

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 Vitalina Koval.**

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 showcase.

If you submit an appeal or solidarity poem for Vitalina Koval, Amnesty International UK will send your written poems, and where possible audio and video clips, to her or the Ukrainian Minister for the Interior.

Watch Sabrina Mahfouz and Luke Wright take the challenge and perform their Make a Difference in a Minute poems
www.amnesty.org.uk/poets

SPEAK OUT FOR VITALINA



Vitalina Koval, 28, has been actively defending LGBTI rights and women's rights in Ukraine since 2016.

After becoming an activist, she helped establish an LGBTI community centre, which held regular weekly meetings to discuss relevant issues and offer peer to peer support for LGBTI people.

During the 2018 International Women's Day march in Vitalina's hometown of Uzhgorod, six members of a right-wing group attacked participants and doused them in red paint. Vitalina, who was one of the event organizers, was among those attacked. She sustained chemical burns to her eye.

Vitalina and other fellow activists have observed the rise of threatening rhetoric by right wing groups, like "Karpatska Sich", who took responsibility for the 2018 attack. The group threatened Koval and other activists with further violence on its social media pages. Fearing for her safety, Vitalina has left Uzhgorod and now lives in Kyiv.

SPEAK OUT FOR VITALINA

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 Vitalina, letting her know that you support women's rights and LGBTI rights activists.

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 Ukraine's Minister of the Interior Prime Minister Arsen Avakov to tell him to make sure that Vitalina and other human rights activists can safely exercise their right to freedom of peaceful assembly and expression.



FREEDOM OF EXPRESSION AND PEACEFUL ASSEMBLY

Article 19 of the Universal Declaration of Human Rights says that 'Everyone has the right to freedom of opinion and expression, and to seek, receive and impart information through any media and regardless of frontiers.'

Vitalina and other human rights activists are entitled to express themselves freely and safely without fear of threats or violence.

Article 20 declares 'Everyone has the right to freedom of peaceful assembly and association.'

We should all feel safe participating in protests and celebrations like marches for International Women's Day or Pride events. All governments have a duty to protect this right.

Find out more about the Words That Burn project here:

www.amnesty.org.uk/wordsthatburn

Find out more about Amnesty UK's campaigning for LGBTI and womens' rights including how you can get involved: www.amnesty.org.uk/lgbti
www.amnesty.org.uk/women

"There are many people on the LGBTI community in Ukraine who are afraid.

I wish that they weren't feeling under direct threat."

Vitalina Koval