

Sanctioned by EU. Abandoned by Switzerland

Fifty-nine individuals are now sanctioned by the European Union in pursuit of punishing Russia for the War in Ukraine. Many of them are Russian citizens but more and more the EU is putting its own citizens and those of third states on this list, for reasons that have often little to do with Russia. One of them is my compatriot, Nathalie Yamb, who was in fact the first Swiss Citizen to be included on the list, back already in June 2025. Links: Nathalie's YouTube channel: @nathyamb Neutrality Studies substack: <https://pascallottaz.substack.com> Goods Store: <https://neutralitystudies-shop.fourthwall.com> Timestamps: 00:00:00 Intro & Reasons for Sanctions 00:03:04 Financial De-platforming & Frozen Assets 00:12:46 Travel Bans & Notification of Sanctions 00:17:51 Refusal of Consular Assistance & Surveillance 00:27:12 Legal Recourse & The Judicial Trap 00:36:20 Politically Exposed Persons (PEP) & Banking 00:41:49 Psychological Impact & Support Systems 00:43:40 Advice for Survival & Digital Sovereignty

#Pascal

Fifty-nine individuals are now sanctioned by the European Union in its effort to punish Russia for the war in Ukraine. Many of them aren't Russian citizens, though. More and more, the EU is putting its own citizens and those of third states on the sanctions list for reasons that often have very little to do with Russia itself. One of them is my compatriot, Nathalie Yamb, who was, in fact, the first Swiss citizen to be included on the sanctions list, back in June 2025. She joins us today. Nathalie, welcome.

#Nathalie Yamb

Hello, thank you for having me.

#Pascal

Well, thank you very much for coming online. You're actually also a YouTuber — you have your own channel and you're quite popular on social media, especially within the Francophone and African-centered world, because you're also, I mean, Cameroonian. I think your mother is Swiss and your father is Cameroonian, right? Thank you. And you've actually been barred from entering France for quite a while because of your anti-colonial activism. And now, in June, they put you on that sanctions list. Can you tell us what happened to you and why you think it happened?

#Nathalie Yamb

First of all, thank you, Pascal, for having me. Yes, indeed, I upgraded my “sanctions catalogue” by being included on the list of people sanctioned by the European Council for so-called pro-Russian activities — which is, I guess, the most popular and easiest reason they find to put people on the sanctions list. As you said, I’m actually known for my work on sovereignty, African sovereignty, African emancipation, and things like that. I’ve never really entered the Russia-Ukraine crisis, except when it came to showing the false narrative or the hypocrisy of the international order in relation to what’s happening in Africa. But they wrote in the sanctions statement that I’m busy evicting France and the West out of Africa. That’s what’s written in the motives.

#Pascal

I read it today. It actually says, “Oh, she’s against France in Africa.”

#Nathalie Yamb

Yes, exactly. And that’s the main reason I’ve been put on that list. Apparently, if you have friends outside of Africa, according to the European Council, you must be a Russian agent — which is quite strange, in a sense. But the consequences are heavy, I must say. The consequences of being on that list. At the very beginning, I didn’t take it very seriously because, as you mentioned, I was already sanctioned by France three years earlier. I was banned from entering or transiting through French territories. I didn’t mind, because I never went to France. I’m fighting France, so I’m not eager to go there.

So it didn’t bother me at the time, and I thought that Switzerland, not being part of the EU, would not affect me — that the EU sanctions wouldn’t affect me. But I was totally wrong, because Switzerland is in the middle — physically, geographically — it’s in the middle of Europe, surrounded by EU countries. And also, Switzerland has a government and companies that are eager to follow the instructions of Brussels, apparently. I thought we were a neutral country, but I experienced otherwise. So the consequences were quite heavy. From one day to the next, I started getting my credit cards canceled, my bank accounts closed, my crypto accounts closed.

#Pascal

Your Swiss bank accounts were closed. Because again, Swiss banks are under Swiss law. Did they give you a reason why they closed them? And did they close them, or did they freeze your funds? I mean, did they at least say, like, “Hey, where can we wire the money to?”

#Nathalie Yamb

No, both, I would say. I only have bank accounts in Switzerland. I have no bank accounts whatsoever in the European Union. My only accounts were in Switzerland and in Africa. One of the

banks decided to first freeze my accounts. I had one in Swiss francs and one in euros. They froze both of them, and then they decided to close the accounts without giving any reason. I even had my lawyer write to them and ask for an explanation—why the payments I was making for my rent, my insurance, my health insurance, and things like that were being blocked.

I would execute the payments in the app, but they wouldn't go through in real life. So my lawyer started getting in touch with them. When my lawyer did that, they completely closed the account—completely. They're still keeping my euros somewhere there, but I have no access to the app anymore, no bank account anymore. They keep my money. They've closed the account, so it's frozen.

#Pascal

It's frozen. The account is closed.

#Nathalie Yamb

I don't know where my money is. They completely closed my account.

#Pascal

But they gave you a letter saying, "This money is still with us"?

#Nathalie Yamb

They sent me a letter before closing the account, saying, "Okay, tell us where we can wire the money." So I gave them the only account I still have in Switzerland that isn't blocked or frozen. They wired the Swiss amount to that account, but the euro amount has vanished—it was never sent—and they're not willing to respond.

#Pascal

They stole it. That's outrageous—it's even worse. That's stealing. I mean, if they froze it, it would still be yours.

#Nathalie Yamb

They stole it. Yes, they really stole it.

#Pascal

And the other account?

#Nathalie Yamb

The other account is with PostFinance, which, as you know, almost every Swiss citizen has an account with. They froze the euro account and kept the Swiss account, but with limitations. I can't access Twint anymore—every Swiss citizen would know what that is. It's a mobile payment app, and everybody uses Twint nowadays. Also, the credit card has been disabled. It's limited to only certain payments I can make. And what's worse is that even other banks—the ones I'm not a client of—refuse payments. For example, UBS, which is the bank where my rent is sent because my landlord has an account there, would refuse a payment coming from my PostFinance account to pay my rent.

#Pascal

So even internal Swiss transactions are being refused.

#Nathalie Yamb

Absolutely, they're being refused. Yes, completely. So that's the very beginning of your nightmare. And if you're abroad when it happens and you don't have any credit cards, you don't have any means of payment, and if you don't have cash with you, then you're lost—completely lost. And then you get cut off on every platform. You get cut out of Airbnb, you get cut out of—what do you call it—Google, Amazon.

#Pascal

Your Gmail account was shut down.

#Nathalie Yamb

I was demonetized. My channels were completely demonetized right away.

#Pascal

YouTube.

#Nathalie Yamb

With YouTube, yes. The wiring address was my Swiss account. So, since one part of the sanction is the freezing of your assets, the other part is the ban on entering, transiting, or flying over European territory. And the third sanction is the interdiction—it's forbidden for anyone to provide services or funds to a sanctioned person. So any business accepting your money would risk infringing the sanctions. People are just choosing to close everything, you know. And it becomes very difficult because even companies, like airlines, can refuse to take you as a passenger.

#Pascal

But Google is a U.S. company, and it's headquartered in—well, it's headquartered in Ireland, yeah, which is in the European Union.

#Nathalie Yamb

Yeah. But I had an experience last week with Expedia—Expedia being an American company based in the U.S. I tried to buy a flight ticket that was completely outside of Europe—the departure and arrival were both outside, never going over European territory or anything. They took the money, and then they wrote back to me saying they were unable to proceed with the ticket. So they said they'd return the money to the card it came from. Then they asked me, "Okay, do you want us to book you a new ticket now that we're on the phone?" I said, "Okay, let's do it." So they did the transaction.

They booked me a new ticket. I paid for it, they sent it, and 24 hours later I received two emails from Expedia saying it's impossible for them to do business with people who are sanctioned. I'm not sanctioned—I'm not sanctioned in the U.S.; I'm sanctioned in the European Union. The ticket was for a destination and a flight completely outside both the U.S. and the EU. And still, they refused. They said, "No, we're not proceeding. We're canceling the flight, and you're not getting the money back." I'll send you the email after the recording—you'll see it.

#Pascal

It's quite incredible. And that's Expedia—that's not even the airline doing it.

#Nathalie Yamb

It's not the airline. It's Expedia writing to me, telling me they can't proceed, even though I'm not sanctioned in the United States. It's an American company based in America, and the ticket was for a client outside the European Union.

#Pascal

So this is the long arm of the European common market, because any company that wants to make sure they have zero problems just voluntarily implements the sanctions, even if they don't have to. It's like their due diligence department or their in-house lawyers probably recommend doing that, and then they just proceed. So, have you been able to fly?

#Nathalie Yamb

Same as with the African banks.

#Pascal

Do they also block the two flights?

#Nathalie Yamb

Yes, yes. And I was surprised. I was like, "Right, in Africa, why do you want to close my account?" And then they said, "Oh, you know, we have correspondent bankers in Europe, and we don't want to have any problems." So were all of your accounts closed? Those are the ones in Africa? I'm still left with one. I won't tell the name of the bank, because maybe they would then have problems. But I'm left with one account in Africa and a limited account with PostFinance.

#Pascal

Wow, that's absolutely horrible. How about flying? I mean, do airlines let you board? Have you been able to fly since you were sanctioned?

#Nathalie Yamb

I've been able to fly, but you run the risk of airlines saying they don't want you as a passenger because you're on the list. You know, everything is connected — they type it in at the airport. I'm lucky because I stopped using European airlines a long time ago. When it's not necessary, I always use other airlines, not European ones. So for now, it's okay. I don't know how it would be if I had to, for example, fly over European airspace with an airline. Maybe they'd consider accepting me as a client, but not on that route, not on that itinerary, because it flies over European space. I haven't experienced that yet. Let's see.

#Pascal

But this brings me to my next question. I mean, as a Swiss citizen, you have the right to return home. That's a fundamental right in international law. To my knowledge, it's a human right to return to the state whose passport you hold, the one you're a citizen of. And you haven't been able to go back, have you?

#Nathalie Yamb

No, I haven't been able to go back, and the same thing will happen with Jacques Beau, for example, and with Xavier Moreau. The European Council issues two documents: the first one is the decision sanctioning you, which you've seen, with the reasons and everything.

#Pascal

Do you receive that thing in your inbox or your mailbox?

#Nathalie Yamb

No, no, I received it online, because if they can't hand it to you, or if they don't want to, it's enough for them to publish it in the Official Journal of the European Union. That's sufficient for them. So that's how it happened — I was Googling it. I Googled my name after I got a lot of messages saying, "Oh, we're sorry that happened to you." I had just come off a flight — I'd been five, five and a half hours on a plane. When I landed and came out, I knew nothing before that.

The first WhatsApp message I got was from my lawyer, saying, "Oh, I've been informed. I'm standing by." And I was like, what? What is he standing by for? Why? So I Googled my name, and that's when I saw I'd been sanctioned. You're not called, you're not informed of any procedure. You don't have the right or the chance to have a meeting with them to discuss it — like, "Okay, you're accusing me of this, let me prove otherwise." No, no. It just comes out of the blue, and you get it. That's it. So you get the decision, and then there's another paper — the rules of the European Union.

And in 2024, they decided they would implement sanctions against pro-Russian activities in Europe. And in that règlement, as they call it, it's written in the first article — the definition of European territory — and it includes airspace specifically. So even though they might say, "Okay, you can go home if you want," in the rules, in the règlement linked to the decision, it says specifically that you can't fly back. And if a company decides to board you and bring you back to Switzerland, you can't be sure you'll ever have the opportunity to leave Switzerland again.

#Pascal

Yeah, yeah, of course. In the best-case scenario, you go and lock yourself in a country smaller than the island of Kyushu in Japan. Yeah, um...

#Nathalie Yamb

Yeah, and specifically in a country that is extremely digitalized. When you're cut off from every digital platform, every digital payment — every payment, everything — then you'll probably end up staying there, becoming homeless because you can't pay your rent. Because, as I told you, even the banks that aren't my clients are refusing my payments. I'm not willing to go back, to risk going back and being stuck there in an open-air jail with no means or anything. So it's a very difficult decision to make.

#Pascal

What did the Swiss do? I mean, this is the moment when you need support from the consular services. You go to the embassy and tell them, "Look, you need to help me." It's the same as if you end up in prison abroad — you go and you tell them, "Help me."

#Nathalie Yamb

They did nothing. They did nothing. As I told you, I got the information that I was sanctioned when I got off a plane in an African country. So my lawyer contacted the Swiss embassy there and said, "My client just arrived in the country. We've just learned that she's been put on a sanctions list by the European Union. Can you please assist, provide consular support, and everything?" They said no — that I had to liaise with the European Union delegations.

#Pascal

They told you to liaise with the Europeans — with the very people who sanctioned you. They refused to help you? They didn't say, like, "Please, come to us"?

#Nathalie Yamb

Yes, they refused. I even have it in writing because my lawyer was corresponding with them. So I can prove everything I'm saying, yes.

#Pascal

Spineless pieces of work. But no, I mean, what are they there for? Seriously, these are emergency cases when you actually need this kind of support, because this is a third party attacking you, right?

#Nathalie Yamb

But let me tell you, it's not my first experience with non-responsive consular assistance from Swiss diplomats. In 2019, I was invited to the first Russia-Africa summit in Sochi. I think all the African heads of state were there — at least 50 of them. I was invited to speak; I had a seven-minute speech, which I delivered. After that speech, Emmanuel Macron went mad because I talked about France-Afrique, which is the core of my struggle, and he didn't like it. When I returned to Ivory Coast — I was living there at the time — he had a phone call with the president of Ivory Coast, and I got arrested.

I got detained and then expelled from Ivory Coast to Switzerland. That's how I came back to Switzerland. Actually, you know, usually they expel Black people from Europe to Africa — I was expelled from Africa to Europe, which was quite interesting. During my detention period, and even before, when the police arrived — they thought I was at one place, and six police cars showed up to arrest me. But I wasn't there, actually, so they had to leave. It became public — it was all over the

internet, as you said, online. A lot of people know me in Africa, so it turned into a huge thing: "Oh, the Ivorian police are trying to arrest Nathalie Yamb," and stuff like that.

So they came and left a paper asking me to go and present myself at the police station on Monday. It was a Friday. After receiving that paper, I contacted the Swiss embassy and said, "Look, this is happening." Completely unresponsive. Completely not. So I went there, I was detained, and then I was expelled with nothing — nothing at all. I mean, they froze my account in Côte d'Ivoire. I'm a bit used to it, but they froze my account for five or six months. I arrived on the 3rd of December, which is winter in Europe. I arrived with my summer dress, my summer shoes, my handbag, and nothing else.

No papers, no clothes, no money — nothing. That's how I left Côte d'Ivoire in 2019. And the Swiss embassy was totally absent, not assisting at all. It even got worse, because when I arrived in Switzerland, I hired a Swiss lawyer, and he said to me, "Okay, we can make a request, because there's a law about data in Switzerland that allows you to ask the authorities to give you the data they have on you. They have to provide it." So we asked for it. We asked the Foreign Affairs Department for my data, and we also asked the secret service — the intelligence or information service, where Bo has been working.

And we asked the government to send me the documents. And mind you, in the file we received — very late — they're supposed to provide it within 30 days, I think, but they took six months, saying, "Oh, it's COVID, we have a lot to do," and so on. When I finally got the documentation that the Département des Affaires Étrangères — the Foreign Affairs Ministry — had on me, I could see the exchanges between the Swiss ambassador and the government of Côte d'Ivoire, and also with Bern, with the ministry there. They really did exchange at that level. Yes, they did. And they got an order not to assist me — and I have that in writing. Yes.

#Pascal

Who gave the order for the Swiss not to assist you?

#Nathalie Yamb

I can tell you, it was a guy from the Ministry — the Department of EDA in Bern — writing to the Swiss ambassador in Côte d'Ivoire.

#Pascal

Saying, "Do not assist her."

#Nathalie Yamb

Yeah, it's better to keep a low profile, just leave it. I'll send everything to you — you'll see, it's second to none.

#Pascal

This should, in my view—well, I mean, in my view this should be an illegal act. Refusing assistance to a citizen. I need to ask my Swiss diplomat friends; I have at least two of them.

#Nathalie Yamb

It's amazing. And even when I received the documentation that the intelligence services had on me, I got a lot of pages that were black—redacted. Completely blacked out. I mean, the ones from the Ministry of Foreign Affairs were also heavily redacted, but they missed one part. And that part is the one I'm talking about now. But they redacted a lot. After receiving those two documents, or those two files, I asked my lawyer, "Am I considered an enemy of Switzerland? Because how come my embassy isn't helping me? How come the Swiss intelligence service is redacting documents about me—documents they're supposed to provide to me? No, no, how come they even have those?"

#Pascal

How come they started gathering data on you in the first place? I mean, I'm sorry, I'm a little bit shocked. I knew you had problems with France, but I didn't realize that went all the way into the Foreign Service and the intelligence services of Switzerland, and that you were being surveilled.

#Nathalie Yamb

No, but that's actually quite normal, because in Africa... The surprise you're feeling now—the horror of this dystopian world you're discovering in the middle of Europe—is exactly what I've been fighting against in Africa. France-Afrique is about that. It's about secret services, about governments meddling in African states. And if you don't comply with what they want, they sanction you, they punish you, they even kill you. Whether you're a head of state or not, they can kill you easily. So it's not something new to me. But I understand it's shocking to you, because that's how it works. And that's been the core of my struggle for twenty years now. And now it's spreading to Europe.

#Pascal

Yeah, it's spreading to Europe. And they found a way to increase the pressure. So now we're at the point where we have these Russian sanctions, right? They're supposed to be used to end the war in Ukraine—that's what we're told, that they're meant to put pressure on Russia so the war ends. But what you're seeing is that they're taking those sanctions and using them against their own citizens and third states—anyone they don't like. They twist it, and they make life horrible. I mean... what

else did I want to ask you? About your experience now with this—how difficult everything becomes. What are some ways, not the concrete ones, you don't have to give anything away that you're doing, but what are ways to deal with the situation so that you can still live a life?

#Nathalie Yamb

You can survive. But with those sanctions, you can file an appeal against them at the European Court in Luxembourg. That's the only court you can go to.

#Pascal

The European Court of Justice. So that's the judicial branch of the EU, yeah.

#Nathalie Yamb

Absolutely. And you have the tribunal, which is the first instance. After that, you can appeal to the Court of Justice of the European Union. That's the final one.

#Pascal

The four, yeah—the Court of Justice.

#Nathalie Yamb

Yes. So they have those two, and you can do that. Obviously, you have to go against the banks in Switzerland, because banks or companies in Switzerland that apply European sanctions without those sanctions being adopted by the Swiss government are acting illegally. They're not supposed to do that. And we've written to SECO.

#Pascal

My lawyers have liaised with SECO and drawn their attention to the fact...

#Nathalie Yamb

So my lawyers have taken it to SECO and drawn SECO's attention to the fact that, OK, you're confirming that you're not adopting the sanctions against Nathalie Yamb in Switzerland. But there are Swiss companies applying those sanctions, even though the law forbids them to do so. The response was, "Yeah, if that's the case, then you're free to take them to court if you want."

#Pascal

Okay, I was actually not aware of that. This is quite important. So under Swiss law, it's actually illegal for companies to voluntarily comply with foreign sanctions. That's quite important. But then those other spineless Swiss institutions—I'm sorry, I'm sorry, like... Switzerland is a very spineless country. I'm sorry to say that, but we are a very spineless country run by bureaucrats and administrators who would never, ever stick their necks out. I just needed to get that out for now. But then they tell you, "You have to take them to court. We will not intervene from our side, and we will not tell them to stop doing what they're doing."

#Nathalie Yamb

Yeah, exactly. Exactly. And then, when you have to take the European Council to court in Luxembourg, and then you have to go and take the Swiss banks to court in Switzerland, you need money. Because maybe people don't know, but paying a lawyer in Switzerland is horrendous. And your money is frozen and blocked. So it's kind of a never-ending nightmare. You know, it's very difficult.

#Pascal

You know, the people who do this are very proud of it. I'll send you later an interview from yesterday by Florian Warbeck in Germany. He wasn't really interviewing, he was at a press conference, and he asked about Jacques Baud. He said, "Are you OK with this? Is the German government OK with the EU now sanctioning Swiss citizens?" And their answers were kind of smirky, like, "If they're sanctioned, that was a decision by the EU authorities, so you have to talk to them, not to us, because we're Germany, we're not the EU. And anyway, these people can always go to court and prove their innocence." It was like, ha ha.

#Nathalie Yamb

But you're not accused of anything. They accused you—well, I'm not allowed to disclose everything regarding the current case I've filed against the EU Council. But when we received the Council's document—because I took them to court now—the decision they make, the sanctions, are administrative measures. It's not a judicial measure. It's not. Yeah, because there's no law. There's no law that forbids what you did. No, no. I saw someone writing that Jacques Baud is a spokesman for Putin, which is nonsense. But even if he were speaking for Putin, is there a law that forbids him to do so? No. No, that's the point. But when they sent the file, I wasn't surprised by what I found, but I found it so scary to see a European body at that level sanctioning people based on articles—just newspaper articles. Nathalie Yamb, who is very close to the Kremlin...

#Pascal

He was very close to the Kremlin.

#Nathalie Yamb

The Kremlin must be surprised to learn that I'm supposedly very close to them, honestly. Nathalie Yamb attended the Sochi Russia–Africa Forum. Yeah, but I was also invited to the French Institute for International Relations in Paris. And I said the same thing there—that was in 2017. I said exactly what I said in Sochi. I said it in 2017 in Paris. Am I a French agent because I went to a conference in Paris attended by ministers, diplomats, military people, students, and researchers? And I spoke—it's on the internet, it's public, it's on YouTube. You can see what I said. I said it two years before I even set foot in Ukraine or Russia. I've been accused of being an election observer in the Donbass—I think it was last year or the year before. All of a sudden, I'm on Twitter and I find out that European bodies are writing that I had attended, as an observer, the elections held in Donbass last year, I think. I have never set foot in my life in Donbass. I don't know how that came about.

#Pascal

But that's the thing. I mean, the justification for the sanctions is one single paragraph, which can contain anything. It doesn't need to be factual. It doesn't. It can be anything. You could be accused of talking to aliens—of conspiring with aliens. It could be that. You could be accused of being a witch and using witchcraft against the European Union. It would still stand, because at the end of the day, your name is in the database. And these bastards, by the way, make sure they offer an API for the database, so any airline can programmatically check it. They even push it out. And it's not a judicial process. Because under normal judicial procedures, you would be presumed innocent until proven guilty. But it's not even a judicial process—it's an administrative one, and the administrative burden is on you to get your name off the list. It's insane.

#Nathalie Yamb

Yes, it is madness, because even now, I mean, with my lawyers, we've started digging into it and all that. They can even change what they wrote as the motive during the process. Let's say you go against them and you win—they make an appeal. In the appeal, they add something else as a motive. They extend it, make it a little more blurry, and then you're back again. There are people who have won two or three times, and they're still under sanctions.

#Pascal

Wait, wait, wait. That's very important. Even if you win at the European Court, the Commission can just change it and keep you on there? And then you have to start from scratch?

#Nathalie Yamb

From the beginning, it's a nightmare. It's oral, it's Kafka, it's whatever. But that means, in reality, the...

#Pascal

In reality, you have no legal way to force them to take you off. They can just administratively renew the definition indefinitely. So you're at their mercy—literally at their mercy.

#Nathalie Yamb

Every citizen is at the mercy of these people—these faceless bureaucrats. Even before I was sanctioned, I think in 2023, I had an account with a cantonal bank in England, a local bank. And then, all of a sudden, they wanted to close my account. I asked, "Why do you want to close my account?" After several months of discussions and meetings, they finally said it was because I'm a PEP—P-E-P. So I was like, "Why am I a PEP?" PEP means "politically exposed person." But when PEPs were created, they were meant for heads of state, their family members, or people managing public funds, to make sure they weren't involved in corruption or anything like that. I have never been in a management position in a public company. I have never managed any public funds. I am not related, close or far, to any head of state.

My father is a carpenter. My mother is a seamstress. So honestly, we're small people—small, hardworking people. And I ask, how come you can put me—who put me on that list in the first place? How did I end up in that "politically exposed person" thing? I heard it through the grapevine that it came from France, because you have the GAFI in France. And then they put your name on the list, and all of a sudden you can't open a new bank account anymore. With your current bank account, they want to take you out. This list was meant for people in government positions and their next of kin. It was also meant to identify and track financiers of terrorism, weapons, or drug dealers. I'm none of those. I'm none of those. I'm a normal citizen—Swiss, Cameroonian, African—living my small life, doing my videos. I mean, you've watched my videos.

#Pascal

I mean, I have your videos there, you know. And I have several people on my channel who will attest that Europe still treats most parts of Africa like a fiefdom—an economic fiefdom that can be abused. And you're speaking out against that. Neocolonialism needs to be exposed, and you're being punished for it. Activists from Africa are being punished for it. And you also happen to be Swiss. Absolutely.

#Nathalie Yamb

And you're on a list. I'm just telling you that story because once you get on a list, you never get off.

#Pascal

Yeah.

#Nathalie Yamb

You don't really know who put you on it, and you don't really know why you were put on it. So it's difficult for you to get off the list.

#Pascal

It's punishment by administration. It's not judicial. And they're now turning that around. So, ladies and gentlemen, just to make this very clear: the Europeans have been using this way of doing things for decades toward people outside of Europe. And now they're turning it inward, turning it on their own populations. Just so you know, other people have been, for decades, victims of this kind of bullshittery—which is not a judicial process.

#Nathalie Yamb

It's absolutely not. And it's very difficult because it's hard to see an end to it. It also affects your next of kin. For example, I have a son who lives in Switzerland. He has nothing to do with what I'm doing, really. But because he bears the same name, sometimes when he makes a payment, the money gets sent back.

#Pascal

Oh, really?

#Nathalie Yamb

Yes. Yes. It starts like this. And one day you find your family, your next of kin, in the middle of the sanctions. So they are collateral damage of the sanctions. My son is. I'm expected to be a grandmother soon, but I won't be able to be there. I can't come back. I won't be able to be there. My mother will be turning 80 next year—I won't be able to be there. Those things are really affecting, and that's what they're meant for. They're meant to affect your mental health. They're meant to affect your determination, your resilience. They're meant to affect you financially, morally, psychologically, so that you are so busy looking for solutions to the problems that you don't have any time left to pursue your struggle—your anti-imperialist, anti-colonial struggle, or whatever struggle you are in. I mean, that's what they want. And it's quite scary, I must say.

#Pascal

I wonder how you can still smile at this. I mean, how do you deal with it—psychologically, for yourself? What did you do to take care of yourself in that moment?

#Nathalie Yamb

Thank God I arrived in a foreign country at the time I heard about the sanctions. I had friends there, and that was my immediate support system—even financially. Because when you want to pay your hotel bill and it's declined, you want to buy a bottle of water and it's declined, and you realize you can't do anything. So you need to have a strong support system. It's important to have friends around you who help you stay human. Yes, because you can't do anything. It sounds so stupid, but you just want to watch something, listen to music.

So I had my Deezer account, and I wanted to switch on my music channel—cut off. I was like, what is that? Even music, Netflix—cut off. So you're cut off from every single thing you do. You want to buy a book—usually you go to Amazon or Fnac or something, you order it, and it's delivered. You can't do that anymore. You have to shift. You have to build a new ecosystem around you that's outside of occupied Europe. Because I think Europe is not free anymore. So now you have to start looking for banks outside of Europe, for platforms outside of Europe. You have to reconfigure everything.

#Pascal

That's a very good point. Can you give some advice? Because, I mean, we are now at 59 people. We're two Swiss so far, but there will be more—hundreds, maybe thousands, maybe even tens of thousands. This tool—they won't let go of it. There's a strong argument that the European Union will keep this thing indefinitely, the Russian sanctions list, even if the war comes to an end, because they can now link it to whether Russia pays reparations or not. They'll keep this tool and keep adding more and more people to it. So what should people do before they end up on it, if they're afraid? I mean, I'm afraid now. I'm afraid. What should I do if I don't want to stop doing what I'm doing? And once it happens, what then? What are the recommendations?

#Nathalie Yamb

I think maybe you have a bit of an advantage because you're located in another part of the world. You probably already have bank accounts and things like that in Japan and elsewhere. That's the first recommendation: make sure you get a bank account somewhere that doesn't apply sanctions. Try to get a UnionPay credit card from China or from other countries that don't systematically apply sanctions, because some countries only follow international sanctions when they're imposed by the UN—or by OFAC sometimes, since the Americans are the cowboys of the world, you know. But that's starting to diminish. So, try to have a bank account or something in a part of the world where sanctions aren't being applied—Asia, the Arab world, places like that.

#Pascal

It's not easy to open a bank account in a country where you're not a resident, but it just takes some research.

#Nathalie Yamb

There are ways, but it's really cumbersome. I must say, maybe I should do a video one day giving advice—a tutorial. Yes, please. I think I'll consider doing that because... no, no, absolutely. I mean, we laugh, but it's not funny. It's actually a matter of survival. For people who are in crypto, get out of Binance and all those centralized platforms, because they'll close your account. The minute you're on a sanctions list, you can't access any of those platforms. So move to external wallets—Ledgers, Trezors, whatever. Go there, MetaMask, go there. And then, really, the core of this—yeah, obviously, social media platforms, providers, and stuff like that—look for people who are outside of Europe as providers.

#Pascal

Were you able to get your YouTube channels back and monetized again?

#Nathalie Yamb

No, no, I still have it. They didn't take it down. They're taking some of my videos down, but not the whole channels. But the monetization has been removed because Google is based in Ireland.

#Pascal

Yeah.

#Nathalie Yamb

They pay out of Ireland. Ireland is in the European Union, so they can't provide services or send funds to people under sanctions.

#Pascal

But still—you still have the channel. You can still post videos, you can...

#Nathalie Yamb

I can still post for now, though they might take it down at some point. I mean, Diana Panchenko was also on the last list with Jacques and Xavier. She had a YouTube channel with about two million followers. And before the sanctions—three or four months ago, I think—YouTube took down her channel without any explanation. I remember that because I retweeted what she wrote about it.

#Pascal

These are other mechanisms. It's not a sanction mechanism. It might be done by the same people, but it happens through another channel of putting pressure on the platforms. That's why we have to back up our videos to Rumble or other platforms. Yeah.

#Nathalie Yamb

That's the point. That's what I wanted to say. You need to back it up on other platforms—Rumble and all those. I usually tell people in Africa, we need to have our own platforms. As long as you're a guest, you're not the owner of the platform. You have to follow the rules that others make because you're just a guest, a client. They change the rules—bad luck.

#Pascal

And I know you have to go soon. Any other recommendations for, say, Jacques Baud, who's been on that list since Monday? Anything he should do right away?

#Nathalie Yamb

Well, I think he should immediately try to have an account outside the European Union—really, first things first. And then maybe, like, I understand that his editor is in France. I don't know if that's the editor of his books and all that, but I guess he gets money from there and so on. So maybe he should find a way to sign a contract with another publisher that doesn't have to comply with EU sanctions or anything like that. For him, there's a lot he'd have to sort out. I don't know if he has family in Switzerland. Obviously, he could go back to Switzerland, since I think he lives close to the border—so even by road or whatever. I don't know if he wants to do that, though, because he left Switzerland in the first place for certain reasons.

#Pascal

Yeah, and once he's in Switzerland, he wouldn't be able to get back into the EU anymore. I mean, he'd be stuck there.

#Nathalie Yamb

That's the problem. That's actually the problem. So for me, it's like—try to get out of the EU. I mean, Turkey is close to everything in Europe and has a very good airline that goes all around the world. Think about those things—repositioning yourself.

#Pascal

Ladies and gentlemen, we're now at the point where we're talking about how to advise EU citizens and Swiss citizens on how to flee the continent. This is what that monster in Brussels has managed to do. And again, this is what they've been doing for decades to people outside the continent—just so you know.

#Nathalie Yamb

And, you know, even in Jack's case, they say it's because he's doing things that are against Ukraine—but Ukraine isn't even part of the European Union. And then you go and sanction people from countries that aren't part of the EU, like Switzerland, for what they say about a country that's not part of the EU—Ukraine. This is madness, complete madness. But as you said, they've been doing it for a long time. In Africa, we've experienced it for decades and decades. This is our new normal in Africa. So maybe that's why you see me smiling a little, because we've been through it. That's what I'm fighting against. It's not something new, but I was shocked that Switzerland was at that level of obedience to the European Union. And when I see that we're discussing bilateral treaties and things like that, I'm like—well, it's gone. We've lost the country.

#Pascal

Nathalie, I must tell you, I apologize again for not realizing just how disgusting this whole scheme is, and for not knowing what has been happening to you and how this has been used against Africans. I'm sorry I didn't know. And I promise you, I'm going to try to make them pay, if that's somehow possible. They'll probably make me pay first. We need to connect. We need to connect.

#Nathalie Yamb

The only solution for me is solidarity, because it goes across borders—it goes across the continent. It's a matter of humanity, of human rights in the proper sense. The proper sense, yes. So we really need to put all our energy, our ideas, our resilience together, because the enemy we're fighting is a monster. Alone, you can hit it a bit, but you can't break it. We need to build a strong system together in order to resist this dystopian reality they want to impose on us worldwide.

#Pascal

And the first point will be to create a platform where people can share their experiences, their tips, everything—try to share ideas and then build from there. I mean collective action, but without building a pyramid, without building a flat network.

#Nathalie Yamb

Absolutely.

#Pascal

Nathalie, thank you so much for your time today.

#Nathalie Yamb

Thank you, Pascal. Merci—thank you.