PAGETTI / ICRC / VII

Behind bars

This women's prison, El Buen Pastor, is in Bogotá, Colombia. A section of the prison is occupied by 75 women together with their babies and small children. The women are being held because of their alleged links to rebel groups and to crimes they are said to have committed while members of those groups. The ICRC visits these detainees in line with its mandate: to ensure respect for the life and dignity of prisoners of war and other detainees and to prevent torture, ill-treatment or abuse, which violate essential rights and the basic principles of humanity, breed hatred and feed a cycle of violence. Regular prison visits enable the ICRC to track prisoners' whereabouts and make recommendations to the authorities about any improvements to conditions that may be necessary.

On alert for H1N1

Complacency is one of the main barriers to fighting the spread of pandemic flu.

NEXT to a nuclear holocaust, a severe influenza pandemic is the only phenomenon that could affect the whole of humanity,” says Tamman Aloudat, senior officer for health in emergencies at the International Federation.

A medical doctor, Aloudat is not given to hyperbole, but as a key member of the International Federation’s task force co-ordinating the Movement’s response to the Influenza A (H1N1) pandemic, he understands how easy it is for the virus to flourish in today’s globalized world. In 1918, he notes, the Spanish flu pandemic, caused by a form of the H1N1 strain of flu, killed as many as 50 million people and infected up to 40 per cent of the world’s population.

“Back then there was no global air travel, but records show that remote communities in Africa were infected,” he says, “so today the virus can spread much faster and wider.”

The influenza virus mutates quickly and new strains are constantly emerging. Since 1918 there have been three deadly flu pandemics — defined by the World Health Organization (WHO) as widespread transmission of the virus in at least two major zones of the world.

The latest pandemic, announced by WHO in June 2009 in response to the outbreak of a new strain of H1N1 in Mexico, was the first in 41 years.

But while the new strain — a mix of bird, swine and human genetic material — took the world by surprise, influenza experts had been preparing for a pandemic for the past several years.

Since December 2007, the International Federation, together with the United Nations and non-governmental

organizations (NGOs), has been working with governments around the world on response and preparedness plans to be delivered to communities the moment a pandemic struck.

“Our experience at the International Federation in delivering public health messages and training communities affected by the outbreak of avian flu in 2005 helped us prepare for H1N1,” says Robert Kaufman, head of the International Federation’s influenza unit. He cautions that H1N1, which spreads between humans and for which few people have immunity, is a much more worrying disease.

Mexican model

As soon as the first cases of H1N1 were announced in Mexico in April, the Mexican Red Cross launched a public information campaign, distributing 2.2 million leaflets and 200,000 posters and supplying more than 100,000 face masks.

“People took the threat very seriously and were grateful for everything we could give them,” says Isaac Oxenhaut, head of the Mexican Red Cross relief operation. “No one complained about the curfew or the closure of restaurants, bars and parks and there was a really strong sense of solidarity. Over the two-month peak infection period, the number of volunteers doubled from 12,000 to 25,000.”

Mexico bore the brunt of the crisis at a time when little was known about the new strain of H1N1.

By July 2009, laboratories confirmed that more than 10,000 cases and 119



Mexican Red Cross
volunteer Erasmo Martínez (above) distributes protective masks in Mexico City. A report on infectious diseases and epidemics, *The epidemic divide* (left), is available at www.ifrc.org

deaths had been reported in Mexico. But the spread was slowing down and the worst believed to be over, at least during the first wave of infection.

“What we saw in Mexico,” says Aloudat, “was that people took the public information messages about avoiding crowds, washing their hands and covering their nose when sneezing very seriously. This really helped curb the spread of the disease and underlines the importance of the role played by National Societies in getting across effective messages that change people’s behaviour.”

Mexico gave the world an early warning. Between April and July, the virus spread to more than 100 countries, killing 429 people and infecting more than 130,000 others. By July, 130 out of 186 National Societies responded to the pandemic, advising governments, disseminating public health messages, transporting patients to hospitals, securing blood banks and coordinating civil society partners.

In Italy, for example, teams of volunteers were out in force at airports and seaports, giving out information and helping the Ministry of Health carry out spot checks on passengers.

“To begin with people were puzzled and not that interested but when they





INFLUENZA PANDEMIC

YOUR BEST DEFENCE IS YOU.



www.bestdefence.org

A new campaign reminds people that we each have the ability to protect ourselves and our families.

understood the risks they began to listen and act on our advice," says Ulrico Angeloni, head of the H1N1 taskforce for the Italian Red Cross.

Preparing for potential

Making the public aware of the risk without panicking them is a delicate balancing act.

By mid-2009, the first wave of infection was moderate, with most patients exhibiting mild symptoms and most severe or fatal infections occurring in people with underlying chronic health conditions. But experts were watching what happened during the winter months in the southern hemisphere and whether the virus would mutate into something more deadly.

In September, the International Federation launched 'Your best defence is you', a health promotion campaign that outlines five steps that everyone should take: wash your hands; cover your mouth; keep your distance; separate sick people; and dispose of waste.

Aloudat says that in many countries H1N1 is a potential rather than an actual risk. "We know that it is likely to be one of the worst crises in the past 100 years but it also might not be." It is this 'might be, could have' aspect of

the pandemic that is proving a challenge for the Red Cross Red Crescent. "Governments don't respond well, the media gets bored and the public don't take the risk as seriously as they should unless they experience it themselves," says Aloudat. All of which, he adds, results in a culture of complacency and indifference.

Expect the unexpected

The lack of certainty over the severity of the pandemic is also proving a headache for Red Cross Red Crescent emergency response teams. H1N1 is not yet at pandemic levels in the United Kingdom and the director of operations at the British Red Cross, Margaret Lally, says the challenge is to be flexible enough to prepare for the unexpected and plan for various scenarios.

"We could be looking at either 25 or 50 per cent of the population infected either moderately or, if the virus mutates, more severely. All we know is that the virus is on a long, slow and relentless march towards us this winter," she says.

The International Federation is working with NGOs and the business community on contingency plans in the event of disruption to vital services such as health care, telecommunications

and water and electricity supplies due to sickness. Mexico lost an estimated 0.5 per cent of its gross domestic product during the few days that the capital was effectively shut down.

Developing world at risk

Even a moderate pandemic could spell disaster in developing countries where health systems are already severely strained due to the burden of disease, poverty and natural disasters.

"It is vital that these countries invest in preventative measures such as public information campaigns because anti-viral drugs or future vaccines are not likely to reach them in time and in the quantity needed," warns Kaufman.

Faced with a myriad of health problems, many governments don't have the time or resources to respond to a problem whose severity is not yet known due to weak surveillance systems.

In May, the International Federation launched an initial appeal for US\$ 4.4 million to improve National Societies' ability to respond to H1N1. But only 3 per cent of funds were raised — a reflection, according to International Federation spokesman Jean-Luc Martinage, of how donors prefer to fund their own national preparedness programmes and are reluctant to invest in those in the developing world.

It is an approach that frustrates Aloudat. "H1N1 does not stop at national borders," he says. "It is a global threat to humanity, but we are not yet seeing global action."

Claire Doole

Claire Doole is a freelance journalist based in Geneva.

What is the new flu?

What is it? It is a new version of the H1N1 virus which caused the 1918 flu pandemic.

What are the symptoms? Initial symptoms are similar to seasonal flu such as fever, body ache, headache, runny nose, sore throat and cough, and occasionally vomiting and diarrhoea.

Who are the most vulnerable? Young people, particularly those under the age of 25 and people with underlying chronic conditions such as diabetes, asthma and obesity.

What can you do to protect yourself? Good personal hygiene (such as washing hands frequently), covering nose when sneezing, avoiding crowds and staying home when sick.

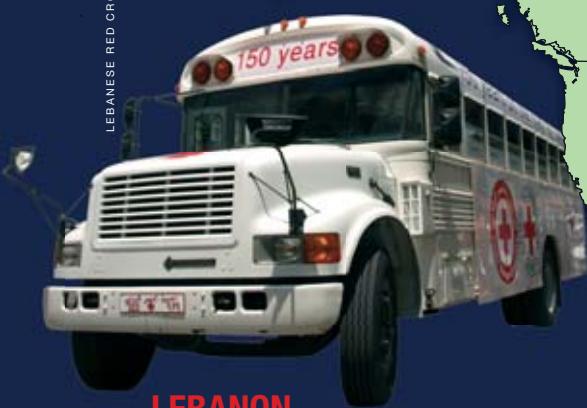
Making their move



The global Our world. Your move. campaign has inspired more than 100 National Societies to commission songs and videos, reunite war veterans, offer free blood pressure checks, host photo exhibitions and essay contests, paint zebra crossings, hold picnics, re-enact the battle of Solferino, parade in streets and parks, debate, update web sites, raise funds, organize football matches and clean up rubbish.

The campaign can be customized to draw attention to National Societies' top humanitarian issues (their 'Solferinos') in their own countries. Issues they have highlighted so far include violence against women, human trafficking, HIV and AIDS, road safety, first-aid training, stigma and discrimination, climate change and conflict.

LEBANESE RED CROSS



LEBANON

Switzerland

In 2009, a number of trams in the city of Geneva were adorned with Our world. Your move. globes and logos to alert passengers and passers-by that it was time to make their move for humanity.

Lebanon

The Lebanese Red Cross decorated a bus with the campaign globe and the Fundamental Principles of the Movement, hung a photo exhibition inside and stocked it with pamphlets and educational materials. From 8 May until the end of 2009, the bus will roam the countryside to educate people about the Movement.

Colombia

The Colombian Red Cross Society launched the global campaign with a video and fundraising drive. Watch the video at www.youtube.com/dianalondono

SOUTH AFRICA



THE SOUTH AFRICAN RED CROSS SOCIETY

South Africa

To recruit more volunteers, the South African Red Cross Society took the Our world. Your move. campaign into Johannesburg communities by dropping off volunteers to engage with people and motivate them to join. At the same time, there was a concert for volunteers, staff and invited guests.

Move around the world

They have also used the campaign to mark a series of significant milestones for the International Red Cross and Red Crescent Movement: the 150th anniversary of the battle of Solferino, the 90th anniversary of the founding of the International Federation and the 60th anniversary of the Geneva Conventions.

Whatever the event, the call to action is the same. The Movement aims to persuade people from all walks of life to engage in humanitarian action. It's our world and together we can move it. *Red Cross Red Crescent* magazine presents a selection of 'moves' from around the globe.



BULGARIAN RED CROSS

Croatia

The Croatian Red Cross used the Our world. Your move. globe on the home page of its web site, www.hck.hr

Russian Federation

The Russian Red Cross Society used the internet tool Skype to enable 13 war veterans from Moscow, St Petersburg, Kaliningrad, Volgograd and Tiraspol who had not seen each other for decades to speak to each other on 8 May.

Bulgaria

World chess champion Veselin Topalov headed a Bulgarian Red Cross campaign to attract members, share experiences and raise funds. Youth who performed good deeds were rewarded with teddy bears.

Thailand

In Bangkok, the Thai Red Cross Society launched the global campaign with a parade along Henry Dunant Road in Bangkok and the opening of a special exhibition in one of the biggest shopping centres in town.

Uganda

On 8 May, the Uganda Red Cross Society called on communities to make a move for a better world by holding drama presentations, an exhibition of educational materials, football and netball matches, and an environmental clean-up.

Japan

The Japanese Red Cross Society used the Our world. Your move. campaign to attract the attention of pedestrians and shoppers. Volunteers also demonstrated first aid in shopping centres. The Japanese Red Cross encouraged humanitarian action by saying, "The important thing is to make a move. There will be something you can do even in your daily life."



JAPAN

ERIK OLSSON / INTERNATIONAL FEDERATION



THAILAND

IN BRIEF

Fragile hope in Pakistan



were helping 400,000 displaced people, 50,000 living inside camps and 350,000 with host families.

In July, the Pakistani government announced that more than 2 million people who had fled the fighting in the Malakand Division of the North-West Frontier Province could return to their homes.

However Pascal Cuttat, head of the ICRC delegation in Pakistan, stressed, "Families who choose to return must be safe and have access to food and basic public services." Security remained volatile in some areas and, with the economy disrupted by fighting, many families faced hardship as they returned. Apart from helping the displaced, the ICRC, which has been in Pakistan since 1947, has set up a surgical field hospital in Peshawar to treat people wounded in conflict. The ICRC also supports a physical rehabilitation centre that helps patients disabled by their injuries return to a normal life.

Tajikistan teams tackle mudslides

In April and May, floods and mudslides destroyed 200 houses and damaged more than 400 in south-east Tajikistan, a country that faces up to 50 disasters a year. The Red Crescent Society of Tajikistan immediately released 135 tents from its disaster preparedness stocks and set them up in an area allocated for new settlements to house more than 530 families. The Red Crescent also provided blankets, plastic sheeting and hygiene articles. The National Society was aided by two teams of Red Crescent disaster response experts from Kazakhstan, Kyrgyzstan, Turkmenistan and Uzbekistan.



Of the 2 to 3 million people who had fled fighting in Pakistan earlier this year many have by now returned home again, prepared to risk a volatile security situation and unsure what they would find there.

An earlier assessment among the displaced found they "now live with insecurity and uncertainty as a basic premise in their lives". Children lived in unhealthy conditions, said Umar Riaz, a medical doctor and a member of the joint assessment team of the Pakistan Red Crescent Society and the International Federation. "They need to engage in sports and other social activities to cope with the situation," he said. To help people and communities adapt, the Pakistan Red Crescent ran psychosocial programmes in its eight camps. In mid-2009, the National Society, the ICRC and the International Federation



ALESSANDRO DI MEO / ANSA

Italian Red Cross helps rebuild after quake

More than 300 people died in an earthquake near Rome, the capital of Italy, on 6 April, which also left 48,000 homeless. The disaster also took the lives of two young Italian Red Cross volunteers, Daniela Bortoletti and Martina Di Battista.

In response to the quake, 750 Italian Red Cross volunteers from all over Italy joined Red Cross staff to provide rescue services, ambulances, mobile kitchens and relief goods. They also set up and ran camps with a capacity to house 6,000 people.

Italian Red Cross spokesperson Tommaso Della Longa said preparedness was the key to the fast response.

Sirodji Imomov, disaster management coordinator in the Tajikistan Red Crescent branch in Kurgantube region, said, "In recent years, as part of our disaster preparedness plan, we trained local teams of Red Crescent volunteers. This time, we assessed the situation and provided medical assistance, primarily for people who were in shock, in deep depression or had fainting spells. This pattern was developed long before the disaster. It helped to save lives and mobilize local resources."

Scaling down in Sri Lanka

Following the end of the decades-long conflict between the army and the Liberation Tigers of Tamil Eelam (LTTE), the ICRC reviewed its operations and presence in Sri Lanka at the request of the government. By July it closed four offices in Eastern Province and suspended activities in this region. Activities carried out from Vavuniya and Mannar were put on hold pending further clarification and agreement with the government.

In 2008 and earlier this year, the worsening conflict between the army and the LTTE trapped 250,000 people in a rapidly shrinking area along the north-east coast. They faced intense fighting and lacked food, water, sanitation and health care. The ICRC worked with the Sri Lanka Red Cross Society to evacuate thousands of sick and wounded from the combat zone by sea and to facilitate the delivery of food and limited quantities of medicines into the area.

During the fighting the ICRC reminded the government and the LTTE of their obligations to comply with international humanitarian law, emphasizing that it required all parties to refrain from harming civilians, allow them to receive aid and enable humanitarian agencies to work safely.

The ICRC continues to help some displaced and resident civilians, and visits people detained in relation to the conflict.

REUTERS / STRINGER, COURTESY www.alertnet.org



ALEX WYNTER / INTERNATIONAL FEDERATION

The higher, the safer in Yemen

Flash floods — often made worse by blocked storm drains — threaten lives, houses and livelihoods in Yemen every year. Before the rains, it is possible to drive about half a kilometre across the floor of the massive Wadi Murr, skirting the sandbanks, backed-up tree trunks and other debris. More flash floods, higher temperatures, more storm surges at the coastline and less predictable rainfall have affected the country of 23 million people. The key priorities are to keep the wadis (river beds) and storm drains clear of rubbish and to persuade people to settle higher — harking back to the tradition of building homes on cool mountain tops that were more secure from human threats. Meanwhile, to lessen the risk of floods, Yemen Red Crescent Society volunteers are engaged in an awareness-raising effort to encourage people not to dump rubbish in storm drains.

Reporting wars

Are existing rules of armed conflict strong enough to protect civilians, including journalists? Does the relationship between the media, the military and aid groups need a rethink? These were some of the topics debated during Reporting Wars: Challenges and Responsibilities — two conferences held in May, aimed primarily at journalists and journalism students and organized in Australia by the ICRC and in New Zealand by the ICRC and the New Zealand Red Cross. An Australian News Media Safety Code was launched at the Sydney conference asking news organizations to ensure staff sent to conflicts are properly prepared for the risks and aware of relevant areas of international humanitarian law.

Final Philippines hostage released

ICRC employee Eugenio Vagni was released from captivity on 12 July after being held for six months by armed militants in the Philippines. Vagni, 61, an Italian water and habitat engineer, was kidnapped on 15 January with two ICRC colleagues, Andreas Notter of Switzerland and Philippine national Mary Jean Lacaba on the island of Jolo. Notter and Lacaba were freed in April.

"I am happy because I am free. I thank all the people that led to this happening," Vagni told reporters on his release, struggling to remain composed as he talked of his excitement at seeing his wife and family. In captivity he meditated and thought of his family and happier times. "I come from Italy. I missed football, my family and Tuscany too."

With the Philippine National Red Cross, the ICRC continues to distribute food and household essentials such as soap and cooking oil to people forced to flee their homes. The ICRC also continued to train prison staff and repair facilities in jails to help improve conditions.



REUTERS / ROMEO RANOCO, COURTESY www.alertnet.org

IN BRIEF

ALEX WYNTER / INTERNATIONAL FEDERATION



Defending albinos' right to life

Superstition has led to the killing of more than 60 albinos in Burundi and Tanzania. They face lifelong discrimination, mutilation and even death. Their body parts are believed to bring good luck in business. "The killings of albinos must stop and their dignity be restored," said Anseleme Katunguruza, secretary general of the Burundi Red Cross, which is providing humanitarian aid to 48 albino children and adults sheltered by authorities in the township of Ruyigi. The Burundi Red Cross plans to use cultural gatherings to explain to the most suspicious that there is nothing supernatural about albinism; that in fact it is a health condition that cannot entirely be treated. Focusing on dropping bias, critical thinking and non-violent communication will be the key to influence behavioural change in the community.

In Tanzania's Pwani village, one man with albinism is making history. "When I was born, my mother tells me that the traditional midwife made a grimace when she saw me. No one welcomed the arrival of a strange baby. But my mother protected and kept me," said Hamis Ngomella. He faced constant discrimination throughout his childhood; schoolmates called him names like *mzungu* which means "white man" in Swahili. Ngomella took on special education training and graduated as a teacher of children with special needs. He is among the few in his village to make it to college. He is now the chairman of the albino association and represents the Red Cross in a regional disaster management committee. "We need to claim back our dignity," he said.

Volunteers in action in Jakarta

The Indonesian Red Cross Society deployed seven ambulances and 42 disaster response volunteers and paramedics in the aftermath of July's bomb blasts at two major hotels in Jakarta. The blasts killed nine people and injured more than 40. Volunteers provided first aid and other humanitarian support, and transported five injured people to the hospital. Two restoring family links teams worked with hospitals to identify those who were lost or injured so families could be informed. The National Society also responded to requests from hospitals for Rhesus A Negative blood for survivors.



REUTERS/INDRA YOGASARA, COURTESY www.alerinet.org

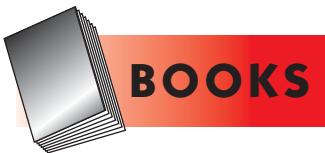
Floods in Colombia

In early 2009, the Mira River rose 20 metres above its average level, flooding more than 20,000 hectares of land and severely affecting more than 30,000 people in Colombia. The flood washed away houses, crops, livestock and agricultural infrastructure, and harmed the fishing industry. In addition, health centres, schools, water systems and some government buildings were damaged. In coordination with the ICRC and the International Federation, the Colombian Red Cross mobilized experienced volunteers who provided search and rescue, relief, shelter, water and sanitation, and health care. The Red Cross also sent hygiene supplies to hospitals and set up a crisis centre to monitor the disaster.

Answers to quiz page 15

- 1 The International Committee of the Red Cross (ICRC), the International Federation of Red Cross and Red Crescent Societies and 186 member Red Cross and Red Crescent Societies.
- 2 It is the birthday of Henry Dunant, the founder of the Movement.
- 3 Humanity, impartiality, neutrality, independence, voluntary service, unity and universality.
- 4 The International Committee for the Relief of the Wounded. Its objective was to consider how it could offer medical services to armies in battle.
- 5 There are 33 Red Crescent Societies.
- 6 150 years since the battle of Solferino (which prompted the founding of the Movement), 90 years since the establishment of the forerunner to the International Federation, and 60 years of the Geneva Conventions.
- 7 Our world. Your move.
- 8 It lists German prisoners transferred to the United States.
- 9 Permanent observer.
- 10 The Red Cross Red Crescent Movement follows the principle of neutrality and never takes part in conflict.

RESOURCES



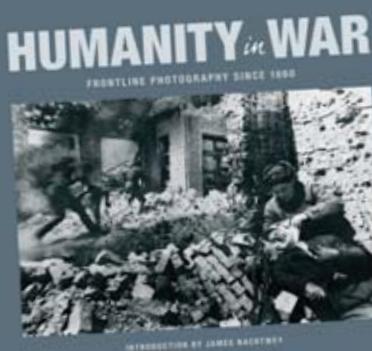
BOOKS

Humanity in War. Frontline photography since 1860

ICRC, 2009

This 247-page hardbound book, with an introduction by renowned war photographer James Nachtwey, is richly illustrated with photos that constitute a dramatic visual archive of suffering — and assistance — from 1860 to the present.

Available in English and French. Sfr. 54.



100,000 cases. The spectre of cholera remains in Zimbabwe

International Federation, 2009

Reluctant support from donors has undermined the response to an outbreak of cholera in Zimbabwe, forcing a reduction of emergency operations. This eight-page advocacy report, available at www.ifrc.org, calls for funds to enable semi-permanent access to clean water and basic sanitation.

Available in English and French.

World malaria day report. The winning formula to beat malaria

International Federation, 2009

Scientific evidence shows combining mosquito net distribution with follow-on 'hang up' campaigns carried out by volunteers significantly reduces malaria, especially among vulnerable groups. This brochure, available at www.ifrc.org, outlines

the approach, which is estimated to have averted more than 289,000 deaths since 2002.

Available in English, French and Spanish.

Zambezi Basin River Initiative

International Federation, 2009

Natural disasters and epidemics in southern Africa have increased vulnerability across the region. This 40-page publication, available at www.ifrc.org, proposes a pre-emptive approach to minimizing suffering in Angola, Botswana, Malawi, Mozambique, Namibia, Zambia and Zimbabwe.

Available in English.

Implementation guide for community-based health and first-aid in action

International Federation, 2009

Community-based health and first aid volunteers working in their own communities understand best how people can improve their health. This 48-page practical guide, available at www.ifrc.org, gives volunteers skills and knowledge on topics such as establishing a programme, minimum requirements, health promotion, adapting written materials, monitoring and evaluation, and writing job descriptions.

Available in English.



ICRC materials are available from the International Committee of the Red Cross, 19 avenue de la Paix, CH-1202 Geneva, Switzerland. www.icrc.org. International Federation materials are available from the International Federation of Red Cross and Red Crescent Societies, P.O. Box 372, CH-1211 Geneva 19, Switzerland. www.ifrc.org.

Red Cross Red Crescent magazine is also available online at www.redcross.int



VIDEOS

Building capacities: best practices in Asia Pacific

International Federation, 2008

This series of five videos highlights the sustainable and high-impact work of National Societies in Australia, Cambodia, Mongolia and Nepal in resource mobilization, promotion of gender equality, activities and training for volunteers and youth, branch development and participatory planning. The videos are also available at www.youtube.com/ifrc

Available in English.



War surgery: working with limited resources in armed conflict and other situations of violence

ICRC, 2009

ICRC surgical programmes for war victims have been developed over many years, based on 'appropriate' responses to a given situation. This often involves making the best of limited resources in an austere environment. Volume 1 of this 351-page illustrated publication with CD-Rom covers the basics of managing war injuries, as well as general topics.

Available in English. Sfr 35.

Interpretive guidance on the notion of direct participation in hostilities under IHL

ICRC, 2009

After six years of expert discussions and research, the ICRC's guidance aims to clarify the meaning and consequences of direct participation in hostilities under international humanitarian law (IHL). This publication, available at www.icrc.org, comes with a CD containing all the proceedings of the expert process. The 91-page report can also be downloaded from www.icrc.org

Available in English. Sfr. 15.

International Humanitarian Law. A Universal Code.

ICRC, 2009

Can international humanitarian law protect people affected by today's conflicts? This 13-minute film, which can be downloaded free of charge from www.icrc.org, looks at the risks such as displacement, hostage-taking, cluster munitions and war crimes. It explains the basic laws of war and reminds viewers that respecting them is everyone's responsibility.

Available in English, French and German. Sfr. 20.

Safe delivery: traditional birth attendants in Liberia

ICRC, 2009

As Liberia recovers from civil war, health workers and midwives are in short supply. This 17-minute film, which can be downloaded free of charge from www.icrc.org, tells the story of a training programme to improve the skills of traditional birth attendants to help with normal deliveries and send women with problems to the nearest health centre.

Available in English and French. Sfr. 20.

Interested in the latest ICRC material?

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Henry Dunant (1828–1910),
founder of the International Red Cross and
Red Crescent Movement
and its first volunteer.