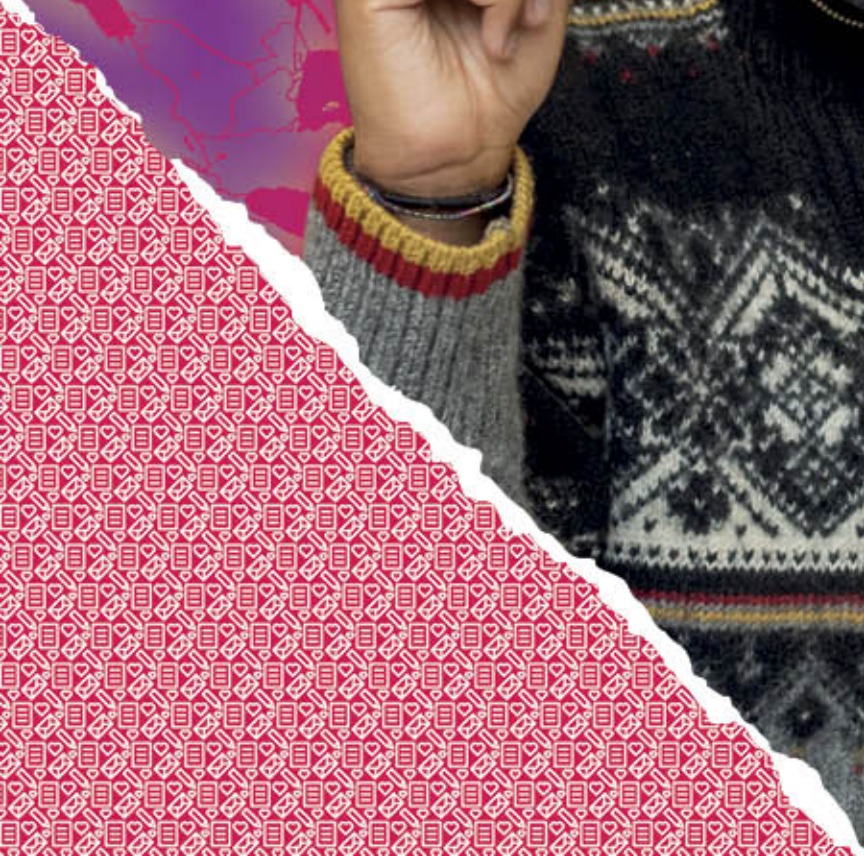


# WRITE A LETTER CHANGE A LIFE

WRITE  
FOR  
RIGHTS

AMNESTY  
INTERNATIONAL





# WRITE A LETTER CHANGE A LIFE

**WRITE  
FOR  
RIGHTS**

AMNESTY  
INTERNATIONAL



Welcome to Amnesty International's Write for Rights letter-writing kit. Here you will find everything you need to successfully take part in the Write for Rights 2024 campaign.

Write for Rights changes lives and your words matter.

The people featured in this year's campaign are from all around the world – from a TikTokker in Angola to a women's rights defender in Saudi Arabia, all these amazing people are connected because their human rights have been violated. This is your chance to make a real difference to their lives.

You're here because you want to make a difference. You want to speak truth to power. Whether you do this with a group of friends, classmates, your family or by yourself, the words you write will change lives.





**“I would like to express my huge, huge gratitude... Your timely actions – these letters, petitions, signatures, and the huge number of letters that went to the court, that went to the prosecutor’s office – it was all very powerful. In fact, it was very empowering to us all... Of course, the acquittal was totally unexpected. I don’t even know how to process it in my head. We had been playing with all sorts of scenarios, different outcomes in our heads, but we didn’t think we would all be acquitted!... I thank you all.”**

**WRITE  
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**Rita Karasartova from Kyrgyzstan**

Rita is a human rights defender and expert in civic governance. For over a decade she dedicated her life to providing independent legal advice, helping people whose rights had been violated by a corrupt and unreliable legal system. Alongside 26 others, Rita was arrested for opposing a new border agreement giving control of a freshwater reservoir to Uzbekistan. Charged with attempting to “violently overthrow the government”, which carries a maximum sentence of 15 years’ imprisonment, Rita and at least 21 other defendants were acquitted on 14 June 2024.





# WHAT IS WRITE FOR RIGHTS?

**WRITE  
FOR  
RIGHTS**

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A letter can change someone's life. That's the idea behind Write for Rights, our global letter-writing campaign.

Over two decades ago, a small group of activists in Poland decided to run a 24-hour letter-writing marathon for 10 December – Human Rights Day. The idea took off and today, Write for Rights has grown into the world's biggest human rights event.

Every December, supporters across the globe write millions of letters, cards and tweets, and sign petitions for those whose basic human rights are being attacked.

These supporters form a vibrant community of people like you, continuing a long tradition of writing letters to right some of the world's biggest wrongs.





# HOW DOES WRITE FOR RIGHTS WORK?

**WRITE  
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# WHY DO WE NEED TO TAKE ACTION?

**WRITE  
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In country after country, people's freedoms – to speak out against injustice, to not be discriminated against – are under threat. Your letters, words and actions will put pressure on authorities to take immediate action, so that people's rights are protected and those who abuse people's rights will be brought to justice.



## WHO DO WE WRITE TO?

Every year, we ask supporters to write two types of letters. One is to the person in authority – it could be a king, president or head of police – who can help make change happen. The other letter is to the person (or group of people) we are fighting for, so they know we will never forget them.

## DOES IT WORK?

Yes! Every year, real change happens because of your letters and actions. People wrongfully imprisoned are released. Abusers are brought to justice. And people in prison are treated more humanely.





# WHEN DOES IT HAPPEN?

**WRITE  
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Write for Rights centres around Human Rights Day on 10 December but precise dates will vary depending on where in the world you live. Check your local Amnesty website for details.



**“I feel so relieved, and I thank you for the amazing Write for Rights campaign. I am forever indebted. It is like a huge weight has been lifted off my shoulders. Reading all the letters and cards made me feel so loved and appreciated.”**

**Cecillia Chimbiri from Zimbabwe**

Opposition activists Cecillia Chimbiri, Joanah Mamombe and Netsai Marova were abducted, tortured and imprisoned after attending a protest. They were charged with “communicating falsehoods” and “obstructing the course of justice”. Following their participation in Write for Rights 2022, on 4 July 2023 Cecillia and Joanah were acquitted by the High Court.



# HOW TO WRITE FOR RIGHTS

**WRITE  
FOR  
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1

## READ THE STORIES

This year, Write for Rights features a range of people, young and old, all of whom have had their freedoms attacked.

They are from 9 countries, and you will find 9 information sheets enclosed at the end of this kit, summarizing their stories. Take a look.



2

## PRINT OUT OUR SPECIALLY DESIGNED STATIONERY

We've created some special stationery which you can download and print. You can use it for any of your Write for Rights letters.

3

## WRITE YOUR LETTERS

At the back of each information sheet are two addresses.

One is to a government or similar authority: that's the target address. This is the person in authority we are trying to persuade to help the person or people featured. (To make things easier, we've put these addresses on the sample target letters as well: see point 4 for more information.)

The second is for a solidarity letter to the person we want to help, or someone they are close to. This is your chance to write them a personal message of friendship or support. Feel free to draw pictures – be creative.





# HOW TO WRITE FOR RIGHTS

**WRITE  
FOR  
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## 4. USE THE SAMPLE TARGET LETTERS IF YOU NEED THEM

This kit contains 9 sample letters to your target. You can either copy these out in your own handwriting (great!), or rewrite them, adding your own words (even better!).

You can write as few or as many as you like.

## 5. POST YOUR LETTER ONLINE AND TAG US

Once you've written your letter, please take a photo of it (or a part of it) and post it on your social media channels, tagging it #W4R24. Please also tag @amnesty in your posts on X and Instagram so we can find you.

We'll try to retweet and post the best letters during Write for Rights.

## 6. POST YOUR LETTER OFFLINE!

You've written to an authority or to someone who really needs your support right now. Please remember to put that letter in an envelope, stamp it and send it on its way. Your words will change someone's life. Thank you!





# WHY DOES SOLIDARITY MATTER?

**WRITE  
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You might think that writing to someone you don't know will make no difference, or that they won't want to hear from you. But when you're locked up or in fear for your life or you're desperately seeking justice for a loved one, having someone tell you they believe in you matters a lot. They may feel anxious and alone, and your words will bring comfort and hope to them.

Through the solidarity she received in 2023, Ana Maria Santos Cruz felt the embrace of a global community of allies, keeping her hope alive after the death of her son, Pedro Henrique. An activist and advocate of racial justice and human rights, Pedro organized "Walks of Peace" in Tucano, Bahia, Brazil. The annual marches brought people together to speak out about police abuses primarily against Black communities. These moments of solidarity were met with hostility and intimidation from the police and on 27 December 2018, Pedro Henrique was murdered, aged 31.





Ana Maria has bravely sought the truth about Pedro's death, calling on the authorities for a thorough investigation and trial. With thousands of letters of support from around the world, Ana Maria felt more able to cope with ongoing threats and the grief of losing her child.

**WRITE  
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**“I always say that Pedro taught me a lot, including how to be a tireless fighter for justice. It was also Pedro who connected me with Amnesty International, as he was a supporter of the movement. He used to say to me, joking, that Amnesty International would one day take him to countries of Africa, to Jamaica and other places to do human rights work. Who would imagine that he was right? After his murder, through the Write for Rights campaign, Pedro Henrique and I were, in a way, taken to different countries through this story of the fight for justice. I’m very happy and feel strengthened by this wave of solidarity, which comforts my heart.”**





# SAMPLE TARGET LETTERS

**WRITE  
FOR  
RIGHTS**

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There are 9 sample target letters. Feel free to either copy these out in your own handwriting or, even better, rewrite them, adding your own words. You can use the special printable stationery we've provided, or your own paper. You can do as few or as many as you like. If you've already taken action online, please write a solidarity letter instead. If you only want to write a solidarity letter, that's brilliant, too!





# SAMPLE TARGET LETTERS

WRITE  
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## ANA DA SILVA MIGUEL, AKA NETH NAHARA, ANGOLA

President of Angola  
Palácio Presidencial  
Cidade Alta  
Rua 17 de Setembro  
Luanda  
Angola



Your Excellency

I am writing on behalf of Ana da Silva Miguel, known as "Neth Nahara". In August 2023 Neth took to TikTok criticizing your conduct as president. The next day she was arrested and subsequently tried, convicted, and sentenced to six months in prison, which was later increased to two years. Your authorities are using Article 333 of the Penal Code to make legitimate criticism of you a criminal offence.

I demand that Ana da Silva Miguel is immediately and unconditionally released, since her conviction and ongoing arbitrary detention stem solely from the peaceful exercise of her human rights, including the right to freedom of expression.

Yours sincerely

Dear Sir

I am writing to demand justice for Joel Paredes. On 30 June 2023 Joel attended a peaceful protest against local constitutional changes, including restrictions on the right to peaceful assembly – changes that may cause damage to the environment and risk violating Indigenous Peoples' land rights. Police recklessly fired rubber bullets at protesters. Joel was hit, permanently blinding him in the right eye, and leaving him with debilitating nerve pain. No one has been held accountable.

Those responsible for Joel Paredes's injuries and all other violations against protesters must be identified and brought to justice in accordance with international law and standards.

Yours sincerely

## JOEL PAREDES, ARGENTINA

Attorney General of the Public  
Prosecutor's Office  
Sarmiento 427  
4600 San Salvador de Jujuy  
Argentina





# SAMPLE TARGET LETTERS

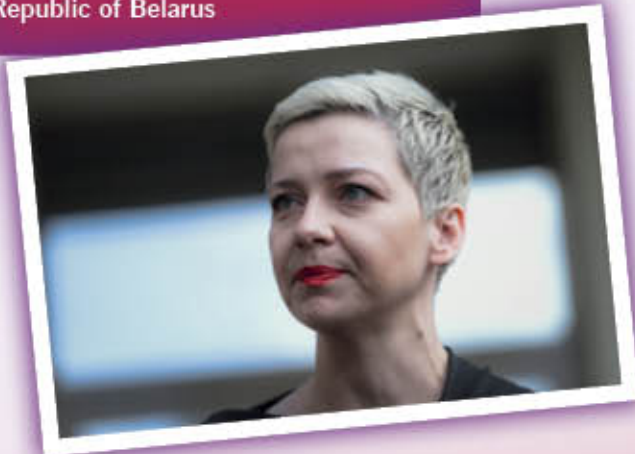
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## MARYIA KALESNIKAVA, BELARUS

Minister of Foreign Affairs  
Ministry of Foreign Affairs of the  
Republic of Belarus  
vul. Lenina 19  
220030, Minsk  
Republic of Belarus



Dear Minister

I am calling on you to take all necessary steps to immediately release Maryia Kalesnikava, who has been arbitrarily arrested and prosecuted under trumped-up charges. Maryia has been sentenced to 11 years in prison simply for exercising her right to freedom of expression and association, speaking out against arbitrary arrests and abuses of the electoral process during the widely disputed presidential election in Belarus in 2020.

Furthermore, I demand that all necessary measures are taken to protect Maryia from torture and other ill-treatment, provide her with access to adequate healthcare, allow her contact with her lawyers and family, overturn her unjust conviction, and delete her name from the government's list of individuals involved in "terrorist activities".

Yours sincerely

Your Excellency

I am calling on you to immediately and unconditionally release environmental lawyer Dang Dinh Bach.

Bach has dedicated his life to improving the health and livelihoods of people in Viet Nam and protecting them from the threats of pollution and climate change.

On 24 June 2021, Bach was arrested and jailed for alleged tax evasion, a crime he did not commit. He was later sentenced to five years in prison following a trial which UN experts considered unfair.

Pending his release, Bach must be protected from all forms of torture and other ill-treatment and be provided access to adequate healthcare.

Yours sincerely

## DANG DINH BACH, VIET NAM

President of Viet Nam  
President's Office  
No. 2, Hung Vuong Street  
Ba Dinh District  
Hanoi 11100  
Viet Nam





# SAMPLE TARGET LETTERS

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## WET'SUWET'EN NATION LAND DEFENDERS, CANADA

Premier of British Columbia  
PO box 9041  
STN Prov Govt  
Victoria BC V8W 9E1  
Canada



Dear Premier

I am writing to you regarding the ongoing criminalization of Wet'suwet'en land defenders.

For years, British Columbia has criminalized Wet'suwet'en land defenders for opposing construction of a fossil fuel pipeline on their ancestral territory. They face time in prison and a criminal record if found guilty.

The Wet'suwet'en are deeply connected to their ancestral lands and waters, which are threatened by the pipeline. Their Hereditary Chiefs (on behalf of their clans) did not consent to its construction.

I demand the Government of British Columbia stop the criminalization and harassment of Wet'suwet'en land defenders and their allies.

Yours sincerely

Your Excellency

I am writing to demand the release of Oqba Hashad. The 27-year-old student has been held in pretrial detention since May 2019, solely in retaliation for his brother's human rights activism.

Egyptian authorities forcibly disappeared and tortured Oqba and continue to deny him the prosthetic leg he has used since a childhood accident – leaving him physically reliant on others. Held in terrible conditions without adequate healthcare, a new bogus case against him has been opened to justify his continued detention.

Oqba Hashad must be immediately and unconditionally released, as his detention is related solely to his brother's human rights activism.

Yours sincerely

## OQBA HASHAD, EGYPT

President of Egypt  
Office of the President  
Al-Ittihadiya Palace  
Al Nadi, El-Montaza, Heliopolis  
Cairo Governorate  
4460210  
Egypt





# SAMPLE TARGET LETTERS

WRITE  
FOR  
RIGHTS

AMNESTY  
INTERNATIONAL



## MANAHEL AL-OTAIBI, SAUDI ARABIA

Minister of Justice for Saudi Arabia  
PO box 7775  
11472  
Riyadh  
Saudi Arabia



Your Excellency

I am writing to you regarding the case of Manahel al-Otaibi. In November 2022, Manahel was arrested for campaigning for women's rights online and posting photos to Snapchat of herself at a shopping mall without wearing a traditional abaya. Manahel has been sentenced to 11 years in prison.

In recent years, Saudi Arabia's authorities have claimed they are advancing women's rights in the Kingdom. Manahel believed these promises and felt freer to express her views and wear what she liked. Now she is serving over a decade behind bars.

I demand that Manahel al-Otaibi is immediately and unconditionally released, and all charges against her are dropped.

Yours sincerely

Dear Mayor of Seoul

I am writing to you regarding Kyung Seok Park, a dedicated activist for the rights of people with disabilities, who represents Solidarity Against Disability Discrimination (SADD). By organizing peaceful protests, Kyung Seok Park has drawn attention to the difficulties people with disabilities face in accessing public transport safely. In response, Kyung Seok Park has faced the use of unlawful force by police, public smear campaigns, and punitive litigation by the authorities.

I urge you to ensure people's right to peaceful assembly by ending the use of unlawful force, retaliatory litigation, and smear campaigns against Kyung Seok Park and SADD activists, so they can keep campaigning for a world where people with disabilities can fully participate in all aspects of life.

Yours sincerely

## KYUNG SEOK PARK, SOUTH KOREA

Mayor of Seoul  
6F, Seoul Metropolitan Government  
110 Sejong-daero  
Jung-gu  
Seoul 04524  
Republic of Korea





# SAMPLE TARGET LETTERS

WRITE  
FOR  
RIGHTS

AMNESTY  
INTERNATIONAL



ŞEBNEM KORUR FİNCANCI,  
TÜRKİYE

Minister of Justice  
Kızılay  
Milli Müdafa Cd. No:5  
06420 Çankaya  
Ankara  
Türkiye



Dear Minister

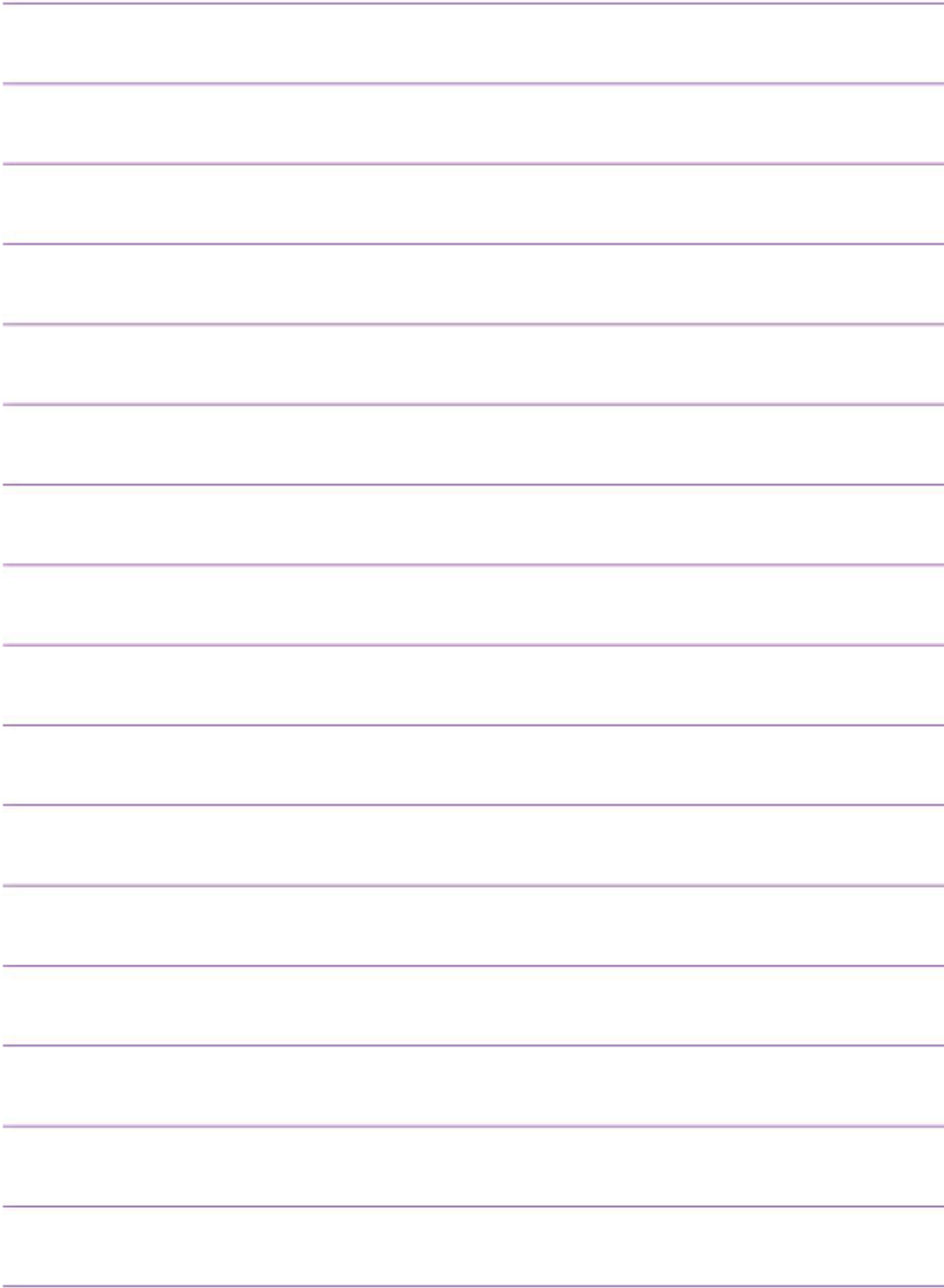
I call on you to ensure the criminal justice system is not misused to harass forensic medicine expert Şebnem Korur Fincancı and no other charges are brought against her for defending human rights.

Şebnem has been subjected to baseless criminal investigations, detention and prosecutions for years, in a bid to silence her and stop her important work. In January 2023, she was convicted for allegedly "making propaganda for a terrorist organization" after she had called for an investigation into allegations that the Turkish military was using chemical weapons in Iraq.

Calling for the eradication of torture should never be criminalized.

Yours sincerely







# TIKTOKER JAILED FOR CRITICIZING PRESIDENT

WRITE  
FOR  
RIGHTS

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INTERNATIONAL



Neth Nahara,  
Angola





# Neth Nahara, Angola

For Ana da Silva Miguel, a 32-year-old singer and mother with two young children, life in Angola was frustrating and hard. How could a country with so much potential, allow so many of its people to live in poverty? Fed up with the lack of schools, employment and opportunity, Ana took to TikTok, becoming “Neth Nahara” – social media influencer and commentator.

Neth shared stories of her life with her followers, good times and bad. She was bubbly, fun and unafraid to speak her truth. Neth encouraged women to seek out education and gain independence. She also bravely shared that she had HIV and gave advice on how to stay healthy.

On 12 August 2023 Neth went live on her TikTok channel, openly criticizing President João Lourenço. The very next day Neth was arrested at her home in Luanda, Angola’s capital. She was summarily tried, convicted and sentenced to six months in prison. On 27 September 2023 the sentence was increased to two years.

The Angolan authorities are using a controversial law (criminal code 333) to silence critical voices like Neth. The law was passed during the Covid-19 pandemic – a time when the Angolan people took to the streets to express their discontent with the president’s leadership – and makes “insulting” the president a crime.

For the first eight months Neth spent in arbitrary detention she was denied the daily medication needed to treat HIV. Only after repeated requests from her lawyers, was she finally given the necessary medications. Neth Nahara and others like her are being detained and mistreated because they dare to speak out.

**Call on the Angolan authorities to immediately and unconditionally release Neth Nahara.**



## WRITE TO THE PRESIDENT

Demand that Neth Nahara is immediately and unconditionally released, since her conviction and ongoing arbitrary detention stem solely from the peaceful exercise of her human rights, including the right to freedom of expression.

### ADDRESS:

President of Angola  
Palácio Presidencial  
Cidade Alta  
Rua 17 de Setembro  
Luanda  
Angola

**SALUTATION:** Your Excellency

**EMAIL:** [secretariageral@oapr.gov.ao](mailto:secretariageral@oapr.gov.ao)

**FACEBOOK:** [www.facebook.com/cdajoaolourenco](https://www.facebook.com/cdajoaolourenco)

**X:** @jlprdeangola

**HASHTAGS:** #FreeNethNahara, #NethLivre,  
#W4R24

## SEND YOUR LETTERS AND CARDS OF HOPE TO NETH

Help keep Neth’s spirits up; let her know she is not alone.

### ADDRESS:

Ana da Silva Miguel (Neth Nahara)  
Estabelecimento prisional feminino de Viana  
Vila de Viana  
Avenida 11 de Novembro  
Rua Nzinga Mbande  
Luanda  
Angola



**'MY CHILDREN  
DESERVE A FUTURE;  
I FOUGHT FOR IT'**

**WRITE  
FOR  
RIGHTS**

AMNESTY  
INTERNATIONAL



Joel Paredes,  
Argentina





## Joel Paredes, Argentina

Twenty-nine-year-old ceramicist Joel Paredes lives in Humahuaca, a small town in Jujuy, a northern Argentine province. In June 2023 the local government pushed through changes to the province's constitution, including restrictions on the right to peaceful assembly, as well as measures that may cause damage to the environment, and risk violating Indigenous Peoples' land rights. The changes were approved without consultation with Indigenous Peoples or the wider population.

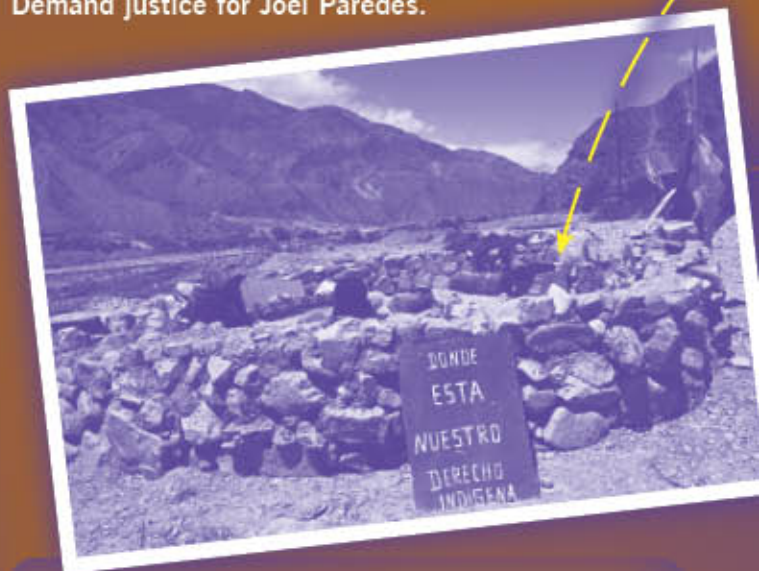
Jujuy is a province rich in lithium, a metal known as "white gold" due to its worldwide demand for the creation of batteries. Argentine authorities want to expand lithium exports. But people who live on the land, like Joel and his family, have serious doubts.

Although not Indigenous himself, Joel sympathized greatly and was concerned for the future of his children who would grow up on the land. In support,

on the evening of 30 June 2023, Joel joined a protest in Humahuaca square. Alongside hundreds of peaceful demonstrators, Joel played a "bombo" drum with his band while the City Council discussed the changes in a nearby building. For Joel: "Our musical instruments are our weapons."

In the early hours of 1 July, the police arrived at the square and started recklessly firing rubber bullets into the crowd. Joel was hit in his right eye. The injury required surgery, but doctors could not save his sight and Joel is now permanently blind in his right eye. Joel is also left with debilitating nerve pain that impacts his daily life. No one has been held accountable for what happened to Joel and the other protesters.

**Demand justice for Joel Paredes.**



### WRITE TO THE ATTORNEY GENERAL OF THE PUBLIC PROSECUTOR'S OFFICE

Demand those found responsible for Joel Paredes's injuries and all other violations against protesters are brought to justice in accordance with international law and standards.

#### ADDRESS:

Attorney General of the Public  
Prosecutor's Office  
Sarmiento 427  
4600 San Salvador de Jujuy  
Argentina

**SALUTATION:** Dear Sir

**EMAIL:** [sllelo@mpajujuy.gob.ar](mailto:sllelo@mpajujuy.gob.ar)

**X:** @MpaJujuy

**INSTAGRAM:** @mpajujuy

**HASHTAGS:** #justiciaparaJoel,  
#justiceforJoel, #W4R24

### SHOW JOEL AND HIS FAMILY THAT YOU SUPPORT THEM IN THEIR FIGHT FOR JUSTICE

Send your messages of support to show Joel and his family that they are not alone.

#### ADDRESS:

Joel Paredes  
c/o Amnesty International Argentina  
Santos Dumont 3429, 2nd Floor  
1427 Buenos Aires  
Argentina



**POLITICAL ACTIVIST**

**ABDUCTED AND LOCKED UP**

**FOR 11 YEARS**

**WRITE  
FOR  
RIGHTS**

AMNESTY  
INTERNATIONAL



Maryia  
Kalesnikava,  
Belarus





# Maryia Kalesnikava, Belarus

A professional musician, Maryia Kalesnikava has filled her life with music, art and people. She's passionate about meeting people and learning from them, and dreams of a Belarus where everyone is respected and allowed to speak freely.

This led Maryia to become involved in the August 2020 presidential elections. She joined the campaign of independent candidate Svyatlana Tsikhanouskaya alongside Veranika Tsapkala. The three women united after the leading male candidates had been jailed or fled. In a country where rights to freedom of expression, association and peaceful assembly are severely restricted, this formidable trio called for change and offered hope to many.

It is widely believed the opposition won, but the election was rigged, and Alyaksandr Lukashenka returned for his sixth term. Following the election, Svyatlana and Veranika were forced into exile and Maryia emerged as the highest profile opposition figure. She stood at the front line of peaceful protests, confronting abusive police officers, and making a heart-shaped symbol with her hands in front of riot police.

On 7 September 2020, Maryia was abducted by the Belarus authorities. Dragged into a van by masked men, she was taken to the border, intimidated and pressured to leave the country. She escaped through the van's window and tore up her passport to resist deportation. Maryia was arrested, detained and later sentenced to 11 years in prison on charges including "undermining national security" and "extremism".

Maryia is imprisoned in appalling conditions, with limited access to the healthcare she needs and isolated from other inmates inside the prison. Maryia's family and friends have not heard from her for over a year.

**Call on Belarus to immediately release Maryia.**



## WRITE TO THE MINISTER OF FOREIGN AFFAIRS

Demand that Maryia Kalesnikava is immediately and unconditionally released from prison, and her unjust conviction is overturned.

ADDRESS:  
Minister of Foreign Affairs  
Ministry of Foreign Affairs of the Republic of  
Belarus  
vul. Lenina 19  
220030, Minsk  
Republic of Belarus  
SALUTATION: Dear Minister  
EMAIL: [mail@mfa.gov.by](mailto:mail@mfa.gov.by)  
X: @BelarusMFA  
INSTAGRAM: @belarusmfa  
HASHTAGS: #FreeKalesnikava, #W4R24

## SHOW MARYIA THAT SHE IS NOT ALONE

Send Maryia messages of hope and solidarity. Let her know you support her in her fight for human rights in Belarus. Include red hearts and musical notes in your messages.

ADDRESS:  
Maryia Kalesnikava  
Penal colony No. 4  
vul. Antoshkina 3  
246035, Homel  
Republic of Belarus  
INSTAGRAM: @kalesnikava  
X: @by\_kalesnikava  
FACEBOOK: [www.facebook.com/maria.kalesnikava](https://www.facebook.com/maria.kalesnikava)  
HASHTAGS: #FreeKalesnikava, #W4R24



# JAILED FOR PROTECTING THE ENVIRONMENT AND HUMAN RIGHTS

WRITE  
FOR  
RIGHTS

AMNESTY  
INTERNATIONAL

A map of Vietnam is shown on the left side of the image. A yellow location pin icon is placed on the northern coast of the country. A dashed yellow line extends from the pin, pointing towards the portrait of Dang Dinh Bach. The map is divided into 'NORTH' and 'SOUTH' regions by a dashed line.

Dang Dinh  
Bach,  
Viet Nam





# Dang Dinh Bach, Viet Nam

Environmental justice lawyer Dang Dinh Bach has dedicated his life to improving the health and livelihoods of people in Viet Nam and protecting them from the threats of pollution and climate change.

His organization, the Law and Policy of Sustainable Development Research Center (LPSD) was the first in Viet Nam to take legal action against the government and corporations for serious environmental and public health violations. The illegal disposal of pesticides and the increased risk of cancer caused by industrial pollution are just some of the issues they have fought against.

The organization's work is crucial. Through their public campaigns and training, they raise awareness and help communities understand their rights, empowering them to confront powerful economic and political interests to protect their social, economic and environmental well-being.

But on 24 June 2021, Bach was arrested. His newborn son was just two weeks old. Bach was put in prison. LPSD was forced to close. Bach was charged with "tax evasion" and later sentenced to five years in prison following a trial which UN experts considered unfair. The court refused to hear Bach's defence, and the prosecutor failed to disclose evidence. His wife was not allowed to attend her husband's "public" trials.

Since 2021, at least five environmental and climate justice advocates have been charged with tax evasion, a tactic used by the Vietnamese authorities to silence the growing movement of activists calling on the government to protect the environment.

Bach should be allowed to continue his work to support the communities he cares deeply about. Instead, he is locked up and forced to endure poor prison conditions. His health has deteriorated, and he has been harassed by prison officers. He has not seen his young son since his arrest.

**Call on Viet Nam to immediately release  
Dang Dinh Bach.**



## WRITE TO THE PRESIDENT

Tell them to immediately and unconditionally release Dang Dinh Bach. Pending his release, Dang Dinh Bach must be protected from all forms of torture and other ill-treatment and be provided access to adequate healthcare.

### ADDRESS:

President of Viet Nam  
President's Office  
No. 2, Hung Vuong Street  
Ba Dinh District  
Hanoi 11100  
Viet Nam

**SALUTATION:** Your Excellency

**EMAIL:** [vpccp@chinhphu.vn](mailto:vpccp@chinhphu.vn)

**X:** @MOFAVietNam

**HASHTAGS:** #FreeBach, #W4R24

## KEEP BACH'S HOPE ALIVE

Let Bach know he is not alone by sending your messages and drawings of friendship and hope.

### ADDRESS:

Dang Dinh Bach  
Prison No. 6  
R684+GPV, H15 Road  
Thanh Chuong District  
Nghe An Province 460000  
Viet Nam

**FACEBOOK:** [www.facebook.com/dang.d.bach](https://www.facebook.com/dang.d.bach)

**HASHTAGS:** #StandWithBach, #FreeBach,  
#W4R24



# FIGHTING TO PROTECT THEIR ANCESTRAL LANDS, AND OUR PLANET

WRITE  
FOR  
RIGHTS

AMNESTY  
INTERNATIONAL



Wet'suwet'en  
Nation Land  
Defenders,  
Canada





# Wet'suwet'en Nation Land Defenders, Canada

"Our medicines, our berries, our food, the animals, our water, our culture, are all here since time immemorial. We are obligated to protect our ways of life for our babies unborn." These are the words of Sleydo', a member of the Indigenous Wet'suwet'en Nation, who lives on land inhabited by her ancestors for thousands of years.

In 2019, Coastal GasLink Pipeline Ltd (CGL) began constructing a fossil fuel pipeline through the Wet'suwet'en Nation's ancestral territory, without the consent of the Hereditary Chiefs and their clans. They never agreed to the pipeline and the Nation has the right to decide what development takes place on its territory.

Committed to protecting their ancestral lands and everyone's right to a clean, healthy and sustainable environment, Sleydo' and other land defenders began taking action to stop the pipeline construction. But their peaceful actions have been met with intimidation, harassment and criminalization.

In 2018, the British Columbia Supreme Court (BCSC) granted CGL an injunction to prevent any interference with pipeline construction. The police have enforced this injunction with four violent raids on Wet'suwet'en territory, using weapons, helicopters and dogs. More than 75 land defenders have been arrested.

In November 2021, Sleydo' was arrested during one of these raids, with nearly 30 other defenders. Along with two other defenders, she was later found guilty of "criminal contempt" for allegedly disobeying the injunction order to stay away from pipeline construction sites, despite being on her ancestral territory. The land defenders have made an application to the BCSC stating that their human rights were violated by police during the raids. Their future depends on the outcome of the application. If unsuccessful, they face prison.

**Call on Canada to stop criminalizing Wet'suwet'en and other Indigenous land defenders**



## WRITE TO THE PREMIER OF BRITISH COLUMBIA

Demand that they stop the criminalization of Wet'suwet'en land defenders.

### ADDRESS:

Premier of British Columbia  
PO box 9041  
STN Prov. Govt  
Victoria BC V8W 9E1  
Canada

**SALUTATION:** Dear Premier

**EMAIL:** [premier@gov.bc.ca](mailto:premier@gov.bc.ca)

**FACEBOOK:** [www.facebook.com/bcndp/](https://www.facebook.com/bcndp/)

**TWITTER:** @bcndp

**INSTAGRAM:** @bcndp

**HASHTAGS:** #WetsuwetenStrong,  
#AllOutforWedzinkwa, #W4R24

## SHOW THE WET'SUWET'EN NATION LAND DEFENDERS THAT YOU SUPPORT THEM

Send your messages of support to show the Wet'suwet'en Nation land defenders that you support them in their fight to protect their ancestral lands.

### ADDRESS:

Wet'suwet'en Nation  
c/o Amnesty International Canada  
312 Laurier Avenue East  
Ottawa ON K1N 1H9  
Canada

**TWITTER:** @Gidimten

**INSTAGRAM:** @yintah\_access

**HASHTAGS:** #WetsuwetenStrong,  
#AllOutforWedzinkwa, #W4R24

**WEBSITE:** [www.yintahaccess.com](http://www.yintahaccess.com)



**'MY BODY CAN NO  
LONGER BEAR IT'**

**WRITE  
FOR  
RIGHTS**

AMNESTY  
INTERNATIONAL



Oqba Hashad,  
Egypt



# Oqba Hashad, Egypt

Twenty-seven-year-old Oqba Hashad was studying at university in Sadat City, north-west of Cairo, Egypt, when on 20 May 2019 life as he knew it came to an end. In a seemingly random raid, National Security Agency agents stormed Oqba's dorm, arresting all the students present, including Oqba. After a few days, the other students were released – except Oqba. Agents realized Oqba was the brother of Amr Hashad, a human rights activist who, after fleeing Egypt earlier that year, continued to denounce the country's human rights violations from exile.

For 77 days, Oqba's family had no idea where he was, and they feared for his safety. During this time, Oqba was tortured – including electric shocks to his genitals and to the stump of his right leg, which had been amputated following an accident when he was a child.

In August 2022, the prosthetic leg Oqba needs to move freely broke. For 16 months prison authorities denied him a replacement, and Oqba has become reliant on other prisoners for everyday tasks. On 4 January 2024, Oqba was finally given a new prosthesis; however it does not fit and causes further injury when used. Officials are also denying him the medicines needed to care for his stump, increasing the risk of infection.

On 20 February 2024, a judge ordered Oqba's release, as he had been held in pretrial detention for longer than the two years permitted by Egyptian law. To bypass this, prosecutors opened a new bogus case against him to justify his continued detention.

Oqba is being detained solely in retaliation for his brother's human rights work. Denied proper medical care and even a bed to sleep in, Oqba's psychological and physical health is gravely deteriorating.

**Call on Egypt to release Oqba Hashad.**



## WRITE TO THE PRESIDENT

Demand Oqba Hashad's immediate and unconditional release, as his detention is related solely to his brother's human rights activism.

### ADDRESS:

President of Egypt  
Office of the President  
Al-Ittihadiya Palace  
Al Nadi, El-Montaza, Heliopolis  
Cairo Governorate  
4460210  
Egypt

**SALUTATION:** Your Excellency

**EMAIL:** [p.spokesman@op.gov.eg](mailto:p.spokesman@op.gov.eg)

**FACEBOOK:** [www.facebook.com/AlSisiOfficial](https://www.facebook.com/AlSisiOfficial)

**X:** @AlSisiOfficial

**HASHTAGS:** #FreeOqba, #W4R24

## SHOW OQBA AND HIS FAMILY THAT THEY ARE NOT ALONE

Send your support to Oqba and his family, share your messages of hope.

### ADDRESS:

Oqba Hashad  
c/o Amnesty International Tunis Regional Office  
24 Avenue de la livre  
Les Berges du lac 2  
1053 Tunis  
Tunisia

**X:** @FreeOqba

**HASHTAGS:** #FreeOqba, #W4R24



# ELEVEN YEARS IN PRISON FOR SUPPORTING WOMEN'S RIGHTS

WRITE  
FOR  
RIGHTS

AMNESTY  
INTERNATIONAL



Manahel  
al-Otaibi,  
Saudi  
Arabia





# Manahel al-Otaibi, Saudi Arabia

In recent years, Saudi Arabia's authorities have claimed they are advancing women's rights in the Kingdom. Thirty-year-old Manahel al-Otaibi believed these promises and felt freer to express her views and wear what she liked. Now, facing over a decade behind bars, these promises are utterly hollow.

Before her arrest, Manahel was a fitness instructor and a brave and outspoken advocate for women's rights, using social media to call for greater freedoms for women in her country. Manahel was arrested on 16 November 2022, and charged with violating the Anti-Cyber Crime Law due to her tweets supporting women's rights and posting to Snapchat photos of herself at a shopping mall, not wearing an abaya, a traditional loose-fitting long-sleeved robe.

Her case was referred to the country's counter-terrorism court, the Specialized Criminal Court, notorious for its grossly unfair trials and harsh sentences. On 9 January 2024, Manahel was given an 11-year prison sentence for "terrorist offences" for her online expression, in a secret hearing the results of which were only revealed weeks later.

In November 2023, Manahel told her family she had been beaten by a fellow prisoner, and as a result she was cut off from the outside world, unable to communicate with anyone. In April 2024, Manahel was able to call her family for the first time in months, and sounding distressed, told them she was being held in solitary confinement and had again been brutally beaten, leaving her with a broken leg and no medical treatment.

**Demand Saudi Arabia frees Manahel al-Otaibi.**



## WRITE TO THE MINISTER OF JUSTICE FOR SAUDI ARABIA

Demand that Manahel al-Otaibi is immediately and unconditionally released, and all charges against her are dropped.

### ADDRESS

Minister of Justice for Saudi Arabia  
PO box 7775  
11472  
Riyadh  
Saudi Arabia

**SUBJECT:** Your Excellency

**EMAIL:** [minister-office@moj.gov.sa](mailto:minister-office@moj.gov.sa)

**PHONE:** [1950@moj.gov.sa](tel:1950)

**Twitter:** @MojKsa

**Hashtags:** #FreeManahel, #W4R24

## SHOW MANAHEL SHE IS NOT ALONE

Send your messages of support to Manahel and her family, let them know you care.

### ADDRESS

Manahel al-Otaibi  
c/o Saudi Arabia Team  
Amnesty International  
1 Easton Street  
London  
WC1X 0DW  
United Kingdom

**Twitter:** @ManahelAl\_otibi

**Hashtags:** #FreeManahel, #W4R24



**'I DREAM OF A WORLD  
WHERE NO ONE IS LEFT  
BEHIND'**

**WRITE  
FOR  
RIGHTS**

AMNESTY  
INTERNATIONAL



Kyung Seok Park,  
South Korea





# Kyung Seok Park, South Korea

Before Kyung Seok Park developed paraplegia following a hang-gliding accident in August 1983, he never thought about the lives of people with disabilities. He was 22 years old and busy studying at university, playing guitar and having fun with friends. When Kyung Seok attempted to live as a person with a disability, he soon found daily life for people with disabilities in South Korea was unacceptably difficult, even dangerous. His life as an activist began.

Representing Solidarity Against Disability Discrimination (SADD), a disability rights movement, Kyung Seok focuses his activism on public transportation. Without measures to eliminate obstacles and barriers to access public transport, people with disabilities are cut off from being able to participate fully in all aspects of life – travelling to a job or school and living independently. Numerous wheelchair users in Seoul have been killed or injured when utilizing unsafe wheelchair lifts at train and subway stations.

Demanding an increase to the public budget for disability rights, in 2021 Kyung Seok and SADD activists began peaceful protests, during which many

wheelchair users simultaneously boarded and disembarked subway trains during busy commuting hours. Authorities in Seoul have reacted negatively, including with violence. The protests have been repressed and activists forcibly dragged out of stations by police. Politicians have conducted smear campaigns, painting disability activists as a public nuisance. Seoul Metropolitan Government has filed multiple “blockade lawsuits” against peaceful protesters, further attempting to quash their activism.

Despite being almost strangled by police and Seoul Metro staff during a peaceful protest, and facing multiple lawsuits because of his activism, Kyung Seok continues to fight, declaring: “We refuse to wait any longer. We demand a world where no one is left behind.”

**Call on the mayor of Seoul to protect Kyung Seok Park's rights.**



## WRITE TO THE MAYOR OF SEOUL

Urge the mayor to ensure the right to freedom of peaceful assembly by stopping the use of unlawful force against Kyung Seok Park and SADD activists, dropping all litigation, and ending the media smear campaign so activists may keep campaigning for a world where people with disabilities can fully participate in all aspects of life.

### ADDRESS:

Mayor of Seoul  
6F, Seoul Metropolitan Government  
110 Sejong-daero  
Jung-gu  
Seoul 04524  
Republic of Korea

**SALUTATION:** Dear Mayor of Seoul

**EMAIL:** [seoulcity@seoul.go.kr](mailto:seoulcity@seoul.go.kr)

**FACEBOOK:** [www.facebook.com/seoul.kr](https://www.facebook.com/seoul.kr)

**X:** @seoulmania

**INSTAGRAM:** @seoul\_official

**HASHTAGS:** #RidingSeoulMetroWithPark,  
#LeaveNoOneBehind, #W4R24

## SHOW KYUNG SEOK PARK THAT YOU SUPPORT HIS ACTIVISM

Send your messages of strength and hope, show Kyung Seok Park and SADD activists that they are valued and respected.

### ADDRESS:

Kyung Seok Park  
c/o Solidarity Against Disability Discrimination  
5F, 25, Dongsung-gil  
Jongno-gu  
Seoul 03086  
Republic of Korea

**INSTAGRAM:** @sadd420

**X:** @sadd0420S

**HASHTAGS:** #RidingSeoulMetroWithPark,  
#LeaveNoOneBehind, #W4R24



# CONVICTED FOR DEFENDING HUMAN RIGHTS

WRITE  
FOR  
RIGHTS

AMNESTY  
INTERNATIONAL



Şebnem Korur  
Fincancı,  
Türkiye



# Şebnem Korur Fincancı, Türkiye

At home, Professor Şebnem Korur Fincancı enjoys spending time with her cats Simone and Ulula, cooking and listening to music. Beethoven is her favourite composer.

To the world, Şebnem is a forensic medicine expert, renowned for her work to eradicate torture. She has contributed to the development of a UN protocol on the investigation of torture, and a handbook on sexual violence for the World Health Organization. Until June 2024, she was the head of the Turkish Medical Association. Şebnem has also continually fought to protect the human rights of people in Türkiye, including their right to freedom of expression.

In a bid to silence her and stop her important work, for years the Turkish authorities have subjected Şebnem to baseless criminal investigations, detention and prosecutions. In January 2023, she was convicted for allegedly "making propaganda for a terrorist organization" after she had called for an investigation into allegations that the Turkish military was using chemical weapons in Iraq. Şebnem is appealing against her conviction but could be imprisoned for almost two years if her appeal is unsuccessful.

The government is cracking down on people's freedom of expression and putting restrictions on the work of human rights defenders like Şebnem. But Şebnem refuses to give in to their intimidation. Undeterred by the hostility she faces, she says: "I have never had the habit of bowing to any authority to this day."

**Tell the Turkish authorities to stop their harassment of Şebnem.**



## WRITE TO THE MINISTER OF JUSTICE

Demand the authorities stop misusing the criminal justice system to harass Şebnem and refrain from bringing any other charges against her for defending human rights.

### ADDRESS:

Minister of Justice  
Kızılay  
Milli Müdafı Cd. No: 5  
06420 Çankaya  
Ankara  
Türkiye

**SALUTATION:** Dear Minister

**EMAIL:** [ozelkalem@adalet.gov.tr](mailto:ozelkalem@adalet.gov.tr)

**FACEBOOK:** [www.facebook.com/bmyilmaztunc/](https://www.facebook.com/bmyilmaztunc/)

**X:** @yilmaztunc

**INSTAGRAM:** @yilmaztunc

**HASHTAG:** #ŞebnemKorurFincancı, #W4R24

## SHOW ŞEBNEM THAT YOU SUPPORT HER

Send your messages of support to show Şebnem that you support her in her fight to protect people's rights in Türkiye.

### ADDRESS:

Prof. Şebnem Korur Fincancı  
c/o Türk Tabipleri Birliği  
GMK Bulvarı  
Şht. Daniş Tunalıgil Sk. No: 2/17-23  
06570 Maltepe  
Ankara  
Türkiye

**X:** @SKorurFincanci

**HASHTAG:** #ŞebnemKorurFincancı, #W4R24



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