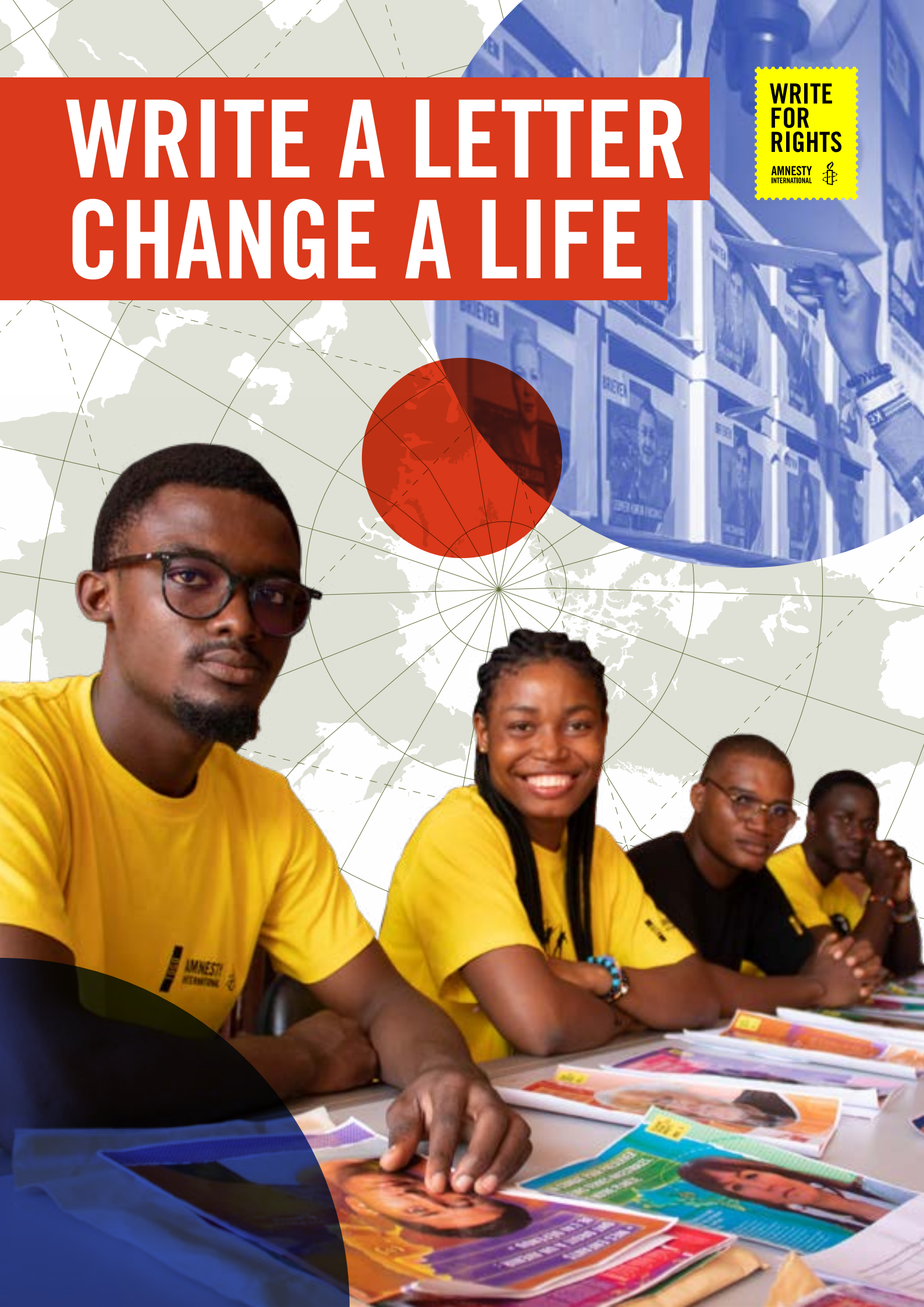


WRITE A LETTER CHANGE A LIFE

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



WRITE A LETTER CHANGE A LIFE



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 2025 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 an Indigenous reindeer herder fighting to protect her community's land in Norway to a photojournalist jailed for reporting on a cyclone in Myanmar, and a little boy who lost his life after falling into a pit toilet at his pre-school in South Africa, all these people are connected because their human rights have been violated.

Amongst others, this year's campaign features people on the front lines of climate change and environmental destruction, fighting to protect their communities from droughts, gas flares, development projects and pollution.

Write for Rights gives you the opportunity to make a real difference to these people's lives. And not just the eight individuals and groups featured in this year's campaign, but the families, communities and networks that surround them.

You're here because you refuse to stay quiet in the face of human rights violations. You want to take action. Whether you do this with a group of friends, classmates, your family or by yourself, the words you write will change lives.

**WRITE A LETTER
CHANGE A LIFE**





**WRITE
FOR
RIGHTS**

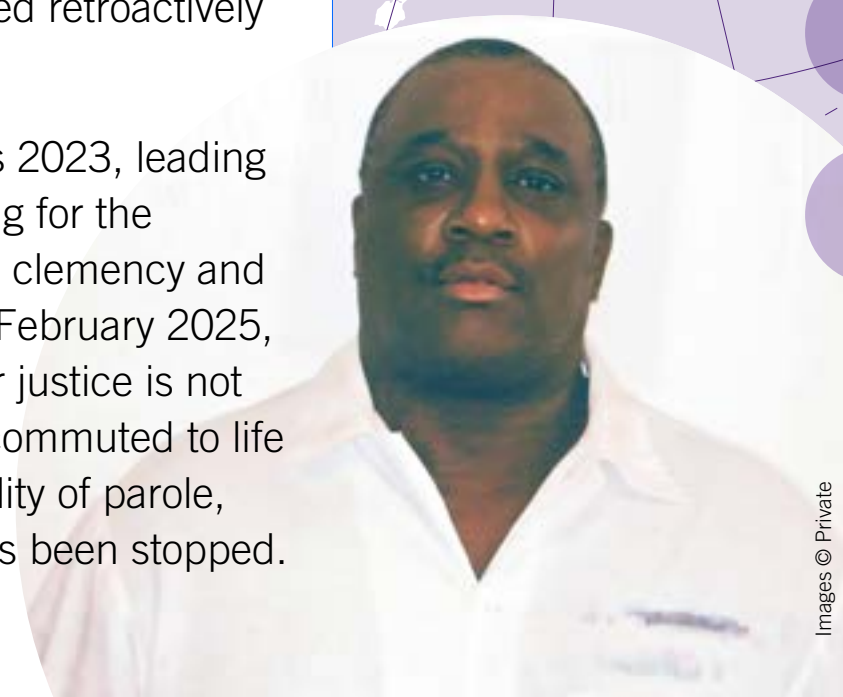


“Not only did this campaign bring awareness to his case, but it was done in such a way that honoured Rocky as a person, father, and grandfather. I know the outpouring of support meant the world to Rocky, and to know that so many people felt called to action is truly inspiring.”

Miriam Bankston, member of Rocky Myers' legal team, USA

Rocky Myers, a Black man with an intellectual disability, spent three decades on death row in Alabama for murder. Rocky was convicted following testimonies blighted by inconsistencies and alleged police pressure. He was sentenced to death by a judge who imposed a death sentence against the jury's wishes, a practice abolished in Alabama in 2017 but never applied retroactively to Rocky or others like him.

Rocky featured in Write for Rights 2023, leading to huge global campaigning calling for the governor of Alabama to grant him clemency and commute his death sentence. In February 2025, this was granted. Rocky's fight for justice is not over, as his death sentence was commuted to life imprisonment without the possibility of parole, but the threat of the execution has been stopped.



WHAT IS WRITE FOR RIGHTS?

**WRITE
FOR
RIGHTS**
AMNESTY
INTERNATIONAL

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 campaign.

Every December, supporters across the globe write millions of letters, cards and tweets, and sign petitions supporting people whose basic human rights have been or continue to be 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
FOR
RIGHTS

AMNESTY
INTERNATIONAL

1

People in more than 200 countries and territories take part in all kinds of events

2

Writing millions of letters, emails and tweets and signing petitions

3

Supporting people whose rights have been violated

4

Putting pressure on governments, leaders and decision makers

5

Showing love and support for people and their families

6

And making change happen – releasing activists, securing justice for those whose rights have been wronged and protecting people who fight for change

WHY DO WE NEED TO TAKE ACTION?



In country after country, people's freedoms to speak out against injustice, to not be discriminated against, to name a few, 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 president, attorney general or government minister – 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 are supporting 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 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.

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL





**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL 

“You reached out to us at the point when we most needed it. My son was sick, my mother was sick. My being in prison had had such an impact on my mum, she was weakened by it. This campaign gave her strength. It encouraged all of us. So I don’t know how to thank Amnesty enough.”

Dorgelesse Nguessan from Cameroon

In September 2020, concerns about the state of Cameroon’s economy led Dorgelesse Nguessan to protest for the first time. During the peaceful demonstrations, Dorgelesse was arrested. She was charged with “insurrection, assembly, meetings and public demonstrations” and sentenced to five years in prison. Following her participation in Write for Rights 2022, in January 2025 Dorgelesse was released and reunited with her family.

HOW TO WRITE FOR RIGHTS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



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 eight countries, and you will find eight 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 and be creative.



HOW TO WRITE FOR RIGHTS

WRITE FOR RIGHTS



4 USE THE SAMPLE TARGET LETTERS IF YOU NEED THEM

This kit contains eight 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 #W4R25. Please also tag @amnesty in your posts on X and Instagram so we can find you.

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
FOR
RIGHTS

AMNESTY
INTERNATIONAL 

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 can matter a lot. They may feel anxious and alone, and your words will bring comfort and hope to them.



“As a Rohingya human rights activist, I am profoundly grateful for the Write for Rights campaign, which has not only elevated my platform but has become a catalyst for change. The journey from a small corner of the world’s largest refugee camp to a global stage has been transformative, and it reaffirms the power of collective action in addressing human rights issues. Write for Rights has not just amplified my voice; it has woven a tapestry of global support, solidarity, and friendship, standing as a testament to the indomitable spirit of those committed to the cause of justice and human rights.”



Maung Sawyeddollah, Rohingya human rights activist and atrocity survivor

Through the solidarity he received in 2023, Maung Sawyeddollah felt the embrace of a global community of allies, keeping his hope alive after surviving the Myanmar military's campaign of killings and violence against people from the Rohingya ethnic group. Sawyeddollah was one of the leading activists in his community's pursuit of justice and remediation from Meta Inc., Facebook's parent company, for the company's role in the suffering and displacement of his community. But in 2023, Sawyeddollah faced serious security risks at the refugee camp in Bangladesh because of his human rights work. In August 2024, Sawyeddollah was granted an exit visa from Bangladesh and granted a student visa to attend university in the USA, which is likely to have been made possible because of the huge publicity created by Write for Rights 2023.



**WRITE
FOR
RIGHTS**
AMNESTY
INTERNATIONAL

SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



There are eight 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!

Amnesty International is a global movement of more than

10 million people who campaign for a world where human rights are enjoyed by all.

Our vision is for every person to enjoy all the rights enshrined in the Universal Declaration of Human Rights and other international human rights standards.

We are independent of any government, political ideology, economic interest or religion and are funded mainly by our membership and public donations.



SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



DAMISOA

📍 Madagascar

Director General

National Office of Risk and
Disaster Management
Avaratra Antanimora Route
Mausolée
Antananarivo 101
Madagascar

Dear Director General

In 2021, Damisoa and his family fled drought-stricken Androy due to drought-induced famines. In Boeny, the government resettled them at a site where farming is unviable and access to food, water and sanitation is regularly and severely hindered by fast-moving, crocodile-infested waters.

People displaced by famine and now living in Boeny, including Damisoa and his fellow residents, urgently need humanitarian assistance. But aid is currently almost exclusively concentrated in drought-stricken southern Madagascar.

I am calling on you to take urgent steps to guarantee the human rights of people displaced and now living in Boeny and across Madagascar and urge you to actively seek the support of humanitarian agencies and other relevant actors to do this.

Yours sincerely



ELLINOR GUTTORM UTSI

📍 Norway

Prime Minister of Norway

Office of the Prime Minister
PO box 8001 Dep
0030 Oslo
Norway

Dear Prime Minister

Ellinor Guttorm Utsi is a Sámi Indigenous leader working tirelessly to protect her community's ancient reindeer-herding way of life in northern Norway. In 2023, several hundred wind turbines were suddenly proposed directly on their summer grazing lands in Čorgaš, threatening to damage grazing land, break migration routes and destroy their culture. Despite fierce opposition, the authorities are rushing approvals.

I urge you to protect the rights of the Sámi reindeer-herding communities by ensuring that industrial wind-power projects that threaten their lands and way of life do not proceed without the free, prior and informed consent of the affected Sámi people.

Yours sincerely

SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



UNECEBO MBOTENI

📍 South Africa

Minister of Basic Education
Ministry of Basic Education
Private bag X9034
Cape Town 8000
South Africa

Dear Minister

I am writing to you to demand justice for Unecebo Mboteni. In April 2024, three-year-old Unecebo died after falling into a pit toilet at his pre-school in the Eastern Cape.

More than one year on and the family has had no word from the Little Champions Day Care Centre or the department about whether the pit toilet that Unecebo fell into has been removed. They were also told it could be years before the investigation is completed.

I urge you to ensure the investigation into Unecebo's death is expedited, the outcome made public, and that those responsible are held accountable.

Yours sincerely



MOTHER NATURE CAMBODIA

📍 Cambodia

Prime Minister of Cambodia
c/o Cambodian embassy or
consulate in your country,
or a country near you

Dear Prime Minister

Mother Nature Cambodia has courageously defended the Cambodian environment since 2013. But since 2016, the authorities have repeatedly targeted the group with arrests and prosecution, for nothing more than protecting the environment and exercising their right to freedom of expression. In June 2024, six members of the group were sentenced to between six and eight years in prison. One member fled Cambodia to continue their work, but the remaining five activists are enduring harsh conditions in prisons that are not compliant with international human rights standards.

I call on you to immediately and unconditionally release the five detained activists and quash all convictions against Mother Nature Cambodia activists.

Nobody should face prison simply for protecting the planet.

Yours sincerely

SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



JUAN LÓPEZ

📍 Honduras

Attorney General

Public Prosecutor's Office
Avenida República Dominicana
Colonia Lomas del Guijarro
Tegucigalpa M.D.C.
Honduras

To the attorney general

Juan López was a loving father and husband who tirelessly defended his local environment in northern Honduras from mining and energy projects which have threatened local rivers, forests and the Carlos Escaleras Mejía National Park. On 14 September 2024, he was shot dead in his car by a masked gunman as he left church.

I am writing to demand that you ensure a prompt, independent and impartial investigation into the killing of Juan López. All those suspected of being responsible for the crime must be brought to justice in fair trials, including those who ordered the murder.

Yours sincerely



SONIA DAHMANI

📍 Tunisia

President of Tunisia

Carthage Presidential Palace
La Goulette Road
Carthage Archaeological Site
Tunis
Tunisia

Your Excellency

Sonia Dahmani is a lawyer and media commentator who has dedicated her life to defending human rights. On 11 May 2024, security forces arrested Sonia. She was convicted and sentenced on unfounded charges of "spreading false news" and imprisoned for 18 months. However, politically motivated judicial proceedings against her are still pending.

I call on you to quash Sonia Dahmani's unjust sentences, immediately drop all other charges against her and end the harassment and intimidation against her.

Yours sincerely

SAMPLE TARGET LETTERS

WRITE
FOR
RIGHTS

AMNESTY
INTERNATIONAL



SAI ZAW THAIKE

📍 Myanmar

The Myanmar military junta
c/o Myanmar embassy or
consulate in your country,
or a country near you

To the Myanmar military junta

I am writing to demand that you immediately release photojournalist Sai Zaw Thaike.

Sai Zaw has been persecuted for his work reporting on the devastation caused by Cyclone Mocha. In 2023, he was arrested and sentenced by a military tribunal to 20 years in prison. He has endured beatings by prison staff and periods of solitary confinement. Sai Zaw must be freed now.

Yours sincerely



GUERRERAS POR LA AMAZONÍA

📍 Ecuador

President of Ecuador
Palacio de Carondelet
García Moreno N10-43 entre
Chile y Espejo
Quito 170401
Ecuador

Dear President

The Guerreras por la Amazonía are fighting alongside the Union of People Affected by Texaco's Oil Operations and the collective "Eliminen los Mecheros, Enciendan la Vida" (Remove the Flares, Ignite Life) to eliminate gas flares which are causing toxic fumes and environmental devastation in their communities. In 2021, a landmark ruling required the government to eliminate the use of gas flares, yet they continue to burn.

I am deeply concerned that the young defenders are facing stigma and violent intimidation. Rather than investigating the threats against them, the authorities told the group that they will only provide them with protection if they stop their activism.

I demand that you uphold the ruling to eliminate gas flares and ensure the safety of climate defenders.

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



DISPLACED BY DROUGHTS AND FACING STARVATION

Damisoa

📍 Madagascar



DAMISOA

Madagascar



In 2021, Damisoa and his family were forced to leave their home in the Androy region, southern Madagascar. Droughts worsened by climate change meant there wasn't enough food to survive.

After a challenging four-month, 1,500km journey, they reached Boeny in the north-west, hoping for a better life. But conditions remained harsh. In 2023, they were allocated a tiny 5m² hut at a resettlement site. Each rainy season the nearby Kamoro River swells, encircling the site with often fast, crocodile-infested waters. This makes it dangerous for residents to leave. The site's land is barren, and access to food, clean water and healthcare is limited. In early 2025, Damisoa's newborn niece died after her mother, weakened by hunger and thirst, could no longer breastfeed. As the government-appointed site manager, Damisoa spends much of his time advocating for the site's residents who are living in degrading conditions. However, his pleas have gone unanswered.

People displaced by famine and now living in Boeny, including Damisoa and his fellow residents, urgently need humanitarian assistance. But aid is currently almost exclusively concentrated in drought-stricken southern Madagascar.

Demand that the government takes urgent steps to address the hunger, homelessness, poor healthcare and other hardships faced by Damisoa and others displaced by drought across Madagascar.

WRITE TO THE DIRECTOR GENERAL OF THE NATIONAL OFFICE OF RISK AND DISASTER MANAGEMENT

Call on the authorities to take urgent steps to guarantee the human rights of people displaced and now living in Boeny and across Madagascar. Ask them to actively seek the support of humanitarian agencies and other relevant actors to do this.

ADDRESS: Director General
National Office of Risk
and Disaster Management
Avaratra Antanimora Route Mausolée
Antananarivo 101
Madagascar

SALUTATION: Dear Director General
EMAIL: bngrc.gov.mg/contact &
elackandriakaja@yahoo.fr
FACEBOOK: www.facebook.com/BNGRCMID
X: @BngrcMada
INSTAGRAM: [bngrc_madagascar](https://www.instagram.com/bngrc_madagascar)
HASHTAGS: #W4R25

SHOW DAMISOA AND HIS COMMUNITY THAT THE WORLD IS WITH THEM

Send a message of support to Damisoa and his community. Given the language barrier, sending drawings would be great. You could draw plants and flowers, since Damisoa is closely connected to nature through his work.

ADDRESS: Damisoa
c/o Lot 84bis secteur 5 Manjarisoa
401 Mahajanga I
Boeny
Madagascar

HASHTAGS: #W4R25

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



FIGHTING TO PROTECT THEIR ANCESTRAL LANDS AND CULTURE

Ellinor Guttorm Utsi

📍 Norway



ELLINOR GUTTORM UTSI

Norway



Ellinor Guttorm Utsi is an Indigenous Sámi woman, and a passionate leader fighting to protect her community's ancient reindeer-herding way of life in northern Norway. As a spokesperson, she speaks out for her family and her people who have followed seasonal migration routes across the Arctic for generations. They rely on summer grazing lands in Čorgaš, lands now under urgent threat.

Reindeer herding is central to the Sámi food system, which depends on migratory grazing across the Arctic landscape to produce sustainable food, clothing and crafts. Ellinor leads efforts to defend her community's rights to land and culture, highlighting the ongoing struggle of Indigenous Peoples caught between climate change, land rights and renewable energy development.

In 2023, several hundred wind turbines were suddenly proposed across Sámi territory, with many planned directly on Ellinor's summer grazing lands. These huge projects would bring hundreds of turbines, roads and power lines that would break up the land, disrupt reindeer migration and destroy a way of life deeply connected to nature.

Despite fierce opposition, Norwegian authorities are rushing approvals. Ellinor is tirelessly working to ensure Sámi voices are heard and their rights respected, but time is running out.

Call on Norway to listen to Ellinor and the Sámi People, and help them protect their land, livelihoods and culture.

WRITE TO THE PRIME MINISTER

Demand that the rights of the Sámi reindeer-herding communities are protected by ensuring industrial wind-power projects that threaten their lands and way of life do not proceed without the free, prior and informed consent of the affected Sámi.

ADDRESS: Prime Minister of Norway
Office of the Prime Minister
PO box 8001 Dep
0030 Oslo
Norway

SALUTATION: Dear Prime Minister
EMAIL: postmottak@smk.dep.no
FACEBOOK: www.facebook.com/regjeringennorge
X: @Regjeringen
INSTAGRAM: regjeringen
HASHTAGS: #ProtectSámiRights, #W4R25

SHOW ELLINOR, HER COMMUNITY AND ALL SÁMI REINDEER HERDERS THAT YOU STAND WITH THEM

Send your messages of support to amplify their voices and defend their culture, land and future.

ADDRESS: Ellinor Guttorm Utsi
c/o Amnesty International Norway
PO box 702 Sentrum
0106 Oslo
Norway

FACEBOOK: www.facebook.com/ellinor.utsi
INSTAGRAM: davvielle
HASHTAGS: #ProtectSámiRights, #W4R25

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



'FIGHTING TO PROTECT OUR AMAZON, AND YOUR FUTURE'

Guerreras por la Amazonía

📍 Ecuador



GUERRERAS POR LA AMAZONIA

Ecuador



"We are not just activists; we are daughters of the earth, of our communities; we are the warriors of the forest that refuses to die. We are the Amazon that resists the impacts of the oil industry, and for which our communities and our planet are burning."

The Guerreras por la Amazonía (Warriors for the Amazon) are a group of activists aged 10 to 20 years. They are fighting alongside the Union of People Affected by Texaco's Oil Operations (UDAPT) and the Eliminen los Mecheros, Enciendan la Vida (Remove the Flares, Ignite Life) collective, to protect their communities from the toxic fumes and physical devastation caused by gas flares. Used in the process of extracting oil, gas flares are one of the largest contributors to the climate crisis.

With the support of UDAPT, the Guerreras por la Amazonía joined a lawsuit against the Ecuadorian state in 2020. And won. In 2021, a landmark ruling required the government to eliminate the use of gas flares. Nevertheless, the "fire monsters" continue to burn.

Instead of being celebrated for their bravery, the young defenders face stigma and violent intimidation. Rather than investigating the threats against them, the Ecuadorian authorities told the group that they will only provide them with protection if they stop their activism.

Call on Ecuador to eliminate gas flares and protect climate defenders.

WRITE TO THE PRESIDENT

Demand the Ecuadorian authorities uphold the ruling to eliminate gas flares and ensure the safety of climate defenders.

ADDRESS: President of Ecuador
Palacio de Carondelet
García Moreno N10-43 entre
Chile y Espejo
Quito 170401
Ecuador

SALUTATION: Dear President
FACEBOOK: www.facebook.com/DanielNoboaOk
X: @DanielNoboaOk
INSTAGRAM: danielnoboak
TIKTOK: danielnoboak
HASHTAGS: #EliminaLaMecha, #EnciendeLaVida, #TurnOnLife, #W4R25

SHOW THE GUERRERAS POR LA AMAZONÍA, UDAPT AND THEIR COMMUNITIES THAT YOU'RE WITH THEM

Send your messages of support to the young climate defenders, letting them know their fight is inspiring action around the world to protect the planet.

ADDRESS: Guerreras por la Amazonía
c/o UDAPT
Av. Venezuela y Progreso
Lago Agrio, 210150
Ecuador

FACEBOOK: www.facebook.com/GuerrerasxAmazonia
X: @GuerrerasxAM
INSTAGRAM: guerrerasamazonia
HASHTAGS: #EliminaLaMecha, #EnciendeLaVida, #RemoveTheWick, #IgniteLife, #W4R25

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



DEFENDER OF RIVERS AND FORESTS MURDERED

Juan López

📍 Honduras

Honduras



Juan López was a loving father and husband. A spiritual leader, he practised his faith by serving his community, always supporting the most vulnerable. He loved chatting with friends over coffee, dancing and spending time by the sea with his family. Friends described him as a dreamer.

Since 2015, Juan tirelessly defended his local environment in northern Honduras from mining and energy projects which have threatened local rivers, forests and the Carlos Escaleras Mejía National Park. Local communities fear that the projects put the surrounding ecosystem and water quality at serious risk.

Juan and fellow activists founded the Tocoa Municipal Committee for the Defence of Common and Public Goods to peacefully challenge the legality of the projects. But their efforts have been met with harassment, threats and criminalization. Many committee members have been arrested and imprisoned. Some have been killed.

On 14 September 2024, Juan was shot dead in his car by a masked gunman as he left church. The alleged shooter and two alleged accomplices have been charged with murder and are being held in pretrial detention. Those who ordered Juan's murder have not been held accountable.

Demand justice for Juan López.

WRITE TO THE ATTORNEY GENERAL

Demand that they ensure a prompt, independent and impartial investigation into the killing of Juan López to identify all those responsible for the crime, including those who ordered the murder, and to bring them to justice in fair trials.

ADDRESS: Attorney General
Public Prosecutor's Office
Avenida República Dominicana
Colonia Lomas del Guijarro
Tegucigalpa M.D.C.
Honduras

SALUTATION: To the Attorney General
EMAIL: fiscaliageneralhnd@gmail.com / mprelacionespublicas@gmail.com
X: @MP_Honduras / @johelzelaya
HASHTAGS: #JusticiaParaJuanLópez, #W4R25

SHOW JUAN'S FAMILY AND COMMUNITY THAT THE WORLD IS WITH THEM

Send messages of solidarity to show Juan's family and community that you support them in their fight for justice. Rivers and nature were so important to Juan – you could include drawings of these alongside your messages.

ADDRESS: Family and community of Juan López
c/o Amnesty International
Americas Regional Office
Central America Team
Calle Luz Saviñón 519
Colonia del Valle
Benito Juárez
03100 Mexico City
Mexico

FACEBOOK: www.facebook.com/people/Comité-Municipal-en-Defensa-de-los-Bienes-Comunes-y-Públicos/100082713284780
X: @guapinolre
HASHTAGS: #JusticiaParaJuanLópez, #W4R25

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



CONVICTED FOR PROTECTING THE ENVIRONMENT

Mother Nature Cambodia

📍 Cambodia



CAMBODIA MOTHER NATURE

📍 Cambodia



Chandaravuth Ly, Keoraksmeay Phoun, Kunthea Long, Leanghy Yim, Ratha Sun and Ratha Thun share a love of coffee, books and hiking. Above all, they share a deep love for nature. With their campaign group, Mother Nature Cambodia, they have courageously defended the environment from the harmful actions of companies and the government.

In 2015, the group successfully halted the development of a hydroelectric dam which would have resulted in massive deforestation. In 2016, they were behind a ban on sand exports, protecting coastal areas from environmental degradation.

Their commitment to the environment has inspired young people throughout the country. But their activism has come at a high cost. The authorities have repeatedly targeted the group with arrests and prosecutions. In 2020, three of the activists were arrested for peacefully demonstrating against the infilling of a lake. A year later, three more activists were arrested while investigating the pollution of a river.

In June 2024, the activists were sentenced to between six and eight years in prison. Their crime? Protecting the environment they love so dearly. Ratha Sun fled Cambodia to continue their work, but the remaining five activists are enduring harsh prison conditions.

Demand that the five detained activists are immediately released and all convictions against Mother Nature Cambodia activists are quashed.

WRITE TO THE PRIME MINISTER OF CAMBODIA

Demand that the five detained activists are immediately and unconditionally released, and all convictions against Mother Nature Cambodia activists are quashed.

ADDRESS: Prime Minister of Cambodia
c/o Cambodian embassy or consulate
in your country, or a country near you
(Take photos of your letters and post on social media before sending to an embassy or consulate.)

SALUTATION: Dear Prime Minister
EMAIL: ocm@cambodia.gov.kh
FACEBOOK: www.facebook.com/p/Hun-Manet-100069511484329
X: @Dr_Hunmanet_PM
INSTAGRAM: [dr.hunmanetofcambodia](https://www.instagram.com/dr.hunmanetofcambodia)
HASHTAGS: #FreeMotherNatureCambodia, #FreeOurFriends, #W4R25

SHOW THE MOTHER NATURE CAMBODIA ACTIVISTS THAT YOU'RE WITH THEM

Send your messages of solidarity to show the group that you support them in their fight to protect the environment. You could draw rivers, forests and animals to accompany your messages.

ADDRESS: Amnesty International
Canada francophone
Maison du développement durable
50 Ste Catherine West Street, office 500
Montréal (Québec) H2X 3V4
Canada

FACEBOOK: www.facebook.com/mothernaturecambodia
X: @CambodiaMother
INSTAGRAM: [mothernaturecambodia](https://www.instagram.com/mothernaturecambodia)
HASHTAGS: #FreeMotherNatureCambodia, #FreeOurFriends, #W4R25

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



LOCKED UP AND BEATEN FOR HIS JOURNALISM

Sai Zaw Thaike

📍 Myanmar





Journalism is an extremely dangerous profession in Myanmar. More than 200 journalists have been imprisoned by the military since they took power in 2021. At least seven have reportedly been killed. Media outlets have been banned and forced into exile.

Despite this danger, when Cyclone Mocha slammed into Myanmar in May 2023, photojournalist Sai Zaw Thaike travelled undercover to Rakhine State, determined to report on the devastation.

He embedded himself with a relief team. But after a week there, Sai Zaw was arrested. He was interrogated, beaten and in September 2023, sentenced by a military tribunal to 20 years in prison with hard labour. His trial lasted just one day.

Sai Zaw should be able to report freely. He should also be at home, spending time with his family and doing the things he loves, like playing football, watching Manchester United and seeing friends. He should be caring for his cats who he adores.

Instead, he is locked up. He has endured beatings by prison staff and periods of solitary confinement.

Demand that Myanmar's military immediately release Sai Zaw Thaike.

WRITE TO THE MYANMAR MILITARY JUNTA

Demand that the military release Sai Zaw Thaike immediately. He has been sentenced to 20 years in jail solely for his work.

ADDRESS: Myanmar military junta
c/o Myanmar embassy or consulate in your country, or a country near you

SALUTATION: To the Myanmar military junta
EMAIL: sacministry1234@gmail.com
www.sacministry.gov.mm/en/contact-us
www.seniorgeneralminaulaung.com.mm/en/contact/

HELP KEEP SAI ZAW'S SPIRIT STRONG

Send him your messages of friendship and hope. You could include drawings of cats (Sai Zaw has several) to accompany your message.

ADDRESS: Sai Zaw Thaike
c/o Amnesty International
East and Southeast Asia and
the Pacific Regional Office
M. Thai Tower
All Seasons Place
87 Wireless Road
Lumpini, Phatumwan
Bangkok 10330
Thailand

FACEBOOK: www.facebook.com/myanmarnownews
X: @Myanmar_Now_Eng
INSTAGRAM: myanmar_now
HASHTAGS: #FreeSaiZaw, #FreeSZT, #W4R25

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



SILENCED FOR SPEAKING OUT

Sonia Dahmani

📍 Tunisia



SONIA DAHMANI

📍 Tunisia



Sonia Dahmani loves the sea, long days at the beach with friends and quiet evenings spent watching movies. She has a deep appreciation for art in all its forms, from paintings and exhibitions to theatre and music. But what matters most to Sonia is her family, including her beloved dog, Carla.

Sonia is a lawyer and media commentator who has dedicated her life to defending human rights, standing up for the marginalized, and saying what others are afraid to, no matter the cost. She is a vocal critic of inhumane prison conditions and racism, regularly addressing these issues on television and radio shows.

On 11 May 2024, masked policemen violently raided the Tunisian Bar Association in Tunis and arrested Sonia. The Tunisian authorities convicted and sentenced Sonia for “spreading false news” and imprisoned her for 18 months.

On 27 November 2025, Sonia was conditionally released, but more politically motivated judicial proceedings against her are still pending. She faces many years in prison for speaking out against injustices.

Demand that the Tunisian authorities quash Sonia’s unjust sentences and immediately drop all other charges against her.

WRITE TO THE PRESIDENT

Call on the Tunisian authorities to immediately and unconditionally release Sonia Dahmani, quash the sentences and drop all charges against her as she is detained solely for exercising her right to freedom of expression.

ADDRESS: President of Tunisia
Carthage Presidential Palace
La Goulette Road
Carthage Archaeological Site
Tunis
Tunisia

SALUTATION: Your Excellency
EMAIL: contact@carthage.tn
FACEBOOK: www.facebook.com/Presidence.tn
X: @TnPresidency
HASHTAGS: #FreeSonia, #W4R25

SHOW SONIA THAT SHE IS NOT ALONE

Send Sonia messages of hope and solidarity. Let her know you support her in her fight for human rights in Tunisia. You could draw pictures of dogs (Sonia has a dog called Carla) to accompany your message.

ADDRESS: Sonia Dahmani
c/o Amnesty International Tunisia
5 Rue Zouhair Ayadi
El Menzah 4
Ariana, Tunis 1082
Tunisia

INSTAGRAM: [freesoniadahmani](https://www.instagram.com/freesoniadahmani)
HASHTAGS: #FreeSonia, #W4R25

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



LOST HIS LIFE WHERE HE SHOULD HAVE BEEN SAFE

Unecebo Mboteni

📍 South Africa



UNECEBO MBOTENI

South Africa



Unecebo Mboteni was a lively three-year-old boy who enjoyed making friends and playing with his toy cars. You could always tell when he was in the room.

On 18 April 2024, Unecebo fell into a pit toilet at his pre-school in the Eastern Cape province of South Africa. He died the next day.

Two other children have also died after falling into pit toilets in the Eastern Cape since 2018. However, the tragic loss of these young lives hasn't been enough to ensure the eradication of all pit toilets in schools, including day care centres. Sadly, a child's experience of education in South Africa still depends on where they are born, their wealth, and the colour of their skin. As Unecebo's father said, "My son died in a death trap set up for poor people."

One year on and the family has had no word from the pre-school or Department of Basic Education about whether the pit toilet that Unecebo fell into has been removed, let alone any progress on the investigation into his death. Instead of answers about how this tragic incident happened, Unecebo's family have been met with silence.

Unecebo lost his life in a place where he should have been safe.

His family deserve answers.

Demand justice for Unecebo Mboteni.

WRITE TO THE MINISTER OF BASIC EDUCATION

Demand that the investigation into Unecebo's death be expedited, the outcome made public and that those responsible are held accountable.

ADDRESS: Minister of Basic Education
Ministry of Basic Education
Private bag X9034
Cape Town 8000
South Africa

SALUTATION: Dear Minister
EMAIL: Dlanga.S@dbe.gov.za /
Vangqa.L@dbe.gov.za

FACEBOOK: www.facebook.com/SiviweGwarubeMP

X: @Siviwe_G

INSTAGRAM: siv_gwarube

HASHTAGS: #JusticeForUnecebo, #W4R25

SHOW UNECEBO'S FAMILY THEY ARE NOT ALONE IN THEIR FIGHT FOR JUSTICE

Send them messages of hope and solidarity to show them you stand with them in their battle for justice.

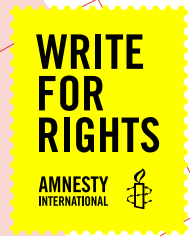
ADDRESS: Unecebo's family
c/o Amnesty International South Africa
97 Oxford Road Rosebank
Johannesburg 2916
South Africa

HASHTAGS: #JusticeForUnecebo, #W4R25

Amnesty International is a global movement of more than 10 million people who campaign for a world where human rights are enjoyed by all.

Our vision is for every person to enjoy all the rights enshrined in the Universal Declaration of Human Rights and other international human rights standards.

We are independent of any government, political ideology, economic interest or religion and are funded mainly by our membership and public donations.



AMNESTY INTERNATIONAL
INTERNATIONAL SECRETARIAT
www.amnesty.org

E: contactus@amnesty.org
T: +44 20 7413 5500

Peter Benenson House
1 Easton Street
London WC1X 0DW
United Kingdom

Index: ACT 30/9347/2025
English, September 2025

*All images © Amnesty International
unless otherwise stated*

