

YOUR  
WORDS  
HAVE  
POWER

人人生而自由，在尊嚴和權利上一律平等

すべての人間は、生れながらにして自由であり、かつ、尊

為青年寫信

WRITE FOR RIGHTS  
WRITE FOR YOUTH

寫一封信  
改變生命

AMNESTY  
INTERNATIONAL

AMNESTY  
INTERNATIONAL







## 什麼是人權？

人權，基於平等、尊嚴及互相尊重，是人人應該享有的自由與保障。人權屬於任何一個人—不分年紀、國籍、性別、種族、信仰、性傾向、性別認同或是其他身份。

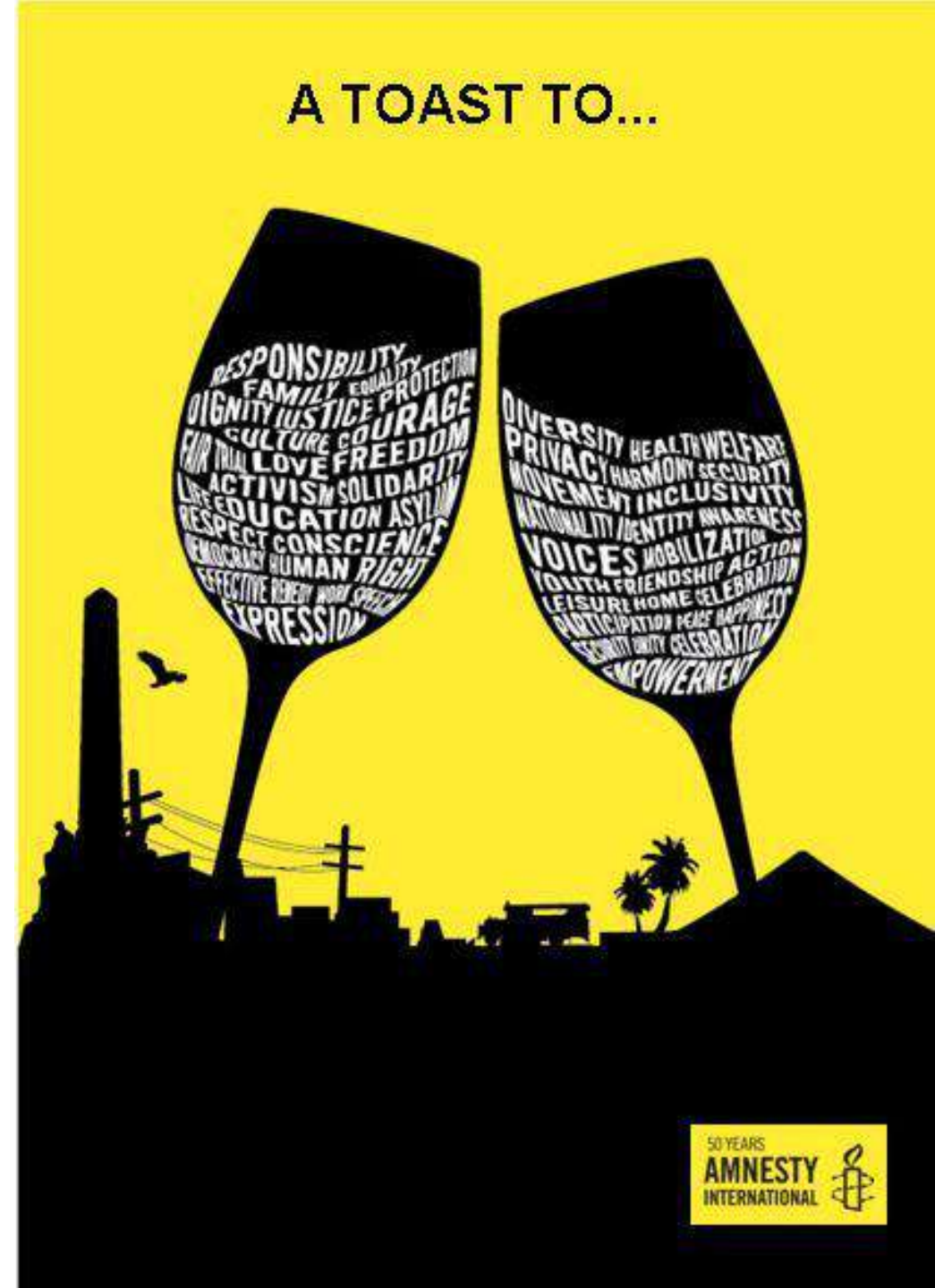
人權是**平等對待**，不管是對待他人或是接受；人權也是能主宰自己人生、**擁有選擇權**。不同的人權相互依存、不可分割，它們同等重要且相互牽連，一項人權邁進有助於其他權利的進步；反之，當一項人權被剝奪時，會對其他權利產生不利的影響。

# Human Rights ? What?

人權是甚麼？

你心目中的人權是甚麼？

包含了那些具體權利？



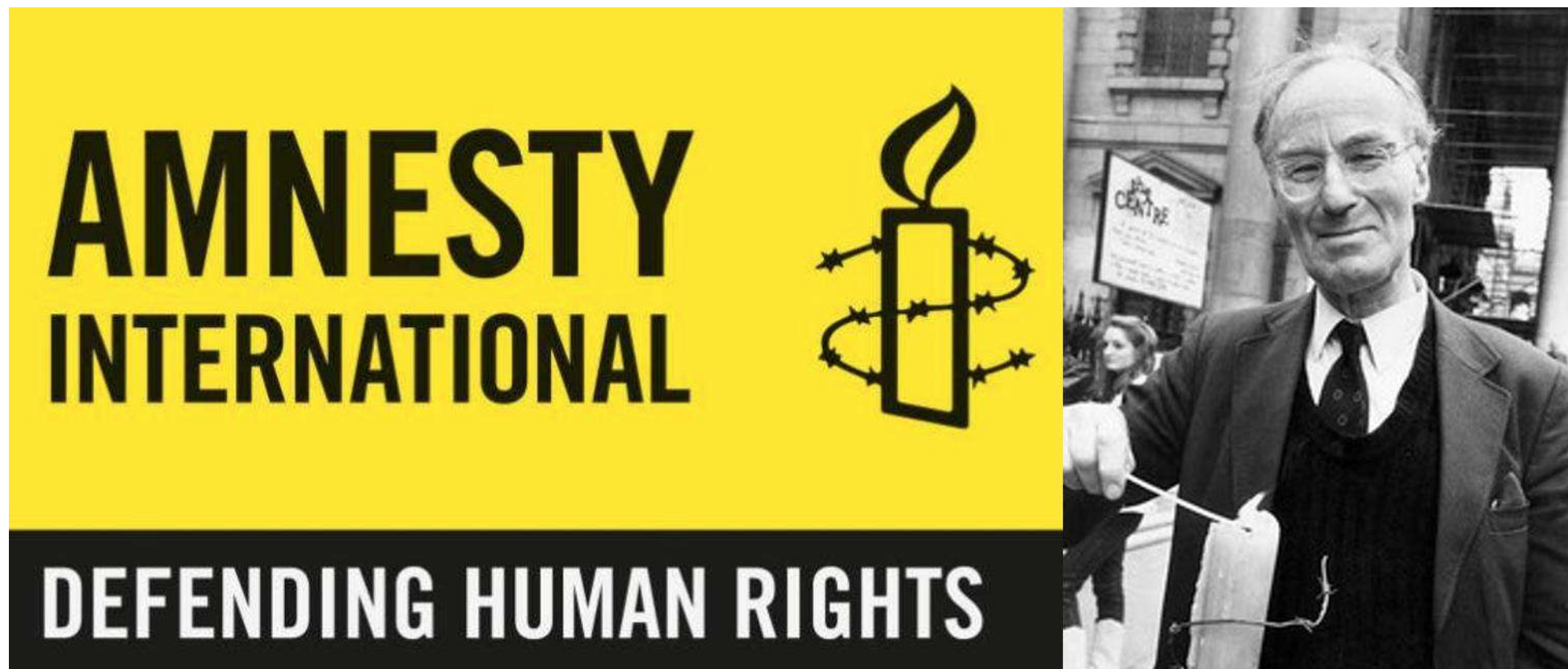


## 國際法所規範的人權標準

《國際人權條約》載述人權，是全世界政府有義務維護的國際法。這些條約、法律為國際特赦組織提供依據，得以藉此呼籲各國政府遵守國際人權標準、採取符合原則的行為。

《世界人權宣言 The Universal Declaration of Human Rights, UDHR》由聯合國大會於**1948年12月10日**審議，成為國際人權支柱；隨後許多其他人權條約依其中的原則為基礎，相繼而生。這些條約所載述的人權法律和標準持續發展，構成了一個保護、促進人權的龐大系統。

你認識全世界最大的人權組織嗎？





## 認識國際特赦組織 (Amnesty International)

「國際特赦組織」是一場「全球運動」：

我們在全世界150個國家中有700萬名會員及支持者。

在世界各地，有無數人和你一樣「關心人權」、「在乎所有的不公義」，並支持著「國際特赦組織」的發展，推動人權運動，致力於確保各地政府尊重、保護且實現完整的人權。



**AMNESTY**  
INTERNATIONAL







## 我們的任務： 捍衛人權、爭取自由

我們為所有人權受到威脅迫害的每一個人發聲：

- 提倡廢除死刑
- 發展性與生殖權利
- 消弭所有歧視
- 捍衛難民移民權利
- 替酷刑受害人伸張正義
- 改變具壓迫性的法律
- 替那些表達意見卻遭監禁的人爭取自由



**AMNESTY**  
INTERNATIONAL





## 如何捍衛人權？

當迫害人權的情形一發生，國際特赦組織會...

- 開始深入調查、揭發真相
- 遊說政府、具影響力的團體，如大企業，並確保他們信守其承諾，尊重人權
- 透過訴說激動人心的真實故事，動員支持者為追求改變而倡議，為前線的社運者聲援
- 支持人權教育，透過教育工作者和新生代來落實人權



**AMNESTY**  
INTERNATIONAL





# 誰來捍衛人權？





## 人權捍衛者

當今世界各地為了人們的權利奮鬥的人，常常冒著極大的風險。他們只因為勇於為他人挺身而出，遭到騷擾、酷刑、監禁甚至殺害。少了他們的勇氣，我們的世界會變得更加不公平、不公正、不平等和不自由。我們需要與全世界的人權捍衛者為伍，盡可能地讓他們安全不受傷害。



**AMNESTY**  
INTERNATIONAL





## 捍衛人權捍衛者

全世界的人權捍衛者正遭受各式各樣的攻擊、酷刑、監禁、甚至是殺害——只因為他們勇敢地為我們的權利發聲。我們每個人都能在心中找到勇氣的種子，為對的事情發聲。我們可以發表文章，我們可以抗爭。我們可以寫信。我們可以見證。聯合起來，我們能與人權捍衛者為伍，為不公而戰，建立一個更加公平的世界。



**AMNESTY**  
INTERNATIONAL







## 我們必須採取行動

在一個又一個國家，人們的自由與權利遭到威脅。我們可以寫一封信，給**當地政府或負責官員**施壓，嘗試讓他們改變決策；給**被迫害的當事人或人權鬥士**，給予他們鼓舞，讓他們知道我們不會忘記他們；給他們的**親朋好友**，和處在孤獨絕望中的他們站在一起。



**AMNESTY**  
INTERNATIONAL



# I 寫信馬拉松 **Write For Rights**





## 甚麼是寫信馬拉松？

國際特赦組織的「寫信馬拉松」活動每年大約於國際人權日**12月10日**開始進行，目標是幫助受苦受難、面臨人權侵害的人們或社群，為他們帶來改變。

寫信馬拉松召集全球數百萬人書寫信件，讓官員被信件轟炸，並包含其他許多行動：組織示威提高個案能見度、透過媒體與網路曝光吸引國際關注，增加對涉案官員的國際壓力。



**AMNESTY**  
INTERNATIONAL





國際特赦組織以寫信起家，我們相信每一封信、每張圖和每一個簽名都能造成改變。這個活動起源於波蘭分會，一對情侶在多年前一個冬夜、呼朋引伴，發起**24**小時不間斷寫信給人權受侵害者的活動。

1



超過**200**個國家和地方的人參與各種活動。

2



提筆寫下幾百萬封信件、郵件、請願書或是電子推文。

3



提供支持給那些因為發聲捍衛權利而受到騷擾、威脅或入獄的人。

4



施壓政府、領導者和決策者。

5



向受害人及其家人表達關切、給予支持。



改變發生：釋放社運者，保護那些挺身追求改變的人。



## 寫信馬拉松如何運作？

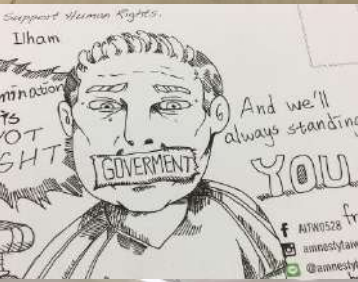
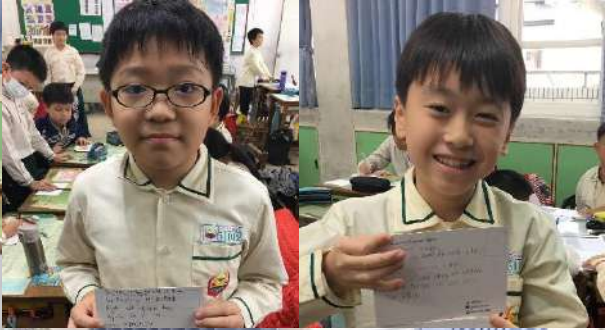
- 第1步：瞭解個案故事，準備寫信聲援
- 第2步：提取我們提供的明信片（一人最多兩張），也鼓勵同學們使用任何可取得的明信片和信紙。個案聲援越多越好！
- 第3步：決定訴求對象，**提筆寫下或畫出你的話**
- 第4步：如果不知道寫甚麼，**參考我們的範例**
- 第5步：**寄送大家的信件**
- 第6步：在「2019寫信馬拉松官網」上**線上連署**



**AMNESTY**  
INTERNATIONAL











## 寫信馬拉松有用嗎？

你可能認為，寫信給一名素昧平生的人並不會帶來改變。

然而，前幾年的活動成果顯著。人權受害者表示這些信件的確促成了改變。去年活動的寫信對象格薩爾·達西諾瓦（Gulzar Duishenova）已在吉爾吉斯為身障權益奮鬥數年。2019年3月，吉爾吉斯政府終於簽署了〈身心障礙者人權公約〉。在此不久之前，有將近25萬封信聲援格薩爾。



**AMNESTY**  
INTERNATIONAL





聲援很重要！

「我很感激國際特赦組織運動者的支持和聲援，儘管他們來自不同不同國家，他們仍然在乎我們的權利。」——格薩爾



AMNESTY  
INTERNATIONAL





## 2018年寫信馬拉松 其他好消息：巴西

2019 年 3 月，兩名前警官因殺害瑪莉埃爾·佛朗哥 (Marielle Franco) 而遭到逮捕。瑪莉埃爾為地方上充滿魅力的政治人物，也是巴西窮苦族群的捍衛者。逮捕兇手是邁向正義的一小步。當時，世界各地的支持者寫了超過五十萬封信疾呼：「誰 殺了瑪莉埃爾？」

**「這讓我每天早上有了起床的動力...因為我知道世界上有一個充滿關愛的網絡支持著我。」—— 莫妮卡 (Monica Benicio)，瑪莉埃爾的伴侶**



**AMNESTY**  
INTERNATIONAL







## 2018年寫信馬拉松 其他好消息：伊朗

阿特娜·黛米 (Atena Daemi) 因分發批評死刑的傳單而遭到逮捕，並於入獄期間受到肢體攻擊，因此急需專業醫療照護。當時全球有超過 70 萬人採取行動，最後伊朗當局終於給予阿特娜所需的治療。

*「我由衷感謝全世界人們給予的大量同理和善意,也非常感謝他們不遺餘力地支持著我。」*

——阿特娜·黛米 (Atena Daemi)



**AMNESTY**  
INTERNATIONAL





## 其他好消息：Google

在數百位 **Google** 員工挺身反對，及國際特赦組織「終止蜻蜓計畫」行動的推波助瀾下，**Google** 行政高層在美國國會聽證程序中，正式宣布 **Google** 已完全終止蜻蜓計畫 (**Dragonfly Project**)。該計畫原定開發有助於中國政府監控網路用戶的搜尋引擎，一旦實行將嚴重箝制中國的言論自由。



**AMNESTY**  
INTERNATIONAL







# 關鍵字聚焦



- 強制頭巾
- 武力使用與人權
- 強制驅離與居住權
- 氣候變遷





## 強制頭巾

**每個人皆享有表達自由的權利**，其中包含根據個人的意願、宗教或信仰**選擇穿著的權利**。國家有義務尊重、保護並確保每個人享有自主權，並允許個人在做出選擇時不受歧視或脅迫。

在世界各地，**女性的表達自由尤其容易受到限制**。國家不應強制要求女性的穿著樣式，且應保護女性不受家人、社區、宗教團體以及任何第三方的脅迫，或遭法律禁止穿戴頭巾和面紗。

根據伊朗的強制頭巾法，不論婦女願不願意都必須以頭巾包覆頭髮。若不照做，便可能面臨逮捕。**強制頭巾法侵犯了許多權利，包括平等、隱私、表達自由和信仰權利**。此法貶低了女性和女童，且剝奪了她們的尊嚴和自我價值。



© White Wednesdays Campaign

## 武力使用與人權

警官被允許從事一般公民無法的事務，例如使用武力逮捕民眾、將民眾拘留於牢獄、持有槍械等。

然而，**權力也伴隨著責任**：警方獲准對他人使用武力，但他們必須隨時遵守法律、人權以及武力使用的比例原則。

**在墨西哥，恣意拘留每天都在發生**，也經常是長期嚴重人權侵害的開端，包括酷刑及其他形式的虐待、強迫失蹤及法外處決等。

*Amnesty International /  
Gabriel Guerrero*

人人皆有權利：

- 被立即告知逮捕及拘留的原因
- 遭逮捕之後擁有一名律師
- 告知家屬自己的情況
- 了解哪一個單位關押他們，並使拘留情況立即得到登記
- 在法庭質疑拘留的合法性



## 強制驅離與居住權

強制驅離為迫使民眾非自願遷離住家或土地，且缺乏正當程序及其他法律保障。不遵守法律對居民的保障才是強制驅離的定義，與暴力驅離不同。

在進行任何驅離之前，政府應以諮詢等方式盡可能尋找替代方案，並對居民損失提供法律救濟和賠償。政府也必須確保無人因驅離而無家可歸，並有責任規範私人的驅離行為。

### 適當居所的權利：

- 人人皆能取得可負擔的居所，且不受差別待遇。
- 居所應提供人們充足的空間、隱私及保護，不受風雨及其他天氣條件影響。
- 居民應能取得水、衛生及其他設施，以滿足健康、安全、舒適及營養需求。

驅離過後的歐托多格巴梅社區  
(Otodo Gbame) © MoAdebayo





## 氣候變遷

全球暖化的速度比過去快上許多，和工業革命前的氣候相比，地球的平均氣溫已上升了攝氏一度。

氣候變遷於全球各地造成毀滅性影響，因此也成了一項**急迫的人權議題**，尤其對於特定區域與族群來說，其生命權、健康權、居住權、取得水資源及衛生的權利皆受到日益嚴重的威脅。而人類整體也可能在未來面臨極大的挑戰。

各國政府有義務採取措施，以人道且快速的方式因應氣候變遷；企業界也因負起責任，包含遵循環境法規，並賠償其造成的損害。也有越來越多的年輕人上街呼籲社會上下全體參與以改變現狀。



© Lawrence Rui (CC)

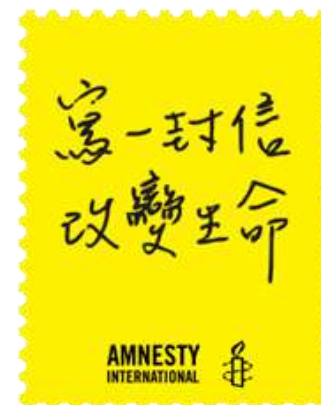




# 寫信馬拉松 Write for Rights







荷西·阿德里安  
墨西哥 **José Adrián**

關鍵字：恣意逮捕、有罪免責、警察暴力、酷刑、兒童





## 個案一：遭警方逮捕及毆打

荷西·阿德里安 (José Adrián) 放學回家時，突然遭到警方攻擊。當時阿德里安只有14歲，住在墨西哥的一處貧民區。在這起不幸事件中，阿德里安因患有聽力障礙，使他可能在跟警方溝通時發生誤會。

一群年輕人因破壞警車與警方爆發衝突，而阿德里安恰巧在衝突過後經過此地；但警方卻只逮捕了阿德里安，且不作任何解釋，也沒有告知他的父母。

警官將阿德里安強押至警車，載到警局後將他上銬。阿德里安說：「他們讓我在那裡待了大概半個小時。他們打我的胸口，然後賞我巴掌。」

為了讓兒子獲釋，阿德里安的家人必須繳交罰金以及警車的毀損費用，而阿德里安家根本負擔不起這筆金錢。阿德里安也因此被迫退學。

尋求正義多年後，阿德里安終於在2019年初獲得一副助聽器。阿德里安一家仍在等待政府提供賠償。阿德里安的母親表示：「我希望正義得到伸張。」



荷西·阿德里安  
José Adrián

寫信給墨西哥當局！

呼籲墨西哥政府，確保阿德里安遭人權侵犯後能獲得全額賠償，並在本案中實現正義。



依力亞斯江·熱合曼  
中國 **Yiliyasijiang Reheman**

關鍵字：恣意拘留、強迫失蹤、禁止  
通訊拘禁、歧視







## 個案二：被中國強迫失蹤

正當依力亞斯江·熱合曼 (Yiliyasijiang Reheman) 和他的妻子瑪莉妮莎(Mairinisha Abuduaini) 盼望著第二個小孩出世，依力亞斯江卻失蹤了。當時，這對年輕夫妻正在為未來努力，一邊於埃及就讀大學，一邊照顧家庭。然而在2017年7月，中國向埃及政府施壓，圍捕埃及境內的數百名維吾爾人，依力亞斯江正是遭捕的其中一人。

三星期後，瑪莉妮莎獨自迎接小孩出世，當時她只有19歲。自2017年起，她便不斷尋找自己的丈夫，從沒放棄家庭團聚的希望。

瑪莉妮莎現居土耳其，朋友告訴她依力亞斯江已被遣返中國新疆。她懷疑丈夫可能被關進中國的秘密拘留營，在營內被中國政府宣傳洗腦。

自2017年，將近百萬人被迫與家人分離並被關進這些拘留營，他們大多是穆斯林。瑪莉妮莎渴望的不過是看到丈夫平安歸來，與小孩重聚。她說：「我的丈夫應盡速獲釋，我們的孩子需要父親。在我們重新團聚之前，我將永不放棄。」



依力亞斯江·熱合曼  
Yiliyasijiang Reheman

寫信給中國當局！

呼籲中國立即無條件釋放依力亞斯江，讓他與家人團聚。





納蘇·阿卜杜勒阿齊茲  
奈及利亞 **Nasu Abdulaziz**

關鍵字：強迫拆遷、居住權利、警察  
暴力、經濟社會與文化權利、不人道







## 個案三：捍衛家園卻遭射傷

納蘇·阿卜杜勒阿齊茲 (Nasu Abdulaziz) 是一名死忠足球迷，他也熱愛騎自行車。這是許多奈及利亞年輕人平時的消遣，但納蘇的處境卻一點也不尋常，如今他正在爭取自己的居住權益。

當時納蘇23歲，住在奈及利亞的大城市拉哥斯 (Lagos)。一群配槍的男子毫無預警地開著推土機，來到納蘇居住的歐托多格巴梅社區 (Otodo Gbame)。這群人依循政府指令，襲擊當地居民世代居住的家園。他們燒毀房子、射殺居民，也摧毀了居民生計。

在2017年最終驅逐行動前夕，納蘇的手臂遭歹徒射傷。隔日，拉格斯特遣部隊再度來到社區，丟擲催淚瓦斯並開槍掃射。據信有9人遭殺害，另有15人失蹤。

最終有三萬人遭驅逐而無家可歸，他們被迫住在獨木舟上、橋下，或是和親友同住。納蘇和其他人一樣失去了住所，但他仍抱持希望。如今他加入了「奈及利亞貧民窟 / 非正式定居聯盟 (Nigerian Slum/Informal Settlement Federation)」，這項群眾行動聚集了像納蘇一樣的居民，在居住權得到保障之前他們不會輕易罷休。



納蘇·阿卜杜勒阿齊茲  
Nasu Abdulaziz

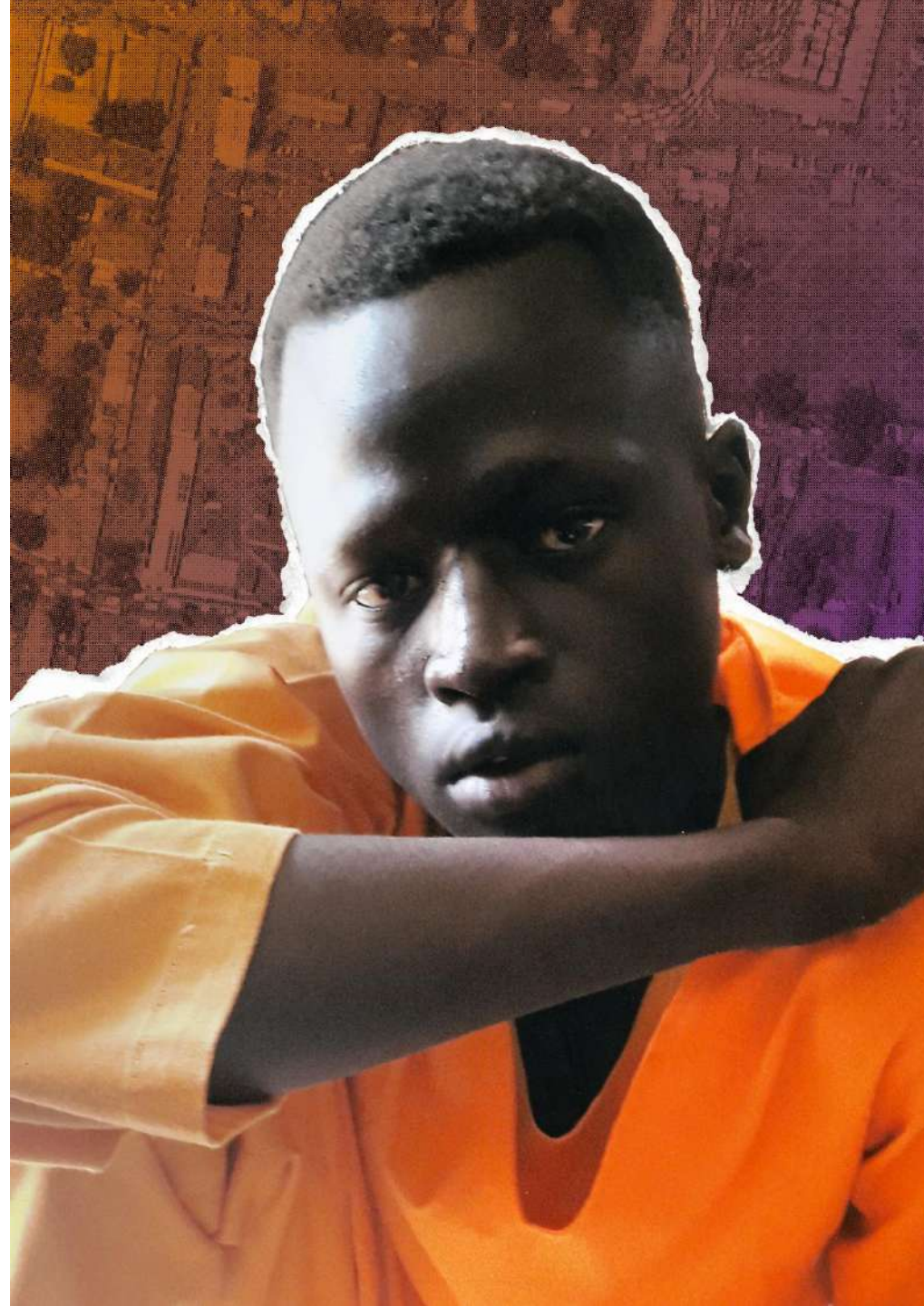
寫信給奈及利亞當局！

針對納蘇所居住的社區遭強迫驅離事件，確保相關單位展開全面調查；並協助所有居民重新定居、獲得全面賠償。



馬蓋·馬地歐普·恩岡  
南蘇丹 **Magai Matiop Ngong**

關鍵字：兒童、死囚、酷刑、不公平  
審判







## 個案四：15歲因不公審判遭判死刑

馬蓋·馬地歐普·恩岡 (Magai Matiop Ngong) 15歲時喜歡跑步、唱福音歌曲。當時他還在就讀中學，渴望在長大後幫助他人。但在2017年馬蓋遭判謀殺罪之後，原本熟悉的生活便嘎然而止。

審判時，馬蓋告訴法官他只有15歲，試圖解釋這起殺人事件只是意外。但法官仍舊判了絞刑。馬蓋說：「有人告訴你要死了，這感覺很糟，我不希望這種事發生...」

不論是被逮捕時還是第一次審判期間，馬蓋都沒有獲得律師協助。法官告訴他，他可以提起上訴、要求撤銷死刑判決。但只有在轉介監獄時，他才獲得律師協助。

2018年，南蘇丹執行了7次絞刑，其中一人和馬蓋一樣只是小孩。

判刑兩年後，馬蓋被關在朱巴中央監獄、名列死囚名單，同時也在等待上訴程序，但他並未喪失「能夠出獄並繼續上學的希望」。



馬蓋·馬地歐普·恩岡  
Magai Matiop Ngong

寫信給南蘇丹當局！

呼籲南蘇丹給與馬蓋減刑。



## 草窄族青年 加拿大 **Grassy Narrows Youth**

關鍵字：原住民、環境、水、健康、  
居住權利、環境權利、環境保護、人  
權捍衛者







## 個案五：在水銀中毒下成長

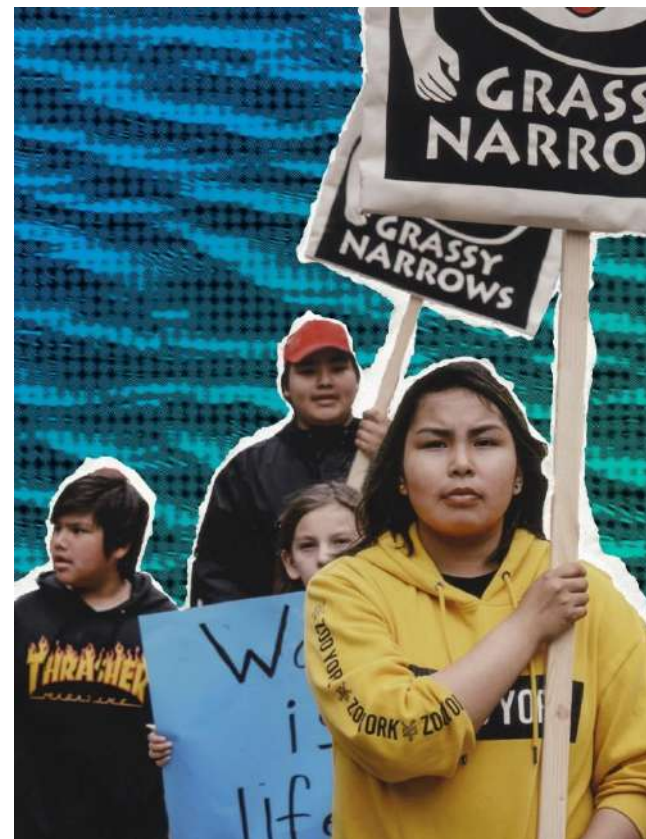
珍恩·托德 (Jianne Turtle) 為原住民阿尼什納比部落 (Anishinaabe) 草窄族 (Grassy Narrows) 族人，居住於加拿大安大略省。珍恩說，當地青年很努力在爭取更好的未來。相較之下，政府「口沫橫飛卻光說不練」。

1960年代，政府允許製漿廠傾倒十噸廢水至河川，自此之後草窄族居民深受水銀汙染所苦。如今當地汙染的傷害仍清晰可見。

漁業為草窄族非常重要的生活方式。但50多年來水銀已汙染了魚隻，吃魚變得非常危險。這使得族人健康狀況惡化，也使他們的文化傳統漸漸消失。當地居民目前承受加拿大最為嚴重的健康危機，但政府對此幾乎沒有作為。

政府曾於2017年承諾將「徹底」解決這項危機，措施包括清理河川、提供特殊健康照護和補償社區居民。

在政府履行承諾前，草窄族青年不會放棄抗爭。加拿大必須幫助草窄族人恢復至水銀汙染前的狀態。

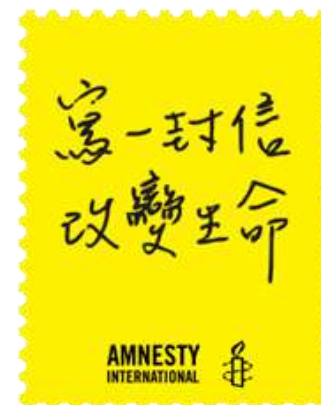
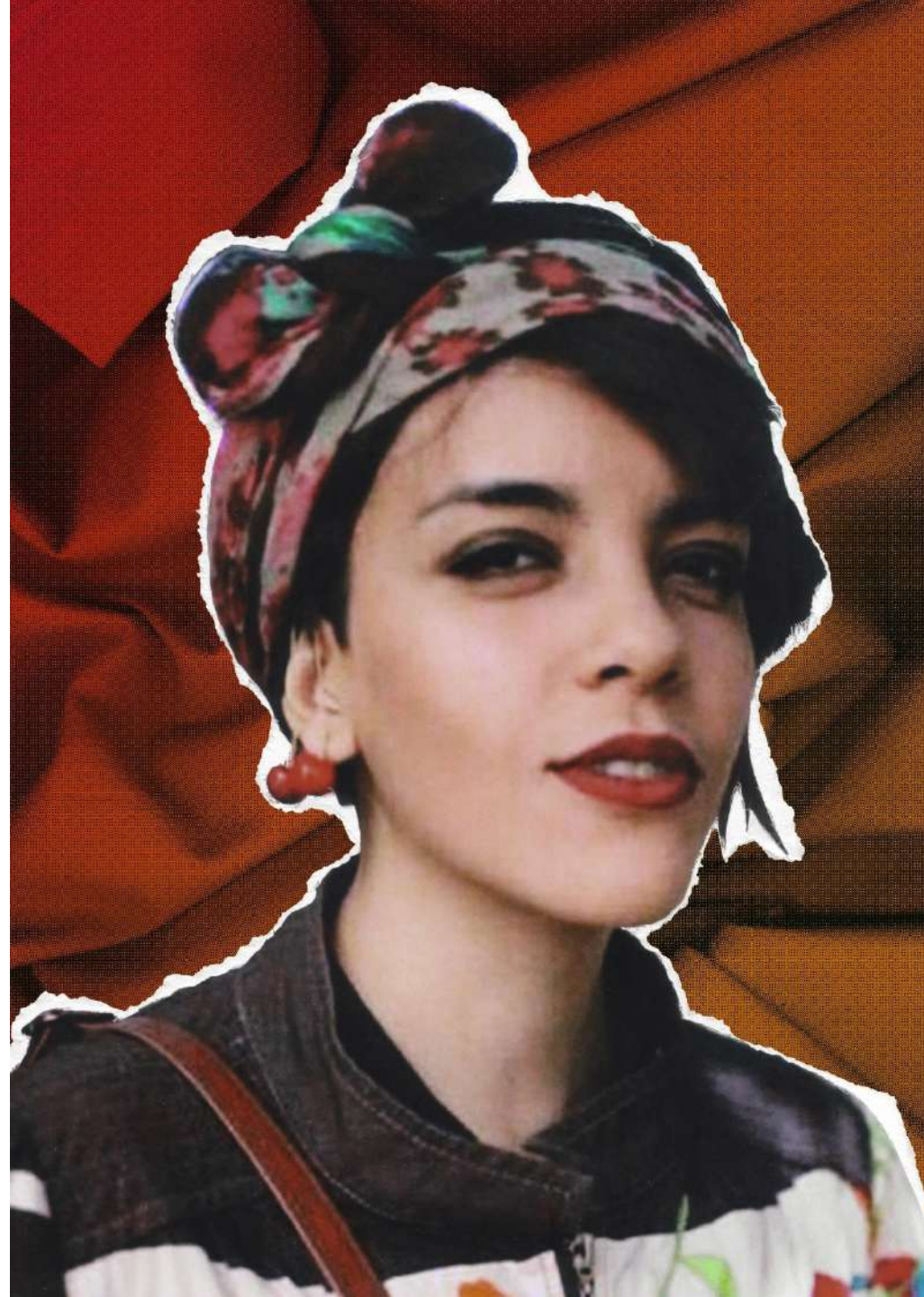


草窄族青年  
Grassy Narrows Youth

寫信給加拿大當局！

為草窄族的水銀中毒倖存者提供專業保健；補償所有社區居民因水銀汙染所造成的損失。





亞絲曼·阿莉亞尼  
伊朗 **Yasaman Aryani**

關鍵字：恣意逮捕、表達自由、結社自由、集會自由、有罪免責、禁止通訊拘禁、良心犯、不公平審判、酷刑、不人道對待、女性權利、人權捍



## 個案六：捍衛女權遭判刑16年

亞絲曼·阿莉亞尼 (Yasaman Aryani) 在火車上大方分送白花、輕輕摘下頭巾；這兩個舉動雖然簡單，卻需要十足勇氣。亞絲曼是一名熱愛登山的演員。2019年國際婦女節當天，亞絲曼藉由上述行動勇敢反抗伊朗強制頭巾法。

在母親陪伴下，亞絲曼穿梭於女性專用車廂、發送白花給乘客，大膽的她當時頭髮並無任何遮蓋。亞絲曼期望未來所有女性都能擁有選擇穿著的自由。她勇敢的行為被拍了下來，並於2019年3月在網路上迅速傳開。

伊朗當局於4月10日逮捕亞絲曼，將她單獨監禁數日。他們逼迫亞絲曼提供「自白」，迫使她承認行動背後有外國勢力支持，並對自身行為表達「悔意」。若亞絲曼拒絕，他們便威脅逮捕她的親友。亞絲曼於7月31日得知自己被判刑長達16年，令她非常震驚，且她至少得服刑10年。

當局廣泛打壓反強制頭巾法的女性，亞絲曼承受的殘忍懲罰並非特例。2018年以來，已有數十名女性遭到逮捕，其中也包括亞絲曼的母親。亞絲曼深信女性應當擁有選擇穿著的權利；伊朗當局卻因此監禁亞絲曼，這樣的行為絕不能被允許。

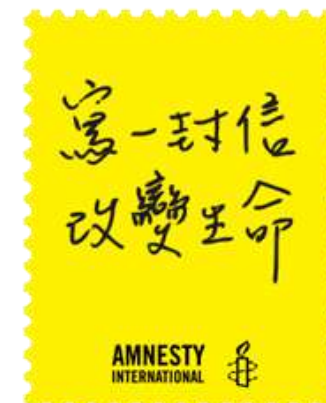


亞絲曼·阿莉亞尼  
Yasaman Aryani

寫信給伊朗當局！

向伊朗政府呼籲，立即無條件釋放亞絲曼·阿莉亞尼以及她的母親娜瑞·阿瑞比莎伊。





瑪里奈爾·蘇慕克·烏巴多  
菲律賓 **Marinel Sumook Ubaldo**

關鍵字：氣候變遷、氣候正義、環境權利、環境保護、居住權利、人權捍衛者





## 個案七：氣候變遷倖存者為拯救社區而戰

2013年11月13日，海燕颱風（菲律賓當地又稱尤蘭達 Yolanda）席捲菲律賓，而瑪里奈爾幸運地存活下來。海燕為菲律賓紀錄上最嚴重的颱風之一，它摧毀了薩馬島上瑪里奈爾居住的村子。光是菲律賓就有超過6000人因此喪命，更有數百萬人喪失家園。

她於2018年9月遠赴紐約市，提供證據幫助調查氣候變遷，以及石化產業如何使其惡化加劇。「我不只是...一項氣候數據，」她告訴禮堂的滿座聽眾。「我的故事只是眾多故事的其中之一，我在此替那些脆弱、受邊緣化的社群發聲—期望我們的聲音能夠被聽見。」

瑪里奈爾的家庭和當地數千名居民因颱風喪失家園，他們需要充足的食物、水、住所、電力以及廁所。菲律賓政府所做的並不足夠，災民的生活條件不利於健康，也因此很難維持生計。

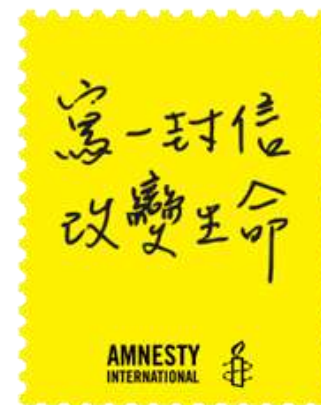
瑪里奈爾仍致力促使世界各國政府正視氣候變遷，並幫助自己的家園以及其他類似地區，以處理災害帶來的影響。

**寫信給菲律賓當局！**

確保2020年之前，馬塔里諾村 (Matarinao) 的居民能享有充分的居住條件，包括足夠的食物、水、住所、電力以及廁所。



**瑪里奈爾·蘇慕克·烏巴多**  
**Marinel Sumook Ubaldo**



艾彌爾·奧斯克洛維克  
白羅斯 **Emil Ostrovko**

關鍵字：兒童、青少年正義、不公平審  
判、歧視、不人道對待





## 個案八：獄中青少年盼再度就學

2018年4月，艾彌爾·奧斯克洛維克 ( Emil Ostrovko ) 於明斯克 (Minsk) 郊區的公車站等女朋友，警方卻突然出現並毆打艾彌爾，並以散佈非法毒品為名逮捕了他。

2018年稍早，艾彌爾在一間網路公司應徵上快遞員，作為課後兼差打工。當時雇主告訴艾彌爾，運送包裹內裝的是合法的菸草混合物，但這是謊言—艾彌爾運送的正是非法毒品。

遭拘留數個月後，艾彌爾因販毒遭判刑10年，之後因某些指控撤銷而減至8年徒刑。更糟的是，調查人員完全沒有追究其他人或是該公司老闆，只有艾彌爾遭到起訴。

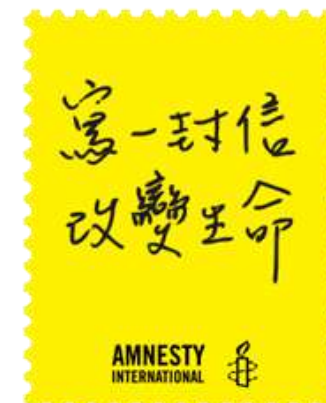
在白羅斯，和艾彌爾一樣，因輕微毒品罪而遭判多年刑期者大約有15,000人，而且在獄中待遇遠比其他受刑人還要惡劣，並被迫從事長時間勞役。艾彌爾不被允許攜帶氣喘藥物，且在徒手除雪工作時得到凍瘡。轉至成人監獄後，艾彌爾的情況有些許好轉，但他的青春和潛力仍在獄中逐漸消逝。



艾彌爾·奧斯克洛維克  
Emil Ostrovko

寫信給白羅斯當局！

立即釋放艾彌爾，並清除他的犯罪紀錄，並確保沒有孩童因輕微毒品罪而遭逮捕。



易卜拉辛·埃澤·埃爾丁  
埃及 **Ibrahim Ezz El-Din**

關鍵字：恣意拘留、強迫失蹤、禁止通訊  
拘禁、良心犯、人權捍衛者、居住權利、  
經濟社會與文化權利





## 個案九：在開羅街上被失蹤

26歲的易卜拉辛·埃澤·埃爾丁 (Ibrahim Ezz El-Din) 是一名人權捍衛者，居住於埃及開羅。他熱愛自己研究報導的工作，主題大多有關埃及民眾負擔得起的安全住所——這是一項基本權利。在閒暇時間，易卜拉辛喜歡畫圖，也對設計有興趣。他也是一名死忠足球球迷，時常關注埃及當地的球隊——扎馬雷克體育俱樂部 (Zamalek Sporting Club)。

2019年6月11日晚上，易卜拉辛走路回家途中，4名便衣保安將他包圍並逮捕。他的母親得知此事後，立刻到當地警局詢問，但警察告訴她，易卜拉辛不在警局，且否認警方拘留一事。從那天晚上開始，易卜拉辛的家人試圖釐清事情經過，但至今仍無法得到答案。

易卜拉辛隸屬於「埃及權利和自由委員會」(Egyptian Commission for Rights and Freedoms)。該組織在3年內有5名相關人士遭到逮捕，易卜拉辛即為第5人。更有數百人和易卜拉辛一樣，遭到強迫失蹤並監禁數月，期間完全沒有經過審判。記者、足球球迷、甚至是政治人物等，許多人只因和平表達意見、批評當局或捍衛人權便遭到逮捕。



易卜拉辛·埃澤·埃爾丁  
Ibrahim Ezz El-Din

寫信給埃及當局！

透露易卜拉辛的下落、讓他和家人及律師接觸，並確保他不受酷刑和虐待。



莎拉·馬爾迪尼與尚恩·班德  
希臘 Sarah Mardini and  
Seán Binder

關鍵字：恣意逮捕、良心犯、難民、  
移民、人權捍衛者







## 個案十：拯救生命卻面臨審判

在希臘，你可能會因為拯救生命而被捕入獄。24歲的莎拉·馬爾迪尼 (Sarah Mardini) 以及25歲的尚恩·班德 (Seán Binder) 便面臨如此遭遇，當時他們在列斯伏斯島 (Lesvos) 擔任義工、協助救援工作，任務是找出海上的受困船隻並協助難民。

兩人遭控隸屬於犯罪組織，從事間諜行為及走私人口。若被判有罪，莎拉和尚恩可能面臨25年有期徒刑。兩人遭監禁超過100天，2018年12月才交保獲釋。

尚恩目前身在愛爾蘭，他表示這起事件最可怕的地方「並不是我因此被關，而是這類事情可能發生在任何人身上。」當政府將協助難民的人視為罪犯，而不是投入更多努力、保護難民安全、居住權利時，這類事情便會一再發生。

莎拉目前身在德國，她也十分清楚逃亡路途的危險。她於2015年逃離敘利亞戰爭，搭乘小艇橫跨愛琴海，途中甚至差點沈船。當時，她和妹妹將小船拉至列斯伏斯島岸邊，救了船上所有人的性命。



莎拉·馬爾迪尼與尚恩·班德  
Sarah Mardini and Seán Binder

寫信給希臘當局！

立即將莎拉·馬爾迪尼和尚恩·班德面臨的控告全數撤銷。





為青年寫信

WRITE FOR RIGHTS, WRITE FOR YOUTH







行個案  
動案  
指來

YOUR WORDS CAN CHANGE LIVES

Your Excellency Arthur Hsiao, Minister  
People with Alzheimer have rights like you and I.  
A dignified life for people with Alzheimer!  
白化症患者也有權利! (他們也有人權!)  
白化症患者也有尊嚴! 讓我們一起捍衛他們的權利!  
我是來自Taiwan的學生, 希望馬英九政府能著眼於白化症, 專門保護白化症患者的政策。

WRITE A LETTER CHANGE A LIFE

f amtw028  
amnestytaiwan  
amnestytaiwan

Support Human Rights,  
Iham

And we'll always standing  
YOU

f amtw028 fr  
amnestytaiwan  
amnestytaiwan

YOUR WORDS CAN CHANGE LIVES

YOUR WORDS CAN CHANGE LIVES

YOUR WORDS CAN CHANGE LIVES

YOUR WORDS CAN CHANGE LIVES

Recording the Justice

f amtw028 fr  
amnestytaiwan  
amnestytaiwan

12

YOUR WORDS CAN CHANGE LIVES

Instagram

amnestytaiwan  
Taiwan

現在

2016 個讚

amnestytaiwan 我在台灣, 和世界一起為人權站出來!  
#TaiwanForHumanRights #國際特赦組織  
#LoveHumanRights #用我的自由捍衛他人的自由

白化症患者  
有尊嚴地生活

with Alzheimer's  
Respect!

WRITE  
FOR  
RIGHTS

YOUR WORDS CAN CHANGE LIVES

YOUR WORDS CAN CHANGE LIVES

YOUR WORDS CAN CHANGE LIVES

Dear Annie

YOUR WORDS CAN CHANGE LIVES

Annie Alfred

YOUR WORDS CAN CHANGE LIVES

YOUR WORDS CAN CHANGE LIVES

Out of Office

On 1

G 請勿重排  
150LB □A4 1000 張

G 請勿重排  
100LB □A4 X3000 張

G 請勿重排  
150LB □A4 X2000 張

G 請勿重排  
100LB □A4 X3000 張

G 請勿重排  
150LB □A4 X2000 張

G 請勿重排  
100LB □A4 X3000 張

G 請勿重排  
150LB □A4 X2000 張

G 請勿重排  
100LB □A4 X3000 張

G 請勿重排  
150LB □A4 X2000 張



為青年寫信

WRITE FOR RIGHTS, WRITE FOR YOUTH





YOUR  
WORDS  
HAVE  
POWER

人人生而自由，在尊嚴和權利上一律平等

すべての人間は、生れながらにして自由であり、かつ、尊

為青年寫信

WRITE FOR RIGHTS  
WRITE FOR YOUTH

寫一封信  
改變生命

AMNESTY  
INTERNATIONAL

AMNESTY  
INTERNATIONAL







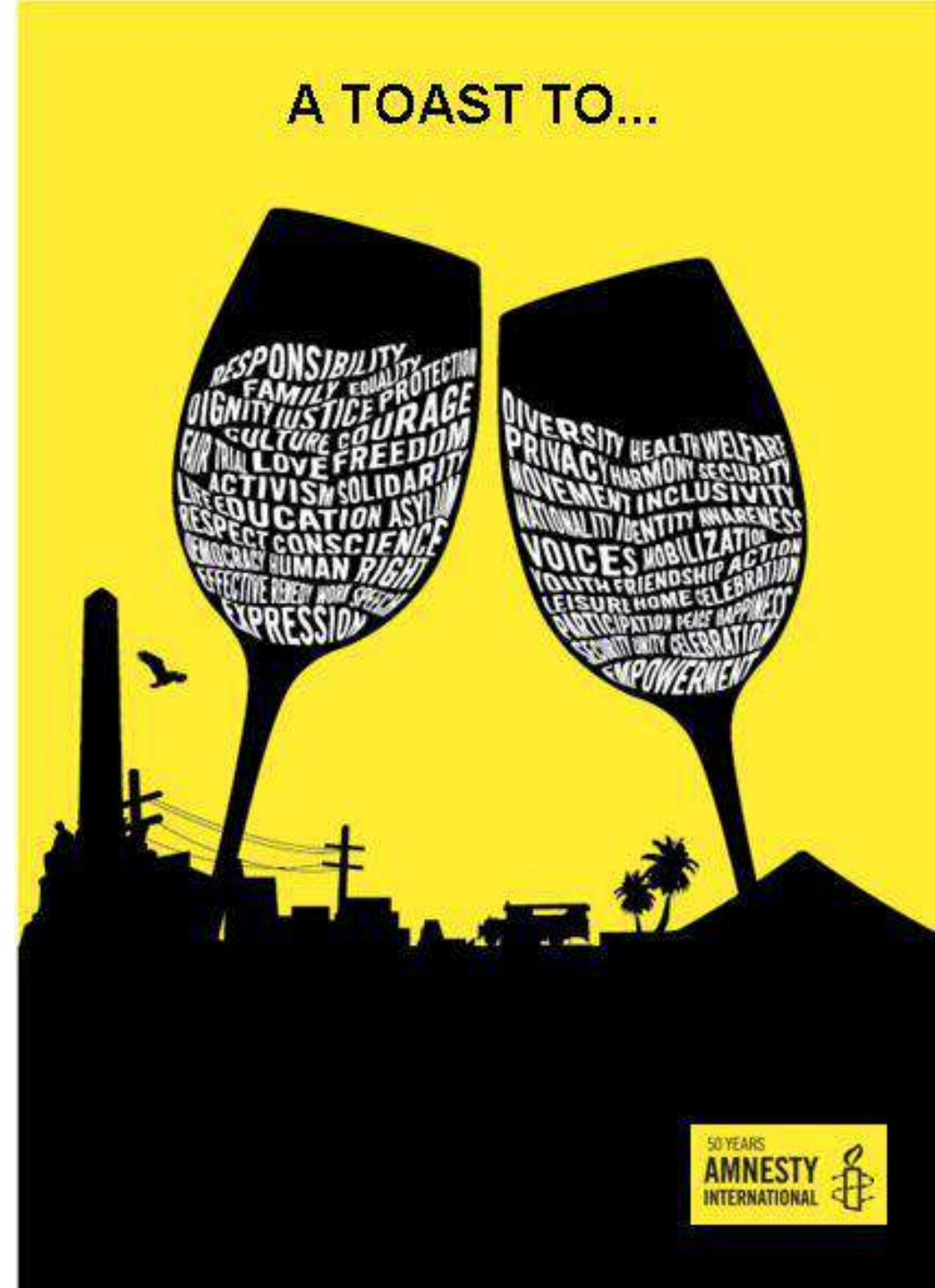
## **ABOUT HUMAN RIGHTS?**

Human rights are the basic freedoms and protections that belong to every single one of us. They are based on principles of dignity, equality and mutual respect – regardless of age, nationality, gender, race, beliefs and personal orientations.

Your rights are about being treated fairly and treating others fairly, and having the ability to make choices about your own life. These basic human rights are universal – they belong to all of us; everybody in the world. They are inalienable – they cannot be taken away from us. And they are indivisible and interdependent – they are all of equal importance and are interrelated.



# Human Rights ? What?



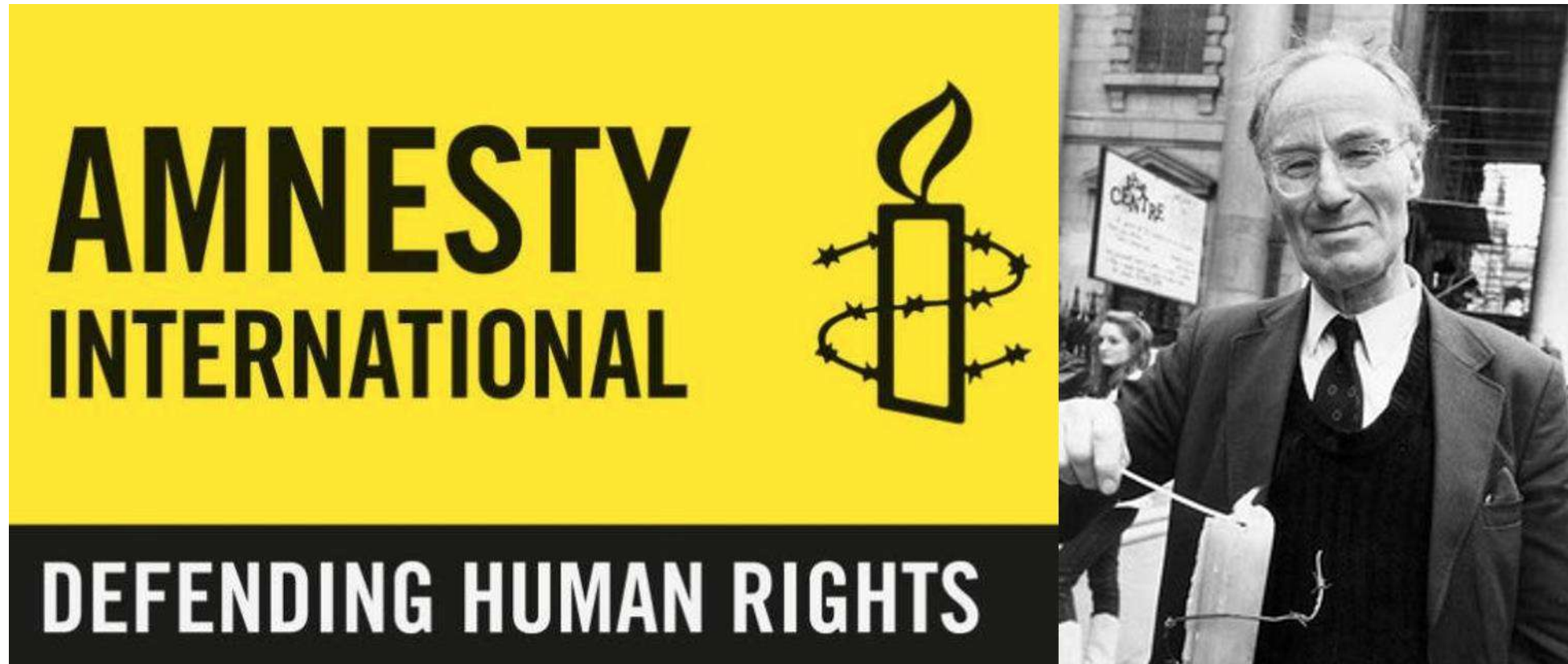


## THE UNIVERSAL DECLARATION OF HUMAN RIGHTS (UDHR)

- The UDHR was drawn up by the newly formed United Nations in the years immediately following World War II. Since 1948, it has formed the backbone of the international human rights system. Every country in the world has agreed that they are bound by the general principles expressed within the 30 articles of this document.



# ABOUT AMNESTY INTERNATIONAL





## ABOUT AMNESTY INTERNATIONAL

- Amnesty International is a global movement of more than 7 million people who take injustice personally. We are campaigning for a world where human rights are enjoyed by all.
- Our work protects and empowers people – from abolishing the death penalty to advancing sexual and reproductive rights, and from combating discrimination to defending refugees' and migrants' rights. We help to bring torturers to justice. Change oppressive laws... And free people who have been jailed just for voicing their opinion. We speak out for anyone and everyone whose freedom or dignity are under threat.



**AMNESTY**  
INTERNATIONAL







We are defending:

- **CIVIL RIGHTS AND LIBERTIES**
- **LEGAL RIGHTS**
- **SOCIAL RIGHTS**
- **ECONOMIC RIGHTS**
- **POLITICAL RIGHTS**
- **CULTURAL RIGHTS, SOLIDARITY RIGHTS**



**AMNESTY**  
INTERNATIONAL





## How to defend human rights ?

- expose the facts
- lobby governments as well as other powerful groups such as companies
- make sure they keep their promises and respect international law.
- tell the powerful stories of the people we work with
- mobilize millions of supporters around the world to campaign for change
- stand in the defense of activists on the frontline.
- support people to claim their rights through education and training



**AMNESTY**  
INTERNATIONAL





I

# Write For Rights





## WRITE FOR RIGHTS

- Amnesty International's "Write for Rights" campaign takes place annually around 10 December, which is Human Rights Day (commemorating the day when the Universal Declaration of Human Rights was adopted in 1948). Write for Rights aims to bring about change to the lives of people or communities that have suffered or are at risk of human rights violations. Among the many actions that take place as part of Write for Rights, Amnesty raises individual cases with decision-makers who can change the situation, gives visibility to those cases by organizing protests and public actions, and brings international attention through media and internet exposure.



**AMNESTY**  
INTERNATIONAL





- A major part of the Write for Rights campaign consists of a letter-writing marathon and involves millions of people around the globe. As a result of the international call to action, public officials are bombarded with letters. Victims of torture, prisoners of conscience, and people facing the death penalty or other human rights violations receive messages of solidarity from thousands of people in far-off corners of the globe. Those suffering the violations know that their cases are being brought to public attention. They know that they are not forgotten.

1



超過**200個國家**和地方  
的人參與各種活動。

2



提筆寫下**幾百萬封**  
信件、郵件、請願書或是  
電子推文。

3



提供支持給那些因為  
發聲捍衛權利而受到騷  
擾、威脅或入獄的人。

4



施壓政府、領導者和  
決策者。

5



向受害人及其家人表達  
關切、給予支持。



改變發生：釋放社運者，  
保護那些挺身追求改變的人。



## Steps into WRITE FOR RIGHTS

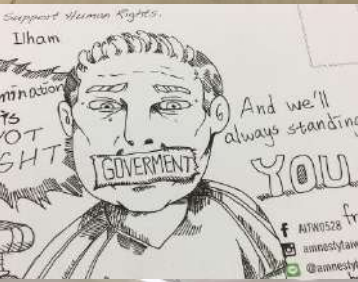
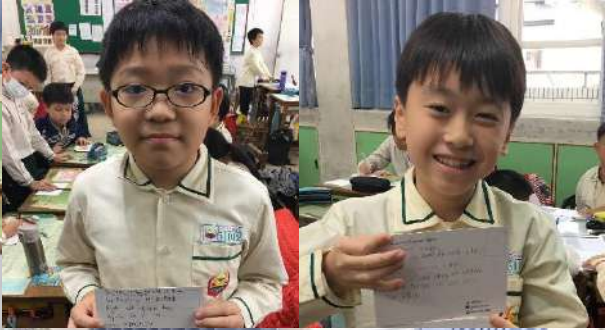
- Step 1: Read the stories of the cases
- Step 2: Pick up postcards we provide with
- Step 3: Decide which case you want to support, Write or draw what you want to express
- Step 4: Take our examples as references if you do not know what to write
- Step 5: Send the postcards
- Step 6: Join online petition on our website



**AMNESTY**  
INTERNATIONAL











## Do WRITE FOR RIGHTS really help ?

- The results of similar campaigns in previous years have been striking. Individuals affected by the violations report the difference that these letters make, they express their gratitude to those who have written, and they often describe the strength they derive from knowing that so many people are concerned about their case.



**AMNESTY**  
INTERNATIONAL







Your support really matters!

- “It helps me to get up in the morning... knowing that there is this big global network of affection.” Monica Benicio, Marielle’s partner
- Gulzar Duishenova had been championing disability rights in her country for years. In March 2019, her persistence paid off when Kyrgyzstan finally signed up to the Disability Rights Convention. Supporters wrote nearly a quarter of a million messages backing Gulzar.



**AMNESTY**  
INTERNATIONAL





## SUCCESS STORIES FROM THE 2018 CAMPAIGN

### ARRESTS IN BRAZIL

In March 2019, two ex-police officers were arrested for killing Marielle Franco, the charismatic local politician and defender of the poorest in Brazil. It was a small step towards justice. People worldwide wrote over half a million messages demanding: “Who killed Marielle Franco?”



**AMNESTY**  
INTERNATIONAL







## SUCCESS STORIES FROM THE 2018 CAMPAIGN

### VITAL HEALTH CARE RECEIVED IN IRAN

- Jailed for handing out leaflets criticizing the death penalty, Atena Daemi has endured physical attacks while in prison. She needed specialist medical care urgently, and thanks to the more than 700,000 actions taken by people worldwide, Iran finally gave her the treatment she needed.
- **“I am wholeheartedly grateful to all people around the world who have showered me with compassion and kindness and spared no effort in supporting me.”**



**AMNESTY**  
INTERNATIONAL







## Key Words

- Enforced Compulsory Veiling
- The Use Of Force And Human Rights
- Forced Eviction and Housing
- Climate Change





## ENFORCED COMPULSORY VEILING

Under Iran's compulsory veiling laws, women and girls are forced to cover their hair with a headscarf. Women who do not are treated as criminals.

In the last few years, a growing movement against forced veiling laws has emerged inside Iran. Women and girls stand in public places, silently waving their headscarves on the ends of sticks or share videos of themselves walking down the street with their hair showing.

In response to this movement, the Iranian authorities have arrested dozens of women's rights defenders. Some have been tortured and sentenced to prison terms.



© White Wednesdays Campaign

**AMNESTY**  
INTERNATIONAL



## THE USE OF FORCE AND HUMAN RIGHTS

Police officers are allowed to use force to arrest someone, detain someone in a prison cell, and carry weapons.

However, with power comes responsibility: the police must always use force in accordance with the law and human rights.

In Mexico, arbitrary detention is an everyday occurrence and is very often the starting point for persistent serious human rights violations such as torture and other ill-treatment.

Everyone has the right:

- *to be informed immediately of the reasons for their arrest and detention*
- *to a lawyer from the moment of arrest*
- *to inform their family of their situation*
- *to know which authority is holding them*
- *to challenge the lawfulness of their detention in court*

**AMNESTY**  
INTERNATIONAL





## FORCED EVICTION AND HOUSING

Forced eviction is the removal of people against their will from the homes or land they occupy without due process and other legal safeguards. Because evictions can have such devastating impacts on people's lives, they may only be carried out as a last resort.

*The right to adequate housing :*

- *Housing should be accessible and affordable to all.*
- *People should be able to access water, sanitation and other facilities that are essential for health, security, comfort and nutrition.*



*After the eviction at Otodo Gbame*  
© MoAdebayo

# CLIMATE CHANGE

Climate change is causing devastation across the world, which makes it an urgent human rights issue. In particular,

- *It will compound and magnify existing inequalities.*
- *It is likely to affect certain groups more than others. E.g. those communities who depend on agricultural or coastal livelihoods.*
- *Its effects will continue to grow and worsen over time, creating ruin for current and future generations.*

Young people started taking to the streets to hold governments and business accountable for the impacts.



© Lawrence Rui (CC)





WRITE FOR RIGHTS, WRITE FOR YOUTH







**José Adrián – MEXICO**

**Key Words: Children, police brutality, torture, impunity**





## Case 1

José Adrián was on his way home from school when police jumped him and threw him against their car. Then aged just 14, Adrián lived in an impoverished community in Mexico. A hearing disability may have prevented him from communicating well with police during his ordeal.

Adrián had stumbled onto the aftermath of a clash between a group of youths that ended up damaging a police car. The police arrested just Adrián, with no explanation, and didn't call his parents. During his arrest, police followed a familiar pattern in Mexico, targeting the poor and discriminated against – in this case, a young Indigenous boy.

After years of seeking justice, in early 2019 Adrián was given a hearing aid. Adrián wants to leave this behind and start planning for the future, but the police who assaulted him remain unpunished and the family is still waiting for the government to make amends.



José Adrián

Write to the Mexican authorities today

- Tell them to make sure Adrián gets full reparations for the injustices he has suffered, including finding the officers responsible and bringing them to trial.



**Yiliyasijiang Reheman – CHINA**

**Key Words: Arbitrary Detention, Enforced  
Disappearance**







## Case 2

Yiliyasijiang Reheman and his wife Mairinisha Abuduaini were expecting their second baby when Yiliyasijiang disappeared. The young couple were building a new future for themselves, studying at a university in Egypt while looking after their growing family. But their lives were shattered in July 2017 when China ordered the Egyptian government to round up hundreds of Uyghur people in the country. Yiliyasijiang was among them.

Mairinisha, who now lives in Turkey, learned through friends that Yiliyasijiang had been sent back to Xinjiang in China. She suspects he's in one of China's secret internment camps where Uyghurs are brainwashed with Chinese government propaganda.

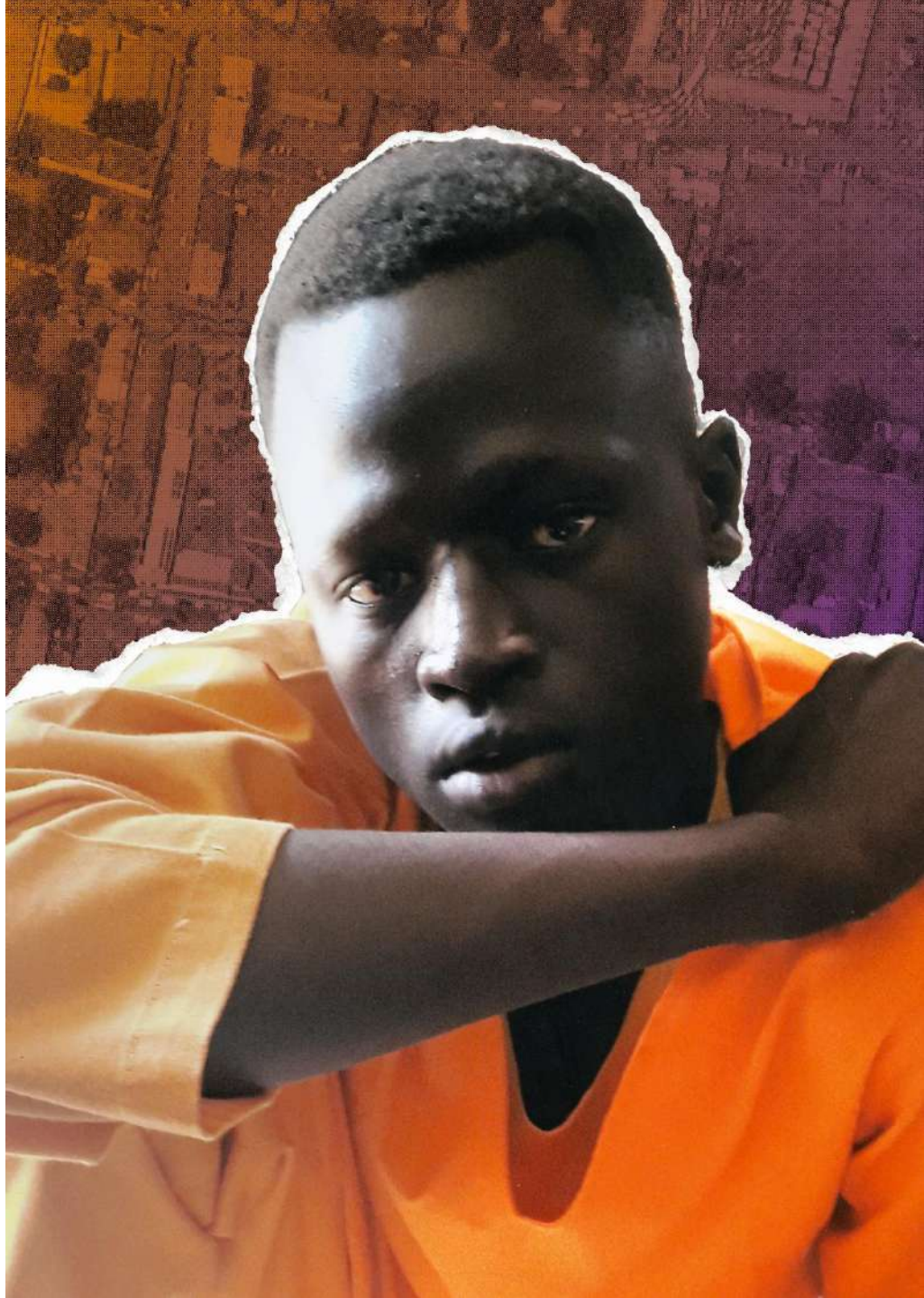
Mairinisha just wants her husband back safely with her and her children. "My husband should be released as soon as possible," she says. "Our children need their father. I will never give up until we can be reunited with my husband."



Yiliyasijiang  
Reheman

Write to the Chinese authorities today

- Demand that they release Yiliyasijiang Reheman immediately and unconditionally.



**Magai Matiop Ngong – SOUTH SUDAN**

**Key Words: Children, Death Row, Unfair Trial, Lawyers**



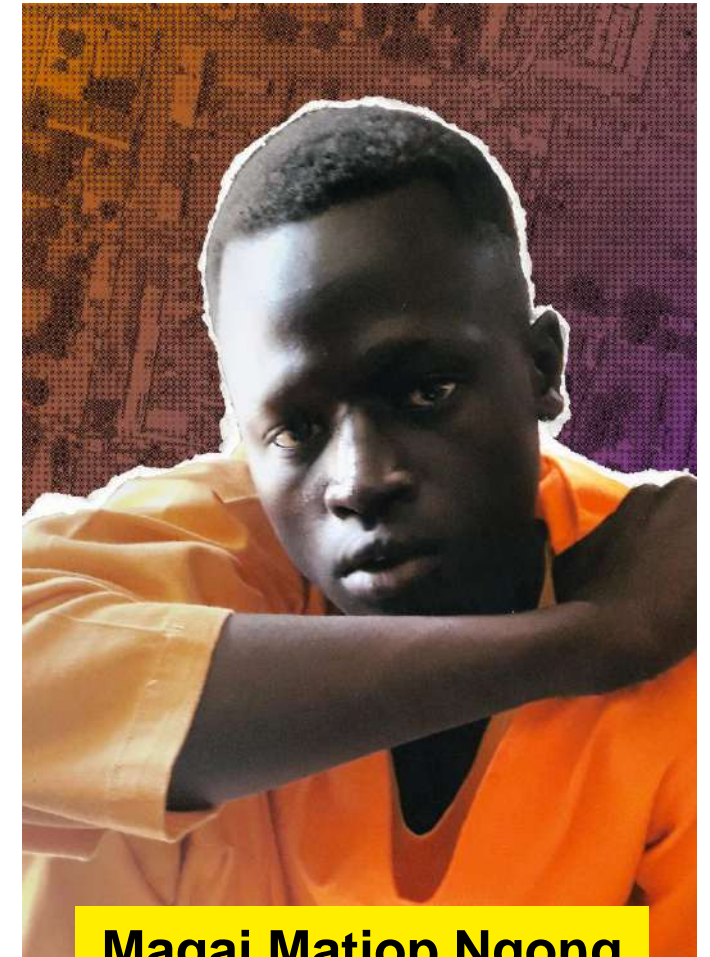


## Case 3

When Magai Matiop Ngong was 15 he loved running and gospel singing. He was in secondary school and had ambitions to help people when he grew up. But life as he knew it came to a sudden end in 2017 when he was convicted of murder. At his trial he told the judge that he was only 15 and tried to explain that the killing he was accused of was an accident.

But the judge sentenced him to death by hanging. Magai didn't have a lawyer to help him when he was arrested or in his first trial. The judge told him he could write an appeal to ask for his death sentence to be cancelled. He only got a lawyer when he moved prisons.

Two years after his sentence, Magai is on death row in Juba central prison waiting for his appeal but he hasn't lost his "hope...to be out and to continue... school."



**Magai Matiop Ngong**

**Write to the South Sudanese authorities today**

- Tell them to cancel Magai's death sentence.



## Emil Ostrovko – Belarus

**Key Words: Juvenile Justice, Fair Trial  
Violations, Amnesty New Drug Policy,  
Discrimination**







## Case 4

Emil Ostrovko was waiting for his girlfriend at a bus stop on the outskirts of Minsk in April 2018. Suddenly police officers arrived – they beat Emil and arrested him for distributing illicit drugs. He was just 17.

Earlier in 2018, Emil had got an after-school job as a courier for an online company. His employer had told him the parcels he was delivering contained legal smoking mixtures. After spending months detained, Emil received a 10-year prison sentence for drug trafficking, later reduced to eight years when some charges were dropped. Investigators never looked for the owner of the company, nor anyone else. Only Emil was prosecuted.

Emil is one of around 15,000 people serving lengthy prison sentences in Belarus for petty drugs offences. They are treated far worse than other offenders and made to do long hours of hard labour. Emil wasn't allowed to carry his asthma medicine and got frostbite from clearing snow with his bare hands. Things got a little better when he went to adult prison, but Emil's youth and potential are being wasted.



**Emil Ostrovko**

**Write to the Belarusian authorities today**

- Urge them to immediately release Emil, clear his criminal record and demand that no children are imprisoned for minor drug offences.



**Sarah Mardini and Seán  
Binder - Greece**

**Key Words: Refugees, Migrants,  
Criminalization of Solidarity**





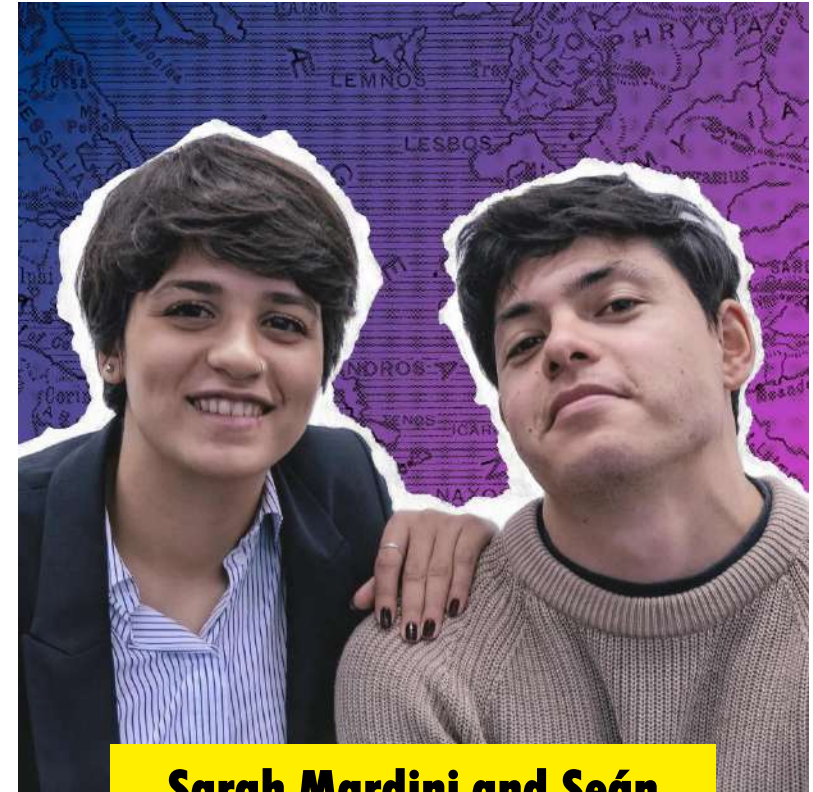


## Case 5

In Greece, you can go to jail for trying to save a life. It happened to Sarah Mardini, 24, and Seán Binder, 25, when they volunteered as rescue workers for an organization in Lesvos. Their job was to spot boats in distress at sea and help refugees.

They are accused of spying, people smuggling and belonging to a criminal organization. If found guilty, Sarah and Seán could go to prison for 25 years. They already spent more than 100 days in prison before being released on bail in December 2018.

Seán, now in Ireland, says the scariest thing about what happened to him "is not that it put me in jail, it's that this can happen to anyone". It happens when governments make criminals of people who try to help refugees instead of doing more to protect a refugee's right to find a safe place to live. When people need to escape conflict, torture or other abuses in their countries, they often have no option but to make highly dangerous journeys to reach safety.



**Sarah Mardini and Seán Binder**

Write to the Greek authorities today

- Tell them to drop all charges against Sarah Mardini and Seán Binder.



| Ibrahim Ezz El-Din – EGYPT

**Key Words: Housing Rights, ESCR, Human Rights Defender, Disappearance**







## Case 6

Ibrahim Ezz El-Din is a 26-year-old human rights researcher who lives in Cairo, Egypt. He loves his job, where he researches and reports on people's access to safe and affordable housing in Egypt – a basic human right.

On the evening of 11 June 2019, Ibrahim was walking home when four security officers dressed in plain clothes surrounded him and arrested him. When his mum found out, she went straight to the local police station, but the police told her Ibrahim was not there, and denied that he was detained at all. Ever since that night Ibrahim's family have been trying to find out what happened to him. They've had no answers at all.

Ibrahim is the fifth person linked with his organization, the Egyptian Commission for Rights and Freedoms, to have been arrested in just three years. Hundreds like Ibrahim have been forcibly disappeared before turning out to be held in prison for months, without ever being brought to trial. Many have been arrested simply for expressing their opinions peacefully, criticising the authorities, or standing up for human rights – from journalists to football fans and even politicians.



### Write to the Egyptian authorities

- Tell them to reveal where Ibrahim is, give him access to his family and lawyers and protect him from torture. Tell them to release Ibrahim unless he is charged with an internationally recognized crime.



**Nasu Abdulaziz – NIGERIA**

**Key words: Forced Evictions, Police Brutality,  
Economic Cultural and Social Rights**





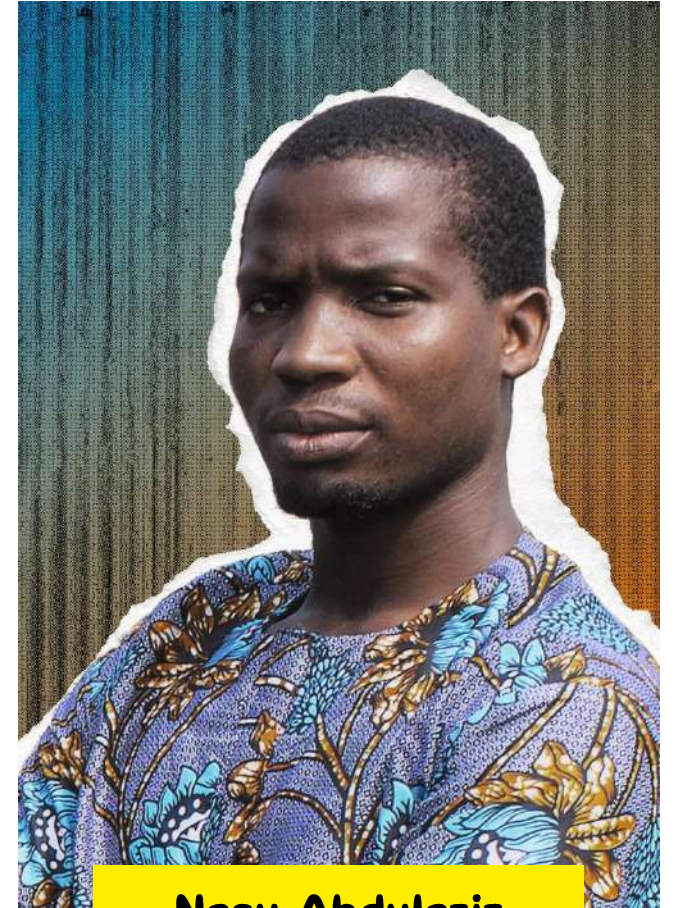
## Case 7

Nasu Abdulaziz is fighting for his right to a home.

When he was 23 and should have been enjoying life, men with guns and in bulldozers descended without warning on his community of Otodo Gbame in Nigeria's megacity, Lagos. Acting on the orders of the government, these men set upon the homes of this century-old community, crushing and burning down houses, shooting families, destroying livelihoods.

In 2017, the night before the final eviction, Nasu was shot in the arm by hoodlums. The next day, the Lagos State Taskforce swarmed the community again, shooting at and teargassing them. Panicked residents fled, some jumping into the nearby lagoon and drowning. Nine people were believed to have been killed with another 15 still missing.

By the end, 30,000 people were homeless, forced to live in canoes, under bridges or with friends and family.



**Nasu Abdulaziz**

Write to the Nigerian authorities

- Tell them to investigate the forced eviction of Nasu's community, and to make sure that they are resettled and given full compensation.



**Marinel Sumook Ubaldo - Philippines**

**Key words: Climate Change, Climate Justice,  
Environmental Rights, Environmental  
protection**







## Case 8

Marinel Sumook Ubaldo was 16 when she knew she had to find a way to protect herself and her community from the disastrous effects of climate change. On 13 November 2013, she survived Typhoon Yolanda – one of the deadliest typhoons on record. It destroyed her village in Samar: over 6,000 people died in the Philippines alone and millions lost their homes.

In September 2018, she went to New York City to give evidence to an investigation into climate change and the way fossil fuel industries contribute to it. “I’m not just... a climate statistic,” she told a packed assembly hall. “My story is only one of many, and I’m here to speak on behalf of the vulnerable and the marginalized communities – may our voices be heard.”

Marinel, her family and thousands of others who lost their homes in the typhoon need enough food, water, housing, electricity and toilets. The Philippine government has not done enough and has left them to live in unhealthy conditions where it is hard to earn a livelihood.

**Write to the Philippine government today**

- Tell them to do all they can to ensure residents of Matarinao, Eastern Samar, have decent living conditions, and demand that countries responsible for climate changing carbon emissions do their fair share too.

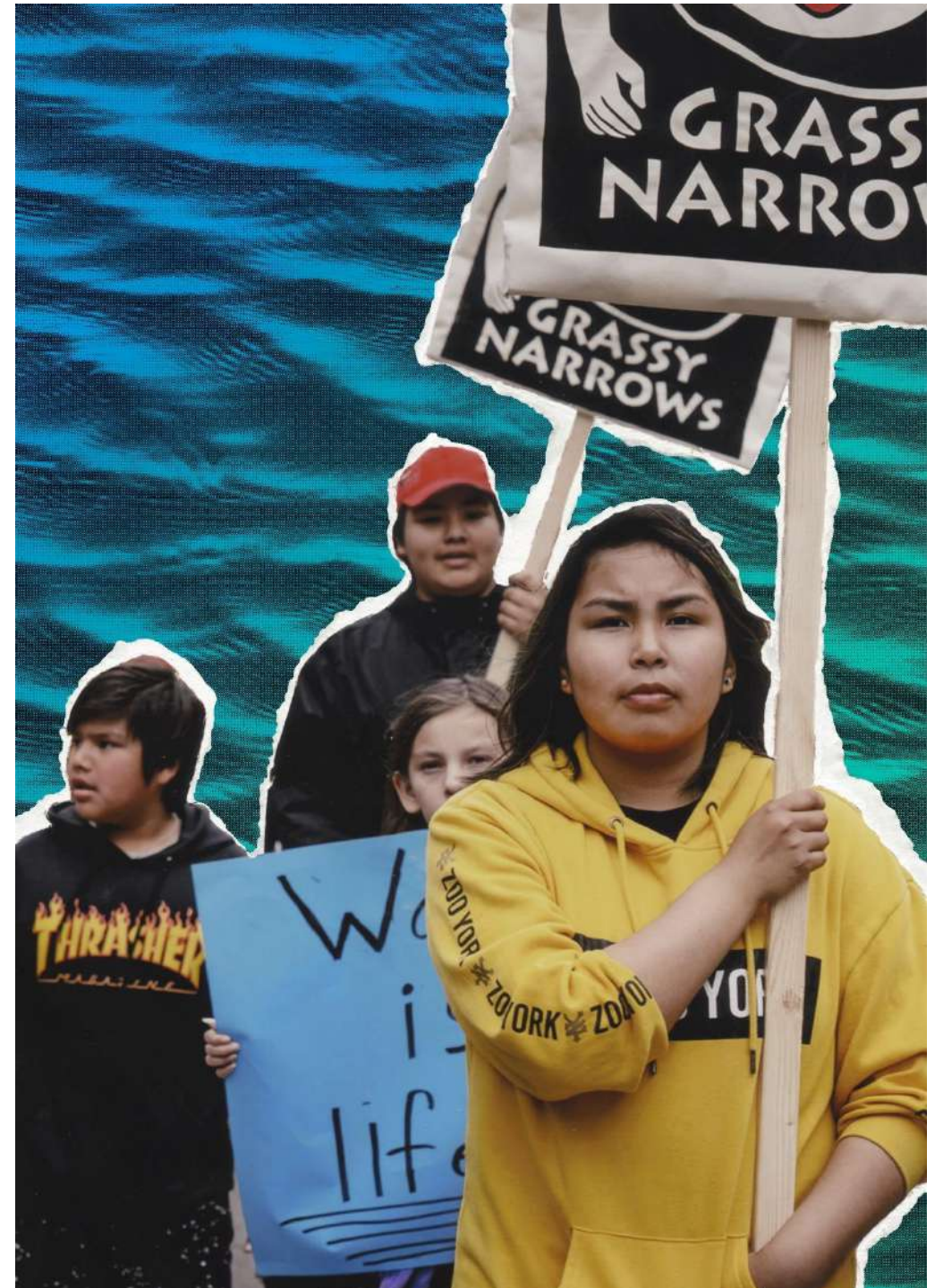


**Marinel Sumook Ubaldo**



## Grassy Narrows Youth – CANADA

**Key Words:** Indigenous, environment, water, health, human rights defenders







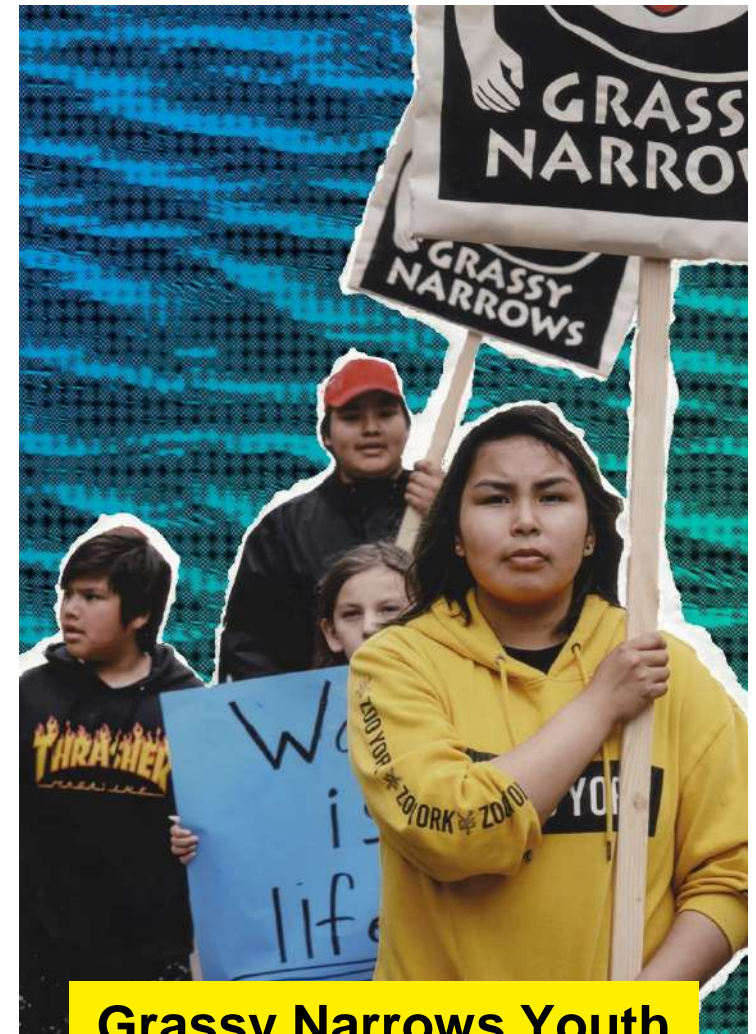
## Case 9

The people of Grassy Narrows have been hard-hit by mercury poisoning, after the government allowed a pulp mill to dump 10 tonnes of waste into a river in the 1960s. The damaging effects are still seen today.

Fishing is an essential part of their way of life. But for over 50 years mercury has contaminated the fish, making them dangerous to eat. This has robbed the Grassy Narrows people of their health and eroded their culture and traditions. The government has done very little to improve what is currently the country's worst health crisis.

In 2017, the government promised to deal with the crisis "once and for all." This requires cleaning-up the river, providing specialised health care and compensating the community.

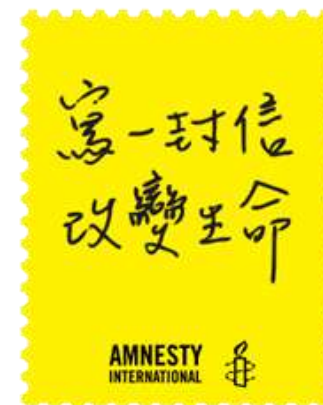
The youth of Grassy Narrows won't give up their fight until the government keeps its promises. Canada must help restore what mercury has taken from the people of Grassy Narrows.



**Grassy Narrows Youth**

Write to the Canadian government today.

- Tell Canada to restore what mercury has taken from the people of Grassy Narrows. The community and their future generations must be allowed to live in a thriving community and healthy environment.



**Yasaman Aryani – IRAN**

**Key Words: Arbitrary Arrest, Freedom of Expression, Freedom of Association, Freedom of Assembly, Impunity, Incommunicado Detention, Prisoner of Conscience, Unfair Trial, Torture, Woman, Women's Rights, Human Rights Defender, Ill-Treatment**





## Case 10

A white flower generously shared, a scarf gently removed: two simple gestures that Yasaman Aryani dared to make on a public train in Iran. It was International Women's Day 2019 and Yasaman, an actor who loves mountain climbing, stood up to Iran's forced veiling laws in a brave act of defiance.

With her mother, she walked through a women-only train carriage, hair boldly uncovered as she handed out white flowers. She spoke of her hopes for a future when all women would have the freedom to choose what to wear so that one day they could walk together "me without the hijab and you with the hijab". These moments, captured on video, went viral in March 2019.

On 10 April, Iran's authorities arrested Yasaman, holding her alone in a cell for days while interrogators questioned her. They told her to "confess" that foreign elements were behind her activism and to "repent" her actions. If she didn't, they said they would arrest her friends and family. On 31 July, Yasaman learned to her shock that she has been sentenced to 16 years in prison. She must serve at least 10 years.



**Yasaman Aryani**

**Write to the Iranian authorities today**

- Tell them to release Yasaman Aryani immediately and unconditionally.





WRITE FOR RIGHTS, WRITE FOR YOUTH

