

What's Universal Declaration of Human Rights?

By <https://www.amnesty.org.uk/universal-declaration-human-rights-UDHR>

01 All human beings are born free and equal in dignity and rights	02 Freedom from discrimination	03 Right to life, liberty and security of person	04 Freedom from slavery or servitude	05 Freedom from torture or cruel or inhuman or degrading treatment or punishment	06 Everyone as a person before the law
07 Equality before the law	08 Right to a remedy by the competent national tribunals in case of violating of one's basic rights	09 Freedom from arbitrary arrest, detention or exile	10 Right to a fair trial	11 Right to be presumed innocent until proved guilty according to law	12 Freedom from undue interference in his/her"privacy, family, home or correspondence, nor to attacks upon his honour and reputation"
13 Freedom of movement	14 Freedom to seek asylum	15 Freedom to have nationality	16 Right to freely marry and found a family	17 Right to own property	18 Freedom of thought , conscience and religion
19 Freedom of openion and expression	20 Freedom of peaceful assembly and association	21 Freedom to take part in the political life of his/her country and to access public services	22 Right to social security	23 Right to work, to receive fair pay and to form and join trade unions	24 Right to periodic rest and leisure
25 Right to enough food, clothing, housing and healthcare for ourselves and our families	26 Right to education	27 Right to get involved in our community's arts, music, literature and sciences, and the benefits they bring	28 Right to live in a peaceful and orderly society	29 The law should guarantee human rights and should allow everyone to enjoy the same mutual respect	30 No act in a way that would destroy the rights and freedoms of the Universal Declaration of Human Rights

<p>01 所有人都是生而自由且有相等的尊嚴和權利</p>	<p>02 免於歧視</p>	<p>03 生命權，人身自由權和安全之權</p>	<p>04 免於奴隸制度與奴役</p>	<p>05 免受酷刑、殘忍不人道或有辱人格的待遇或處罰</p>	<p>06 每一個人在法律前都視為一個人</p>
<p>07 在法律之前都是平等</p>	<p>08 在侵犯個人基本權利的情況下由國家法庭提供救濟之權</p>	<p>09 免於任意逮捕、拘留或流放</p>	<p>10 享有公正審判之權</p>	<p>11 在被證明有罪之前，有被推定是無辜的法律保障之權</p>	<p>12 免於不當干涉他/她的「隱私、家庭、住所或通信，也不受對其榮譽和名譽的攻擊」</p>
<p>13 遷徙的自由</p>	<p>14 尋求庇護的自由</p>	<p>15 擁有國籍的自由</p>	<p>16 自由結婚和建立家庭的權利</p>	<p>17 擁有財產的權利</p>	<p>18 思想、良心與宗教的自由</p>
<p>19 意見和言論自由</p>	<p>20 和平集會和結社自由</p>	<p>21 參與國家政治生活和獲得公共服務的自由</p>	<p>22 社會保障之權</p>	<p>23 工作、獲得公平的報酬並組建和加入工會之權</p>	<p>24 定期休息與休閒之權</p>
<p>25 為我們自己和我們的家人獲得足夠食物、衣服、住房和醫療保健的權利</p>	<p>26 教育的權利</p>	<p>27 參與我們社區的藝術、音樂、文學和科學以及它們帶來的好處的權利</p>	<p>28 生活在和平有序的社會中的權利</p>	<p>29 法律應該保障人權，應該讓每個人都享有同樣的相互尊重。</p>	<p>30 任何行為都不能破壞《世界人權宣言》的權利和自由</p>