



exit
international

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Diary Dates

EXIT WORKSHOPS 2025

28 August - Melbourne
Mt Waverley Community Centre
30 August - Sydney
Rex Centre Potts Point
2 September - Canberra
Belconnen Raiders
5 September - SE Qld/ Nth Rivers
Nerang Bicentennial Centre
18 September - Adelaide
Dom Polski Centre
21 September - Perth
Boulevard Centre

Registrations Now Open: 1300 10 3948

Aussie Workshops August-September 2025

As fantastic as the Internet is, Exit is still a strong believer in the value of face-to-face contact and networking with our community.

Philip is pleased to be back in Australia and looks forward to renewing acquaintance with long-time members and meeting newbies.

Registrations are now open for Exit's 2025 Australian workshop tour visiting the cities of Melbourne, Sydney, Canberra, SE Qld/ Nth Rivers, Adelaide & Perth in August/September.

Exit Workshops

For over 20 years, Exit Workshops have been the flagship program of the organisation.

With a focus on practical DIY strategies, the aim of Workshops is to ensure that participants are equipped with the

knowledge that they need to put an Exit Plan in place, 'just in case'.

Of course, there is now VAD legislation in most places of Australia/ NZ. The irony that there is no law in the Northern Territory: given that the NT was the first place in the world (30 years ago) to implement a law of this nature.

But just because there is a law, this doesn't mean that Exit Workshops are less relevant, especially when you find that you do not qualify for your State's law (eg. you are elderly but not terminally ill).

Indeed, a new report concerning Spain's medical model law (a law where you must be terminally ill) found that 25% of those who request help to die, pass away while their applications are being processed.

So, if you wish to learn more of your end of life choices, and ensure that you are prepared (and in control), you are invited to come along to a workshop. You can register on the Exit International website or by calling Amanda on 1300 10 3948.



New Swiss Group

Athanasios Association in Basel

Introduction

In the month of May, Exit was very pleased to make the acquaintance of the new Athanasios Association in Basel (see: www.athanasios.ch).

While we had already met President Carlos Cabrera in Basel (when he came to organise the paperwork for Captain Rob Cane back in January 2023), and Philip has spent valuable time in Denmark with Flemming Schollaart (another of the founding committee members), it was great to fit the pieces of the puzzle together in person.

The Break Away

By way of background, the team behind Athanasios were all former staff members of Pegasos. In early 2025, the group broke away from their former employer to create a new group: a group whose ethical approach to assisted suicide and their philosophical outlook points in the same direction as Exit's own.



www.Athanasios.ch

How Athanasios is Different

The Athanasios Association is a breath of fresh air in their approach to assisted suicide/ dying.

- terminal illness is not required
- couples are welcome
- cost is cheaper and finances (inc. refunds) are clear
- communications are excellent
- approval procedure is timely & stream-lined
- clients are allocated a unique personal counsellor
- the rooms are close to Basel Airport so access is easy
- the team is ethical, kind, efficient and collegial

Exit recommends Athanasios for those considering a trip to Switzerland for an assisted death/ suicide. A major rewrite of the online edition of *Going to Switzerland: how to plan your final exit* reflects this welcome development. **Going to Switzerland** now includes a detailed review of Athanasios, and explains why they are Exit's preferred Swiss partner.

See www.goingtoswitzerland.net to read more.



Sarco Project Update

Investigations, Court Challenges & Florian

On 23 September 2024, Exit's 3D-printed Sarco capsule was successfully used in a private forest in Schaffhausen canton in Switzerland. Soon after its use the local canton prosecutor alleged that the Exit member who died had been murdered. The charges were 'intentional homicide' and Exit's colleague, Dr Florian Willet (Founding President of The Last Resort) was locked up in pre-trial detention for 10 weeks.

Since that fateful day in September there has been much water under the bridge.

On 2 December last year Florian was suddenly released from prison. The allegation of 'murder' had been dismissed by the prosecutor (although the nasty taste lingers, as any Google search of the word 'Sarco' reveals).

At the time of press, the prosecutor is attempting to get access to Exit's 'privileged' legal advice (confidential lawyer-client advice). The appeal is currently listed for the Swiss Federal Court (Switzerland's highest court).

The prosecutor is also fighting in the Dutch Supreme Court to have the 'Venice Design' Sarco (a display model commissioned in 2019), taken from the Netherlands to Switzerland. Given this Sarco does not function in any way, shape or form and is best classified as 'art', you have to wonder why?

The most tragic recent news, however, has been the death of Florian Willet. Florian ended his life with the help of a German assisted suicide organisation on 5 May 2025. He was 47.

Shortly after his release from prison, Florian was diagnosed with acute psychotic disorder (F23 in the DSM-5). His treating psychiatrists in Zurich stated, unequivocally, that his psychosis was due to his pre-trial detention and the 'associated processes'. Let us unpack this one issue at a time.



The Murder Allegation

When Florian was arrested on the evening of 23 September 2024 he was immediately told he was being charged, not with assisted suicide but with intentional homicide? The following day, on the basis of a phone call from the autopsy office, it was 'confirmed' that homicide was a distinct possibility. There were said to be unexplained marks on the woman's neck.

Florian Willet was the only person present when the Exit member died in the Sarco. Philip Nitschke watched her death via an online video link. Philip has said repeatedly that Florian did not interfere and film shows that the Sarco was not opened. The Sarco worked precisely as intended. The woman's death was a straight-forward assisted suicide.

The (missing) Autopsy Report

The autopsy report finally arrived in early June 2025, some eight months after the Sarco was used. (It was delivered to the prosecutor's office in late March but not passed on at the time.) Not surprisingly, the report does not support an allegation of strangulation. Indeed, the report suggests that any injury to the woman's neck was posthumous, and was likely made during the retrieval of her body from out of the Sarco.

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Donald Trump & Assisted Suicide and Sarco Continued

For some time now, US President Donald Trump has played his cards close to his chest when it comes to assisted dying/ assisted suicide.

As a person with a libertarian bent (think small government, little government scrutiny), his chaotic presidency has proven itself a fairweather friend on any number of so-called 'social issues'.

Assisted suicide or Medical Aid in Dying (as it is known in the US) is the latest casualty.

Recently, the Trump administration has been reported as 'lashing out' and 'slapping down' the UK's 'Terminally Ill Adults (End of Life) Bill which has just passed its third reading in the House of Commons.

Labelling the bill as 'state-sanctioned suicide' the Trump administration's Bureau of Democracy, Human Rights and Labour said in a social media post:

"The western world should stand for life, vitality and hope over surrender and death"

The State Department is quoted as saying that it 're-affirms the sanctity of human life'.

The Independent reports that this is the second time that the US State Department has criticised the government of Sir Keir Starmer.

The first warning concerned the prosecution of anti-abortion campaigner, Livia Tossici-Bolt. In April this year, Tossici-Bolt was convicted of breaching an abortion clinic protection zone.



Sarco - Continued

But, maybe this state of affairs was already well known? After all, it was in early December that the homicide allegation against Florian was suddenly dismissed and, apparently, why he was urgently released.

Looking forward, a new Sarco is well into production in the Netherlands. The plans will shortly be published 'open source' on the Internet.

It is expected that others will soon be able to start production of their own Sarco (which may be able to be used depending on the laws on suicide and assisted suicide of the countries involved).

Meanwhile, the Swiss Council of States has called for assisted suicide to be subject to clearer rules going forward.

It is not yet known whether this assessment process is targeted at possibly restricting the use of the Sarco in Switzerland, but the review does seem likely to bring more accountability into the sector as a whole.

Compared to other jurisdictions (eg. Oregon), Switzerland publishes surprisingly little data on the circumstances that surround the practice of assisted suicide.

For example, there is no known data on the rate of complications that flow from the oral or IV administration of pentobarbital (Nembutal). Nor how long it takes to loss of consciousness (LOC) or the average time to death (TOD). For these reasons, Exit welcomes this review.

EDITORIAL with Philip Nitschke

Remembering Dr Florian Willet

In my last Editorial I spent most of my time venting my frustration and disgust at the Swiss legal system: a system that allowed an obviously innocent man (Florian Willet) to be 'indefinitely' incarcerated in the Schaffhausen prison.

In this Editorial, I must report the sad, but not altogether surprising, news that Florian Willet has died (on 5 May 2025). For those who have followed the Sarco project, Florian was the founding president of The Last Resort Association. He was the person who volunteered to be present when the Sarco was used in Switzerland last September. He (and we) expected that after the event Florian would be interviewed at the police station and allowed to go home pending further inquiries.

Instead, Florian spent 70 days in the infamous Schaffhausen prison. The jail in Schaffhausen is no ordinary prison, even by Swiss standards. Rather, as one of the oldest in the country and, by its own admission, it *'does not meet either security or human rights standards and its infrastructure has already been criticised as inadequate by the National Commission for the Prevention of Torture'* (see: German Wikipedia entry for 'Gefängnis Schaffhausen'). Is it any wonder that a brilliant, intelligent (and innocent) man was driven to despair.

On his release, Florian was a changed person. In mid January 2025, he was diagnosed as having acute psychotic disorder (F23 in DSM-5). His psychosis was attributed to the pre-trial detention and the 'associated processes'. Now Florian is dead. He is gone. And for what?

Florian was kind and considerate. He was deeply committed to the human right of being able to control the circumstances of one's death. That is why he wanted to be the one to 'accompany' the American Exit Member who used the Sarco. This treatment is not what he deserved.

As he would later say to me, 'Philip I did not sign up for this psychological torture'. Florian knew he was traumatised: it was not like he did not acknowledge it. But, as he and I both knew, there would be a long road back. One does not recover quickly or easily from being wrongly accused of 'murder'.

Indeed, in a video he made last December at the time of his release, Florian says that on the night of his arrest, he was told that he was not being detained for 'assisting a suicide'. No, the charge from the 'get-go' was 'intentional homicide'. This was *before* the Sarco was seen by the police but *after* the lawyers had been arrested (a move that left Florian unrepresented when he was questioned by the attending authorities).

Florian Willet leaves a very big gap in our collective experience of the Sarco in Switzerland. After all, the whole reason behind the Sarco being used in Switzerland was because of the unique way that Swiss law is framed. In Switzerland, it is not an offence to help someone die as long as a) they have mental capacity (she did), b) they do the action themselves (she did) and c) the person helping is doing it for altruistic reasons (he was).

While I do not feel responsible for Florian's death, I mourn the utter futility of it. We had great plans for the future, including for Florian to come to Australia in August - September to speak about the Sarco and his experience.

Florian was charming, personable and friendly. Exit Members in Australia would have been very interested in what he had to say. I'm sure they would have been very grateful for his bravery. Instead, all I have is a 2-hour video of Florian speaking and explaining. This testimonial is his legacy to how things were, not how they *should have been*.

The Sarco project will continue in his name. Florian is survived by his friend and partner, Laura, whose heart is broken.

Philip Nitschke

Exit Online Events

Workshop - Webinars & Snippets

Exit Online Webinars

Since Exit rebooted our online Webinars in October 2024, regular events have been held.

The year kicked off with a Webinar titled 'Avoiding Mistakes at the End'. Hosted by Philip Nitschke, the session examined the role of supplementary and sedative drugs in ensuring that a death (by any of the chosen means discussed in *The Peaceful Pill eHandbook*) is peaceful and reliable.

In May 2025, an 'Open Mic' Webinar was held. This event allowed Exit Members to submit questions ahead of time for answering and group discussion. A final list of 25 questions were selected.

Recordings of both Webinars and Snippets can be found in the online edition of *The Peaceful Pill eHandbook*.



Exit Online Snippets

In March a Snippet was held on the topic of 'Does Nembutal Cause Drowning?' This topic was selected because it is an issue that is getting increased coverage in the context of capital punishment. At autopsy, the lungs of those executed have been found to be surprisingly heavy with fluid. Pulmonary flash edema has been said to be the cause. This has led some to say that a death by Nembutal is 'cruel and unusual punishment' *but* is this true?

The June 2025 Snippet was titled 'Does Nitrogen Hypoxia Cause Convulsions'. This topic was driven by reports of horrific execution hypoxic deaths using nitrogen gas. Yet, in the right to die sector, the Exit plastic bag + inert gas (helium or nitrogen) has long been considered one of the most reliable and peaceful means of death. So what is going on?

To date in 2025, Exit has held two online Snippets. Snippets are a succinct one-hour presentation on a set-topic. As with Webinars, the host is Philip Nitschke.

Both Snippets set out to examine what is happening between the truth and lies.



Exit Podcasts with Philip Nitschke & UK News

Podcasts

This has been the year of Podcasts, with Philip Nitschke proving to be a popular interviewee.

During the Covid pandemic, Exit hosted our own podcast series. More recently, others (with more time and focus) have come calling, wanting to talk with Philip about a vast range of topics associated with the right to die issue. Below are a few.

The Ethical Frontier with Jason Chen at:
https://www.youtube.com/watch?v=fDk7_LO0swA

The Philosophy of Letting Go at:
<https://bit.ly/globalindiannetwork>

How it Ticks at:
<https://bit.ly/howitticks>

Veridical: 'Inventing the Sarco Pod' on Apple Podcasts

For Russian speakers, 'Ticket to the Final Journey' at:
<https://bit.ly/tickettofinaljourney>



London Workshop 2025

Exit is pleased to announce that this year's 2025 London Workshop will be held as follows:

Friday 26 September

10am - 1pm

Dragon Hall (17 Stukeley St, WC2B 5LT)

Registrations are now OPEN on the Exit Website at:
<https://bit.ly/londonworkshop25>

The Workshop will be based, as always, on the *Peaceful Pill eHandbook* and will include all the new information from the past year.

Please note - the Dragon Hall meeting replaces the planned July Zoom meeting.

Ofcom Update

Ofcom - the regulator for UK communication services - recently wrote to Exit, requesting an audience in regard to the 'Peaceful Pill Handbook'. As part of the new *Online Safety Act*, Ofcom wanted explanation of what Exit does online.

Exit welcomed this opportunity to discuss our long-standing practices, including our safeguards such as requiring video/ photo ID and for subscribers/ purchasers to be > 50 years of age. Ofcom also noted that no one in the UK is permitted into the Peaceful Pill Forums and that a geo-block is in place.

Exit would like to apologise to all UK Exit Members and Subscribers for this censorship. We are sorry that you, as older, rational adults are prohibited by your government from participating in our forums.

We regret that you are being denied a friendly, safe, informative space to discuss end of life issues. We urge anyone who does not agree with the long arms of the *Online Safety Act*, to take it up with their MPs. Keeping young people safe online should not mean that the elderly are the collateral damage.

Remembering - Derek Humphry & Lawrence Reddaway

One of the founders of the modern right to die movement, Derek Humphry died in January. The movement and the caliber of international debate is the poorer for his passing.

Derek and Philip Nitschke were collaborators and colleagues for close on 30 years. As the author of *Final Exit*, Derek Humphry paved the way for those to come after him.

A *New York Times* bestseller for over 18 weeks, *Final Exit* initially found itself immersed in controversy. Amid a moral panic that the children of the nation would be put at risk by the open publication of practical information, Derek was brave and persistent in seeing his dream through (and rebuffing the critics).

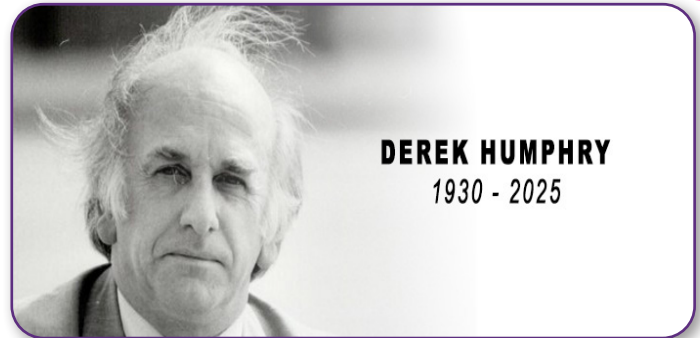
Derek's mission was to ensure that those who sought practical, self-help, end of life information should not be denied.

Lawrence Reddaway, Melbourne Chapter Coordinator

Former Melbourne Chapter Coordinator, Lawrence Reddaway, died at home on 14 June. He had been diagnosed with bowel cancer a few years ago. The Exit community will miss him greatly.

From January 2023 until several months before his death, Lawrence led the Victorian chapter of Exit International, as only a retired engineer could. He was a no nonsense man, highly organised. Lawrence did not suffer fools gladly.

Lawrence Reddaway was also generous with his time and energy. He was thoughtful of others and supportive of those who sought his assistance. Lawrence's passing of the baton to our new 'Chapter Man', Iain Mackinnon, was a masterclass in efficiency. Exit will be forever grateful for his contribution to our collective cause. Rest in peace dear Lawrence.



Exit was thoroughly delighted (and humbled) when Derek called *The Peaceful Pill eHandbook*:

'a stunning piece of work, truly the definitive scientific encyclopedia of the how-to-die subject.'

Derek's work will live on in both our memories and the book stores of the world. Our thoughts are with his partner, Gretchen, now and always.

