



**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



**YOUR WORDS
CHANGE LIVES**



WRITE A LETTER

CHANGE A LIFE

Welcome to Amnesty's Write for Rights letter-writing kit. In it you'll find everything you need to join in with the Write for Rights 2022 campaign. This year Amnesty's global letter-writing marathon is all about the right to protest, featuring 13 people whose lives have been negatively impacted by governments' crackdown on this precious right.

Protest has the power to protect human rights and reduce inequalities. It provides all of us with the means to make our opinions known and demand that we are treated as equals.

You're here because you want to make a difference to the lives of the many people worldwide who are under threat for championing what's right. Whether you do this with a group of friends, classmates, your family or by yourself, the words you write will change lives.

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“[You] gave me hope of freedom and now I am free. I am now with my family, I am now with my daughters, I am now with my partner. My mother has already cried with happiness to see me free. Thanks to each one of you for spreading and sharing my letters.”

Human rights defender Bernardo Caal Xol, freed in March 2022 after spending four years in prison in Guatemala. Supporters took over half a million actions for his release through Write for Rights 2021.



WHAT IS

WRITE FOR RIGHTS?

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

Twenty-one years 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.

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HOW DOES WRITE FOR RIGHTS WORK?

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

2 Writing millions of letters, emails, tweets and signing petitions

3 Supporting people who've been harassed, threatened and jailed just for who they are

4 Putting pressure on governments, leaders and decision-makers

5 Showing love and support for the people and their families

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

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WHY DO WE NEED

TO TAKE ACTION?

Protest is a powerful force for change. This precious right is under attack and must be protected from people in power who fear change, want to maintain the status quo, and keep people divided. Your letters, words and actions will put pressure on authorities to take immediate action, so that those who abuse people's rights will be brought to justice. And those unjustly imprisoned will taste freedom once again.

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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.



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WHEN DOES IT HAPPEN?

Human Rights Day on 10 December is the moment when everyone around the world will be writing letters. But precise dates will vary depending on where in the world you live. Check your local Amnesty website for details.



“Write for Rights really does have a positive impact. Their support has made me, Germain Rukuki, come out of prison even more committed to defending human rights.”

On 30 June 2021, Burundian human rights defender Germain Rukuki, who featured in Write for Rights 2020, was released after serving more than four years of his 32-year prison sentence. During Write for Rights, supporters from around the world took more than 436,000 actions calling for Germain's freedom. Unable to leave the country following his release, Germain was finally reunited with his family in Belgium in February 2022.

Top image © Benjamin Girette / Hans Lucas



HOW TO

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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 abused.

They are from 10 countries, and you will find 10 information sheets enclosed at the end of this kit, summarizing their stories. Take a look.

2. PRINT OUT OUR SPECIALLY DESIGNED STATIONERY

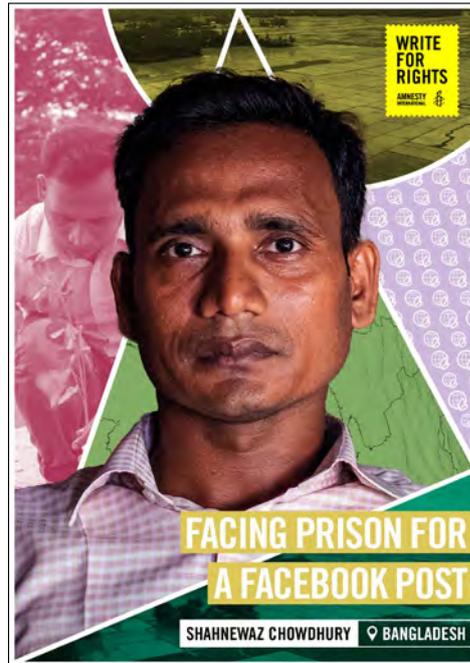
We've created some special stationery which you can download and print. You can use it for any of your Write for Rights letters.

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 in that case. (To make things easier, we've put these addresses on the sample target letters as well: see point 4 for more.)

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.



FACING PRISON FOR A FACEBOOK POST

SHAHNEWAZ CHOWDHURY BANGLADESH

BANGLADESH

people to speak out, Shahnewaz the youth of Banshkhali assist injustice and support ment through fearless writing."

struggles faced by people in his region of Banshkhali, a low-lying coastal area in the south-east of Bangladesh, vulnerable to the impact of climate change.

A new coal-fired power plant in Shahnewaz's village was supposed to be a turning point in the region's development. But Shahnewaz was scared about the environmental destruction it would bring.

On 26 May 2021, the area was swept up by a storm. Heavy rainfall and strong winds pounded the village. Homes were destroyed. Worried about the impact of environmentally damaging projects like the new power plant, which he believed contributed to an increase in tidal surges, Shahnewaz took to Facebook to raise his concerns. Encouraging

The following day, the power plant company filed a case against Shahnewaz, accusing him of posting false information. On 28 May 2021, he was arrested by the police for his Facebook post under Bangladesh's oppressive Digital Security Act. He was detained in inhumane conditions for 80 days, without trial. Shahnewaz was granted bail on 16 August 2021, but if he's convicted, he faces many years in prison.

Tell Bangladesh to drop the charges today



WRITE TO THE BANGLADESHI AUTHORITIES

Tell them to immediately and unconditionally drop the charges against Shahnewaz Chowdhury.

Minister of Justice
Law and Justice Division
Ministry of Law, Justice and Parliamentary Affairs
Building No-134
Bangladesh Secretariat
Dhaka-1000
Bangladesh

Email: minister@minlaw.gov.bd
Salutation: Honorable Minister

No. 3 BANSHKHALI
Phone: 01711 111111

SHOW SHAHNEWAZ HE'S NOT ALONE

Write him a message of friendship and support. Take a photo of it and post it on your social media channels, tagging Shahnewaz. Or send cards and letters by post to the address below.

Address:
Shahnewaz Chowdhury
O/O Rashid Ahmed Chowdhury
East Bangladesh
Post office: West Bangladesh
Police station: Banshkhali
Chittagong,
Bangladesh

Twitter: @Shahnewaz25



HOW TO

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4. USE THE SAMPLE TARGET LETTERS IF YOU NEED THEM

This kit contains 10 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 do 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 #W4R22. Please also tag @amnesty in your posts on Twitter and Instagram so we can find you.

We'll try to re-tweet 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!

The collage displays ten sample target letters, each with a unique header and content:

- SHAHNEWAZ CHOWHURY** (Bangladesh): Letter to the Bangladesh High Commission in London regarding his arrest and detention.
- DORGELESSE NGUESSAN** (Cameroon): Letter to the President of Cameroon regarding her arrest and detention.
- LUIS MANUEL OTERO ALCANTARA** (Cuba): Letter to the President of Cuba regarding his arrest and detention.
- ZINEB REDOUANE** (France): Letter to the French Investigating Judge regarding her arrest and detention.
- NASSER ZEFZAFI** (Morocco): Letter to the Moroccan Government regarding his arrest and detention.
- YREN ROTELA AND MARIANA SEPÚLVEDA** (Paraguay): Letter to the President of the Supreme Court of Justice of Paraguay regarding their arrest and detention.



WHY DOES

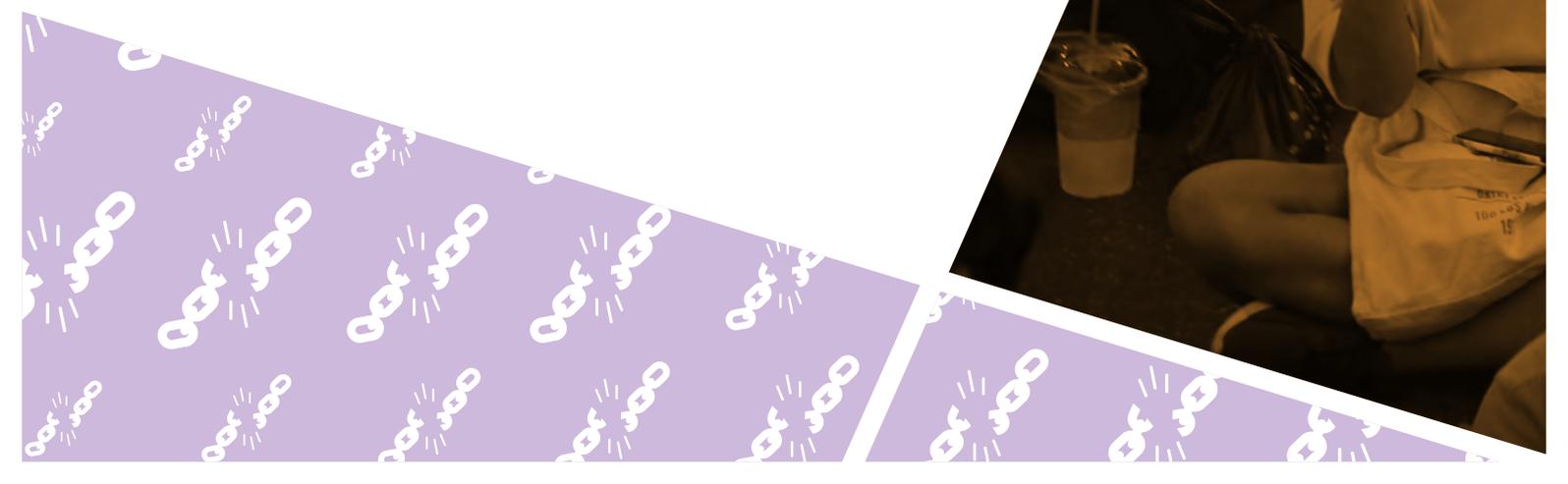
SOLIDARITY MATTER?

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 for calling out injustice, having someone tell you they believe in you matters a lot. Whoever you choose to write to, remember that they will love to hear from you. They may feel anxious and alone, and your words will bring comfort and hope to them.

Through the thousands of messages he received in 2020, Gustavo Gatica felt the embrace of a global community of allies, spurring him on in his journey to justice. A psychology student, he had been shot and blinded by Chilean police after he joined a mass protest against inequality. We created voice notes from the many messages sent in from around the world, so that Gustavo could listen to them.

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“Dear members of Amnesty International,

We would like to convey our gratitude for all the support and affection that you have shared with us.

In addition to the international pressure to achieve justice, which is fundamental to us, through this campaign we feel the fraternal embrace of thousands and thousands of people throughout the world, reminding us that we are not alone and that there are many people who dream of a better world, where the fundamental rights of all people are promoted and respected. They make us feel that this future is possible.

In times of difficulty, Amnesty International became a great support and ally in our struggle. We will be eternally grateful and please do not stop doing this vital work in the future.

Many thanks to all the people who took the time to write and send their affection and good wishes.”

A message from Gustavo and the Gatica Villarroel family, in response to the messages they received



SAMPLE TARGET LETTERS

There are 10 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.

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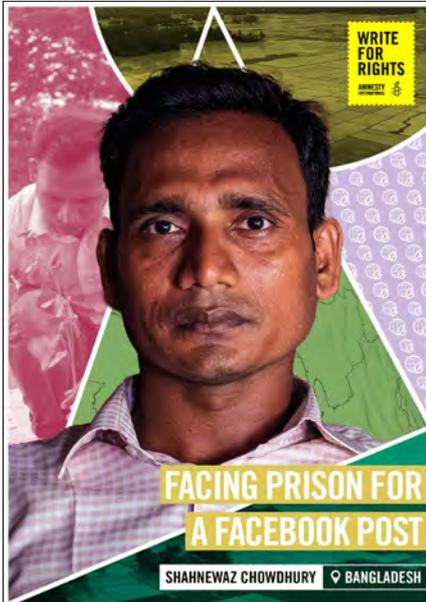
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SAMPLE TARGET LETTERS

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SHAHNEWAZ CHOWDHURY

📍 BANGLADESH

Honourable Minister,

I call on you to immediately and unconditionally drop all charges against Shahnewaz Chowdhury, who is charged under Bangladesh's Digital Security Act (DSA) and if convicted faces up to a decade in prison just for expressing his views on Facebook.

The DSA is being weaponized by the government and powerful non-state actors to stifle dissent, and the least powerful are disproportionately targeted. I call on you to repeal or amend the DSA and other domestic laws in line with international human rights standards on the right to freedom of expression.

Yours sincerely,

Minister of Justice

Law and Justice Division
Ministry of Law, Justice and Parliamentary Affairs
Building No – 04
Bangladesh Secretariat
Dhaka – 1000
Bangladesh



DORGELESSE NGUESSAN

📍 CAMEROON

Your Excellency,

I am writing to demand the immediate and unconditional release of Dorgelesse Nguessan, who is detained solely for the peaceful exercise of her rights to freedom of expression and peaceful assembly.

Dorgelesse was arrested in Douala, while attending her first ever protest. She had never been politically active, but her concerns about the state of Cameroon's economy led her to join the demonstrations.

Dorgelesse was found guilty of "insurrection, assembly, meetings and public demonstrations" and after an unfair trial by a military court she was sentenced to five years in prison. She must be freed and returned to her family, who rely on her as the main wage-earner.

Yours sincerely,

President of The Republic of Cameroon

Palais Présidentiel
Yaoundé
Cameroon

SAMPLE TARGET LETTERS

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LUIS MANUEL OTERO ALCÁNTARA

📍 CUBA

Dear President,

I call on you to immediately and unconditionally release prisoner of conscience Luis Manuel Otero Alcántara. All charges against him must be dropped, as he has been detained solely for peacefully exercising his rights to freedom of expression and peaceful assembly. Luis Manuel's trial was unfair and took place behind closed doors without access for independent human rights monitors or journalists.

While being held in a maximum-security prison, Luis Manuel's health has reportedly deteriorated. Pending his release, please ensure that he is not ill-treated in detention, and has access to adequate healthcare and regular contact with his family and lawyers.

Yours sincerely,

President of Cuba

C/O [please send to the Cuban embassy
in your own country]



ZINEB REDOUANE

📍 FRANCE

Dear Investigating Judges,

I am writing to demand full accountability for the killing of Zineb Redouane, who died due to an alleged unlawful use of tear gas grenades during a protest. The responsibility of the officer who fired the grenade and his chain of command should be fully ascertained. Please duly consider all the existing evidence and, if the evidence warrants it, ensure that all suspects are tried in proceedings that respect their right to a fair trial.

Yours sincerely,

Juges d'instruction

Tribunal judiciaire de Lyon
67 RUE SERVIENT
69003 LYON
France

SAMPLE TARGET LETTERS

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CHOW HANG-TUNG

HONG KONG

Dear Secretary,

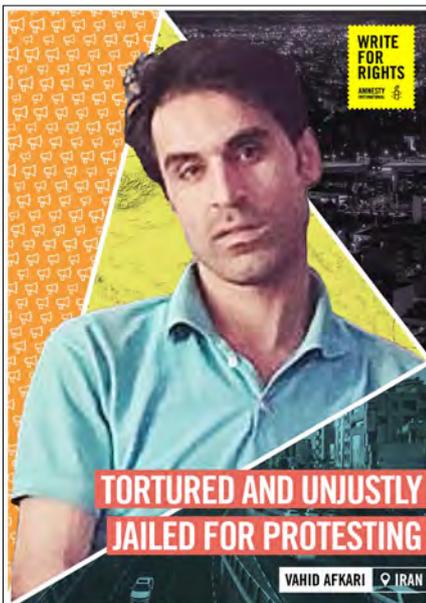
I call on you to immediately and unconditionally release human rights lawyer Chow Hang-tung and drop all charges against her, as she has been charged solely for peacefully exercising her rights to freedom of expression and peaceful assembly.

Chow is serving 22 months in jail for peacefully remembering the victims of the Tiananmen Square crackdown in 1989. She is also facing further wrongful imprisonment for allegedly endangering national security through her entirely peaceful actions.

Yours sincerely,

Secretary for Justice

Department for Justice
G/F, Main Wing, Justice Place
18 Lower Albert Road
Central
Hong Kong



VAHID AFKARI

IRAN

Dear Sir,

I urge you to release Vahid Afkari immediately as he is being arbitrarily detained for his peaceful participation in protests, quash his unjust convictions and sentences and drop all charges relating to the peaceful exercise of his human rights.

Vahid Afkari is being held in solitary confinement in Adelabad prison in Fars province and the large body of evidence proving his innocence is being ignored by the authorities. Pending his release, he must be held in conditions meeting international standards for the treatment of prisoners, with access to adequate healthcare – outside prison if necessary – and to his family.

Yours sincerely,

Head of Iran's Judiciary

C/O Embassy of Iran to the European Union
Avenue Franklin Roosevelt No. 15
1050 Brussels
Belgium

SAMPLE TARGET LETTERS

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NASSER ZEFZAFI

📍 MOROCCO

Your Excellency,

I call on you to immediately and unconditionally release Nasser Zefzafi and quash his unfair conviction, as he is imprisoned for exercising his right to protest.

Nasser is being held in terrible conditions, causing his health to deteriorate significantly. He is suffering from health conditions including respiratory and eyesight problems and nerve pain.

The prison authorities have denied him the medical care he needs. Pending his release, please ensure that Nasser is protected from torture and other ill-treatment and that he has access to adequate healthcare in prison.

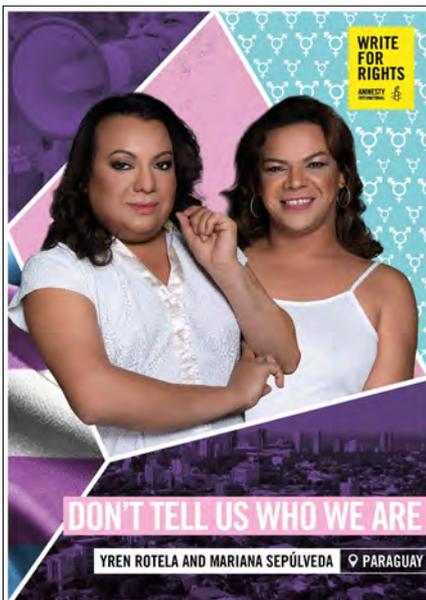
Yours sincerely,

Head of Moroccan Government

Palais Royal – Touarga

Rabat 10070

Morocco



YREN ROTELA AND MARIANA SEPÚLVEDA

📍 PARAGUAY

Your Excellency,

I call on you to guarantee all means to legally recognize the identities of Yren Rotela and Mariana Sepúlveda, two transgender women. Denying them the right to legally change their names and obtain identity documents matching their gender identity is discriminatory. It impacts their ability to gain equal education, employment, housing, healthcare, and further exposes them to violence, harassment and stigma.

In Paraguay, trans activists are silenced and their protests are often banned or attacked. I call on you to guarantee legal frameworks to end this discriminatory practice. Without legal gender recognition, a transgender person's ability to live in dignity, equality and security, and with the rights and protections afforded to other members of society, is severely compromised.

Yours sincerely,

President of the Supreme Court of Justice of Paraguay

Palacio de Justicia del Paraguay

Mariano Roque Alonso y Testanov

Asunción

C.P. N°001001

Paraguay

SAMPLE TARGET LETTERS

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ALEKSANDRA SKOCHILENKO

RUSSIA

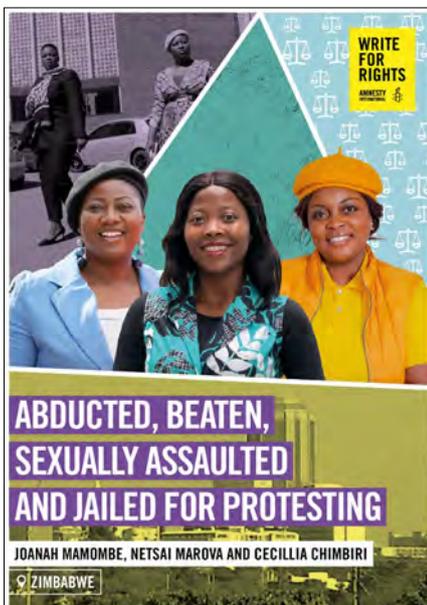
Dear Prosecutor,

I call on you to ensure the release of Aleksandra Skochilenko, who is being detained for criticizing Russia's war against Ukraine. Everyone has a right to freely express their opinions, including Aleksandra. All charges against her must be dropped and she should immediately and unconditionally be released from prison.

I also call on you to ensure that, pending her release, Aleksandra is held in conditions that comply with international standards, and she has access to adequate healthcare as well as the food she needs in relation to her medical condition. Aleksandra must also be protected from harassment by detention centre employees and her cellmates.

Yours sincerely,

The Prosecutor of Saint Petersburg
2/9 Pochtamtskaya Street
Saint Petersburg
190000
Russian Federation



JOANAH MAMOMBE, NETSAI MAROVA AND CECILLIA CHIMBIRI

ZIMBABWE

Your Excellency,

I call on you to immediately and unconditionally drop all charges against Joanah Mamombe, Netsai Marova and Cecillia Chimbiri, charged solely for the peaceful exercise of their rights to freedom of expression and peaceful assembly.

Joanah, Netsai and Cecillia were arbitrarily arrested following a protest in Harare, taken to a police station, and forcibly driven out of the city to a place where they were beaten and sexually assaulted. While still hospitalized, they were charged with offences related to the protest and later charged with faking their ordeal. To date, no one has been held accountable.

Joanah, Netsai and Cecillia have suffered continuous harassment since their arrest and must be protected.

Yours sincerely,

President of the Republic of Zimbabwe
Office of the President
Munhumutapa Building
Samora Machel Avenue
P. Bag 7700
Causeway
Harare
Zimbabwe

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**FACING PRISON FOR
A FACEBOOK POST**

SHAHNEWAZ CHOWDHURY

📍 BANGLADESH

SHAHNEWAZ CHOWDHURY | BANGLADESH

A big cricket fan, Shahnewaz has been playing since childhood. He also has a passion for writing and uses the written word to speak out about the struggles faced by people in his region of Banshkhali, a low-lying coastal area in the south-east of Bangladesh, vulnerable to the impact of climate change.

A new coal-fired power plant in Shahnewaz's village was supposed to be a turning point in the region's development. But Shahnewaz was scared about the environmental destruction it would bring.

On 26 May 2021, the area was swept up by a storm. Heavy rainfall and strong winds pounded the village. Homes were destroyed. Worried about the impact of environmentally damaging projects like the new power plant, which he believed contributed to an increase in tidal surges, Shahnewaz took to Facebook to raise his concerns. Encouraging

young people to speak out, Shahnewaz wrote: "the youth of Banshkhali must resist injustice and support development through fearless writing."

The following day, the power plant company filed a case against Shahnewaz, accusing him of posting false information. On 28 May 2021, he was arrested by the police for his Facebook post under Bangladesh's oppressive Digital Security Act. He was detained in inhumane conditions for 80 days, without trial. Shahnewaz was granted bail on 16 August 2021, but if he's convicted, he faces many years in prison.

Tell Bangladesh to drop the charges today



WRITE TO THE BANGLADESHI AUTHORITIES

Tell them to immediately and unconditionally drop the charges against Shahnewaz Chowdhury.

Minister of Justice

Law and Justice Division
Ministry of Law, Justice and Parliamentary Affairs
Building No – 04
Bangladesh Secretariat
Dhaka – 1000
Bangladesh

Email: minister@minlaw.gov.bd

Salutation: Honourable Minister

SHOW SHAHNEWAZ HE'S NOT ALONE

Write him a message of friendship and support. Take a photo of it and post it on your social media channels, tagging Shahnewaz. Or send cards and letters by post to the address below.

Address:

Shahnewaz Chowdhury
C/O Rashid Ahmed Chowdhury
East Baraghona

Post office: West Baraghona

Police station: Banshkhali
Chittagong
Bangladesh

Twitter: @Shahnewaz9

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JAILED FOR ATTENDING HER FIRST PROTEST

DORGELESSE NGUESSAN

📍 CAMEROON

DORGELESSE NGUESSAN | CAMEROON

Dorgelesse has always dreamt of owning a thriving beauty institute. Two years ago, the single mother and hairdresser was just starting to expand her hairdressing business to include manicures.

On 22 September 2020, Dorgelesse's dream was shattered when she was arrested during a protest in Douala, Cameroon. It was her first ever protest. She had never been politically active before, but her concerns about the state of Cameroon's economy led her to join the demonstrations.

When the peaceful protest began, security forces fired rubber bullets, tear gas and water cannons to disperse protesters. As Dorgelesse turned into an alleyway, police followed her and fellow protesters and blocked them in. They arrested her and took her to a police station,

where she was held in a cell with 22 other people in terrible conditions.

On 29 September 2020, Dorgelesse was transferred to Douala Central Prison, where she still remains. She was charged with "insurrection, assembly, meetings and public demonstrations" and tried by a military court. She was sentenced to five years in prison on 7 December 2021.

Dorgelesse is the breadwinner of her family. Her 18-year-old son has sickle cell anaemia, and the family are struggling to pay for his medication. Dorgelesse is desperate to be reunited with them.

Tell Cameroon to free Dorgelesse today



WRITE TO THE CAMEROONIAN AUTHORITIES

Tell them to release Dorgelesse from prison immediately and unconditionally, as she has been detained solely for peacefully exercising her right to freedom of expression and assembly.

President of the Republic of Cameroon

Palais Présidentiel
Yaoundé
Cameroon

Email: cellcom@prc.cm

Twitter: @PR_Paul_BIYA

Facebook: @PaulBiya.PageOfficielle

Instagram: @presidentpaulbiya

Salutation: Dear President

SHOW DORGELESSE YOU'RE WITH HER

Send Dorgelesse your message of solidarity and hope. Take a photo of it, and post it to your social media, tagging Dorgelesse on Facebook and using the hashtag #freedorgelesse. Her family will convey messages to her. You can also send your handwritten message by post to the address below.

Address:

c/o Central Africa Team
Amnesty International
West and Central Africa Regional Office
Pointe E, Rue 34
Immeuble Malaado Piazza, 6ème Etage
B.P. 47582 Liberté
Dakar, Senegal

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**ARTIST JAILED FOR
PROTECTING FREEDOM
OF EXPRESSION**

LUIS MANUEL OTERO ALCÁNTARA

📍 CUBA

LUIS MANUEL OTERO ALCÁNTARA | CUBA

Luis Manuel Otero Alcántara is a self-taught Black Cuban artist. He loves to paint, dance, and wear bright pink suits. His home in San Isidro, one of the poorest neighbourhoods in Havana, is a haven for the community – an open house for people to meet and connect.

Frustrated by Decree 349, a law seeking to silence critical artists, Luis Manuel became a leader of the San Isidro Movement: a diverse group of artists, journalists and activists defending the right to freedom of expression whose members have been intimidated, surveilled and detained.

On 2 May 2021, state security officials took Luis Manuel from his home, where he had been on hunger strike protesting against the confiscation of his artworks by the authorities. He was taken to a hospital and denied access to the outside world. Upon his release a month later, security officials continued to watch his every move.

On 11 July 2021, Luis Manuel posted a video online, saying he would be taking part in one of the largest demonstrations Cuba had seen in decades. Luis Manuel was arrested before the protest took place and taken to Guanajay maximum security prison, where he remains. In June 2022, he was sentenced to five years in prison, after a trial behind closed doors. In prison, Luis Manuel's health is declining and he's not getting proper medical care.

Tell Cuba to immediately free Luis Manuel



WRITE TO THE CUBAN AUTHORITIES

Tell the president to immediately and unconditionally release Luis Manuel Otero Alcántara as he has been detained solely for peacefully exercising his rights to freedom of expression and peaceful assembly.

President of Cuba

Please send letters to the Cuban embassy in your country.

Email: despacho@presidencia.gob.cu

Twitter: @DiazCanelB

Facebook: @PresidenciaDeCuba

Salutation: Dear President

SHOW LUIS MANUEL YOU'RE WITH HIM

Send your messages and artwork of friendship and hope, so Luis Manuel knows you are standing with him.

Address:

Amnesty International Americas Regional Office:
Luz Saviñón 519, Colonia Del Valle Norte, Alcaldía
Benito Juárez, C.P. 03103, Mexico City, Mexico

AMR 25/5837/2022

Front page photo: © Natasha Pizzey/Amnesty International, © Private, © Unsplash
Back page photo: © Private



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KILLED BY A TEAR

GAS GRENADE

ZINEB REDOUANE



FRANCE

ZINEB REDOUANE | FRANCE

Zineb Redouane, an 80-year-old woman who lived in Marseille, France, found joy in music and flowers. On the evening of 1 December 2018, Zineb was preparing dinner and chatting to her daughter on the phone in her fourth-floor apartment. In the streets below, people were protesting about poor living conditions in Marseille, after two residential buildings collapsed, killing eight people. Police officers were using tear gas to disperse the protesters.

Realizing that tear gas was entering through her open window, Zineb went to the window to close it. She noticed police officers in the street below. What happened next was truly awful. One of the police officers pointed a tear gas grenade launcher in Zineb's direction and fired. She was hit in the face by an MP7 tear gas grenade.

Zineb was taken to hospital with severe facial wounds and bleeding.

She was suffocating because of the fractures in her jawbone and the collapse of the roof of her mouth. She needed surgery urgently, but it couldn't be completed because she went into cardiac arrest under the anaesthetic. Zineb went into cardiac arrest several more times and died.

Zineb was killed by the reckless use of a tear gas grenade. Nearly four years later, an investigation into her death is still ongoing, and no one has been charged or suspended over the killing. Zineb's family are still waiting for justice.

Demand justice for Zineb now



WRITE TO THE FRENCH AUTHORITIES

Demand full accountability from all those involved in the killing of Zineb Redouane, including the officer who fired the grenade and his chain of command. The judges should consider all existing evidence and, if warranted, ensure all suspects are fairly tried.

Juges d'instruction (Investigating Judges)
Tribunal judiciaire de Lyon
67 rue Servient
69003 Lyon
France

Twitter: @TJLyon

Salutation: Dear Investigating Judges

SHOW ZINEB'S FAMILY YOU'RE WITH THEM

Send them messages of solidarity and hope to help them keep strong in their battle for justice. Draw pictures of cats and roses, Zineb's favourite things, to accompany your message. You could even put dried rose petals in the envelope.

Address:

Amnesty International France
10 Jours pour signer 2022
76 boulevard de la Villette
75019 Paris
France

EUR 21/5842/2022

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**WRITE
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**AMNESTY
INTERNATIONAL**



JAILED FOR

REMEMBERING

VICTIMS OF

DEADLY CRACKDOWN

CHOW HANG-TUNG

📍 HONG KONG

CHOW HANG-TUNG | HONG KONG

A brilliant student from a top university, Chow could have pursued all sorts of high-flying careers. Instead, she has dedicated her life to fearlessly protecting people's rights as a human rights lawyer and activist.

Chow was the vice-chairperson of the Hong Kong Alliance, which organized the world's biggest candlelight vigil commemorating victims of the Tiananmen crackdown. In 1989, hundreds – possibly thousands – of people were killed in the streets around Tiananmen Square, Beijing, as troops opened fire, killing protesters peacefully calling for economic and social reforms.

The Chinese government wants people to forget, but Chow has made it her mission to remember the victims.

In 2020 and 2021, Hong Kong authorities banned the vigil, citing public health reasons in connection with the Covid-19 pandemic.

On 4 June 2021, Chow encouraged people on social media to commemorate the crackdown by lighting candles. She was arrested on that day for “advertising or publicizing unauthorized assembly”.

Chow is now serving 22 months in jail for peacefully remembering the victims of a horrific crackdown. She is also facing further imprisonment for allegedly endangering national security through her entirely peaceful actions. In the face of all this, Chow's bravery shines through. “To say I'm not afraid would be a lie, but I'm not so afraid I dare do nothing”, she says.

Ask Hong Kong to free Chow today



WRITE TO THE HONG KONG AUTHORITIES

Tell them to immediately release Chow Hang-tung and drop all charges, as she has been detained solely for peacefully exercising her right to freedom of expression.

Secretary for Justice

Department of Justice
G/F, Main Wing, Justice Place
18 Lower Albert Road, Central, Hong Kong

Email: sjo@doj.gov.hk

Salutation: Dear Secretary for Justice

ASA 17/5839/2022

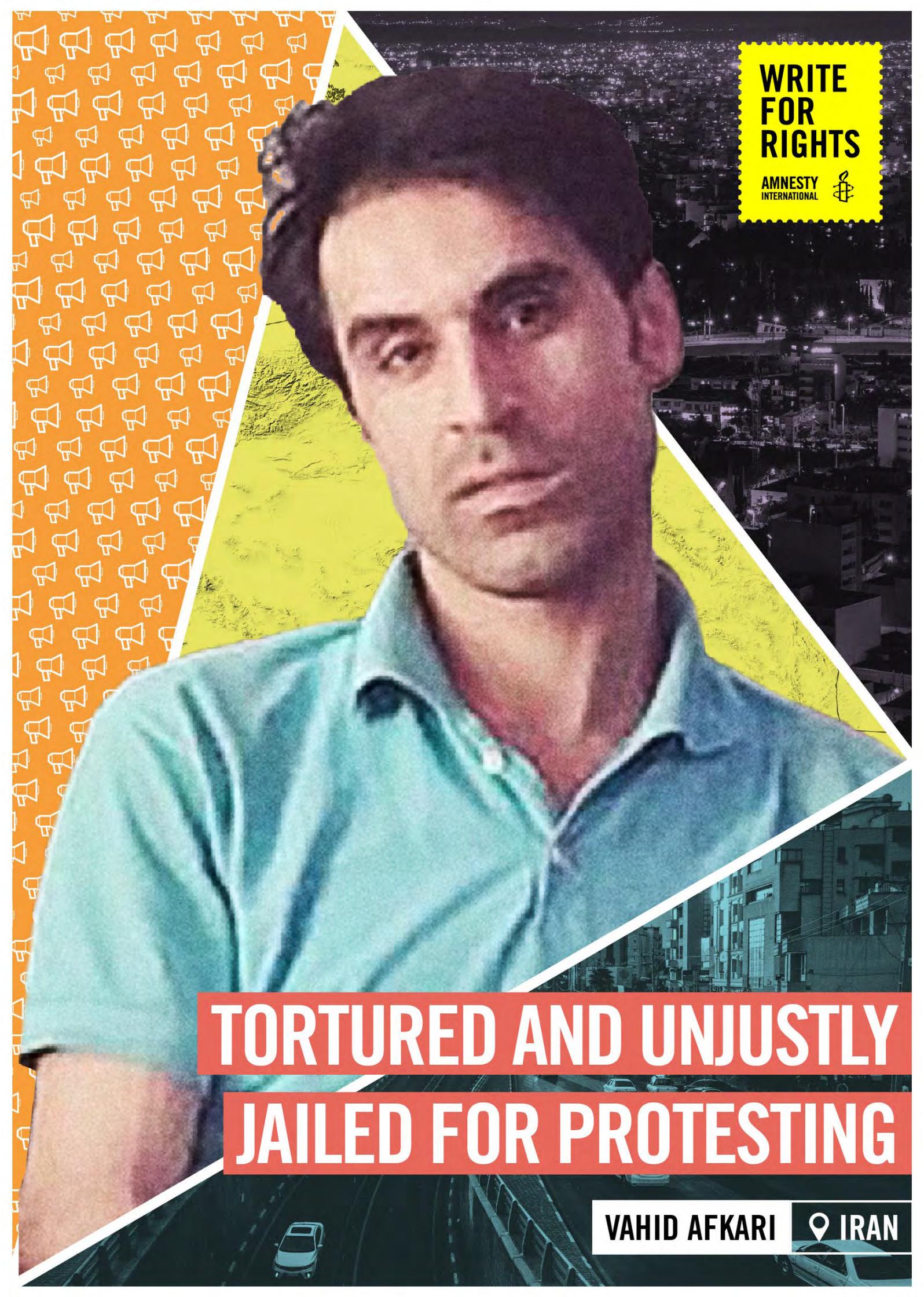
Front page photo: © Peter Parks/AFP/Getty Images, © Etan Liam/CC, © Unsplash,
Back page photo: © Etan Liam/CC

HELP KEEP CHOW'S SPIRIT STRONG

Send her your message of solidarity and hope. Draw pictures of cats and alpacas (Chow is a huge fan) to accompany your message, take a photo, and post it to your social media, tagging Chow. You can tag Chow on Facebook here: [facebook.com/tonyeechowpages/](https://www.facebook.com/tonyeechowpages/) Then, mail your message to the address further below. Don't forget to follow her!

Address:

PO Box No.75, Ma On Shan Post Office, New Territories, Hong Kong (Please do not write her name or yours on the envelope)



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**TORTURED AND UNJUSTLY
JAILED FOR PROTESTING**

VAHID AFKARI

 **IRAN**

VAHID AFKARI | IRAN

Vahid Afkari comes from a close-knit family. He enjoyed reading, singing, and dancing at home with his brothers Habib and Navid.

In 2016, 2017 and 2018 Vahid, Navid and Habib peacefully joined protests in their home town of Shiraz about inequality and political repression. On 17 September 2018, Vahid and Navid were arrested at their home for protesting. Habib was arrested three months later.

The Iranian authorities held the three brothers in solitary confinement, tortured them, and forced them to “confess” to crimes they repeatedly said they did not commit. In a huge miscarriage of justice, the brothers were convicted on politically motivated charges stemming from their peaceful participation in protests. Vahid and Navid were also convicted after a baseless accusation involving the murder of a security official. The authorities unjustly sentenced

Navid to death, and Habib and Vahid to decades in prison and 74 lashes each.

The three brothers were moved to solitary confinement cells in September 2020. On 12 September 2020, Navid was executed in secret, without any warning to him, his family, or his lawyers. Navid’s execution ignited outrage in Iran and throughout the world and led to escalated campaigning for Habib and Vahid. Habib was released from prison in March 2022, after spending 550 days in solitary confinement.

The authorities have been cruelly holding Vahid in solitary confinement since September 2020 and totally isolating him from other prisoners, to punish him for not bending to the authorities’ demands to publicly make statements against people in Iran and around the world who have sought justice for his family.

Tell Iran to free Vahid Afkari

WRITE TO THE IRANIAN AUTHORITIES

Tell them to release Vahid Afkari as he is arbitrarily detained, quash his unjust convictions and sentences, and pending his release, end his solitary confinement and provide him with adequate healthcare.

Head of Judiciary

c/o Embassy of Iran to the European Union
Avenue Franklin Roosevelt No. 15
1050 Brussels
Belgium

Instagram: [instagram.com/ejeii_org/](https://www.instagram.com/ejeii_org/)

Twitter: Target Iran’s Supreme Leader on
[@khamenei_ir](https://twitter.com/khamenei_ir)

Salutation: Dear Sir

SHOW VAHID AFKARI THAT HE IS NOT ALONE

Send your messages of support to Vahid on social media, tagging Vahid’s brother Saeed in your post.

Instagram: [instagram.com/saeed_afkariii/](https://www.instagram.com/saeed_afkariii/)

Twitter: [@afkari_saeed](https://twitter.com/afkari_saeed)

MDE 13/5843/2022

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**WRITE
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LOCKED UP FOR 20 YEARS

FOR DEMANDING CHANGE

NASSER ZEFZAFI

📍 MOROCCO / WESTERN SAHARA

NASSER ZEFZAFI | MOROCCO / WESTERN SAHARA

Nasser Zefzafi was living a peaceful life with his family in the Rif region of northern Morocco, an area struggling with poor healthcare, education and employment opportunities. Its population has been marginalized by successive governments in Morocco.

Triggered by the death of a fishmonger who was crushed by a rubbish truck as he tried to recover fish confiscated by the authorities, in October 2016 peaceful protests began in Nasser's town. Millions of people marched peacefully to express their sadness and frustration. They had had enough. They were demanding change. The Hirak El-Rif movement was born, and Nasser, a firm believer in justice and equality, became a prominent figure in the movement.

In the months that followed, Moroccan security forces arrested hundreds of protesters. On 29 May 2017, Nasser was arrested for interrupting a sermon at a mosque and accusing the Imam (Islamic prayer leader) of acting as a

mouthpiece for the authorities. Whilst in custody, police officers subjected Nasser to torture and other ill-treatment. On 27 June 2018, Nasser was sentenced to 20 years in prison, just for speaking out. He was held in solitary confinement until 31 August 2018.

Forced to live in terrible conditions in prison, Nasser's health has deteriorated significantly. He's suffering from health conditions including respiratory and eyesight problems and nerve pain. The prison authorities have denied him the medical care he needs.

Tell the Moroccan authorities to free Nasser today



WRITE TO THE MOROCCAN AUTHORITIES

Tell them to release Nasser Zefzafi immediately and unconditionally and quash his conviction.

Head of Moroccan government
Palais Royal – Touarga
Rabat 10070
Morocco

Fax: +212 537771010

Salutation: Your Excellency

SHOW NASSER YOU'RE WITH HIM

Send him your messages of friendship and hope to help lift his spirits in prison.

Address:

Nasser Zefzafi
Amnesty International Maroc
20, rue Ouargha Apt:5 Agdal
Rabat - 10080
Morocco

MDE 29/5844/2022

Front page photo: © Mohamed El-Asrihi/AFP/Getty Images, © Mohamed Mouha/CC, © Unspalsh, Back page photo: © Youssef Boudlal/Reuters/Alamy

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DON'T TELL US WHO WE ARE

YREN ROTELA AND MARIANA SEPÚLVEDA

📍 PARAGUAY

YREN ROTELA AND MARIANA SEPÚLVEDA | PARAGUAY

Yren and Mariana want to live their lives freely and do things they love, like playing volleyball, dancing and going to the theatre. However, as trans women, Yren and Mariana are busy defending themselves against discrimination. They've been bullied, physically attacked and prevented from speaking out about the issues they face in their daily lives.

Trans people in Paraguay cannot legally change their names or obtain identity documents that match their gender identity, among other discriminatory practices. This means trans students cannot get school certificates in their chosen names, which makes finding a job difficult. This inequality has motivated Yren and Mariana to become activists, to demand change.

But protesting isn't easy for trans people in Paraguay. Paraguay is a very conservative country which treats trans people and the wider LGBTI community unfairly. It tries to make them invisible. Because of this, protests by trans groups are often banned, and in some cases demonstrations have been attacked.

Yren and Mariana have been fighting for years to change their legal names. If they could get documentation that matches who they are, it would mean the state had started to recognize their existence as trans women. As Yren says: "I came into the world to show who I am, not to be told who I am."

Tell Paraguay to legally recognize the identity of trans people so they can exercise their rights

WRITE TO THE PARAGUAYAN AUTHORITIES

Tell them to legally recognize the identities of transgender people so that they can exercise their right to freedom of expression, association and protest under their self-perceived identities.

President of the Supreme Court of Justice

Palacio de Justicia del Paraguay
Mariano Roque Alonso y Testanova
9° Piso, Torre Norte
C.P. N°001001
Asunción, Paraguay

Email: secretariageneralcsj@pj.gov.py

Twitter: @PoderJudicialPY

Facebook: @PoderJudicialPY

Fax: +595 21 439 4000

Salutation: Dear Mr President

AMR 45/5838/2022

Front page photo: © Juan Florenciáñez, © Unsplash, © Amnesty International/P4ul3, Back page photo: © Amnesty International/P4ul3

SHOW YREN AND MARIANA YOU'RE WITH THEM

Send your messages of friendship and hope to Yren and Mariana to continue in their fight.

Address:

Amnesty International Paraguay

Hassler 5229 entre Cruz del Defensor y Cruz del Chaco, Asunción, Paraguay



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**SHE OPPOSED THE WAR,
NOW SHE FACES PRISON**

ALEKSANDRA SKOCHILENKO

📍 RUSSIA

ALEKSANDRA SKOCHILENKO | RUSSIA

Aleksandra (or Sasha for short) fills her life with music and art. In better times, she loved playing the piano, guitar, mandolin and flute, and hosted jams for anyone who wanted to play together.

Troubled by Russia's invasion of Ukraine, Aleksandra took action on 31 March 2022. She replaced price tags in a local supermarket in Saint Petersburg with little paper labels containing information about the invasion.

In the early morning of 11 April 2022, police arrested Aleksandra and charged her with "public dissemination of knowingly false information about the use of the Armed Forces of the Russian Federation" – a new article of

the criminal code hastily introduced by the Russian government in March 2022 to try and stop Russian people criticizing the invasion of Ukraine. Dozens of people have already been detained under this new offence.

Aleksandra has been held in detention ever since, in terrible conditions. She has coeliac disease and has been forced to go hungry most of the time because the detention centre has not given her the gluten-free food she needs. Aleksandra has also been harassed by detention centre employees and her cellmates. If she is convicted, Aleksandra faces up to 10 years in prison.

Tell Russia to free Aleksandra now

WRITE TO THE RUSSIAN AUTHORITIES

Tell them to immediately release Aleksandra Skochilenko and drop all charges, as she has been detained solely for expressing her opposition to the war.

The Prosecutor of Saint Petersburg

2/9 Pochtamtskaya Street
Saint Petersburg
190000
Russian Federation

Fax: +7 812 318 26 11

Salutation: Dear Prosecutor

EUR 46/5841/2022
Photo: © Private

HELP KEEP ALEKSANDRA'S SPIRIT STRONG

Send her your message of solidarity and hope. Draw pictures of cats (Aleksandra has two called Lucy and Maude!) to accompany your message, take a photo, and post it to your social media, tagging Aleksandra when you do. Then, mail your message to the address below.

Address:

Aleksandra Skochilenko
Write for Rights
Amnesty International
1 Easton Street
London
WC1X 0DW
United Kingdom

Instagram: @skochilenko

Facebook: facebook.com/sasha.skochilenko





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**ABDUCTED, BEATEN,
SEXUALLY ASSAULTED
AND JAILED FOR PROTESTING**

JOANAH MAMOMBE, NETSAI MAROVA AND CECILLIA CHIMBIRI

 **ZIMBABWE**

JOANAH MAMOMBE, NETSAI MAROVA AND CECILLIA CHIMBIRI | ZIMBABWE

Joanah, Netsai and Cecillia are three women with a lot of things in common: they love playing board games, watching Netflix and are passionate about politics. Sadly, they now share horrific memories of a terrible and degrading attack.

On 13 May 2020, after leading an anti-government protest, Joanah, Netsai and Cecillia were arbitrarily arrested in Harare, taken to a police station and forced into an unmarked car. With hoods over their heads, they were driven out of the city. Scared for their lives, the women were thrown into a pit, beaten, sexually assaulted and forced to eat human excrement. They were found two days later, miles from Harare. Their clothes torn, covered in cuts and bruises, they were taken to hospital.

While still hospitalized, Joanah, Netsai and Cecillia were charged with criminal offences relating to the protest. Prison guards and police officers were at the hospital to prevent them from talking to journalists. After stating that they recognized some of their attackers, the women were re-arrested on 10 June 2020 and charged with faking their ordeal. They were detained until 26 June 2020, when they were given bail.

Joanah, Netsai and Cecillia's trial began in January 2022 and continues. To date, no one has been held accountable for their terrible trauma.

Demand justice for Joanah, Netsai and Cecillia

WRITE TO THE ZIMBABWEAN AUTHORITIES

Tell them to immediately and unconditionally drop all charges against Joanah, Netsai and Cecillia and end the harassment they face for peacefully exercising their right to protest.

President of the Republic of Zimbabwe

Office of the President
Munhumutapa Building
Corner Sam Nujoma and Samora Machel Avenue
P. Bag 7700
Causeway
Harare
Zimbabwe

Email: Info@opc.gov.zw

Twitter: @edmnangagwa

Facebook: Emmerson Dambudzo Mnangagwa

Salutation: Your Excellency

SHOW JOANAH, NETSAI AND CECILLIA THAT YOU BELIEVE IN THEM

Send them your message of solidarity and hope. Draw pictures of butterflies and flowers to accompany your message, take a photo, and post it to your social media, tagging them when you do. Then, mail your message to the address further below. Don't forget to follow them!

Address for Cecillia and Joanah:

c/o Lucia Masuka
Executive Director
Amnesty International
Zimbabwe
54 Midlothian Avenue
Eastlea, Harare
Zimbabwe

Address for Netsai:

Amnesty Norge
v/ Richard/SFL
PO Box 702 Sentrum
N-0106
Oslo
Norway

Twitter: Joanah: @JoanaMamombe,

Netsai: @MarovaNetsai, Cecillia: @ceechimbiri2

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INTERNATIONAL SECRETARIAT
[amnesty.org](https://www.amnesty.org)

e: contactus@amnesty.org
t: +44 (0)20 7413 5500
f: +44 (0)20 7956 1157

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

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English, December 2022

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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.

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