All eyes are currently fixed on the global crisis of the values of the social environment and this apparently unstoppable trend has a decisive influence on the worldwide cultural diversity. A really complex topic that deals with the maintaining of cultural beliefs, cultural practices, heritage conservation, and with the attempts to answer the question of whether or not any given cultures will exist in the next future for the next generation.

In this frame, history teaches us that the greatest misfortune for human beings is to be uprooted from their origins. Therefore the protection of cultural heritage plays a sensitive role in the 21st century global landscape. It represents one of the most effective tools in building sustainable peace and security, especially in those areas affected by war and internal conflicts, and where civilians are often obliged to escape from violence. As a result, the growing phenomena of human migrations is shifting the geopolitical map at national and international level. These changes lead to new challenges in integration, respect of human rights and peaceful coexistence among people from different cultures and religions. Too frequently we observe a drastic clash of civilizations, which then turns into violent actions and terrorist attacks against innocent and unarmed civilians, as well as against the cultural expressions of different national, religious and artistic history. It looks like if there is an insane strategy oriented to destroy what humanity built over centuries.

That is why the international community has fully realized the supreme importance of a complete change of course, claiming for a global approach of these emerging problems. In peacekeeping operations, the mission of stability police and law enforcement agencies is to enhance international peace and security by supporting member states in conflict, post-conflict and other crisis situations in order to realize the ideal of an effective, efficient, representative, responsive and accountable police service of the highest professional standard possible. To this end, a comprehensive pre-deployment training is a key instrument of developing sustainable police capability through accurate learning programs that benefit individual as well as the entire police organization. Through such training approach we shall include foundation, proficiency and managerial learning programs in a prioritized manner. At the same time, stability police shall seek a coordinating role within the international community in providing training support to the host State police and other law enforcement agencies with a special attention, among the other issues, to the cultural heritage protection.

Our Center of Excellence for Stability Police Units, along with the United Nations Department of Peacekeeping Operations and thanks to the strategic partnership with the U.S. Department of State, is fully involved in the sensitive role of doctrinal hub and training center, serving every possible police community, from United Nation to other local and international organization, through its advanced training method based on the consolidate Carabinieri expertise.

In this third issue of our periodical we have tried to present new subject areas along the lines of the above mentioned statements. Hoping our efforts would be able to match your expectations, I welcome you to discover all news mentioned inside this CoESPU Magazine.

Wishing you a happy reading, I invite you all to follow us on Facebook, Twitter, LinkedIn and also on our institutional website.

Good luck to you all!

Giovanni Pietro Barbano
Brigadier General
CoESPU Director
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>CULTURAL HERITAGE PROTECTION</td>
<td>1</td>
</tr>
<tr>
<td>UN &amp; CoESPU: STRATEGIC GOALS - STRATEGIC COOPERATION</td>
<td>7</td>
</tr>
<tr>
<td>INTERVIEW TO THE DIRECTOR OF THE UN GLOBAL SERVICE CENTRE IN BRINDISI-ITALY</td>
<td>11</td>
</tr>
<tr>
<td>RWANDA AND THE LONG ROAD TO WOMEN EMPOWERMENT</td>
<td>15</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; OSCE LIVE EXERCISE IN COMBATING HUMAN TRAFFICKING ALONG MIGRATION ROUTES</td>
<td>20</td>
</tr>
<tr>
<td>40&lt;sup&gt;th&lt;/sup&gt; ROUND TABLE ON CURRENT ISSUES OF INTERNATIONAL HUMANITARIAN LAW</td>
<td>25</td>
</tr>
<tr>
<td>JUSTIFIED ACCORD 2017</td>
<td>29</td>
</tr>
<tr>
<td>HUMAN TRAFFICKING INVESTIGATIONS AND PROTECTION OF TRAFFICKED PERSONS</td>
<td>32</td>
</tr>
<tr>
<td>23&lt;sup&gt;rd&lt;/sup&gt; IAPTC ANNUAL CONFERENCE</td>
<td>35</td>
</tr>
<tr>
<td>NATO MILITARY POLICE CHIEFS CONFERENCE</td>
<td>38</td>
</tr>
<tr>
<td>KONINKLIJKE MARECHAUSSEE</td>
<td>41</td>
</tr>
<tr>
<td>CORTISOL - THE STRESS HORMONE</td>
<td>47</td>
</tr>
<tr>
<td>COESPU PHYSICAL TRAINING CONCEPTS</td>
<td>53</td>
</tr>
<tr>
<td>INTERNATIONAL CENTRE FOR THE PERFORMING ARTS FRANCO ZEFFIRELLI FOUNDATION ONLUS</td>
<td>57</td>
</tr>
<tr>
<td>BFG</td>
<td>62</td>
</tr>
</tbody>
</table>
We often hear about the importance of “cultural heritage protection”. But what is the real meaning of “cultural heritage”?

First of all, let’s have a look at the meaning of the words. “Heritage” is a property, something that is inherited, passed down from previous generations. In the case of “cultural heritage,” the heritage doesn’t consist of money or property, but of culture, values and traditions. “Cultural heritage” implies a shared bond, our belonging to a community. It represents our history and our identity: our bond to the past, to our present, and our future.

In general terms, cultural heritage often brings to mind artifacts such as paintings, drawings, prints, mosaics, sculptures, historical monuments and buildings, as well as archaeological sites. But the concept of cultural heritage is even wider than that, and has gradually grown up to include all evidence of human creativity and expression such as photographs, documents, books, manuscripts, musical, technical (etc.) instruments, either as individual objects or as collections. At the same time, towns, underwater heritage, and the natural environment are also considered part of cultural...
heritage since communities identify themselves with the natural landscape. With reference to this group of material objects, we can define them as “tangible cultural heritage”.

By contrast, “intangible cultural heritage” consists of immaterial elements such as traditions, oral history, performing arts, social practices, traditional craftsmanship, representations, rituals, knowledge and skills transmitted from generation to generation within a community.

The outstanding characteristic of cultural heritage is its great vulnerability, especially during times of conflict. Therefore the cultural heritage needs to be perpetually preserved and protected from any threat.

Historically, World War II resulted in a heavy toll of massive destruction of cultural sites and looting of art objects throughout Europe and around the world. It revealed the shortcomings of previous conventions oriented to cultural heritage protection, such as the 1899 Hague Convention (Prohibiting the Deliberate Bombardment and Destruction of Heritage Sites or Looting of Cultural Property), the 1907 Hague Convention and the 1935 Treaty on the Protection of Artistic and Scientific Institutions and Historic Monuments.

Post war, the 1954 Hague Convention (Convention for the Protection of Cultural Property in the Event of Armed Conflict) was the first legal framework to set rules on how to identify cultural property to be protected, marking it with an internationally recognized emblem represented by a blue shield, how to register its protection under the Convention, and how to evacuate the property when threatened by an imminent damage.

Since then, the legal framework of provisions to protect the cultural heritage has been widely developed, involving a multidimensional range of regional and international organizations.

In this regard it looks pertinent to mention the following relevant conventions and previsions: the 1970 UNESCO (United Nations Educational, Scientific and Cultural Organization) Convention, the 1972 UNESCO Convention, the 1995 UNIDROIT (International Institute for the Unification of

Nevertheless, the recent armed conflicts in Iraq, Afghanistan, Syria and other countries such as Yemen, Mali, and Nigeria, have brought the destruction and looting of cultural heritage in their wake. Archaeological sites at Palmyra in Syria and Nimrud in Iraq are currently among the most visible heritage sites being destroyed in regions at war, but the willful destruction of cultural heritage or artifacts is by no means a new feature of warfare.

Reacting to the situation in Iraq, in 2003 the United Nations (UN) Security Council adopted Resolution 1483, which includes a ban on trafficking in cultural objects illegally removed from Iraq since its invasion of Kuwait, and a call to facilitate their return. On 12 February 2015, the UN Security Council unanimously adopted the Resolution 2199, condemning the deliberate destruction of cultural heritage by terrorists in Iraq and Syria, and the looting and smuggling of heritage artefacts to finance terrorist activities.

In the same vein, in March 2015 UNESCO initiated the “#Unite4Heritage” worldwide social media campaign to protect endangered cultural heritage, aiming to encourage participants to contribute financially or to volunteer for cultural heritage protection projects.

At a roundtable debate in June 2015, UNESCO supported the Italian Government’s suggestion to task “blue helmets” peacekeeping forces with heritage protection missions. On 16 February 2016 it was signed an agreement with the Italian Government, establishing an high level team represented by cultural heritage experts, archaeologists, art detectives, historians, restorers, and an Italian police task force composed by Carabinieri Command for the Protection of Cultural Heritage, who have been recognized at the international level for their high level of expertise in this specific field.

In particular the specialized Carabinieri task force was tasked to contribute in putting in place police support to secure cultural heritage and counter illegal trafficking.
A further progress has been made by UN on 24 March 2017, when the UN Security Council, at its 7907th meeting, unanimously adopted the Resolution 2347 for the protection of heritage. In this event, UNESCO Director General Irina Bokova addressed the UN meeting on the sensitive issue “Maintenance of International Peace and Security: Destruction and Trafficking of Cultural Heritage by Terrorist Groups and in Situations of Armed Conflict”, stressing the concept that the deliberate destruction of heritage is a war crime and it has become a tactic of war to tear societies over the long term, in a strategy of cultural cleansing. In particular, Director General Irina Bokova stated that “defending cultural heritage is more than a cultural issue, it is a security imperative, inseparable from that of defending human lives”, as she spoke in support of the Resolution 2347, with Executive Director of UNODC Youri Fedotov and Brigadier General Fabrizio Parrulli, Commander of the Carabinieri Command for the Protection of Cultural Heritage. Resolution 2347 represents a really relevant milestone for the Security Council, reflecting the new global recognition of the importance of heritage protection for peace and security worldwide.

Furthermore, adopting this strategic Resolution the Council welcomed actions by UNESCO to preserve cultural heritage in peril and to protect and promote cultural pluralism, encouraging Member States to support them.

Considering that the protection of cultural heritage comes before all from a special cultural awareness and sensitivity, it also seems necessary to focus the global efforts on the need of specific training.

Following this approach and transposing the above mentioned UN resolution, also CoESPU is now oriented to provide its own qualified contribution in this particular field, through the forthcoming
institution of a new Chair in Cultural Heritage Protection. 
An important commitment not only for our Center of Excellence, but also for the entire Carabinieri Corps that, over the years, has been able to keep up with the times, remodeling its strategic organization and operational capabilities to address, in the best possible way, all new security challenges for the protection of the Community at home and abroad.

Written by:
Capt. Alberto Veronese
CoESPU Magazine Chief Editor
The year 2017 marks a little known but important 10th anniversary for the global security architecture. It was in March 2007 that the then Police Adviser in the United Nations Department for Peacekeeping Operations, DPKO, sent a letter to the then Director of the Center of Excellence for Stability Police Units, CoESPU, attaching a mutually agreed aide-memoire for modalities of cooperation.

The aide-memoire built on the milestone 2005 decision by the Government of Italy, in accordance with the G8 Action Plan, to establish a special international police training center and doctrinal hub. The Center was created to harness the impressive world of peacekeeping expertise developed by the Italian Carabinieri, in cooperation with other partners, in particular the United States.

The 2007 aide-memoire served as the reference point for our mutual cooperation. The same year, I was appointed Assistant Secretary-General to build up the UN Office for Rule of Law and Security Institutions, OROLSI, which had just been approved by the UN General Assembly as a new entity in the UN Department of Peacekeeping Operations. The CoESPU Director, Lieutenant-General Emilio Borghini, and I resolved to invest a great deal of effort in operationalizing this preliminary arrangement and place it on solid ground. The result was an agreement to radically enhance cooperation between CoESPU and DPKO -- a milestone Memorandum of Understanding signed by both of us in June 2010.

Our agreement had three overarching objectives: contribute to the conduct of UN peacekeeping operations in the area of police; strengthen the Organization’s ability to establish, maintain and sustain peace components in UN operations on the basis of Security Council resolutions; and support the comprehensive
training and field deployment of UN Formed Police Units, FPUs, in line with UN Police Division policies, standardized curriculum and readiness standards. It represented a major breakthrough for the UN Office for Rule of Law and Security Institutions, whose mission was to bring together and create synergy among a range of key components, including UN police; justice and corrections elements; disarmament, demobilization and reintegration; weapon management and mine action, and later, security sector management. As such, we had to undertake the whole cycle of activities -- from force generation, training and deployment -- to partnering, national capacity building, production of lessons learned and transfer of policing responsibilities in post-conflict situations to other national and international partners. The massive scope and volume of UN policing activities throughout the world -- involving as of today almost 14000 mandated officers, including up to 9000 projected police in FPUs -- requires a considerably strengthened platform to considerably reinforce the daily work of the Police Division at the UN Headquarters. The challenge was and is daunting, requiring highly advanced skills, in particular in the area of training and doctrine, with reliable, world-class partners.

CoESPU is the very model of such a partner. It is open to a range of countries participating in UN peace operations, especially in Africa, who are interested in creating their own Stability Police Units and employing those in UN operations. Its main beneficiaries are also the largest UN police contributors, including Bangladesh, Cameroon, Jordan, Nepal, Rwanda, Senegal, Pakistan, and others. It is underpinned by Italy’s indispensable global role, as a member of the G20, the G7 and the current UN Security Council; and as the largest western contributor of uniformed personnel to UN operations. General Claudio Graziano, Chief of Italian Defense General Staff and himself an exceptionally experienced UN peacekeeper, is always keen to stress the need for the international community to adopt a strategic approach to world affairs so as to prevent cycles of instability. The UN-CoESPU partnership represents exactly such an approach. As a result of this partnership, CoESPU has launched several new training projects better tailored to UN needs, comprising courses for FPU Commanders dedicated to relations between police, civilian and military
components in operations; high-risk police activities; tools to address sexual and gender-based violence in the framework of the protection of civilians; and train-the-trainers courses. These efforts have required adjustment, flexibility and mutual compatibility, not to mention candid understanding of our respective comparative advantages. With vision, patience and dedication, both our entities managed to overcome initial challenges and make this cooperation a vital element of the international partnership in support for peace and security, with remarkable results. As of 2017, the UN Police Division works jointly with the Center and US-led donors to deliver 10 FPU Commander Courses, including in French. CoESPU has also organized two FPU Coordinator Courses for police officers serving in peacekeeping operations and UN Special Political Missions.

Today, CoESPU can take pride in the fact that almost 10000 police officers and officials, from nearly 110 countries and a long list of international organizations, have been trained in its facilities. It also actively supports the UN in organizing, hosting and conducting workshops to develop and review police documents, curricula, policy papers and more. In 2016, CoESPU officers participated in a Thematic Meeting on Police Administration organized by the UN Police Division at the UN Logistics Base in Brindisi, which also houses the 40-strong UN Standing Police Capacity. This vital facility has established an excellent, mutually-reinforcing relationship with the Center. The anticipated appointment of a senior Carabinieri officer with UN experience as the Corps Commander in Brindisi promises to further strengthen strategic and operational links between our two entities.

In a previous issue of this magazine, Carabinieri Commanding General Tullio Del Sette warned of the grave global risks posed to the international community by organized crime, terrorism, environmental depravation, exploitation of natural resources and large refugee flows. These challenges require much more from all key stakeholders. That is why the UN sees considerable potential for growth in cooperation with CoESPU -- first and foremost in increased volume of training to benefit peace operations as well as doctrinal development. Activities scheduled in this area for 2017 include two new FPU training course, a Coordinator course, workshops on the standard operating procedure for selection and recruitment, and other efforts.

In May 2017, Jean-Pierre Lacroix, the UN Under-Secretary-General for Peacekeeping Operations, approved the new UN-CoESPU Updated Cooperation Action Points. These concentrate on deepening our interaction in the area of programs, exercises and courses; provision of special advisers and trainers in support of DPKO activities in the field; delivery of pre-deployment training and specialized police experts teams; induction of rapid mobile training assets and much more. The CoESPU Director, Brigadier General Giovanni Pietro Barbano, and his highly capable team visit UN
Headquarters regularly for briefings, comprehensive exchanges, and forward planning. UN officials visit the Center regularly to discuss operational and strategic collaboration. DPKO Police Adviser Stefan Feller is actively involved in strengthening cooperation. A notable aspect of our enhanced partnership was the recent entry of the European Gendarmerie Force into UN peace operations, through the deployment in Mali of an expert capacity-building team on organized crime. Now, all of us need to look ahead, as the global demands and challenges remain massive. We need to step up our overall efforts for crisis prevention, the top priority of UN Secretary-General Antonio Guterres. A key task for both our Organizations should be to explore what more can be done together to address organized crime, corruption, counter-terrorism, and addressing the flows of migrants and refugees. All of this will require a much strengthened concept for formed police units. We need to be more agile and delivery-oriented in post-conflict settings, so as to rebuild devastated national capacities, which should be done from the outset of any international intervention. The time has come to ramp up our joint activities in planning for possible international involvement in Libya, Syria and Yemen. Across the board, we need to link police activities more closely to the whole range of endeavors in the rule of law. For the UN, a strong rule-of-law framework provides the basis for well-functioning government, peace and stability, accountability and effective instruments for sustainable development. It requires UN officers and international partners to master the full spectrum of non-traditional skills, from gender issues to project management. And we are obliged to do more to modernize UN policing both technologically and conceptually. With that, I am confident that the United Nations, which sustains a major police presence in almost 20 conflict-ridden countries, will bring its vital cooperation with CoESPU to yet another level. This strategic cooperation has become an indispensable element of the contemporary security architecture.

Dmitry Titov
Former Founding Assistant Secretary-General
United Nations Office for Rule of Law and Security Institutions

Dmitry Titov was appointed by Secretary-General Ban Ki-moon in July 2007 as Assistant Secretary-General for the Rule of Law and Security Institutions in the United Nations Department of Peacekeeping Operations and served in this capacity until June 2017. Assistant Secretary-General Titov has worked in peacekeeping since joining the United Nations in 1991, and served as Director of the Africa Division in DPKO from 1998. In 2007, Mr. Titov led the United Nations team in negotiations with the Government of Sudan for a Hybrid African Union-United Nations peacekeeping force in Darfur, leading to the creation of UNAMID. He oversaw the management of peacekeeping operations in Angola, Burundi, Côte d'Ivoire, the Democratic Republic of the Congo, Ethiopia/Eritrea, Liberia, Sierra Leone, Sudan, Western Sahara and elsewhere. In many United Nations peacekeeping missions in Africa, he helped develop programmes for the establishment of the rule of law, disarmament, demobilization and reintegration, and security sector reform.
INTERVIEW TO THE DIRECTOR OF
THE UN GLOBAL SERVICE CENTRE IN BRINDISI - ITALY

We are glad to welcome this opportunity to introduce our readers in the UN Global Service Center (UN-SGC), located in Brindisi – Italy, thanks to the interview kindly granted by Mr. Paul Buades, UNSGC Director.

Born in September 1956 in Oran, Algeria, Mr. Paul Buades is the current Director of the Global Service Centre since 2 November 2015. He has served with the United Nations since 2006, when he acted as the Director of the Procurement Division for the Department of Management. In 2010, he was appointed as Director of Mission Support of the United Nations Organization Stabilization Mission in the Democratic Republic of the Congo (MONUSCO). From September 2013, he was appointed as Director of Mission Support of the United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA). Prior to joining the United Nations, Mr. Buades spent twenty years as an International Civil Servant in various capacities, with the NATO-SHAPE (Belgium).

Let’s start with the interview!

Dear Mr. Director, for more than 20 years the United Nations Logistics Base, UNLB, provided support to the Peacekeeping Missions. In 2010, UNLB became the Global Service Centre (GSC). Could you explain what is the mandate of the GSC and in which ways it differentiated from the former UNLB?

Providing support to the field has always been and continues to be our mandate and our DNA, despite the fact that we were UNLB and today we are GSC. What has changed over the past 10 years is four folds: (1) the modality in which GSC operates in order to respond to the wider, more complex and dynamic scenarios and requirements of our clients. This required an internal transformation of the Organisation for which our Staff and Management are committed to make it successful. (2) is the client base which is growing from the Field Missions to UN Secretariat and System and likely tomorrow non UN Clients. (3) involves the portfolio which has been extended to embrace new and additional functions like the Occupational Health & Safety (OSH), Environmental
Management & Compliance, and (4) is represented by the many technical and management certifications e.g. ISO 9001, 14001, 20000 and 27001 which proves that UNLB is the past and GSC is the future operational arm of the UN Secretariat. I cannot talk of GSC without mentioning a component which is very well known to COESPU for the longstanding collaboration between SCP and the COESPU. The SPC is co-located with GSC in Brindisi, assists in the fulfillment of the strategic mission of the UN Police by providing rapidly deployable, effective, and coherent policing expertise to UN peace operations, including start-up capacity post conflict and assistance to existing UN missions and other partners. The SPC works closely with the UN Justice and Corrections Standing Capacity (JCSC), also established at the GSC in Brindisi.

**Mr. Buades, can you give an example of a situation in which the GSC support was rapidly provided?**

I could give several, but the first that comes to my mind is when last year a heavy storm destroyed the construction site of the new operational HQs of the UN Peacekeeping Mission-MINUSMA in Bamako, Mali. Several prefabricated buildings and ablution containers were up-rooted by a cyclone causing fatalities, injuries and damages. The GSC-OSH Officer and Chief Engineer arrived in Bamako only 2 days after the Mission’s request, to conduct a safety and engineering assessment. All findings and recommendations for corrective solutions have been accepted and implemented by the Mission Management and made available to other Field Missions which could potentially experience such type of heavy storms.
Which initiatives is the GSC undertaking in line with the 2030 SG agenda?

GSC fully embraces the 2030 SG Agenda. GSC is on the forefront in seeking suitable environmental solutions for the Field Missions, in terms of renewable energies, water and waste water, environmental management systems. The Environment Team at GSC also adopts innovative processes to treat and remedy the contaminated soil. Last year, a number of more centric GSC activities and events were organized to increase environmental awareness in the Staff as well. These are optimal opportunities to build partnerships (Goal 17). The message is clear: nothing can be achieved in isolation, and now more than ever the United Nations is the only possible answer to the challenges that the world is called to meet.

Thanks Mr. Paul Buades for your valuable contribution to our CoESPU Magazine. Over this special opportunity, your interview, highlighting our on-going mutual and fruitful cooperation, represents the most appreciated recognition of CoESPU mission, making us proud to be part of the big UN family.
On March 2015 a Rwandan delegation presented at the 59th session of the Commission on the Status of Women which took place at United Nations Headquarters in New York, and the main focus was a review of progress made in implementing the 1995 Beijing declarations. The event in a way was a celebration of the progress the country has made in line with women empowerment, and here are the highlights (as regards progress) over the years.

**DECISION MAKING**

"The Fourth United Nations Conference on Women in Beijing 1995". "Women's National Commission UK 24 April 2014". According to Rwanda’s report on the implementation of the 1995 Beijing declarations on the status of women launched, Rwanda has achieved a lot in as far as putting in place laws, policies that have resulted in increased participation of women in decision-making.

"Grace Gatera & Irene Nayebare (2013). Why Rwanda is a role model in women emancipation, New Times Newspaper the report states”. Women constitute 50 per cent of the judiciary, 39 per cent cabinet, 40 per cent provincial governors, 43.2 per cent of district council members and 83.3 per cent of vice mayors in charge of social affairs.

Today, Rwanda leads the world in terms of women’s representation in parliament, increasing from 56.3 per cent in 2008 to 64% in 2013 elections.
The New York meeting also heard that Rwanda has established several rehabilitation centers for gender-based violence (GBV) victims. Isange One Stop Center which means feel welcome (in our mother tongue kinyarwanda) it helped addressing Gender based Violence cases in the countrywide. Which provide free 24-hour medical, psycho-social counseling, legal, and safe housing services for victims of Gender based violence (GBV), provide free services for survivors of child domestic abuse and Gender –based Violence. The Center operates a free phone hotline for help facilitate quick emergency reporting, information access and rapid response to GBV cases are also in place and protection from further violence and psychosocial care and support and collection of forensic evidence. In 2012 the Center was awarded the United Nations Public Service Award for its service excellence in responding to GBV and child Abuse. About 44 other Centers so far been established in district hospitals across the country. With the resolve to avoid a repeat of the past and build a new, united and prosperous Rwanda, a marshal plan for Rwanda, was crafted through what was known as the Urugwiro debates that took place between May 1998 and March 1999. Rwanda unique history made her learn quickly how to find home grown solutions to her problems from within, after abandonment by the International Community in 1959 and again in 1994.

In 2006, Rwanda Men’s Resource Centre was set up to coordinate the engagement of men and boys in promoting gender equality. It is a key driver in fighting GBV by changing the patriarchal mind set in the community.

The report adds that Rwandan women play a key role in promoting peace, unity and reconciliation throughout the post-genocide reconstruction and recovery process. Women were appointed to head key institutions intended to handle post-genocide reconciliation such as the Unity and Reconciliation Commission and Gacaca courts where they constituted over 30 per cent of the more than 160,000 judges countrywide.

Such efforts saw Rwanda become second globally on the 2009 Social Watch Gender Equity Index, with only Sweden having a higher score.

At international level, Rwandan women have played a significant role in UN peacekeeping missions, as peacekeepers and as police and military observers, in Sudan, South Sudan, Haiti, Ivory Cost, Liberia, Mali and Central African Republic.
In 2005 to May 2014, at least 877 Women Police Officers had served in UN and AU peacekeeping missions.

While Women are still under-represented in the top echelons of police command structures, the number of Commissioned Officers is growing. This is as a result of a deliberate policy of recruitment and encouragement by government for Women to join the forces. For instance by 2012, there were 137 female commissioned officers in Rwanda National Police, as compared to only 50 before 2009, from 2010 to 2017 the number has increased to the percentage of 21.1%

POVERTY ERADICATION

Rwanda has made a lot of effort to lift the people from extreme poverty more than 90% of children 12 go to school, and more than 90% of population have universal insurance medical scheme, paying particular attention to women, who form the majority of the poor.

Figures to be presented at the UN conference show that the percentage of female-headed households in poverty fell by 13 per cent in five years from 60.2 per cent in 2005-2006 to 47 per cent in 2010-2011.

The 98 per cent of Rwandan Women now receive antenatal care from skilled providers and over 69 per cent births occur in health facilities, assisted by a skilled people.

In addition, the increased use of mobile technologies and rapid SMS for emergency labour and other medical complications have resulted in considerable decrease of maternal and infant mortality rates. For example the maternal mortality rate decreased from 750/100,000 live births in 2005-2006 to 476/100,000 in 2010-2011.

"Rwanda country report on the implementation of the regional and international human rights instruments on the rights of women (2011), [http://www.migeprof.gov.rw](http://www.migeprof.gov.rw)" Women have the rights to modern contraceptive use and advice if they are 21 years or older. Contraceptive prevalence rate increased from 4.3 per cent in 2000 to 47.7 per cent in 2012.
Popular radio plays such as Urunana and Musekeweya pass on critical information and behavior change messages most times in line with sexual and reproductive health, nutrition and HIV prevention. The positive strides have been made towards gender equality and addressing violations of the rights of women and girls towards gender parity at all decision making levels, throughout the protection and the enforcement of respect of the rights, the participation and the conservation of a Gender perspective in times of peace and war. The approach of awareness raising, empowerment, enforcement and local, the best approaches are adopted by the Rwandan Government in support to make a reality Gender Equality and Gender empowerment and those was lead Rwanda to be a role model in Africa and in the world on inclusive and accountable governance, control of corruption, ease of doing business.

Written by:
Grace RUKUNDO
Inspector - Rwanda National Police
Email: mwizaqueen@gmail.com
THIRD LIVE SIMULATION TRAINING COURSE IN
“COMBATING HUMAN TRAFFICKING ALONG MIGRATION ROUTES”

From 11th to 15th September, 2017, the Center of Excellence for Stability Police Units (CoESPU) has hosted the OSCE Third Live Simulation Based Training Course in “Combating Human Trafficking along Migration Routes”.

The third edition of this pilot training, organized by OSCE – Organization for Security and Co-operation in Europe – and partnered with the Italian Carabinieri, aimed to enhance the ability of the participants to effectively investigate the Trafficking in Human Beings (THB), and promptly identify the THB victims along migration routes by promoting a multi-agency and human right-based approach.

Over 65 professionals from law enforcement, Carabinieri included, labour inspectorates, financial investigative units, prosecutorial offices, NGOs and social services from 36 states are participating in the OSCE live simulation. The course foresees an intensive one-week realistic, expert-developed exercise that simulate real cases of labour and

The use of the helicopter has given an added value to the whole exercise
sexual exploitation among migrants, including child victims. During the training activity, participants were encouraged to make proactive use of special investigative techniques, including financial probes, to trace and size traffickers’ profits: unique in its kind, its implementation required wide support staff from local authorities and civil society networks, including leading international organizations such as UNODC, UNHCR, IOM, EUROPOL and INTERPOL.
This project is part of the OSCE ongoing efforts to prevent and tackle human exploitation within framework of the current migratory flows. CoESPU will also host the next training live exercise, planned by the November of 2017, within the frame of the common strategy in “Combating Human Trafficking along Migration Routes” addressed by Italy.
As tradition, by virtue of the close relations between the two institutes, also this year the CoESPU, with the presence of the Director of the Center, Gen.B. Pietro Giovanni Barbano and my participation, as holder of the CoESPU International and Humanitarian Law Chair, took part at the important annual round table organized by the Sanremo International Institute of Humanitarian Law (IIHL).

The initiative, entitled “the Additional Protocols 40 years later: new conflicts, new actors, new perspectives”, organized in collaboration with the International Committee of the Red Cross, awarded with the plate of the President of the Italian Republic and with the advocacy of the Italian Ministry of Foreign Affairs and International Cooperation, offered the opportunity to focus, forty years after their adoption, on the relevance of the Additional Protocols to the Geneva Conventions, signed at The Hague in 1977.

Institutional greetings, including the one of Professor Fausto Pocar, Chairman of IIHL, were followed by eight different sessions analyzing new conflicts and future prospects of humanitarian law.

The high value of the roundtable has been, for sure, determined by the international level of the initiative and the alternation of rapporteurs and moderators with prestigious professional backgrounds and equally peculiar academic, diplomatic and military experiences. The most important international universities such as Tel Aviv, Brussels, Genoa, Nottingham, Frankfurt, Turin, Milan and Reggio Calabria, with the participation of their academics, contributed to the conference.

The speakers and the audience,
composed by experts of international level, discussed the most relevant current issues such as deprivation of individual freedom in armed conflict, sexual and gender violence, medical staff protection and humanitarian negotiations.

The contributions by the institutional representatives in the forefront in the study and protection of human rights were also greatly appreciated; among these the French Defense Ministry, the International Red Cross, the International Criminal Court, the Colombian Representation to the United Nations and the Italian Inter-Ministerial Commission on Human Rights.

The opportunity to take part in such a remarkable event has given me the chance to strengthen my understanding of certain topics of IHL with a sure positive repercussion for my next activities at the Center. It is fair to remember that although the Center deals mostly with the training and coaching of police forces, that will be employed as UN peacekeepers in destabilized areas only after the cessation of hostilities, it is fundamental, for them, to be aware of the major provisions of the International Humanitarian Law (IHL).

Actually, although peacekeepers are generally not considered part to armed conflict (i.e. as fighters or combatants), the Secretary General’s Bulletin on the Observance by United Nations forces of International Humanitarian Law (ST/SGB/1999/13) stipulates that peacekeepers will, when involved in hostilities, adhere to the principles of IHL as it relates to the use of force and the treatment of civilians and other non-combatants, as well as persons placed hors de combat.
In exceptional circumstances peacekeepers may in fact become full parties to the conflict and thus will become subject to the full extent of International Humanitarian Law. IHL establishes the responsibilities of armed actors, restricting the use of certain methods and means of warfare, striking a balance between military necessity and the principle of humanity (the protection of persons affected by armed conflict). All parties to the conflict – including government forces, rebels and other armed groups – are bound by IHL and it is a priority for UN peacekeepers to be familiar with it in order to be able to recognize every possible breach and thus properly exercise their protection of civilians mandate. International Humanitarian Law is one of the milestones in the CoESPU training activities, as it is the teaching of the International Human Rights Law, two branches of the International Law that are deeply related with each other and establish a relevant legal framework for the modern peace missions.

Nothing more appropriate, considering the current situation in conflict areas, could be done, by the IIHL, than devoting part of this Round Table to gender issues related to the application of IHL. By introducing the sessions dedicated to the analysis of Sexual Gender Based Violence (SGBV), the integration of a gender perspective into the IHL, but also to the problems related to the treatment of persons deprived of their freedom, the importance of the topic and the sensitivity of the international community to the theme have been emphasized and, in the writer's view,
it has been stood out a rising influence and integration of the International Human Rights principles on IHL. The IIHL with its initiative highlighted that Gender Violence, whilst still prevalent in many armed conflicts, does not appear to be widely addressed in traditional IHL training packages for the armed forces. The issue assumes also more and more relevance if we consider the growing number of women involved in the battlefield, either in regular and non-state armed forces.

The subject itself covers a wide range of behaviors not all of which amount to breaches of IHL, but ranging from individual criminal conduct by, for instance, peacekeepers, to its systematic employment as a means and method of warfare.

The UN Security Council Resolution 1325, which acknowledged that men and women are affected by armed conflict and destabilization in a very different way, was issued in 2000 and since then the international community has pledged to prevent and protect women and support them to play an active role in the post-conflict reconstruction processes. At the same time, unfortunately, comparable improvements haven't been implemented with regard to the real conflict situations, where the latest normative provisions recognizing some form of "special protection" for these primarily affected categories goes back to the 1977 Additional Protocols.

The spirit of the interventions by speakers and participants has been, however, encouraging, and there is hope that the IHL provisions will be, in the near future, further reformed and the SGBV in conflict will be recognized as relevant as other key pillars such as distinction and precaution are today.

Written by:
Major Marco SUTTO
CoESPU Human Rights &International Humanitarian Law Chair
JUSTIFIED ACCORD 2017

Italy, U.S. Army personnel, African partners, other Allies and international organizations conducted the Exercise JA17 on 20-24 March 2017 in Addis Ababa at the Peace Support Training Center. AMISOM troop/Police Contributing Countries (such as for example Ethiopia, Djibouti, Kenya, Somalia, Uganda), Allied nations (such as the United Kingdom, the Netherlands, Italy) and other International Actors (for example AU, Int’l Committee of the Red Cross (ICRC), COESPU) took part in the JA17.

The aim of this initiative was to bring together U.S. Army personnel, African partners, allies and international organizations to talk about peacekeeping operations and interoperability among participating nations for peacekeeping operations in the East Africa region but also to talk about the incoming challenges in Somalia related to a transitional phase to a Somali-led mission.

JA17, an operational – level Table Top exercise (TTX), was organized in two stages following an active methodology; a first phase with preparatory academics followed by a second phase of mentor-led vignette-based discussions. During the vignette phase, participants were divided into...
three working groups, conducted discussions and developed shareable and sustainable answers to the different issues related to transitional AMISOM control to a Somali – led mission. Two Carabinieri officers took part in the exercise: Lieutenant Colonel Paolo Di Piazza, on behalf of COESPU, and the Battalion Commander of the Gorizia-based 13° Carabinieri Regiment “Friuli Venezia Giulia”, Lieutenant Colonel Andrea Azzolini. Both officers served as observers/mentors in one of the three Teams. This kind of exercises provides organizations, countries as well as personnel with different backgrounds and cultures with a forum to work together to achieve the same goal, sharing instruments and strategies. Furthermore, the exercises offer the opportunity to bring all the parties involved - military, police and civilian components known to have different organizational structures, projects and deadlines – to joint multi-dimensional peace operations. As far as COESPU is concerned, it must be said that it is a very important partnership between Italy and US in supporting African partners. COESPU Deputy Director is an US ARMY Colonel whose mission is to assist the training of police forces in stability and policing operations. Agreements signed by Italy and the U.S. Department of State make resources needed by COESPU available to support the cost of GPOI (Global Peace Operation Initiative) training. If we consider that the contents of the report presented to the Secretary-General on 16 June 2015 by the High-Level Independent Panel on Peace Operations maintained that: “62.5 percent of UN peace operations and 87 percent of all uniformed UN peacekeepers are in Africa, whilst more than 80 percent of the annual peacekeeping budget is spent on missions in Africa”, it follows that COESPU participation in exercises like JA17 is very important because trainees at GPOI courses come to a very large extent from Africa. In one of the JA17 meetings it was underscored that it is of vital importance for a Commander to be able to convey to all the parties involved his own vision of a mission, of its purposes and goals. It goes without saying that doctrine is a fundamental set of principles providing policies and procedures that guide military forces and Police in the accomplishment of a mission. Let us consider, for example, the planning process meant as identification of strategic goals on the basis of political choices, supported by operational objectives which will in turn be linked and supported by more detailed tactical objectives. It is important for the effectiveness of a mission as well as the prevention of overlapping of different actions, although it is no absolute guarantee of success.
In fact, what makes the difference and plays a key role is neither the organizational system nor operational procedures but motivation, involvement of the staff and the attention given to local population. It must be remembered that doctrine, procedures, tactics and techniques should be applied to the way we serve communities and population revealing as fundamental elements in the various vignettes.

The current extremely varied and dynamic international context, characterised by a variety of more and more complex and complicated variables, requires an appropriate and consistent human resources management policy, of paramount importance for every commander. Human resources management is a key factor to the mission, as it gives it consistency as well as support. It is at this level that all commanders play an important role: to achieve a shared vision and values that give meaning to a mission, to explain why a mission should be carried out in a specific context, to define roles and responsibilities, to promote an active participation of personnel is the right way to enable all subjects involved to identify with the issues in questions, to help build connections and a sense of belonging.

Written by:

Lieutenant Colonel Paolo Di Piazza

*Peace Support Operations & Crisis Management Chair*
The European Union “Horn of Africa Migration Route Initiative”, also known as “Khartoum Process”, aims at establishing a continuous dialogue for enhanced cooperation on migration and mobility, while identifying and implementing concrete projects to address trafficking in human beings and the smuggling of migrants and thus giving new impetus to the regional collaboration between countries of origin, transit and destination regarding the route between the Horn of Africa and the European Union (EU).

The Italian Carabinieri adhered to the initiative being part of the three years project titled “Addressing Mixed Migration Flows in Eastern Africa”.

The project, funded by the European Union and leaded by Expertise France, the French Agency for international technical expertise, started in January 2016, targeting countries in the east Africa- Horn of Africa regions. This project intents to support the target countries to address the challenges posed by mixed migration flows. The Carabinieri support the project through the mobilization of Lieutenant Colonel Nicola Melidonis, Head of Research Office at the Center of Excellence for Stability Police Units (CoESPU) in Vicenza, Italy, as appropriate expert for conducting the preliminary national consultations, contributing to the development of the capacity building efforts focused on improving national investigative capacities to prosecute and dismantle criminal networks along the migration routes in the Eastern Africa region.

Within this ambitious project, and aiming to reinforce the capacity of concerned countries to fight criminal networks involved in irregular migration, from 15th to 19th May, 2017, it has been organized, in coordination with IOM and UNODC, a specific regional training in Debre Zeit (Ethiopia).
It gathered twenty six high ranked officers of law enforcement and judiciary institutions from Kenya, Uganda, Ethiopia, Sudan, Djibouti and the Federal Republic of Somalia’s region of Somaliland. The high-level training focused on crosscutting skills applicable to many different human trafficking and smuggling situations and included sessions on investigation, legal norms, situation analysis, information gathering and communication among others.

The overall approach of the workshop deliberately went beyond purely technical skill building and focused more on developing collaborative, cooperative, and complementary practices. The workshop consciously looked at how to foster a more integrative and holistic thinking about human trafficking and smuggling with protection lenses.

The training was built on a variety of methodologies, stressing active learning through a range of small-group, role-play, presentations with team and individual activities. Participants were invited to look through a lens of inclusion and seek opportunities of collaboration rather than avoiding inter-agency relationships. The training methodology focused on team skills, analysis, strategic planning, communication and coordination.

Moreover, one whole day out of five, was dedicated to a simulation in which participants confronted multi-faceted tasks of investigating migrant smuggling and human trafficking cases and identifying and providing adequate assistance to trafficked persons.

The fictitious case study set out a complex situation of human trafficking in which working groups had to identify a variety of protection needs of diverse population groups, find out the main needs to activate a law enforcement investigation and enact solutions, to be also elaborated as a comprehensive proposal of anti-trafficking and protection strategies and response mechanisms.

The activities conducted so far have allowed to initiate the creation of a regional networks of professionals involved in the fight against trafficking and smuggling, thus reinforcing information sharing and regional cooperation. Concrete applications of this emerging cooperation are already occurring. Expertise France will seize the opportunity for building-up a regional cooperation dynamic and mobilize experts from the East Africa region in the next activities related to peer to peer exchange.
The next phase of the project will continue to promote “peer to peer” exchanges with a view to ensure a greater involvement of national authorities.

Among all positive outcomes at the end of the workshop, it has become clear that the transnational coordination and cooperation among Governments, national and international Institutions, Police Forces, NGOs and civil Actors represents without a doubt the winning tool to effectively fight the smuggling and the trafficking of human beings.

________________

1 Its role is to help the implementation of policy on cooperation, development assistance and economic influence. Expertise France endeavours to meet the growing demand in developing, emerging and European neighbourhood countries for expertise in building public policies and addressing institutional, economic, demographic, social and environmental challenges.

Written by:
Lieutenant Colonel Nicola Melidonis
Head of Research Office at the Center of Excellence for Stability Police Units (CoESPU)

Lieutenant Colonel Nicola Melidonis is currently the Head of Research Office at the Center of Excellence for Stability Police Units (CoESPU) in Vicenza (Italy), a unique think-tank to develop training and educational activities for foreign Police/Carabinieri-like forces on Peace Operations and where the doctrines for Stability Policing are studied, developed and promoted by means of a holistic approach in collaboration with the most important International Organisations as well as academic and research institutes.
IAPTC aims to promote a global awareness on peacekeeping matters, with a specific focus on related goals, objectives, and training methods in the frame of modern multidimensional Peace Operations. Nevertheless, IAPTC activity is oriented to broaden contacts between various international organizations, Peacekeeping training centres and institutions, universities, and other interested groups, through an Annual Conference hosted geographically in a different region each year.

This year the 23rd IAPTC Annual Conference took place in Cairo, Egypt, from 11th to 14th September. The event was organized by the Cairo International Centre for Conflict Resolution, Peacekeeping and Peacebuilding (CCCPA) in coordination with the Egyptian Ministry of Foreign Affairs and in partnership with the Egyptian Ministries of Defense and Interior.

The 2017 Conference was focused on the theme “Integrated Peacekeeping Training for Complex Environments”. A really relevant issue considering that, in its 70 years of existence, Peacekeeping has become one of the most potent tools for the maintenance of international peace and security. It has evolved significantly,
from the traditional mandates of observing ceasefires that characterized the early missions, to the complex and multidimensional aspects of today’s operations.

In particular, current peacekeeping operations require a comprehensive approach in sustaining peace and security, that includes not only other preventive or contextual activities such as conflict prevention, peacemaking, and peacebuilding, but also the availability of well trained and professional peace operators.

Consequently the quality of the pre-deployment Peacekeeping training is, now more than ever, an essential key element for the success of every modern peace mission.

In this frame, CoESPU, in its capacity of center of excellence for advanced studies in the field of peace support operations, has been invited to take part in this IAPTC Annual Conference. A really relevant event in order to focus the attention on the common need to develop and globally share strategic guidelines on peacekeeping training.

In this occasion the audience expressed its appreciation for the active contribution given by the CoESPU Director and its qualified Staff, recognizing the validity of the well-known Carabinieri training methodology, as result of over two hundred year old experience in stability missions and peace operation all over the world.

An important acknowledgment not only for the Carabinieri Corps but also for our CoESPU that, as doctrinal hub for advanced studies and training center, is strongly committed to contribute in developing new doctrinal guidelines and strategic concepts, in support of the global challenges in peace and security.

Written by:
Capt. Alberto Veronese
CoESPU Magazine Chief Editor
The annual NATO Military Police Chiefs Conference (NATO-MPCC) is the principal Conference of the Military Police Community in the NATO. Even though this conference is not an official NATO body, it gives the guidance through their participants to the NATO Military Police Panel (MPP).

Chiefs of NATO Nations, Military Police Partners, Gendarmerie-like and other similar Organizations constitute the target audience.

This year the NATO MPCC has been hosted by Carabinieri in Rome, at the “Palidoro” Carabinieri Compound, from 19th to 22nd September.

This event aimed to congregate all NATO MP Chiefs and give them a forum in order to discuss common issues, as well as an unique opportunity for updating each other about the most recent developments in the fields of common interest.

This year attendance at the Conference has probably been the largest ever: 32 States (22 Member States, 7 EAPC, 1 ICI, 2 NATO Partners across the globe), ACT, ACO, 2 NATO COEs, ARRC, UN, EGF. A total number of 81 high-ranking Officers have been attending the Conference, and a conspicuous number of prestigious speakers have taken the floor so far.

The Conference has been focused on military police and stability policing topics, analyzed from the different points of view of NATO, United Nations and European Union, with reference on peculiar policing issues, that may be common to military police and stability policing, such as the cultural heritage protection...
in critical areas and in a host nation post-conflict rehabilitation phase. Also our Center of Excellence for Stability Police Units took part in the conference. During his speech, Carabinieri Brigadier General Giovanni Pietro Barbano, CoESPU Director, focused the audience attention on the significant growth in the role of police components in peacekeeping operations, and the increasingly diverse and complex policing-related tasks in the mandates of such operations.

In this frame, it was analyzed the United Nations approach, recalling also the methodologies adopted by the European Union and other International Organizations. Furthermore the current role and functions of MP forces were examined in the light of the modern multidimensional peacekeeping and peace support operations, comparing the military and civil policing assets.

A great event for CoESPU that, as qualified doctrine hub and consolidated training center, has been glad to give its support in the light of an increasingly stronger and mutually beneficial cooperation between military police, civil police and Carabinieri-like forces, aiming to expand the global knowledge and understanding on the important contribution that MP may provide to enhance the effectiveness and the impact of modern peace support operations, and also how MP might increase and ameliorate the coordination mechanisms and procedures within other mission components.
The Royal Netherlands Marechaussee (KMar) is an organization of approximately 6500 persons. It safeguards the security of the State, both in the Netherlands and further afield. It is deployed globally at locations of strategic importance: from royal palaces to the external borders of Europe, and from airports in the Netherlands to theatres of war and crisis areas all over the world. The KMar is deployable for security in any situation at home and abroad, especially when the going gets tough.

On October 26th 1814, the “Corps de Marechaussee” was established by King William I in order to replace the French Gendarmerie. During the French occupation, the word “gendarmerie” had gained a negative connotation, therefore King William I called the new force “Marechaussee” (Marechaussee is a French alternative word for “gendarmerie”).
At that time, the Royal Marechaussee was a part of the army and tasked with maintaining public order, law enforcement and safeguarding the main roads. Although not specifically mentioned, this included police duties for the army. As such, the Royal Marechaussee was also part of the national police. The Royal Marechaussee was the only police force in many small municipalities, especially in the southern provinces of Limburg and North Brabant.

In 1908, Queen Wilhelmina assigned to the Royal Marechaussee the task of guarding the royal palaces, which previously was performed by gardeners. To this day, guarding a palace is called “klompendienst” (cloq service).

On July 5, 1940, the German occupation government merged the Royal Marechaussee with the rijksveldwacht and the gemeenteveldwacht. Due to this, the Royal Marechaussee lost its military status and the predicate Royal. These changes did not apply to the Royal Marechaussee outside occupied Dutch territory. About 200 Marechaussees guarded the Royal Family and the Dutch government in-exile
and provided military police services to the Princess Irene Brigade, a brigade formed in the United Kingdom, consisting of Dutch soldiers.

After World War II, the Royal Marechaussee was split into a National Police Corps and another Corp that once again was named “Royal Marechaussee”, which regained its military status. The main tasks for the Marechaussee at that time were border protection, military police and guard duties.

In 1994, the national and municipal police forces were merged into 25 regional police forces. At that time, the police and security tasks at the airports were handed over to the Royal Marechaussee. In 1998, the Marechaussee became a separate Service within the armed forces. The present Royal Marechaussee is a police organization with a military status, under the jurisdiction of the Ministry of Defense, but mostly working for the Ministry of Security and
Justice and the Ministry of the Interior and Kingdom Relations. They represent, together with the National Police, the two institutional Dutch Police organizations. We say that the National Police is for the safety of the people in the street while the Marechaussee takes care of the State safety. Nowadays the Royal Marechaussee performs a wide variety of police duties as there are:

- General police duties when and where needed;
- Fighting illegal immigration;
- Fighting international crime;
- Protecting national and international borders;
- Guarding the royal palaces and the house of the Prime minister;
- Military police functions for the Dutch and international armed forces;
- Crowd- and riot control and protection;
- Security and police duties at all civilian airports;
- VIP close protection including the Royal Family and high-ranking government officials;
- Special Protection Assignments;
- High risk arrests, surveillance and protection.

The emblem of the Royal Netherlands Marechaussee is, as with many other gendarmerie forces, a flaming grenade.

Written by:
Colonel Arend te Velde
Chief of Staff
NATO Stability Policing Center of Excellence
NATO SP CoE
Vicenza – Italy

*Col. Arend te Velde started at the Royal Marechaussee in 1982. Starting as a NCO he was assigned to several operational positions. After attending several studies, he started his officer’s career. After being assigned as head of a personal section and having a leading role in the reorganization of the Royal Marechaussee Training Center, he was assigned as Head of a Policy Department at the Staff of the Royal Marechaussee. Furthermore, he was assigned as Responsible Commander for personal on missions and double headed as special Staff Officer and Advisor for missions. Following this assignment, he was appointed Deputy Regional Commander of the District North/East of the Marechaussee followed by taking command of this region until the 1st January 2015. At this date he was assigned to his current position as Chief of Staff of the NATO SP CoE, Italy. During his career, he also was assigned as head of the Visa department at the Dutch embassy in Poland. He served in the operations in Egypt (MFO), Bosnia and Herzegovina (SFOR), Kosovo (KFOR) and Afghanistan (ISAF).*
CORTISOL - THE STRESS HORMONE

In stress condition, many molecules are involved, and cortisol is one of them. Cortisol in common opinion is synonymous of stress, so that normally, in the common culture is defined like “stress hormone”.

In the reality cortisol is an important hormone, secreted by our adrenal gland and involved in many organic functions. As better described in the last article, during the stress reaction, a chemical message, starts from hypothalamus, arrives to hypophysis, and from hypophysis another chemical message reach to the adrenal glands that produce cortisol.

![HPA Axis Diagram]

But cortisol is not produced only in stress conditions: this mechanisms works also normally, during our normal daily life and not only when we are under stress. In the human being and in other animals are the information about the light/dark cycle that are transmitted from the retina to the paired suprachiasmatic nuclei in the hypothalamus that are the trigger.

Biochemically the effects of cortisol are to increase the level of blood sugar through gluconeogenesis, and during an high intensity activity or physical effort has also anti-inflammatory functions. Cortisol works with epinephrine (adrenaline) to create memories of short-term emotional events; this is the proposed mechanism for storage of flash-bulb memories, and may originate as a means to remember what to avoid in the future. But there are not only positive effects of cortisol productions: in fact it suppresses the immune system, acts in the inflammatory response and decreases bone formation favoring long-term development of osteoporosis (progressive bone disease). Cortisol also reduces calcium absorption in the intestine and down regulates the synthesis of collagen, an important components of connective tissue, vital element for structural tissues of our body, from muscles to tendons and joints. Others effect of cortisol is that it can lead to breakdown of proteins and so muscle wasting and to suppress lipolysis, owing to hence the increase level
tryglicerides in the blood. To a psychological level long-term exposure to cortisol damages cells in the hippocampus; this damage results in impaired learning. Furthermore, cortisol inhibits memory retrieval of already stored information.

At this point, the idea that we have of cortisol it could be enough confused, since there are positive effects and in the same time negative effects. How is it possible that?

Cortisol is a hormone and all every hormones shows some details, among which: every hormone is a messenger, a chemical messenger that through the blood flow brings informations from a part to our body to another; the level of hormones in our body are not steady and are influenced to many things: food, physical activity, drugs, biological cycles or psychological situations (grief, depression, anxiety, fear, etc, etc). This means that if we want to know the “right” levels of an hormone, we need to make different measurements in different times of day, or of specific period of time, and to verify the trend or curve.

A healthy curve, normally, shows the highest cortisol secretion in the second half of the night, with peak in the early morning, about 7-8 a.m. Following this, cortisol level decline in progressive way throughout the day, with lowest levels during the first half of the night, around 3 a.m.

The average range of cortisol in the blood, in healthy conditions, is:

<table>
<thead>
<tr>
<th>Time</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>5.0 – 25.0 mcg / dL</td>
</tr>
<tr>
<td>Afternoon</td>
<td>2.0 – 9.0 mcg / dL</td>
</tr>
<tr>
<td>Evening</td>
<td>1.0 – 8.0 mcg / dL</td>
</tr>
</tbody>
</table>

Ideally, perform the test around 8:00 a.m., and aim for the optimal range for adults is 10-15 mcg/dL.

Always at the base of psychological problems, there are the alteration of this trend. It is important to take into consideration that, the alteration of cortisol level could be the effect of bad habits, with negative impact of health condition.

Now we are going to see some symptoms and the respective bad habits:

When the shape is like a normal-optimal curve, but the values are higher, the person wake up hours before dawn in a state of anxiety, with many awakenings during the sleep, and the mind is racing at the moment of the wake up, and the energy crashes and burns sometime around midmorning (image 1);

**Image 1:** values are higher than normal-optimal
• When there is constantly high level of cortisol, without a decrease during the day, flat upward trend: to be constantly behind schedule and racing to catch up, exhausted and hyper at the same time, speaking too fast. The facilitator of these states of mind, could be too much coffee, a lack of carbs throughout the day, or an intensive focus on schedules (image 2);

Image 2: constantly high level of cortisol

• When there is higher level of cortisol during the evening right when to be coming down: to fall asleep is nearly impossible and can take hours, the person is worried in the evening or feels especially argumentative. Heavy training at the gym in the evening, to spend a lot of time online, watching TV, working out at night, to get mad or to eat a lot in the evening are the causes of this alteration (image 3);

Image 3: higher level of cortisol

• When there is lower level of cortisol throughout the day, downwards flat: to be constantly tired even after plenty of rest, to takes high octane or intense exercise to pull up, but without positive effects, to fall asleep everywhere, including work meeting.

It is important to consider that this item is strictly connected with the second trend, in fact, after cortisol has been elevated for an extended period, it can drop off completely. When it does, you feel flatlined. This usually signals adrenal exhaustion, when the overworked glands have shut down and is connected with burn-out. Causes include prolonged and intense stress, sustained periods of
inadequate sleep, and a general lack of physical and mental rest (image 4);

Image 4: lower level of cortisol throughout the day, downwards flat

To restore a right level of cortisol, is very important for our healthy. Right behavior help us to restore right level of cortisol, some of them are:

- don't skip breakfast: the breakfast is very important for health
- don't take much coffee: maximum three for a days and if there are problems with sleep, don't take coffee after 2 p.m.
- don't eat a lot for a dinner
- reduce the use of sugar and sugary drinks
- very little bit alcoholic beverage, and only during the meal, and don't smoke
- make a right diet: not high protein and eat a lot of dietary fibre like vegetable
- take the habits to walk 30-40 minutes for a day, at least
- if you have the opportunity make yoga, meditation or Mindfullness
- use wholegrain
- take the habit to drink chamomile infusion before go to bed
- sleep in a dark room, without lights from TV, PC, smartphone, tablet, etc.

To control the level of cortisol with right behavior is a very good solution and is very effective to manage the stress.

Written by:

Doctor Davide Perego
*Neuroscientist, Psyco-Neuro Physiologist, expert in psychopathology and neuropsychology*
REMEMBER WHY YOU STARTED

FITNESS
COESPU PHYSICAL TRAINING CONCEPTS

We have all heard the Latin motto “Mens sana in corpore sano”, usually translated as “A healthy mind [inhabit] in a healthy body”: this old saying is widely used in sporting and educational contexts to express the theory that physical exercise is an important or even an essential part of mental and psychological well-being.

In general terms, fitness plays in fact a very important roles in our lives. Fitness does not only refers to being physically fit, but also refers to a person’s mental state as well, and people who are both physically and mentally fit are less prone to medical conditions.

If a person is physically fit, but mentally unwell or troubled, he or she will not be able to function optimally. Mental fitness can only be achieved if our body is functioning well. Nevertheless, people who are physically fit are also healthier, are able to maintain their most optimum weight, and are also not prone to cardiac and other health problems.

The importance of physical fitness cannot be emphasized enough. In today’s society, that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain both physical and mental fitness.

If such a suggestion is really important for ordinary people, it is even more so for police and military officers.
Usually, they are called on to operate in hostile environments, often facing environments physically demanding, and emotionally draining situations.
In particular they must be able to protect the public as they have sworn under oath to serve and protect. If they are not in good shape they will not be able to handle the many critical situations often related to their duties, where they have to use their physical strength as well as they must be able to withstand the stressful and dangerous environment that they are in.

This is all the more true for officers belonging to special units devoted to high risk operations.
Last, but not least, in the public eye when a citizen looks at a police or military officer on the street, this officer represents the symbol of the entire force. A trim and fit officer can send the right message to the community, also including hostile people.
This is why law enforcement and military officers should be in the best physical fitness at all times, as it is a requirement from the very first day in which they start their training activities in the academy. They train through many different types of conditions that they must endure and be able to sustain.

The sad thing is that there are so many officers that do not continue to exercise and work out, nor do they keep themselves physically fit in body and in mind.
For all these reasons, CoESPU is very committed to the physical
health of its Carabinieri staff, as well as of the many attendees that every year take part in our training program. Among the many CoESPU facilities there is also a cutting-edge gym, fully equipped with modern machines, managed by Carabinieri personal trainers, specialised in all sport activities including self-protection and martial arts.

By going into the CoESPU gym, instantly you can feel a strong sense of professionalism and expertise that characterises the true Carabinieri approach in training activities. An indoor location where everyone can recover, maintain or improve his/her physical and psychological well-being, in accordance with the high CoESPU standards: one more example of the excellence that makes CoESPU so popular worldwide.

Written by:
Capt. Alberto Veronese
CoESPU Magazine Chief Editor
Throughout his career (spanning 70 years), writer, scenographer, costume designer and director Franco Zeffirelli produced 18 films, staged 31 theatre performances and brought to life more than 100 operatic works, all fruit of a professionalism that was built with commitment and rigor from his days as a young actor at the Accademia di Belle Arti and his love for music. His creations are both elaborate and patient constructions, the combination of an intuition based on wisdom and depth. The Museum at the International Centre for the Performing Arts was created primarily as a permanent exhibition dedicated to his work.

The exhibition begins in the post-war period, when Zeffirelli attended the Department of Architecture in Florence, while also performing with amateur companies and working as an assistant to scenographer Camillo Parravicini. A meeting with Luchino Visconti during a performance at the Teatro della Pergola led him to definitively abandon his studies and dedicate himself to show business, and he entered into the Company founded and directed by Visconti. He would spend seven years alongside Visconti, years that Zeffirelli, years later, described as "precious, extraordinarily educational and constructive for my future" first as an actor, then as stage manager for an historic show designed by Salvador Dalí and finally as a scenographer and first assistant director, also on films that have since become part of cinematic history.
Beginning in 1953, the exhibition explores the fundamental stages of Zeffirelli’s zealous international career, made all the more exciting by the intense friendships he often had with his greatest collaborators. First and foremost, Maria Callas, who, under the direction of Zeffirelli, performed masterpieces by Verdi, Puccini, Bellini, Rossini and Donizetti. Alongside priceless sketches and photographs of the shows is a costume worn by the Divina in *Turco in Italia* (courtesy of the Teatro alla Scala in Milan).

The exhibition is divided into 20 chapters, more than half of them dedicated to opera. From a young age, Zeffirelli was fascinated by opera, which he frequented as an assiduous and passionate spectator and defined as "the Art that has it all: the grassy meadow in Olympus, where all the Muses gather holding hands". It is therefore only natural that he chose to dedicate himself first and foremost to this professional field.

Four rooms are dedicated to composers (Pergolesi, Donizetti, Verdi, Puccini and Barber) and another seven monographs rooms are dedicated to the works that Zeffirelli revisited most often over the years, each time creating a different stagecraft: *Cavalleria Rusticana, Pagliacci, Falstaff, La Traviata, Aida, Turandot, Carmen* and *Don Giovanni*.

Of the other chapters, the first two that open the museum recall meetings with Luchino Visconti and Maria Callas. Two more are dedicated to classical and modern theatre, and illustrate Zeffirelli’s commitment to revitalizing the great classical theatre (especially those set in Italy, like *Romeo and Juliet, Much Ado About Nothing* and *Lorenzaccio*) and promoting Italian dramaturgy abroad (Verga, Pirandello and Eduardo de Filippo). Four chapters cover his most important cinematographic works: films based on literary works (*Romeo and Juliet, Hamlet* and *Sparrow*),
opera films (Cavalleria Rusticana, Pagliacci, La Traviata and Othello), religious films (Brother Sun, Sister Moon and Jesus of Nazareth) and autobiographical films (Tea with Mussolini and Callas Forever).

At the heart of the exhibition is a large room with Zeffirelli’s 55 original drawings for the cinematographic transposition of Dante’s Inferno, an unrealized project of great international coproduction that Zeffirelli worked on with enthusiasm in 1972. They are displayed with a multimedia installation by Daniele Nannuzzi and FXLab, which digitally re-elaborates the preparatory studies for the setting of the film’s various scenes.

Almost 300 scenes and costume sketches by Zeffirelli are on display, along with posters, flyers, scene photography that capture the performances, accompanied by snapshots taken off stage or during rehearsals, 14 costumes and six scene models, all designed to recreate the impact of the individual shows in the most eloquent way and highlight the most significant elements time and again. All the works exhibited are accompanied by captions in Italian and English and by labels stating the place, date and cast of the shows and films.

The permanent exhibition is accompanied by a video, screened in a room located at the midway point: The Art of Entertainment by Pippo Zeffirelli.

A temporary exhibition, honouring a prominent performing arts personality, will always accompany the permanent exhibition. For the museum’s opening, this honour will be bestowed to Lila de
Nobili, the internationally acclaimed painter, illustrator and set and costume designer, and a great friend and collaborator of Zeffirelli.

Born in Switzerland in 1916 to an Italian father and Hungarian mother, de Nobili moved to Rome in the 1930s, where she studied at the Accademia di Belle Arti. After her diploma, she began her career as an illustrator for *Vogue*. She moved to Paris at the end of World War II and met director Raymond Rouleau, with whom she made her theatre debut as a scenographer and costume designer in 1947. From then on until the early 1970s, de Nobili devoted her extraordinary pictorial talent to theatre, infusing new life into canvas-painted scenery. Her work was never imposing because de Nobili produced her own scenery by personally painting each element.

Aside from Rouleau, with whom she worked for more than 20 years, de Nobili also worked with Luchino Visconti, Gian Carlo Menotti, Peter Hall and Franco Zeffirelli. Her work in film was somewhat more sporadic, but it culminated in 1968 with *The Charge of the Light Brigade* by Tony Richardson.

In 1970, she left the theatre. She resumed her painting studies and attended the Ecole de peinture et de décoration in Brussels, copying the great masters and giving advice to young students. She maintained her sense of curiosity and was active in all the artistic and cultural aspects of Parisian life, but stubbornly rejected almost all the projects she was offered, the only exceptions being a collaboration with Visconti in 1974 for the Spoleto Festival staging of *Manon Lescaut* by Giacomo Puccini, and one with Zeffirelli in 1988, in which she recreated one of her historic Teatro della Scala scenes of *Aida* for the film *The Young Toscanini*. Lila de Nobili died in Paris on 19 February 2002. Upon receiving news of her death, Zeffirelli said she was “the greatest scenographer and costume designer of the 20th century. The Master of us all. Every time I set about drawing a work, I think of you.”

*One of the halls of International Centre for Performing Arts “Franco Zeffirelli”.*

**Written by:**

Cecilia Sandroni  
*International PR*  
*Franco Zeffirelli Foundation Onlus*
Sometimes, surviving into the real world seems to be an x game. When “enough is enough”, it is important to find a way to relieve our daily routine. A good movie may be an appropriate short-term solution, offering us a temporary escape route from challenges of the daily life. This is especially true watching fantasy movies, when our inner child is free to dream in an ideal world, and where good always triumphs over evil.

If you want to experience this magic feeling, do not miss the recent movie titled “The Big Friendly Giant”.

*BFG* is a 2016 American fantasy film directed and co-produced by Steven Spielberg, written by Melissa Mathison and based on the 1982 novel, with the same title, by Roald Dahl. This film tells the imaginative story of Sophie, a 10-year old British orphan girl, and a “peculiar” giant, dubbed “Big Friendly Giant” or, indeed, “BFG”, who introduces her to the wonders and perils of Giant Country. In fact, BFG, while a giant himself, is a lovely giant and nothing like the other inhabitants of Giant Country. Standing 24-feet tall with enormous ears and a keen sense of smell, BFG is endearingly dim-witted and a little dyslexic, and keeps to himself for the most part. In the Giant Country, all other giants are twice as big and at least twice as scary and they have been known to eat humans, especially children, while BFG prefers “Snozzcumber” (a cucumber-like vegetable that is the only thing he can eat, because he refuses to eat human beings) and “Frobscottle” (a delicious green-colored fizzy drink, where the bubbles go down instead of up, and that is the cause of ridiculous bumpy flatulence).

Upon her arrival in Giant Country, Sophie is initially frightened of the mysterious

---

**BFG**

Sometimes, surviving into the real world seems to be an x game. When “enough is enough”, it is important to find a way to relieve our daily routine. A good movie may be an appropriate short-term solution, offering us a temporary escape route from challenges of the daily life. This is especially true watching fantasy movies, when our inner child is free to dream in an ideal world, and where good always triumphs over evil.

If you want to experience this magic feeling, do not miss the recent movie titled “The Big Friendly Giant”.

*BFG* is a 2016 American fantasy film directed and co-produced by Steven Spielberg, written by Melissa Mathison and based on the 1982 novel, with the same title, by Roald Dahl. This film tells the imaginative story of Sophie, a 10-year old British orphan girl, and a “peculiar” giant, dubbed “Big Friendly Giant” or, indeed, “BFG”, who introduces her to the wonders and perils of Giant Country. In fact, BFG, while a giant himself, is a lovely giant and nothing like the other inhabitants of Giant Country. Standing 24-feet tall with enormous ears and a keen sense of smell, BFG is endearingly dim-witted and a little dyslexic, and keeps to himself for the most part. In the Giant Country, all other giants are twice as big and at least twice as scary and they have been known to eat humans, especially children, while BFG prefers “Snozzcumber” (a cucumber-like vegetable that is the only thing he can eat, because he refuses to eat human beings) and “Frobscottle” (a delicious green-colored fizzy drink, where the bubbles go down instead of up, and that is the cause of ridiculous bumpy flatulence).

Upon her arrival in Giant Country, Sophie is initially frightened of the mysterious
giant who has brought her to his cave, but soon she comes to realize that the BFG is actually quite gentle and charming, and, having never met a giant before, she has many questions. The BFG brings Sophie to Dream Country where he collects dreams and sends them to children, teaching her all about the magic and mystery of dreams. Having both been on their own in the world up until now, their affection for one other quickly grows, but Sophie’s presence in Giant Country attracts the unwanted attention of the other giants, who become increasingly more bothersome. Therefore Sophie decides that it is time to break off the giants’ tradition to eat children. She and BFG, then, soon depart for London to see the Queen in order to warn her about the precarious Giant Country’s situation, but they must first convince the Queen herself that giants do indeed exist. Eventually they succeed, and together they come up with a plan to get rid of the giants once and for all, thanks to a military strike. The British Army Helicopter Corps effortlessly ensnare and capture all other giants: they are lifted away onto an isolated uncharted island somewhere in the world, where numerous crates of snozzcumber seeds are left with them, much to their fury.

In the aftermath, Sophie begins living in the Queen’s palace, while the BFG returns to Giant Country to resume giving dreams to people, and begins growing a wide variety of vegetables inspired by his experience in London. The film ends with Sophie narrating that whenever she feels lonely, which is less often than before, she talks to him. He can still hear her. Leaning out of her window, she says “Good Morning, BFG”, meanwhile, at his writing desk, the BFG hears her words and smiles. In conclusion, I like to suggest you “The BFG” as an really emotional film that deserves to be seen and savored by open-mind people who still believe in the power of dreams also in real life, and for whom the magic of fantastic stories will never go out of fashion.
FOLLOW US
ON SOCIAL MEDIA

www.coespu.org

www.facebook.com

@CoESPU_News

www.linkedin.com
CoESPU Magazine

Magazine Director
BG Giovanni Pietro Barbano

Chief Editor
CAPT Alberto Veronese

Editorial Staff
CWO Giovanni Maiorana
CWO Salvatore Camagna

Management
Giacomo Medici Street, 87 – 36100 VICENZA – ITALY
“Chinotto” Compound
Telephone +39 0444 932190
www.coespu.org

Iconographic Sources
United Nations
European Union
Carabinieri General Headquarters