

MAKE A DIFFERENCE IN A MINUTE

Take the 'Make a Difference in a Minute' challenge and write a poem that you can perform in one minute or less. It can be:

- **Your personal experience of, or view on, power and human rights;**

or

- **A solidarity poem for Mother Mushroom.**

You can submit your poem in written form, as an audio clip or as a 1-minute video.

<https://www.amnesty.org.uk/share-your-poem>

Some poems will be showcased on the website. We will let you know if your poem is selected for the showcase.

If you submit an appeal or solidarity poem for Mother Mushroom, Amnesty International UK will send your written poems, and where possible audio and video clips, to her mother or the Prime Minister of Vietnam.

Watch Luke Wright and Sabrina Mahfouz take the challenge and perform their Make a Difference in a Minute poems

www.amnesty.org.uk/poets

SPEAK OUT FOR MOTHER MUSHROOM



Nguyễn Ngọc Như Quỳnh, better known by her pen name Mẹ Nấm (Mother Mushroom), is a popular and well-known Vietnamese blogger and human rights defender.

Mother Mushroom has openly criticised the government of Vietnam over its human rights violations. She has peacefully campaigned for human rights and justice for over 10 years.

In 2016, Mother Mushroom was arrested and in 2017, she was sentenced to 10 years in prison for 'conducting propaganda' against the State.

She has two children, Nam and Gau who are 12 and 6 years old. They are currently being looked after by her mother, Lan.

Lan visited Mother Mushroom in prison in February 2018 and reported that she is in poor health.

Mother Mushroom is a candidate for the 2018 Nobel Peace Prize.

SPEAK OUT FOR MOTHER MUSHROOM

Solidarity

Solidarity actions are sent to the people who have had their human rights taken away, and to their family and friends, to let them know that people are supporting them in their struggle for justice.

Write a solidarity poem to Mother Mushroom and her family, letting them know that they have your support.

Appeal

Appeal actions are to make people in power sit up and take notice of a cause that you care about. Amnesty is made up of ordinary people across the world standing up for humanity and human rights. Your voice helps to ensure that when we speak, governments listen.

Write an appeal poem to the Prime Minister of Vietnam to call for Mother Mushroom's release because she is being held solely for her peaceful activities defending and promoting human rights.



PRISONERS OF CONSCIENCE

A prisoner of conscience is someone has not used or advocated violence but has been imprisoned because of who they are (sexual orientation, ethnic, national or social origin, language, birth, colour, sex or economic status) or what they believe (religious, political or other conscientiously held beliefs).

In 1961, Peter Benenson wrote: 'Open your newspaper any day of the week and you will find a report from somewhere in the world of someone being imprisoned, tortured or executed because his opinions or religion are unacceptable to his government.'

Amnesty International was founded by Peter Benenson to campaign for prisoners of conscience which he defined as:

'Any person who is physically restrained (by imprisonment or otherwise) from expressing (in any form of words or symbols) an opinion which he honestly holds and which does not advocate or condone personal violence.'

<https://www.theguardian.com/uk/1961/may/28/fromthearchive.theguardian>

Find out more about the Words That Burn project here:

www.amnesty.org.uk/wordsthatburn

Campaign for change

Find out more about Human Rights Defenders and how you can get involved: www.amnesty.org.uk/brave