

**WRITE
FOR
RIGHTS**

**AMNESTY
INTERNATIONAL**



YOUR

WORDS

CHANGE

LIVES



WRITE A LETTER

CHANGE A LIFE

**WRITE
FOR
RIGHTS**

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Welcome to Amnesty's Write for Rights letter-writing kit. In it you'll find everything you need to join Write for Rights: our global letter-writing marathon which celebrates its 20th birthday this year and remains the world's biggest human rights event.

You're here because you want to make a difference to the lives of the many people worldwide who are under threat for standing up for 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.



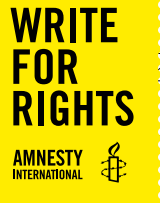


“I can’t emphasize enough how important getting letters from people around the world is. It gave me a sense of worth. It gave me strength – convinced me that what I was doing was right.”

Albert Woodfox, freed in February 2016 after nearly 44 years in solitary confinement in a US prison. Supporters took more than 650,000 actions for his release through Write for Rights 2015.



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 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 for those whose basic human rights are being attacked.

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



HOW DOES WRITE FOR RIGHTS WORK?

1

People in more than 170 countries and territories take part in all kinds of events

2

Writing millions of letters, emails, tweets and petitions

3

Supporting people who've been harassed, threatened and unjustly jailed

4

Putting pressure on governments, leaders and decision-makers

5

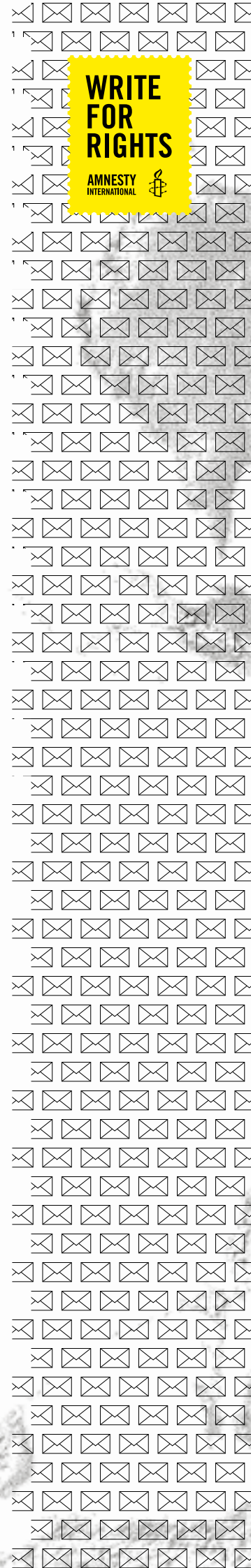
Showing love and support for the people and their families

6

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

WRITE
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WHY DO WE NEED TO TAKE ACTION?

In country after country, people's freedom – to speak out against injustice, to not be discriminated against – is under threat. 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.

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.

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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?

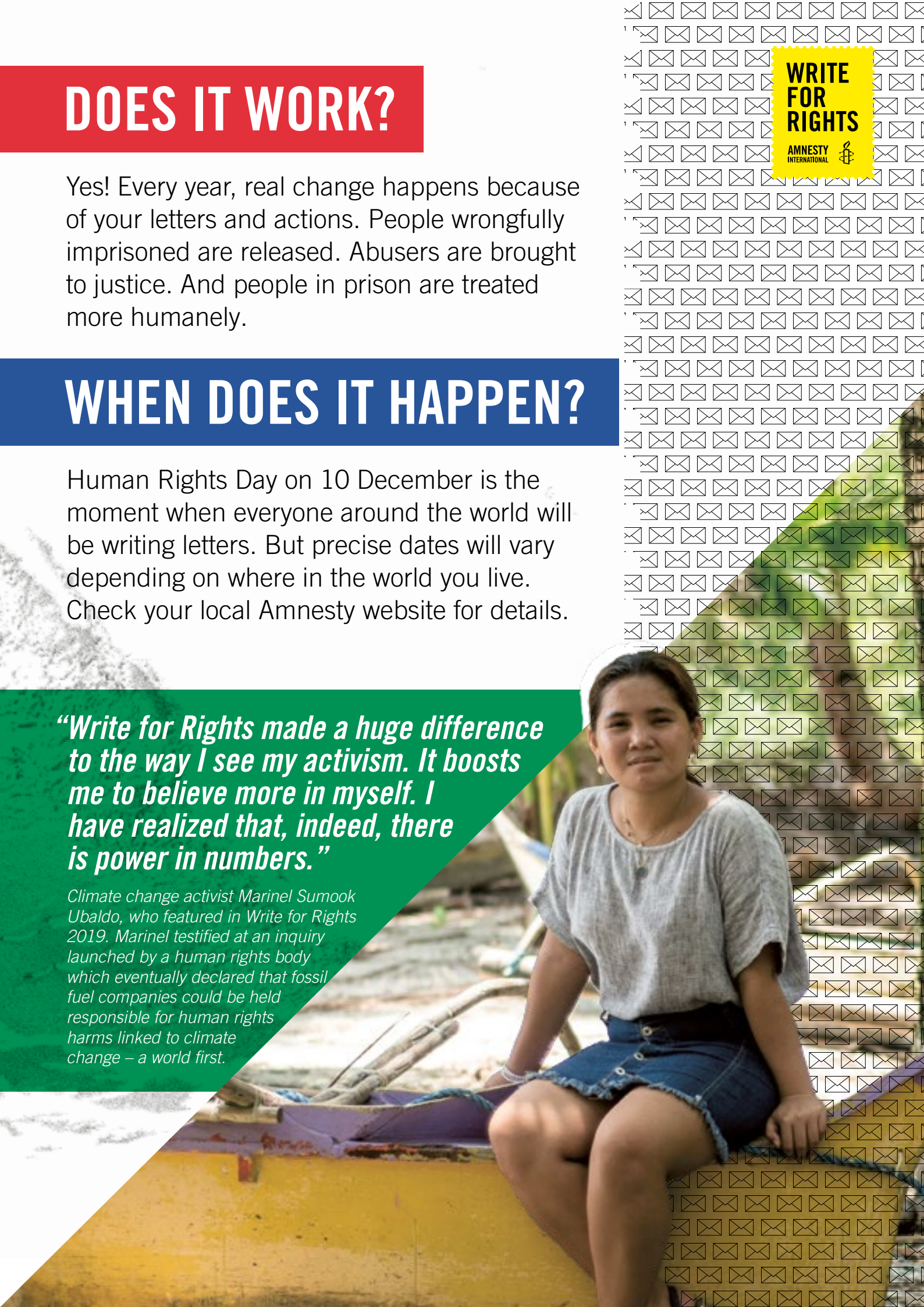
Human Rights Day on 10 December is the moment when everyone around the world will be writing letters. But precise dates will vary depending on where in the world you live. Check your local Amnesty website for details.

“Write for Rights made a huge difference to the way I see my activism. It boosts me to believe more in myself. I have realized that, indeed, there is power in numbers.”

Climate change activist Marinel Sumook Ubaldo, who featured in Write for Rights 2019. Marinel testified at an inquiry launched by a human rights body which eventually declared that fossil fuel companies could be held responsible for human rights harms linked to climate change – a world first.

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HOW TO WRITE FOR RIGHTS

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CIHAM ALI
ERITREA

TAKEN AT 15 AND
NEVER SEEN AGAIN

CIHAM ALI
ERITREA

Born in Los Angeles and raised in Eritrea, Ciham Ali had big dreams. A fan of Lady Gaga and Green Day, she was determined to become a fashion designer when she grew up. But at 15, her hopes were shattered.

On 8 December 2012, Ciham was arrested at the Sudan border as she tried to flee Eritrea. Her father Ali Abdu, then Minister of Information under President Isaias Afewerki, had gone into exile just as the military attempted a coup against the government. The rumour was that Ali Abdu had supported the coup and Ciham may have been arrested in retaliation.

Nine years on and no one – not even her family – knows where Ciham is being held. She hasn't been charged, nor has she been brought to trial. It's as if she's vanished. Eritrea is notorious for imprisoning people in underground containers where they suffer extreme cold and heat. There are reports of many people dying from torture, starvation, infection and other appalling treatment in these jails. While other children her age might have headed to college, Ciham has been suffering unknown horrors.

Although she's a US citizen, Ciham has been ignored by the US government. So far, they've remained silent on her plight, even though they have the power to influence Eritrea.

Tell the USA to speak out for Ciham.

WRITE TO THE US
AUTHORITIES

Tell them to demand Ciham's immediate and unconditional release.

16 US Secretary of State
#ADDRESS: 2030 O Street NW
Washington, DC
20520 USA
#ADDRESS: @SecBlinkin

Dear Secretary of State

December 2013
Hello! My name is Ciham Ali
Print page image © Sarah Harris
Back Cover image © Sarah Harris



1. READ THE STORIES

From teachers to teens, our cases this year feature 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 case 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 case 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.

HOW TO WRITE FOR RIGHTS

WRITE FOR RIGHTS



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 #W4R21. 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!

SAMPLE TARGET LETTERS

BERNARDO CAAL XOL, GUATEMALA

Attorney General of Guatemala / Fiscal (General de Guatemala Public Prosecutor's Office) / Ministerio Público / 15 Avenida A 15-10, Ciudad de Guatemala, Guatemala

Dear Attorney General,

Bernardo Caal Xol holds a whole people in his heart. He and the Maya Q'eqchi' are a vital part of Guatemala's heritage. They are peacefully protecting the land and water that make the country a unique place. Yet the hydro-electric power plants licensed to operate without their permission are disrupting their sacred Cahabón river, scarring the landscape, and destroying their way of life.

Bernardo only wants to ensure that the land and water are preserved for the future, yet he has been smeared with baseless accusations and imprisoned for more than seven years on sham charges. I urge you to drop all charges against Bernardo and free him immediately.

Yours sincerely

SAMPLE TARGET LETTERS

ZHANG ZHAN, CHINA

Dear President Xi

Zhang Zhan speaks the call to power. Citizen journalists independent, and first-hand publishing reports on social and repression. Yet, instead imprisonment for daring to see sense about combat from happening again, they expression - free Zhang Zh

Yours sincerely

MOHAMED BAKER, EGYPT

The President / Office of the President / Al Itihad Palace / Cairo, Arab Republic of Egypt

Dear President

As a human rights lawyer, Mohamed Baker helps the people who need him most - those who have been marginalized and jailed unfairly. Now Baker himself, has been locked up unjustly. Falsely accused of terrorism, Baker was never put on trial. Instead he was thrown in jail where prison authorities are confining him to his cell round the clock and cruelly refusing him a bed, mattress, books, newspapers - even family photos.

Defending people's freedoms should not cost him his own. I ask that you release Mohamed Baker immediately and unconditionally, and close all investigations into the bogus accusations made against him.

Yours sincerely

WENDY GALARZA, MEXICO

Attorney General of Quintana Roo / Av. Adolfo López Mateos No.500, esquina Nipporet / Pórtico México 15-77035 / Chetumal, Quintana Roo / Mexico

Dear Attorney General

Wendy Galarza is a dedicated childcare worker. Through her work, she strives to create a kinder and more compassionate society. It's an especially important goal in a context where women are often abused and killed for being women.

On 9 November 2020, Wendy, too, nearly lost her life to such violence. She attended a feminist march in Cancun where police fired shots and she was wounded. She launched a case against the police, but those responsible for the violence have not been brought to justice. Show Wendy that you take violence against women seriously. Impartially and thoroughly and ensure that all those

SAMPLE TARGET LETTERS

SPHERE, UKRAINE

Ministry of Internal Affairs / ul. Akademika Bohomolts, 10 / 01601 / Ukraine

Dear Minister

Sphere NGO in Kharkiv is one of the oldest LGBTI and women's rights NGOs in Ukraine. But six groups targeting LGBTI people have proliferated across the country. Sphere has endured dozens of discriminatory attacks. These include physical attacks, destruction of their property and homophobic chants hurled at supporters. I urge you to ensure that the attacks on Sphere - including the hate movie - are investigated, and those responsible are held to account in fair trials. Ukraine must build on its recent progress on LGBTI rights and end impunity for hate crimes.

Yours sincerely

JANNA JIHAD, OCCUPIED PALESTINIAN TERRITORIES

Chair / Special Committee for the Rights of the Child / Kingd Ben-Gurion / Jerusalem / Israel

Dear Member of Kinest

Janna Jihad just wants a normal childhood. But the 15-year-old lives in the Israeli-occupied West Bank, where systematic discrimination and oppression are the norm. Having seen her own uncle killed by the Israeli military, Janna has been thrust into the world of citizen journalism, documenting and exposing the Israeli army's oppressive and often deadly treatment of Palestinians, including children. Israel has signed up to the Convention on the Rights of the Child, yet doesn't extend those protections to Palestinian children in the Occupied Palestinian Territories.

Today, Janna's principled journalism has marked her out for harassment and death threats. I call on you to end discrimination against Janna, and to meet your obligations under the Convention by protecting her and other Palestinian children from harm.

Yours sincerely

WHY DOES SOLIDARITY MATTER?

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You might think that writing to someone you don't know will make no difference, or that they won't want to hear from you. But when you're locked up or in fear for your life 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.



***“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.

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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!

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SAMPLE TARGET LETTERS

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BERNARDO CAAL XOL, GUATEMALA

Attorney General of Guatemala /
Fiscal General de Guatemala
Public Prosecutor's Office /
Ministerio Público
15 Avenida A 15-16,
Ciudad. de Guatemala
Guatemala

Dear Attorney General,

Bernardo Caal Xol holds a whole people in his heart. He and the Maya Q'eqchi are a vital part of Guatemala's heritage. They are peacefully protecting the land and water that make the country a unique place. Yet the hydro-electric power plants licensed to operate without their permission are disrupting their sacred Cahabón river, scarring the landscape, and destroying their way of life.

Bernardo only wants to ensure that the land and water are preserved for the future, yet he has been smeared with baseless accusations and imprisoned for more than seven years on sham charges. I urge you to drop all charges against Bernardo and free him immediately.

Yours sincerely

ZHANG ZHAN, CHINA

President Xi Jinping
President of the People's Republic
of China
Zhongnanhai, Xichang'anjie
Xichengqu, Beijing Shi 100017
People's Republic of China



Dear President Xi

Zhang Zhan typifies the courage of investigative journalists who speak truth to power. Citizen journalists like her were the only source of uncensored, independent, and first-hand information about the coronavirus outbreak, publishing reports on social media and the internet despite constant harassment and repression. Yet, instead of being praised, Zhang Zhan received four years' imprisonment for daring to report what she saw. If the Chinese authorities are serious about combating Covid-19 and preventing similar outbreaks from happening again, they must stop censorship and respect freedom of expression – free Zhang Zhan immediately and unconditionally.

Yours sincerely

SAMPLE TARGET LETTERS

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MOHAMED BAKER, EGYPT

The President
Office of the President
Al Ittihadia Palace
Cairo,
Arab Republic of Egypt



Dear President

As a human rights lawyer, Mohamed Baker helps the people who need him most – those who have been marginalized and jailed unfairly. Now Baker himself has been locked up unjustly. Falsely accused of terrorism, Baker was never put on trial. Instead he was thrown in jail where prison authorities are confining him to his cell round the clock and cruelly refusing him a bed, mattress, books, newspapers – even family photos.

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Yours sincerely

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Attorney General of Quintana Roo
Av. Adolfo López Mateos No.500,
esquina Nápoles
Colonia Italia, C.P. 77035
Chetumal, Quintana Roo
México



Dear Attorney General

Wendy Galarza is a dedicated childcare worker. Through her work, she strives to create a kinder and more compassionate society. It's an especially important goal in a context where women are often abused and killed for being women.

On 9 November 2020, Wendy, too, nearly lost her life to such violence. She attended a feminist march in Cancún where police fired shots and she was wounded. She launched a case against the police, but those responsible for the violence have not been brought to justice. Show Wendy that you take violence against women seriously. Impartially and thoroughly investigate the violations that she suffered, and ensure that all those responsible are brought to justice.

Yours sincerely

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SPHERE, UKRAINE

Ministry of Internal Affairs
vul. Akademika Bohomoltsa, 10
01601

Kyiv
Ukraine

Dear Minister

Sphere NGO in Kharkiv is one of the oldest LGBTI and women's rights NGOs in Ukraine. But as groups targeting LGBTI people have proliferated across the country, Sphere has endured dozens of discriminatory attacks. These include physical attacks, destruction of their property and homophobic chants hurled at supporters. I urge you to ensure that the attacks on Sphere – including the hate motive – are investigated, and those responsible are held to account in fair trials. Ukraine must build on its recent progress on LGBTI rights and end impunity for hate crimes.

Yours sincerely

JANNA JIHAD, OCCUPIED PALESTINIAN TERRITORIES

Chair, Committee for the Rights
of the Child

The Knesset
Kiryat Ben Gurion
Jerusalem
Israel 9195016



Dear Member of Knesset

Janna Jihad just wants a normal childhood. But the 15-year-old lives in the Israeli-occupied West Bank, where systematic discrimination and oppression are the norm. Having seen her own uncle killed by the Israeli military, Janna has been thrust into the world of citizen journalism, documenting and exposing the Israeli army's oppressive and often deadly treatment of Palestinians, including children. Israel has signed up to the Convention on the Rights of the Child, yet doesn't extend those protections to Palestinian children in the Occupied Palestinian Territories.

Today, Janna's principled journalism has marked her out for harassment and death threats. I call on you to end discrimination against Janna, and to meet your obligations under the Convention by protecting her and other Palestinian children from harm.

Yours sincerely

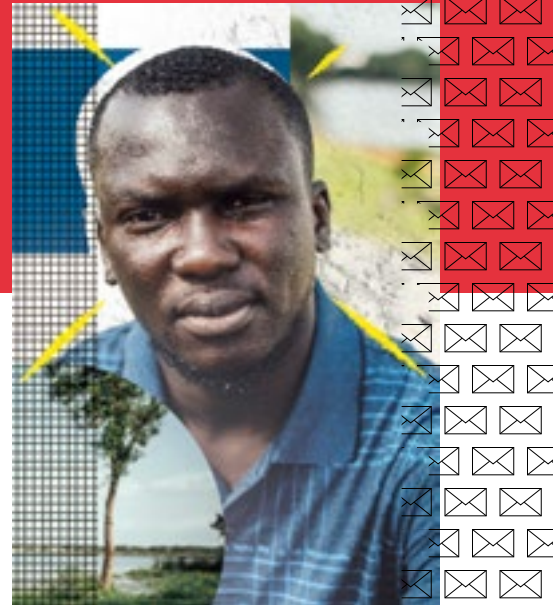
SAMPLE TARGET LETTERS

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IMOLEAYO MICHAEL, NIGERIA

Attorney General of the Federation
and Minister of Justice
Ministry of Justice
New Federal Secretariat Complex
5th Floor, Shehu Shagari Way,
Maitama
P.M.B 192 Garki
Abuja, Nigeria



Honourable Attorney General of the Federation

Imoleayo Michael is a young computer programmer who only wants a fairer, more just Nigeria. In October 2020, he joined other young people who were protesting against the Special Anti-Robbery Squad – or SARS – a police unit notorious for violence, extortion and killings. Two weeks later, armed men took him from his home and locked him in an underground cell for 41 days. He’s facing trumped-up charges and years in prison, all because he believes that Nigeria’s police can do better for the people they are meant to protect. I urge you to drop all charges against Imoleayo immediately.

Yours sincerely



PANUSAYA “RUNG” SITHIJIRAWATTANAKUL, THAILAND

Prime Minister of Thailand
The Office of the
Permanent Secretary
Government House
1 Nakhon Pathom Road
Dusit, Bangkok 10300
Thailand

Dear Prime Minister

Panusaya “Rung” Sithijirawattanakul is a promising university student who, like many other young people, has been peacefully protesting as part of Thailand’s democracy movement. She and her peers are campaigning for a society where public concerns are heard and acted upon – not silenced. Because Panusaya dared to publicly and peacefully call for change, she faces multiple criminal charges against her and the possibility of life in prison. The Thai authorities need to encourage and enable all people in Thailand to enjoy and exercise their human rights, including peaceful protest. I urge you to drop all criminal charges against Panusaya.

Yours sincerely

SAMPLE TARGET LETTERS

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MIKITA ZALATAROU, BELARUS

Prosecutor General of the
Republic of Belarus
ul. Internatsionalnaya 22
220030 Minsk
Belarus

Dear Prosecutor General

Mikita Zalatarou was waiting for a friend on the street in Homel when he was swept into a crowd of protesters on 10 August 2020. Within 24 hours, the 16-year-old – who also has epilepsy – was in police custody, accused of throwing a Molotov cocktail. Officers beat him, electrocuted him, interrogated him without a lawyer or responsible adult present, and locked him up for six months before putting him on trial.

Despite no evidence showing Mikita had been involved in any violence, he was convicted and sentenced to five years' imprisonment.

Please do all in your power to ensure that he is released pending a fair trial that meets international child justice standards.

Yours sincerely



CIHAM ALI, ERITREA

US Secretary of State
2201 C St., NW
Washington, DC
20520
USA

Dear Secretary of State,

Ciham Ali, a US citizen born in Los Angeles and raised in Eritrea, has been missing since 8 December 2012. The teenager, who dreamt of becoming a fashion designer, was arrested at the Eritrean border when she was 15. Her arrest appears to be in retaliation against her father's suspected involvement in a coup attempt on the Eritrean government. Nine years on and no one knows where Ciham is. Eritrea is notorious for imprisoning people in underground containers where they torture, starve or even kill them. The US government must act now. Please use your influence and speak out for Ciham: demand her immediate and unconditional release.

Yours sincerely



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**BERNARDO CAAL XOL
GUATEMALA**

**JAILED FOR DEFENDING
A SACRED RIVER**

BERNARDO CAAL XOL GUATEMALA

Bernardo Caal Xol holds a whole people in his heart. Through his teaching and trade union leadership, he has made it his mission to empower his people, the Indigenous Maya Q'eqchi' in north central Guatemala. He has also done everything he can to peacefully protect their land and natural resources from plunder and biodiversity loss.

So, when a company licensed by the government dammed the Maya Q'eqchi's Cahabón river to build two hydroelectric power plants, Bernardo and his people protested. The river is one of the longest in Guatemala, and is sacred to the Maya Q'eqchi'. Construction of the power plants had already stripped their forests; now they were losing the precious water they needed to survive. Bernardo demanded a stop to the power plants' activities, saying the authorities had failed to properly consult his people – a requirement under international law.

But his actions put him at odds with the company, and economic and political elites. Bernardo was publicly smeared with repeated and baseless accusations. In 2018, a judge sentenced him to more than seven years in prison, convicting him without any evidence.

“Why am I in jail?” Bernardo asks. “For denouncing what they are doing to the rivers, defending what little is left.”

Tell Guatemala to free Bernardo today.

WRITE TO GUATEMALA'S AUTHORITIES

Tell them to drop all charges against Bernardo and free him immediately.

TO: Attorney General of Guatemala

EMAIL: carrecis@mp.gob.gt

TWITTER: @MPguatemala

FACEBOOK: @mpguatemala

SALUTATION: Dear Attorney General

SHOW BERNARDO YOU'RE WITH HIM

Send your messages of hope and solidarity, so Bernardo knows he's not alone in his struggle to protect his people's lands.

TO: Bernardo Caal Xol

ADDRESS:

Oficina Regional de Amnistía Internacional

Luz Saviñón 519, Colonia del Valle

Alcaldía Benito Juárez

03100, Ciudad de México

México

TWITTER: @BernardoCaal2

FACEBOOK: @bernardo caal xol

EMAIL: hrdamericas@amnesty.org

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**ZHANG ZHAN
CHINA**

**REPORTING ON COVID-19
GOT HER LOCKED UP**



ZHANG ZHAN, CHINA

When Wuhan – then the centre of the Covid-19 outbreak in China – went into lockdown, Zhang Zhan was one of the few citizen journalists to report on the unfolding crisis.

Determined to get the truth out, the former lawyer travelled to the beleaguered city in February 2020. She took to social media, reporting how government officials had detained independent reporters and harassed families of Covid-19 patients. Citizen journalists were the only source of uncensored, first-hand information about the epidemic.

Working independently of state-controlled media, citizen journalists face constant harassment for exposing information the government would rather keep quiet.

Zhang Zhan went missing in Wuhan in May 2020. Authorities later confirmed that she had been held by police in Shanghai, 640km away. In June 2020, she began a hunger strike to protest her detention. In December, her body was so weak she had to attend her court hearing in a wheelchair. The judge sentenced her to four years in prison for “picking quarrels and provoking trouble”.

Zhang Zhan was transferred to Shanghai Women’s Prison in March 2021. The authorities continue to refuse her family visits. “We should seek the truth and seek it at all costs,” Zhang Zhan has said. “Truth has always been the most expensive thing in the world. It is our life.”

Tell China to free Zhang Zhan immediately.

WRITE TO CHINA’S AUTHORITIES

Tell them to release Zhang Zhan immediately and unconditionally.

TO: President of the People’s Republic of China

ADDRESS:

Zhongnanhai, Xichang’anjie
Xichengqu, Beijing Shi 100017
People’s Republic of China

EMAIL: english@mail.gov.cn

SALUTATION: Dear President

December 2021

Index: ASA 17/4426/2021 English

Front page image: © Private, Shutterstock

Back page image: © Private, Amnesty International



SHOW ZHANG ZHAN SHE’S NOT ALONE

Send her a message of hope, such as:
Zhang Zhan, your dedication to reporting the truth will continue to inspire others.
We will continue to support you and look forward to the day you regain freedom.
Keep your spirits up!

SIMPLIFIED CHINESE:

张展, 您对报导真相的坚持将会继续激励他人。
我们会继续支持和关注您。
我们期待您重获自由的一天。
加油!

TO: Zhang Zhan

ADDRESS:

No 1601, Zhangjing Road, Sijing Zhen
Songjiang Qu, Shanghai 201601
People’s Republic of China

**To increase the chances of Zhang Zhan actually receiving your message, please do not mention Amnesty International anywhere in it.*

FOR SOCIAL MEDIA, PLEASE USE:

#ZHANGZHAN #张展

#FREEZHANGZHAN #释放张展

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**MOHAMED BAKER
EGYPT**

**LOCKED AWAY FOR
DEFENDING FREEDOM**

MOHAMED BAKER EGYPT

Mohamed Baker loves cats so much, he has five of them. A football fan, he's also into squash and motorbike riding. Baker, himself a Nubian, also enjoys Nubian music and culture. But today, the human rights lawyer can only dream of what he loves. He's in prison for defending some of the most marginalized people in Egypt.

In September 2019, he went to the prosecutor's office to defend his friend and was himself arrested. Authorities never put him on trial. Instead, they made false, terrorism-related accusations against him and threw him in jail – all because they disagreed with his human rights work. Baker heads the Adalah Center for Rights and Freedoms, which supports human rights and people jailed unjustly.

In jail, the authorities have subjected Baker to one cruelty after another. They didn't let him see his dying father. They've kept him in a cramped, fetid cell. And they've deprived him of a bed or mattress, hot water, outdoor exercise and even family photos.

Still Baker is hopeful. "One day... we will continue our work [to establish] free societies," he says. Help bring that day forward.

Tell Egypt to release Baker immediately.



WRITE TO EGYPT'S AUTHORITIES

Tell them to release Mohamed Baker immediately and unconditionally, and to close all investigations into bogus accusations made against him.

TO: The President
ADDRESS: Office of the President
Al Ittihadia Palace
Cairo, Arab Republic of Egypt
FAX: +202 2391 1441
EMAIL: p.spokesman@op.gov.eg
TWITTER: @AlsisiOfficial
SALUTATION: Dear President

HELP KEEP BAKER'S SPIRIT STRONG

Post your messages of friendship and solidarity for him on Twitter or Facebook using the hashtags:
#Free_Baker / #الحرية_لباقر

Don't forget to follow/like the following accounts to show your support:

TWITTER: @FreeBaker2

FACEBOOK:

Free Baker www.facebook.com/freebaker

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**WENDY GALARZA
MEXICO**

SHOT WHILE PROTESTING VIOLENCE AGAINST WOMEN



WENDY GALARZA MEXICO

Wendy Galarza is a dedicated childcare worker. She's passionate about supporting children in their youngest years, because she believes it's the best way to create kinder and more compassionate societies.

It's a goal Wendy works hard for in Mexico, where women are often degraded, attacked and killed for being women. A feminist activist, she, too, almost lost her life for denouncing such violence.

On 9 November 2020, Wendy attended a march organised by feminist collectives in Cancún to demand justice for the murder of a woman known as Alexis. But when a group of demonstrators began pulling down and burning some wooden barriers, police fired shots into the air and, some say, into the crowd. Later, Wendy discovered she had bullet wounds in her leg and vulva.

Two days later, she lodged a complaint against the police. It took months for the State Prosecutor to accept her additional evidence, which included clothing showing bullet holes from the day of the protest. Today, the case continues. Those suspected of criminal responsibility for her shooting have not been brought to justice.

Undeterred, Wendy set up a collective with other women who were assaulted during the protest. "I will never let 9 November be forgotten," she says. "I will continue to raise my voice and defend the human rights of myself and my partners in struggle."

Demand justice for Wendy from Mexico's authorities.



WRITE TO MEXICO'S AUTHORITIES

Tell them to quickly, impartially and thoroughly investigate the violations that Wendy suffered, and ensure that all those responsible are brought to justice.

TO: Attorney General of Quintana Roo

ADDRESS:

Av. Adolfo López Mateos No.500, esquina Nápoles
Colonia Italia, C.P. 77035
Chetumal, Quintana Roo, México

EMAIL: fiscal.general@fgeqroo.gob.mx

TWITTER: @FGEQuintanaRoo

SALUTATION: Dear Attorney General

SHOW WENDY YOU'RE WITH HER

Write a message of support to Wendy, telling her how much you admire her for standing up for the rights of women, and expressing solidarity with her fight for justice.

Post your message on Twitter, mentioning @ShoutForWendy and using the hashtag #ShoutForWendy or #GritoPorWendy. Photos of handwritten messages are more personal and would help to bolster Wendy's resolve.

December 2021

Index: AMR 41/4422/2021 English

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Back page image: © Maho Irigoyen/Amnesty International

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**SPHERE
UKRAINE**

ATTACKED FOR DEFENDING LGBTI & WOMEN'S RIGHTS

SPHERE UKRAINE

Sphere NGO have been championing LGBTI and women's rights since 2006, and are among the oldest organizations of their kind in the country. Founded by activists Anna Sharyhina and Vira Chernygina, they provide a safe space for women and LGBTI people in Kharkiv, Ukraine's second largest city.

Although Ukraine is considered one of the most progressive post-Soviet countries on LGBTI rights, it's still failing to address the growing rate of hate crimes. As groups targeting LGBTI people have proliferated across the country, Sphere have suffered numerous discriminatory attacks. These groups have set upon Sphere's supporters and premises, urinating on their walls, daubing faeces on the doorknobs, breaking windows and chanting homophobic slogans at them. There have been dozens of attacks like these. Anna and Vira report them to the police, but no one is held accountable.

In 2019, Sphere organised Kharkiv's first Pride ever. Despite threats and intimidation, Sphere created a hugely successful event attended by up to 3,000 people. But the police failed to protect marchers from violence, instead joining in by hurling homophobic abuse. Anna and Vira say that police inaction in the face of constant attacks has left Sphere and their supporters in a permanent state of fear.

"I want our attackers to be held accountable in accordance with the law," says Anna. Add your voice to Anna and Vira's.

Tell Ukraine to bring Sphere's attackers to justice.



WRITE TO UKRAINE'S AUTHORITIES

Tell them to ensure that the attacks on Sphere – including the hate motive – are investigated, and those responsible are held to account in fair trials.

TO: Ministry of Internal Affairs

ADDRESS: vul. Akademika Bohomoltsa, 10
01601 Kyiv, Ukraine

EMAIL: pgmia@mvs.gov.ua

TWITTER: @MVS_UA

SALUTATION: Dear Minister

STAND WITH SPHERE

Take a photo of yourself holding messages of support for Sphere in your city's landmarks, and send it to Sphere. Remember to post it on your social media channels, tagging Sphere (@spherewa on Facebook and @KharkivPride on Twitter and Instagram).

You can also sign a Pride flag, add your city's name to it, and send it to Sphere so they can use it to decorate their community centre.

TO: Sphere

ADDRESS: PO Box 10399
Kharkiv, 61005
Ukraine

December 2021

Index: EUR 50/4430/2021 English

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Back page image: © Kate Mamaisur/Amnesty International

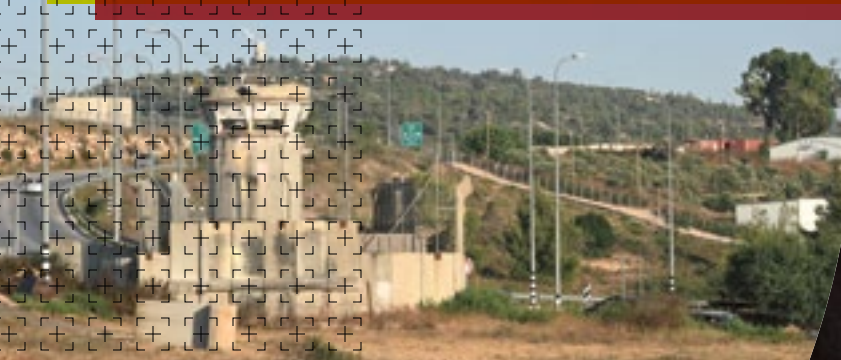
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JANNA JIHAD
OCCUPIED PALESTINIAN TERRITORIES

**HARASSED FOR EXPOSING
ISRAELI VIOLENCE**



JANNA JIHAD OCCUPIED PALESTINIAN TERRITORIES

Janna Jihad just wants a normal childhood. “Like any other child... I want to be able to play soccer with my friends without having tear gas canisters rain on us,” she says. But 15-year-old Janna lives in the Israeli-occupied West Bank. Life under systematic discrimination is anything but normal.

When Janna was seven, the Israeli military killed her uncle. Janna used her mother’s phone to record and expose to the world the racist brutality her community experiences at the hands of Israeli forces. At 13, Janna was recognized as one of the youngest journalists in the world, documenting the Israeli army’s oppressive and often deadly treatment of Palestinians.

This includes night raids, demolishing homes and schools, and crushing communities who stand up for their rights. Palestinian children are particularly affected. Many have been killed and injured by Israeli forces. Israel has signed up to the Convention on the Rights of the Child, yet has failed to extend those protections to Palestinian children in the West Bank. By contrast, Israeli children are protected – even those living in illegal settlements near Janna.

Today, Janna’s principled journalism has marked her out for harassment and death threats. She won’t give up. “I want to know what freedom means in my homeland, what justice and peace and equality means without facing systematic racism,” she says. Let’s help her get there.

Tell Israel to protect Janna from discrimination and violence.



WRITE TO ISRAEL’S AUTHORITIES

Tell them to end discrimination against Janna, and to protect her and other Palestinian children as required by the Convention on the Rights of the Child.

TO: Chair, Committee for the Rights of the Child

ADDRESS: The Knesset
Committee for the Rights of the Child
Kiryat Ben Gurion
Jerusalem, Israel 9195016

EMAIL: v_yeled@knesset.gov.il

SALUTATION: Dear Knesset Member

SHOW JANNA YOU STAND BY HER

Write her a message of solidarity and hope. Take a photo of it and post it to her Facebook page, then mail it to the postal address further below.

FACEBOOK: www.facebook.com/Janna.Jihad

ADDRESS: Amnesty International
6 Ibn Jubair Street
Sheikh Jarrah
PO BOX 42626
Jerusalem, Israel

December 2021

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Back page image: © Tanya Habjouqa/NOOR

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**IMOLEAYO MICHAEL
NIGERIA**

**FACING TRUMPED-UP
CHARGES FOR PROTESTING
POLICE VIOLENCE**

IMOLEAYO MICHAEL NIGERIA

When young people took to Nigeria's capital Abuja in October 2020, Imoleayo Michael joined them. They were marching against violence, extortion and killings by the Special Anti-Robbery Squad, popularly known as SARS. The young computer programmer promoted the protests on Twitter and Facebook, using the viral hashtag #EndSARS.

Two weeks later, in the early hours of 13 November, 20 armed men raided Imoleayo's home. They shattered his bedroom window and pointed a gun at him, forcing him to open his front door. Once inside, they seized his mobile phones and computer, then locked his wife, elderly mother and seven-month-old son in a room and disconnected the power supply to the streetlights around his house.

They took Imoleayo to state security service headquarters where they held him in an underground cell for 41 days without access to a lawyer or his family. While there, he was cuffed, blindfolded and chained to a steel cabinet. He was also forced to sleep on a bare floor. All he had to eat was some porridge mixed with stones. Security officers interrogated him a total of five times.

Imoleayo suffered pneumonia and was eventually released on bail in December 2020. He's facing trumped-up charges of 'conspiracy with others to disturb public peace' and 'disturbing public peace'.

Tell Nigeria to drop all charges against Imoleayo.



WRITE TO NIGERIA'S AUTHORITIES

Tell them to drop all charges against Imoleayo immediately.

TO: Attorney General of the Federation
and Minister of Justice

ADDRESS:
Ministry of Justice
New Federal Secretariat Complex
5th Floor, Shehu Shagari Way, Maitama
P.M.B 192 Garki, Abuja
Nigeria

EMAIL: info@justice.gov.ng

SALUTATION: Honourable Attorney General
of the Federation

SHOW IMOLEAYO 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 him as shown below and using the hashtag #FreeImoleayo.

TWITTER: @imoleayomichael (tag @AmnestyNigeria)

FACEBOOK: www.facebook.com/adeyeun
(tag @ainigeria)

December 2021

Index: AFR 44/4418/2021 English

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**RUNG PANUSAYA
THAILAND**

FACING A LIFE SENTENCE FOR PEACEFUL PROTESTS

RUNG PANUSAYA THAILAND

Asked to describe herself, Panusaya “Rung” Sithijirawattanakul, says she’s “humble and quiet”. The student and amateur violinist was once shy, but today she’s a leading voice in Thailand’s youth democracy movement.

Rung – which means “rainbow” in Thai – became politically active while studying sociology and anthropology at university in the capital, Bangkok. She bravely took part in protests for social and political change throughout 2020. By August, she had become a protest leader. Watched by thousands, Rung called for equality, freedom of expression and – what is a highly sensitive topic in Thailand – the reform of the monarchy. This unprecedented act propelled her onto the national stage and the authorities branded her a troublemaker.

Rung continued to lead protests for constitutional and social reform. Accused of provoking unrest, she was arrested in March under a lèse-majesté law that outlaws criticism of the monarchy. She was imprisoned for 60 days during which she was diagnosed with Covid-19. The authorities denied her bail six times. In defiance, she went on a 38-day hunger strike and was released on 30 April 2021.

Rung faces dozens of charges against her and, if found guilty, life imprisonment. “Once you step into the prison; you will no longer feel that your humanity is still intact,” she says.

Tell Thailand to drop all charges against Rung.

WRITE TO THAILAND’S AUTHORITIES

Tell them to immediately drop all criminal charges against Rung and others arrested for protesting peacefully.

TO: Prime Minister of Thailand
ADDRESS: The Office of the Permanent Secretary
Government House
1 Nakhon Pathom Road
Dusit, Bangkok 10300, Thailand
EMAIL: sarabun@opm.go.th
TWITTER/FACEBOOK: @prayutofficial
SALUTATION: Dear Prime Minister

December 2021
Index: ASA 39/4424/2021 English
Front page image: © Yostorn Triyos/Amnesty International,
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Back page image: © MobDataThailand,
Yostorn Triyos/Amnesty International

HELP RUNG KEEP HER SPIRIT STRONG

Send her your message of solidarity and hope. Draw pictures of rainbows (Rung’s name means “rainbow”) to accompany your message, take a photo, and post it to your social media, tagging Rung when you do. Then, mail your message to the address further below. Don’t forget to follow her!

FACEBOOK:
www.facebook.com/panusaya.sithijirawattanakul
TWITTER: @PanusayaS
INSTAGRAM: @overttherainbow
ADDRESS: Amnesty International Thailand
139/21, Soi Lat Phrao 5
Chom Phon, Chatuchak
Bangkok 10900
Thailand



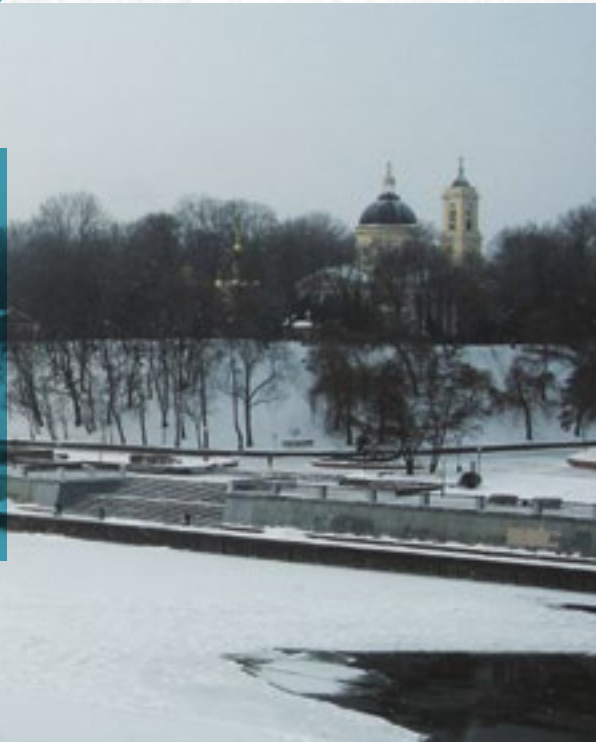
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**MIKITA ZALATAROU
BELARUS**

**TEEN BEATEN,
ELECTROCUTED
AND JAILED**



MIKITA ZALATAROU BELARUS

Until recently, Mikita Zalatarou was a typical teenager. He liked playing Minecraft and listening to rap music. Today, the 17-year-old who also has epilepsy has been cast into a world worse than Minecraft's hellish Nether.

It all began in August 2020, says Mikita's dad, when Mikita was waiting for a friend in the main square of Homel city, south-eastern Belarus. Nearby, people had been largely peacefully protesting the recent presidential election results when police moved in. According to Mikita's father, as the crowd began running, someone told Mikita to run, too – so he did.

The following day – 11 August – police officers came to Mikita's door. They arrested him, beating and accusing him of throwing a Molotov cocktail towards two officers the night before. While holding him in custody, they beat him with an electric shock truncheon. Officers interrogated him without a lawyer or responsible adult present, and locked him up for six months before putting him on trial.

Mikita was convicted of mass disorder and using illegal explosives, yet video evidence did not show him taking part in violence. Media reports on the demonstrations mentioned no mass unrest. Still, the judge sentenced Mikita to five years in a child educational prison colony.

Tell Belarus to release Mikita and give him a fair trial.



WRITE TO BELARUS' AUTHORITIES

Tell them to release Mikita and ensure he gets a fair trial that meets international justice standards for children.

TO: Prosecutor General of the Republic of Belarus

ADDRESS: Ul. Internatsionalnaya 22
220030 Minsk, Belarus

EMAIL: info@prokuratura.gov.by

FACEBOOK: <https://www.facebook.com/prokuraturaby>

TWITTER: @prokuraturaby

SALUTATION: Dear Prosecutor General

SHOW MIKITA YOU'RE WITH HIM

Send him your messages of solidarity and friendship. If you're into Minecraft like Mikita, try creating environments that symbolize freedom and hope in the game, print them out, and send them to him.

TO: Mikita Zalatarou

ADDRESS:
Educational Colony V.K – 2
ul. Batova 4
Bobruisk
213800 Mogilevskaya Obl.
Belarus

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**CIHAM ALI
ERITREA**

**TAKEN AT 15 AND
NEVER SEEN AGAIN**

CIHAM ALI ERITREA

Born in Los Angeles and raised in Eritrea, Ciham Ali had big dreams. A fan of Lady Gaga and Green Day, she was determined to become a fashion designer when she grew up. But at 15, her hopes were shattered.

On 8 December 2012, Ciham was arrested at the Sudan border as she tried to flee Eritrea. Her father Ali Abdu, then Minister of Information under President Isaias Afwerki, had gone into exile just as the military attempted a coup against the government. The rumour was that Ali Abdu had supported the coup and Ciham may have been arrested in retaliation.

Nine years on and no one – not even her family – knows where Ciham is being held. She hasn't been charged, nor has she been brought to trial. It's as if she's vanished. Eritrea is notorious for imprisoning people in underground containers where they suffer extreme cold and heat. There are reports of many people dying from torture, starvation, infection and other appalling treatment in these jails. While other children her age might have headed to college, Ciham has been suffering unknown horrors.

Although she's a US citizen, Ciham has been ignored by the US government. So far, they've remained silent on her plight, even though they have the power to influence Eritrea.

Tell the USA to speak out for Ciham.

WRITE TO THE US AUTHORITIES

Tell them to demand Ciham's immediate and unconditional release.

TO: US Secretary of State
ADDRESS: 2201 C Street NW
Washington, DC
20520, U.S.A
TWITTER/INSTAGRAM: @SecBlinken
SALUTATION: Dear Secretary of State



HELP CIHAM'S FAMILY KEEP THEIR HOPES ALIVE

Take a picture of yourself wearing anything purple – Ciham's favourite colour – and post it on social media to show solidarity with Ciham and her family. Use the hashtag #Purple4Ciham and tag Secretary Blinken!

AMNESTY INTERNATIONAL
INTERNATIONAL SECRETARIAT
www.amnesty.org

e: contactus@amnesty.org
t: +44-20-74135500
f: +44-20-79561157

Peter Benenson House,
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London WC1X 0DW,
United Kingdom

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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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