



**WRITE
FOR
RIGHTS
2025**

**AMNESTY
INTERNATIONAL**



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'I am very grateful to Amnesty International and I want to thank everyone for sending me these beautiful cards. I'm very excited and emotional'

Víctor Joel Rodrigo Paredes (aka Joel),
Write for Rights 2024

YOUR WORDS HAVE POWER

As we prepare to celebrate the 77th anniversary of the Universal Declaration of Human Rights on 10 December, it is more important than ever to raise our voices to defend human rights. Amnesty International's annual Write for Rights campaign proves that hope can prevail, even in the darkest of times.

This year has seen serious global challenges, from the rise of authoritarianism in many countries to increasing numbers of people displaced by the climate emergency. But your messages can bring about real change – especially when they are combined with millions of others around the world during our annual Write for Rights campaign. Your words offer comfort and support to those whose rights are being abused, and collectively pressure authorities to act.

There are plenty of ways to get involved in the campaign. You can write a letter, send a card, post on social media, sign a petition, draw a picture or take a photo – feel free to get creative. You can also join events hosted by local Amnesty groups throughout the UK. Find out more at amnesty.org.uk/write

In this booklet, you will find information about the 10 cases featured in this year's campaign, along with ideas, tips and

suggestions to ensure you have everything you need to make an impact. For more booklets, and more information about the campaign in general, visit amnesty.org.uk/write or email us at activism@amnesty.org.uk

Thank you for your support and dedication to upholding human rights.

GLOBAL SOLIDARITY WORKS

More than 4.6 million messages of support and letters of appeal were sent during Write for Rights 2024. They helped to create positive action for the people featured in the campaign – and were also powerful symbols of solidarity.

Since 2001, when Write for Rights started, more than 50 million actions have been taken, while over 100 people featured in our campaign have seen a positive outcome to their case.

LETTER WRITING WORKS



THIS YEAR'S CAMPAIGN

This booklet features the stories of Indigenous communities trying to protect the environment, journalists targeted for exposing corruption, protesting students facing arbitrary detention and many others. You can take action on all of their cases or focus on just a few. Whatever you do will help raise the profile of the people in question, boosting their chances of protection and justice. For each case we have suggested an action, including:

- Sending a message of solidarity to let them know you're thinking of them.
- Writing a letter appealing to those with the power to stop the abuse.
- Getting creative to make your voice heard (we've included some ideas to inspire you).
- Going digital and using social media to show your solidarity online or contact the authorities.
- Organising your own Write for Rights event to get more people involved.

Whatever you do, please tell us about it via the feedback form at amnesty.org.uk/write-for-rights

PERSONALISED MESSAGES

Every message you send during Write for Rights will make a difference, and we only ask people to take action where we believe it will have significant impact. Every year, those featured in the campaign tell us the most powerful messages they receive are the personalised, handwritten cards from people around the world. If you do not have the time to work on every case, we encourage you to prioritise personalised, handwritten solidarity messages.

Dates to remember

1 November-31 December

Write for Rights 2025

10-21 November

COP30 takes place in Belém, Brazil

20 November

International Children's Day

3 December

International Day of Persons with Disabilities

9 December

International Human Rights Defenders Day

10 December

International Human Rights Day and 77th anniversary of the Universal Declaration of Human Rights

NEW TO WRITE FOR RIGHTS?

Getting involved in the campaign couldn't be easier, but we know it may seem a little daunting at first. Here are a few tips to get you started:

- In this booklet, you'll find all the information you need on the cases and how to take action.
- You don't have to take action on all 10 cases. Anything you do to support one or two individuals will make a difference.
- Try to personalise your messages of support, as this means a huge amount to the recipient. If you're unsure what to say, we've provided suggested messages.
- When writing to the authorities, please include your name and country (but only if you feel comfortable doing so and there are no risks for you or your family). This shows the letter is genuine and personal. Keep requests clear and polite.
- We've included the details of our volunteer country coordinators alongside each case. If you want to continue campaigning on issues impacting that country after Write for Rights 2025 has ended, please contact them.
- If there's anything else you're unsure of, check the frequently asked questions section on page 20 or email us on activism@amnesty.org.uk

MATERIALS

Need more booklets? Please order via the online form at amnesty.org.uk/write or email us at activism@amnesty.org.uk

Visit amnesty.org.uk/write for the latest information on this year's campaign. You can also download PDF versions of this booklet and additional resources, including:

- Posters and images for social media (or to print for in-person events)
- Address labels for individuals or appeal targets
- Updates on cases
- Top tips for organising a Write for Rights event
- Good news from previous campaigns
- Feedback form at amnesty.org.uk/write-for-rights



© ASN

UK

Abortion Support Network



© Amnesty International

NORWAY

Ellinor Guttorm Utsi



© Andrew Lichtenstein/Corbis via Getty Images

USA

International students' visas revoked



© Juan López's family

HONDURAS

Juan López



© UDAPT

ECUADOR

Guerreras por la Amazonía
(Warriors of the Amazon)



© Private

TUNISIA

Sonia Dahmani



© Private

SOUTH AFRICA

Unecebo Mboteni



© Amnesty International

MADAGASCAR

Dr Damisoa



© Kon Blai

MYANMAR

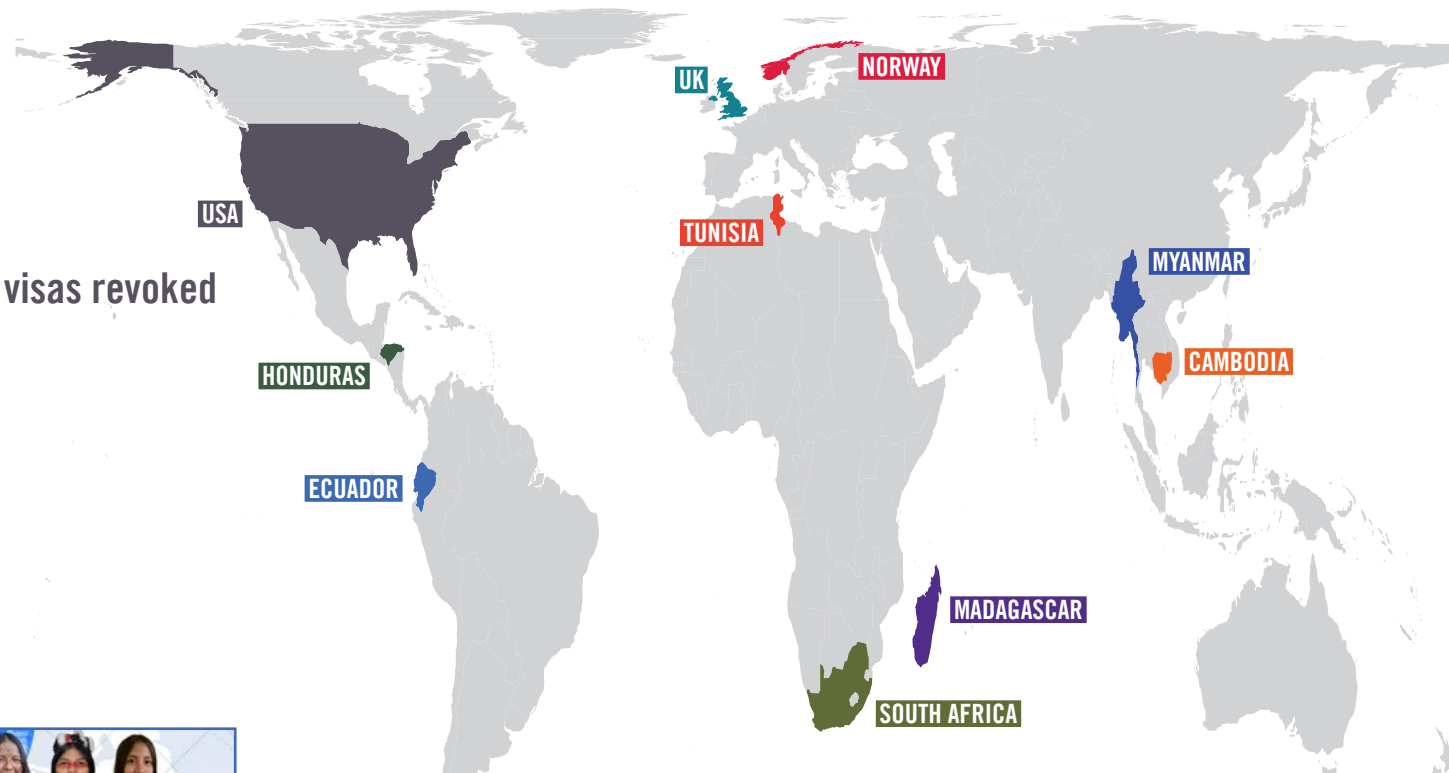
Sai Zaw Thaike



© Private

CAMBODIA

Mother Nature
Cambodia





© Amnesty International

MADAGASCAR

Dr Damisoa

'The solution to all this: we are asking for aid so that we can at least have daily food because our biggest problem here is hunger. We are asking for schools, financial support, food, and help in creating income-generating activities for women.'

Demanding dignity for his community

A 48-year-old from the southern Androy region, Dr Damisoa was forced to flee his farming and grazing land because of drought-induced famines exacerbated by the climate emergency.

Now leading a neglected resettlement site in the northern Boeny region, he fights for basic rights like food, clean water, and medical care for more than 160 people.

His people, the Antandroy, have faced displacement since colonial times, when drought-resilient cactus forests in Androy were deliberately destroyed, making the region more environmentally vulnerable. Today, global heating has intensified droughts in the region, forcing thousands like Damisoa to the north with little support.

Since arriving in Boeny in 2021, Damisoa and his family have endured harsh conditions. Despite being appointed as the area manager of a government-built resettlement site, he receives minimal wages, while continuing to advocate for food, shelter, education and healthcare for his community.

Send a message of support and solidarity

Damisoa
c/o Lot 84bis secteur 5 Manjarisoa
401 Mahajanga I
Boeny
Madagascar

Language French, English

Pronouns He/him

Suggested message You are right: the government of Madagascar has not done enough to protect and support you, your family, and others living at the resettlement site. It has an obligation to fight for you and guarantee access to food, water, housing, medical care and other health services, sanitation, education, and any other necessary social services. This failure is unacceptable. But please know this: we see you, we stand with you, we fight for you.

Can I

Send a religious card or message? Yes

Send an Amnesty card or mention Amnesty? No

Include my name and address? Yes

Creative solidarity ideas

- Damisoa does not read, so make your messages clear and visual.
- Include drawings of flowers, plants or rivers to symbolise his agricultural work. Messages referencing solidarity and hope will be particularly meaningful. Postcards from your country will demonstrate global support.
- Damisoa's birthday (12 April) falls outside of the campaign's timescale, but he feels very

strongly about it, so we encourage you to send birthday cards with a suggested message: Dear Damisoa. Happy Birthday! Your birthday is not cursed. Do not blame your suffering on it. It marks the day a brave and good-hearted person came into this world – someone whose children, family, and community deserve dignity, peace, and hope.

Send an appeal letter

Urge the director general to take urgent and concrete steps to address the hunger, lack of housing, limited access to healthcare, and other hardships faced by people displaced by drought – both at the resettlement site managed by Damisoa and in other locations across Madagascar.

Write to Elack Olivier Andriakaja
Director General
Bureau National de Gestion des Risques et des Catastrophes
Avaratra Antanimora Route Mausolée
Antananarivo 101
Madagascar

Salutation Dear Director General
In your letter Also urge him to seek the support of humanitarian agencies and other relevant actors.

Key dates

12 April: Damisoa's birthday

Amnesty country coordinator

If you are interested in further campaigns concerning this country, please contact Jennifer Chukwudi, country coordinator for Angola, Mozambique and Madagascar:
✉ jennifer.chukwudi@amnesty.org.uk



© Private

SOUTH AFRICA

Unecebo Mboteni

'My son died in a death trap set up for poor people... his death will not be in vain.'

Loyiso Mboteni, Unecebo's father

Seeking justice for child who died in a pit toilet at school

On 18 April 2024, three-year-old Unecebo Mboteni drowned in a pit toilet at his pre-school in South Africa's Eastern Cape province. A year and a half on, no one has been held accountable, and his family continues to seek justice.

Despite multiple children dying in pit toilets at schools in South Africa, the Department of Basic Education has consistently failed to meet deadlines to eradicate them. Pre-schools such as Unecebo's remain excluded from official sanitation plans.

Unecebo's death highlights broader systemic failures in early childhood education and infrastructure. It also reflects the ongoing impact of inequality in South Africa's education system, where the poorest and youngest remain most at risk.

Send a message of support and solidarity

Andiswa and Loyiso Mboteni
c/o Amnesty International South Africa
97 Oxford Road Rosebank
Johannesburg 2916
South Africa

Language English, isiXhosa

Pronouns He/him

Suggested message Dear Andiswa and Loyiso, we stand with you in your fight for justice for little Unecebo.

Can I

Send a religious card or message? Yes

Send an Amnesty card or mention Amnesty? Yes

Include my name and address? Yes

Creative solidarity ideas

Unecebo loved playing with toy cars, so you could send a drawing or a picture of one.

Send an appeal letter

Urge the minister to work with the police to carry out a prompt and thorough investigation into Unecebo's death, with those responsible held to account.

Write to

Minister of Basic Education
Ministry of Basic Education
Private Bag X9034
Cape Town, 8000
South Africa

Salutation Dear Minister

In your letter Also emphasise the urgency of removing all pit toilets

from early childhood development centres to prevent more tragedies.

Key dates

24 January: International Day of Education

19 April: Anniversary of Unecebo's death

25 November: Children's Day

Amnesty country coordinator

If you are interested in further campaigns concerning this country, please contact Nandi Luneta, country coordinator for South Africa, Lesotho and Eswatini:
✉ nandi.luneta@amnesty.org.uk



ECUADOR

Guerreras por la Amazonía (Warriors of the Amazon)

‘We are not just activists, we are daughters of the earth, of our communities. We are warriors of the jungle that refuses to die. We are the Amazon that resists the impacts of the oil industry, and for which our communities and our planet are burning.’



HONDURAS

Juan López

‘Energy is a common good, it is a natural gift, it should be available to all humanity.’

Young Amazonian defenders fighting gas flaring

Fifteen young Indigenous activists from the Ecuadorian Amazon – known as Guerreras por la Amazonía – are challenging gas flaring operations that harm their health and environment.

Despite facing threats and intimidation, they continue to demand climate justice and protection for their communities.

Gas flaring emits potent greenhouse gases such as methane, exacerbating the climate emergency. These gases severely damage the environment, biodiversity and the health of marginalised Indigenous communities in the Amazon.

In 2020, Guerreras por la Amazonía and the Union of People Affected by Chevron-Texaco (Unión de Afectados por Texaco; UDAPT) sued the Ecuadorian state over gas flaring. Although a court ruled in favour of eliminating flares in 2021, the government has delayed compliance and the practice continues, polluting the environment and risking activists’ safety.

Urgent international support is crucial to safeguard their rights and health.

Send a message of support and solidarity

Guerreras por la Amazonía
c/o Unión de Afectados por Texaco (UDAPT)
Av. Venezuela y Progreso
Lago Agrio, 210150
Ecuador

Language Spanish

Pronouns All she/her

Suggested message You are brave warriors fighting against the monsters of fire. With your actions, you not only defend the rights of your communities, but also protect our planet from climate change. Keep fighting to extinguish the gas flares and ignite life. You have all our support. Your struggle is our struggle.

Can I

Send a religious card or message? Yes

Send an Amnesty card or mention Amnesty? Yes

Include my name and address? Yes

Creative solidarity ideas

Celebrate the activists’ courage and resilience. Each activist has an animal that represents her: Dennise: puma; Rosa Daniela: rabbit; Kerly: cat; Dannya: capybara; Scarlett: butterfly; Evelyn: hummingbird; Leonela: jaguar; Jamileth: cow; Wita: rabbit; Dannya: hummingbird.

Send an appeal letter

Urge the authorities to fully comply with the 2021 court ruling by immediately eliminating all gas

flares, protecting activists and ensuring environmental justice for Indigenous Amazonian communities.

Write to Daniel Roy Gilchrist
Noboa Azín
President Of Ecuador
Presidency of the Republic of Ecuador
García Moreno N10-43 entre Chile y Espejo
Quito 170401
Ecuador

Salutation Dear President

In your letter Also highlight that the young defenders face intimidation and violent attacks, for example, the bombing outside Leonela Moncayo’s home. Emphasise that their protection must not be conditional on silencing activism.

Key dates

5 December: 18th birthday of Jamileth, one of the GxAs

Amnesty country coordinator

If you are interested in further campaigns concerning this country, please contact Graham Minter, country coordinator for Ecuador, Peru, Bolivia, Paraguay and Uruguay:
✉ graham.minter@amnesty.org.uk

Environmental defender killed for protecting rivers and land

A respected environmental and community leader in Tocoa, northern Honduras, Juan López dedicated his life to protecting rivers, forests, and campesino rights. But in September 2023, he was assassinated. His family and colleagues continue to demand justice and accountability.

Deeply rooted in his Catholic faith, Juan was a lifelong advocate for land and environmental rights. He was a key figure in the Comité Municipal de Defensa de los Bienes Comunes y Públicos (Municipal Committee for the Defence of the Commons and Public Goods) – and served as a municipal councillor in Tocoa.

At the time of his murder, Juan was researching and writing about local environmental struggles and injustices. His killing is emblematic of the dangers faced by environmental defenders in Honduras, where impunity and corporate interests often prevail over justice.

Send a message of support and solidarity

Family of Juan López
c/o Amnesty International Americas
Regional Office
Calle Luz Savinón 519
Colonia del Valle, Benito Juárez
03100 Mexico City
Mexico

✉ hrdamericas@amnesty.org

Language Spanish, English

Pronouns He/him

Suggested message I am following the case of Juan López from the UK. I stand in solidarity with his family, the Comité Municipal de Defensa de los Bienes Comunes y Públicos, and all those defending land and water in Tocoa. Justice for Juan.

Can I

Send a religious card or message? Yes

Send an Amnesty card or mention Amnesty? Yes

Include my name and address? Yes

Creative solidarity ideas

Include mentions and drawings of nature and the environment, especially rivers, in your solidarity messages.

Send an appeal letter

Urge the attorney general to ensure a prompt, independent and impartial investigation into the killing of Juan López to identify all those responsible and bring them to justice.

Write to Johel Antonio Zelaya Álvarez
Attorney General
Ministerio Público
República de Honduras
Colonia Lomas del Guizarro
Avenida República Dominicana
Edificio Lomas Plaza II
Tegucigalpa M.D.C.
Honduras

✉ fiscaliageneralhnd@gmail.com;

mprelacionespublicas@gmail.com

✉ [@MP_Honduras](https://twitter.com/MP_Honduras); [@johelzelaya](https://twitter.com/johelzelaya)

Salutation Dear Attorney General

Key dates

14 September: Anniversary of Juan’s killing

23 October: Juan’s birthday
You could include references to these dates in your messages.

Note Juan’s family are eyewitnesses and are therefore at risk. Please avoid sharing their identities or details online. Only use messaging about the family as provided in the W4Rs outputs. If you have any doubts or wish to develop new materials, contact the team for confirmation before proceeding.

Amnesty country coordinator

If you are interested in further campaigns concerning this country, please contact Sheila Royce, country coordinator for Honduras and El Salvador:

✉ sheila.royce@amnesty.org.uk



CAMBODIA

Mother Nature Cambodia

‘The fear of arrest is not as great as the fear of losing our natural resources.’

Ratha Thun, Mother Nature Cambodia member

Young activists jailed for protecting the environment

Mother Nature Cambodia (MNC) is an award-winning youth-led environmental group known for major campaign victories, including stopping a dam in the Areng Valley and halting destructive sand exports. Its members use peaceful activism to protect forests, rivers and coastal communities.

Since 2016, MNC has faced relentless repression by Cambodian authorities. In July 2024, six activists were sentenced to six to eight years for ‘plotting’ and ‘insulting the King’. These charges are widely seen as punishment for peacefully exposing environmental abuses.

Ratha Sun fled Cambodia to continue their work, but the remaining five young activists remain in prison in poor conditions: Ratha Thun, Kunthea Long, Keoraksmei Phuon, Chandaravuth Ly and Leanghy Yim. They need our support and solidarity.

Send a message of support and solidarity

Email Sana at sana.nguyen@amnesty.org for MNC's postal address.

Take photos of your messages and post on social media before sending:

Facebook: [facebook.com/mothernaturecambodia](https://www.facebook.com/mothernaturecambodia)
Instagram: [mothernaturecambodia](https://www.instagram.com/mothernaturecambodia)
Twitter: [@CambodiaMother](https://twitter.com/CambodiaMother)
Language English, Khmer
Pronouns n/a

Suggested message Dear Mother Nature Cambodia, we stand with you and support your activism. Your important work has inspired many young people to take climate action. We will continue to speak up and call for your freedom.

Can I

Send a religious card or message? Yes

Send an Amnesty card or mention Amnesty? Yes
Include my name and address? Yes

Creative solidarity ideas

MNC activists love reading, cooking, history, culture, exploring nature, hiking and picnics, so you could feature these activities and hobbies in your message.

Send an appeal letter

Call for all convictions against Mother Nature Cambodia activists to be quashed and for the five detained activists to be immediately and unconditionally released from prison.

Write to Prime Minister Hun Manet
Prime Minister of Cambodia
Office of the Council of Ministers
Phnom Penh
Cambodia

✉ ocm@cambodia.gov.kh
Or send your letters to the Prime Minister c/o Royal Embassy of Cambodia, 64 Brondesbury Park, London NW6 7AT.

Salutation Dear Prime Minister
In your letter Avoid referring to Cambodian opposition parties.

Key dates

10-21 November: UN Climate Change Conference COP 30 in Brazil
29 November: Women Human Rights Defenders Day
22 December: Chandaravuth Ly's birthday
2 January: Ratha Thun's birthday
7 January: Leanghy Yim's birthday

Amnesty country coordinator

Saffron Baldoza, country coordinator for Cambodia and Philippines. If you are interested in further campaigns concerning this country, please contact:

✉ saffron.baldoza@amnesty.org.uk



MYANMAR

Sai Zaw Thaike

‘Mentally, I'm completely broken. Hell on earth – that's our great country. Prison is even worse hell inside that hell.’

Photojournalist imprisoned and tortured for speaking out

Photojournalist Sai Zaw Thaike was arrested in 2023 after documenting the aftermath of Cyclone Mocha. Sentenced by a military tribunal to 20 years of hard labour, he has been tortured and held in solitary confinement simply for exposing the truth.

Since the 2021 military coup, the junta has cracked down on dissent – revoking media licenses, jailing journalists, and silencing activists. Sai Zaw, who worked for the banned outlet Myanmar Now, risked his life to continue reporting inside the country.

He was arrested in Rakhine state, beaten during interrogation and sentenced without legal counsel in a single-day trial. In prison, he has endured torture, including severe beatings and degrading treatment. His case reflects the wider repression of freedom of expression in Myanmar.

Send a message of support and solidarity

Sai Zaw Thaike
c/o Amnesty International
East and Southeast Asia and the Pacific Regional Office
M. Thai Tower
All Seasons Place
87 Wireless Road
Lumpini, Phatumwan
Bangkok 10330
Thailand

Language English, Burmese
Pronouns He/him

Suggested message Your photos speak truth to power, Sai Zaw Thaike. I join many voices across the world demanding your freedom.

Can I

Send a religious card or message? No
Send an Amnesty card or mention Amnesty? Yes
Include my name and address? Yes

Creative solidarity ideas

Include references, drawings and/or photos of Sai Zaw Thaike's interests – cats, football and photography – to personalise your message.

Send an appeal letter

Demand the immediate and unconditional release of Sai Zaw Thaike. Also call on the Myanmar authorities to ensure he is not subjected to further torture or ill-treatment while in detention.

Write to

State Administration Council:
✉ sacministry1234@gmail.com

Myanmar National Human Rights Commission: ✉ info@mnhr.org.mm
Prisons Department: ✉ webadmin@myanmarprisonsdepartment.org

Also write to

Embassy of Myanmar
19A Charles Street
London W1J 5DX

✉ ambassadoroffice@londonmyanmarembassy.com

In your letter Do not mention or reference Sai Zaw's family, as this could put them at risk.

Key dates

23 May: Anniversary of Sai Zaw Thaike's arrest
21 June: Sai Zaw Thaike's birthday
2 November: International Day to End Impunity for Crimes Against Journalists
15 November: National Day: link to the 1920 student uprising and broader messages about Sai Zaw and the situation in Myanmar

Amnesty country coordinator

If you are interested in further campaigns concerning this country, please contact Malcolm Dingwall-Smith, country coordinator for Myanmar: ✉ malcolm.dingwall-smith@amnesty.org.uk



NORWAY

Ellinor Guttorm Utsi

‘Sámi culture is a living culture. And it is especially alive through reindeer herding. Industrial wind farms steal our grazing lands and scare our reindeer.’

Reindeer herder fighting for Sámi land

Ellinor Guttorm Utsi, spokesperson for the Čorgaš reindeer-herding community, fights against industrial wind farms proposed for Sámi land in Nordkyn, northern Norway. These projects threaten the community's grazing lands, reindeer migration routes and Sámi culture.

Ellinor and her community practice reindeer herding in Sápmi – a region spanning northern Norway, Sweden, Finland and Russia's Kola Peninsula – where climate change and land encroachment are already endangering their traditional ways of life. Proposed wind farms would fragment grazing lands and disrupt vital reindeer migration routes.

The Norwegian government plans to use wind energy to power a liquified natural gas processing plant. However, these wind farms threaten Sámi territories in Čorgaš, undermining the community's rights and cultural survival, and consultation and consent processes have been inadequate.

Send a message of support and solidarity

Ellinor Guttorm Utsi
c/o Aili Keskitalo
Amnesty International Norway
PO box 702 Sentrum
0106 Oslo
Norway
✉ akeskitalo@amnesty.no
Language English, North Sámi
Pronouns She/her
Suggested message Mii doarjut din (We support you). Ellos duoddarat (Let the mountain plains live). ČSV (abbreviation for 'Show Sámi spirit').

Can I

Send a religious card or message? No
Send an Amnesty card or mention Amnesty? Yes
Include my name and address? Yes

Creative solidarity ideas

You could mention or draw: beautiful Sámi lands, including mountains, valleys, and expansive grazing areas; reindeer, symbolising Sámi culture and livelihood; and/or imagery representing traditional Sámi ways of life and connection to the land. If using images from Sámi culture, please acknowledge the original creator.

Send an appeal letter

Urge the prime minister to halt the development of wind farms in Čorgaš and respect the Sámi community's right to free, prior and informed consent regarding land-use decisions.

Write to Jonas Gahr Støre
Prime Minister of Norway
Statsminister
Postboks 8001 Dep.
0030 Oslo
Norway
✉ postmottak@smk.dep.no
Salutation Dear Prime Minister
In your letter Also urge him to respect Sámi land and culture. Emphasise that cultural preservation is a human right, and that reindeer and land are intertwined with Sámi identity.

Amnesty country coordinator

If you are interested in further campaigns concerning this country, please contact Jovana Bosnjak, country coordinator for Western and Northern Europe:
✉ jovana.bosnjak@amnesty.org.uk



TUNISIA

Sonia Dahmani

‘You condemn me for sullyng Tunisia, when it's you who sully it with your unfair trials.’

Lawyer unjustly detained for peacefully expressing her views

Sonia Dahmani, a lawyer and media personality, has been arbitrarily detained since May 2024 for peacefully exercising her right to freedom of expression. She faces five prosecutions and is enduring cruel, inhumane detention conditions that seriously threaten her health.

Sonia has long spoken out on racism, migration, and prison conditions in Tunisia. Since late 2023, she has faced mounting legal harassment for her public comments. Authorities have charged her under a repressive cybercrime law for ‘spreading false news’.

Her arrest follows President Kais Saied's authoritarian power grab and growing repression of civil society. Sonia is one of dozens of people targeted for criticising the government, and her case reflects the sharp decline of free expression and judicial independence in Tunisia.

Send a message of support and solidarity

Sonia Dahmani
c/o Amnesty International Tunisia
5 Rue Zouhair Ayadi
El Menzah 4
Ariana, Tunis 1082
Tunisia
Language French, Arabic, English
Pronouns She/her
Suggested message Dear Sonia, you are not alone. People around the world are standing with you and raising their voices to demand your release. Your courage in defending truth and dignity inspires us. We hope you feel our love and solidarity through every message you receive.

Can I

Send a religious card or message? Yes
Send an Amnesty card or mention Amnesty? Yes
Include my name and address? Yes

Creative solidarity ideas

Share drawings of her dog, Carla. Write messages referencing her love of art, beaches and/or classic Arabic and '80s music. Send postcards with scenes of the sea or football motifs. Include theatre-themed notes or quotes; and/or handwritten playlists or movie titles she might enjoy. Solidarity messages can be posted on Instagram, tagging [@soniadahmani](https://www.instagram.com/soniadahmani).

Send an appeal letter

Urge the president to immediately and unconditionally release Sonia Dahmani, quash her sentences, and drop all charges against her, as she is detained solely for exercising her right to freedom of expression.

Write to

Kais Saied
President of the Republic of Tunisia
Carthage Presidential Palace
La Goulette Road
Carthage Archaeological Site
Tunis
Tunisia
✉ contact@carthage.tn
Salutation Your Excellency

Key dates

24 May: Sonia Dahmani's birthday
10 December: Human Rights Day
18 December: International Migrants Day
Note Social media pressure is encouraged:
✉ [@TnPresidency](https://twitter.com/TnPresidency) using the hashtag #FreeSonia.
f facebook.com/Presidence.tn

Amnesty country coordinator

If you are interested in further campaigns concerning this country, please contact Beverley Foulkes-Jones, country coordinator for Morocco, Western Sahara and Tunisia:
✉ beverley.foulkes-jones@amnesty.org.uk



UK

Abortion Support Network

'Words cannot express how grateful I am for your assistance and the work you are doing.'

Laura (name changed), who received a grant from Abortion Support Network in 2024

ASN staff and volunteers © ASN



© Andrew Lichtenstein/Corbis via Getty Images

USA

International students' visas revoked

Working to ensure safe access to abortion across Europe

Abortion Support Network (ASN) help people across Europe to access safe abortion care by providing non-judgemental information, support and financial assistance for travel, clinics and accommodation.

In almost every country in Europe, people face serious barriers to reproductive healthcare – from legal restrictions and conscientious objection to high costs and lack of services. ASN never asks why someone seeks an abortion; they focus on easing financial and logistical burdens.

Their UK-based volunteers often work alone and in their free time to support those in need.

Abortion is healthcare and a human right. Amnesty International calls for universal access and full decriminalisation as a matter of justice and autonomy.

Send a message of support and solidarity

Email asn@amnesty.org.uk and we'll pass your messages on to the ASN team and volunteers. You can send photos and videos too. Please let us know if you're happy for your messages to be shared on our social media platforms.

Language English

Suggested message This could include: appreciation for the vital work Abortion Support Network (ASN) does, often in difficult conditions; why supporting reproductive freedom matters to you; your own experience of accessing abortion care, if you feel comfortable sharing; what you've learned through discovering more about ASN and its impact.

Can I

Send a religious card or message? No

Send an Amnesty card or mention Amnesty? Yes

Include my name and address? Yes

Creative solidarity ideas

- Amplify this story. Order or download the ASN Write for Rights poster, which includes information about their work and FAQs, and display in your community.
- Visit amnesty.org.uk/write for resources, including a PowerPoint and video on ASN's impact. If you're in a local Amnesty group, use the ASN resources to host a session on reproductive rights.

Amnesty network

If you're interested in learning more about Amnesty's campaign work on reproductive rights, join our Feminist Network:

✉ amnesty.org.uk/join-amnesty-feminists

And follow on @amnestyfeminist

Students face detention and deportation for taking part in protests

Across the USA, international students have faced detention and deportation simply for exercising their right to protest. Many of them had spoken out against the genocide in Gaza and the US government's role in supporting the Israeli authorities' ongoing apartheid and illegal occupation against Palestinians.

Earlier this year, US immigration authorities wrongfully arrested and detained at least 10 students for protesting. These incidents are part of a wider, deeply troubling crackdown on student activism, dissent and civic space. It is a pattern we are also seeing echoed on campuses here in the UK. This is a warning to the world: our hard-won rights can be lost overnight.

We refuse to remain silent in the face of the Trump administration's human rights abuses. The right to protest, organise and speak out must be defended. All students should feel like they belong on their campus and are free to be themselves without being harassed or singled out.

Send a message of support and solidarity

To your local university or the university you attended.

Language English

Pronouns N/a

Suggested message I am writing in solidarity with students in the USA whose rights to express themselves, assemble and associate are under attack. We have seen protests shut down in the US, and similar actions in the UK. We must remind our institutions in both countries that the rights to speak, protest, dissent and demand change and human rights must be upheld. I urge you, as a leader of [name of institution], an institution dedicated to learning, academic freedom and rights-respecting campuses, to recognise your responsibility to speak clearly and publicly in defence of human rights. Defending these rights is essential to the academic mission, and those who undermine them must be held accountable.

Can I

Send a religious card or message? No
Send an Amnesty card or mention Amnesty? Yes

Include my name and address? Yes, use your full name for the solidarity call, but for the appeal letter, only use your first name and country, as there could be a risk of names being recorded and potential visa issues when travelling to the US.

Creative solidarity ideas

Take a picture of your letter and post it on social media, tagging @aiusayouth.

Send an appeal letter

Urge the Secretary of Homeland Security to restore the visas and immigration status of these students and visitors; release all students from immigration detention; refrain from deporting any of them; and end the targeting of students based on their immigration statuses and for exercising their human rights.

Write to Secretary Kristi Noem
Department of Homeland Security
300 7th St SW
Washington, DC 20528
USA

✉ dhssecretary@hq.dhs.gov

In your letter Also state that all students, faculty and staff have the rights to freedom of expression, peaceful assembly and due process and to be free from discrimination.



Amnesty country coordinator

If you are interested in further campaigns concerning this country, please contact Lise Rossi, country coordinator for North America:

✉ lise.rossi@amnesty.org.uk



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www.amnesty.org/en/join

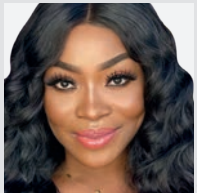
**AMNESTY
INTERNATIONAL**



HUMAN RIGHTS IMPACT

FROM 2024

Hundreds of thousands of people around the world took part in Write for Rights 2024, sending nearly five million messages of support and appeals to authorities. Here are some updates on the people featured in last year's campaign.



ANGOLA
ANA DA SILVA MIGUEL
(AKA NETH NAHARA)

Ana da Silva Miguel, also known as Neth Nahara, was arrested at her home in Luanda on 13 August 2023 after broadcasting a live video on TikTok criticising President João Lourenço. She was convicted of 'outrage against the state, its symbols and bodies', and sentenced to two years in prison and a fine.

On 25 December 2024, the president's office announced that 50 individuals, including Neth Nahara, would receive pardons. She was released from prison on 1 January 2025.



ARGENTINA
VÍCTOR JOEL RODRIGO
PAREDES (AKA JOEL)

Víctor Joel Rodrigo Paredes, a 29-year-old musician and ceramist from Jujuy, attended a peaceful protest on 30 June 2023. While playing the bass drum with his band in the main square of Humahuaca, police fired rubber bullets at the crowd. Joel was struck, resulting in permanent blindness in his right eye and debilitating nerve pain.

The outpouring of solidarity during Write for Rights 2024 meant a great deal to Joel and his family. 'I am very grateful to Amnesty International, and I want to thank everyone for sending me these beautiful cards,' he said. 'I'm very excited and emotional.'



TÜRKİYE
ŞEBNEM KORUR
FİNCANCI

Professor Şebnem Korur Fincancı, head of the Turkish Medical Association, has long been targeted for her human rights work. In 2022, she was arrested and remanded in pre-trial detention after calling for an investigation into the Turkish government's alleged use of chemical weapons in northern Iraq, commenting on images she was shown during a TV interview.

Professor Fincancı was charged with 'making propaganda for a terrorist organisation' and sentenced to over two years in prison. In February 2025, she was acquitted of separate charges under Article 301 of the Turkish Penal Code, which accused her of 'publicly denigrating the Turkish state'. While these charges were unrelated to the 2022 case, the acquittal is welcome progress.

HOSTING AN EVENT

Every year, Amnesty groups across the UK organise a wide variety of Write for Rights events. Here are some ideas.

- **Write for Rights** is a great way for people new to **human rights activism** to get involved. Hold a lunchtime event at work or write letters at your school, library or community club.
- **Organise a writing event and invite a speaker.** This could be a country coordinator, someone from one of the featured countries, a person with knowledge or experience of the right to protest, or a representative from another human rights organisation.
- **10 December 2025 is Human Rights Day and the 77th anniversary of the Universal Declaration of Human Rights:** a hook to encourage people to get involved in the campaign.
- The November-December period is the **season of goodwill**, so why not host a celebration with mulled wine and mince pies for your family, friends or housemates?
- **Build relationships with people in your community** who care about the countries, issues or individuals in this year's campaign – and invite them to your event, along with people you know.
- **Contact the local media** about your plans in advance – they may promote, join or cover your event.
- **Encourage others** to set up their own letter-writing event at their school, workplace, sports club, community club or other venue.

FUNDRAISING AT YOUR EVENT

Adding a fundraising element to your Write for Rights event can help cover costs and raise funds for Amnesty UK. Here are some ideas:

- Partner with a local café, restaurant or food stall and ask them to donate a percentage of their takings on the day. You could hold your Write for Rights event at their venue bringing them extra customers and visibility.
- Organise a tea party or bake sale to raise funds while you write. For tips and ideas, visit amnesty.org.uk/tea
- Invite a local choir to sing carols outside your venue and organise a public collection while they perform.
- Run a gift-wrapping stall. Approach local shopping centres and shops as soon as possible to check if they have space. You could direct customers to your Write for Rights event or ask them to write a card while they wait.

Our Community and Events Fundraising team is on hand to offer advice and free materials for anyone raising money for Amnesty UK at their Write for Rights event. For more information, visit amnesty.org.uk/organise-event or email sct@amnesty.org.uk

Community champions

If you have lots of experience with the campaign, this is a great year to go the extra mile and become a Write for Rights champion in your community. This could involve:

- Teaming up with a local church to include Write for Rights in a Christmas concert, carol service or seasonal event.
- Raising awareness locally by giving a short talk, hosting a discussion or displaying posters and case materials at your library, faith group or community centre.
- Organising a film screening focused on one of the human rights issues featured in this year's campaign such as protest rights, Indigenous land rights, or environmental justice. Follow the film with a group discussion and/or letter-writing session.
- Running a creative action workshop – for example, making postcards, writing poetry, or creating collaborative art inspired by one of the cases.

For more information about the cases or regions, you can contact the relevant country coordinators: amnesty.org.uk/country-coordinators

FREQUENTLY ASKED QUESTIONS



Why can't I post a letter to all the people featured in this booklet?

In some cases, it may not be safe for the person to receive mail, or the postal service in their country may be unreliable. Some prison authorities also limit the amount of post a person can receive.

In every case, we work with the individual to determine the safest and most effective way to share your messages with them. If we suggest a method you can't use – such as social media – please consider sending a message to another individual in the campaign.

Why can't I send religious cards to all the people featured or mention Amnesty?

It is for the safety of the recipient. In some cases, association with a particular faith or Amnesty's human rights work could put them at greater risk.

What counts as a non-religious card?

Cards illustrated with things like snowy scenes, fir trees and robins, or a postcard of your local area are all fine. The message 'Season's Greetings' is non-religious.

Can I send cards produced by other organisations?

Yes, as long as their work cannot be considered political, and the card follows the guidance in the case information.

Why are there only 10 cases?

The 10 cases are carefully chosen to have the maximum impact: they have been selected after a long process that involved obtaining the informed consent of each individual featured, planning each action, developing a strategy and assessing the risks.

What if the email address for the appeal letter doesn't work?

Please send a printed letter instead. The inbox may be full or temporarily switched off due to a high volume of appeals.

What if I receive a reply?

Please send a copy to the Individuals at Risk programme. It helps us assess the campaign's impact. Contact us at iar@amnesty.org.uk

What else can I do to campaign on the cases of individuals at risk?

Join our Urgent Action Network, which mobilises people to respond quickly to protect people from torture, help free people who are wrongly detained and secure access to medical treatment or legal counsel for prisoners. As a network member, you will be sent requests – how many is up to you. Find out more at amnesty.org.uk/urgent

Why is feedback important?

Knowing how many people took part in the campaign, and on which cases, shows us whether our tactics are working or need to be adapted. It also enables us to provide updates about an individual's changing circumstances. Please use the feedback form at amnesty.org.uk/write-for-rights

Does this campaign really work?

Yes, solidarity is effective. Thousands of letters arriving at a prison tells the authorities the world is watching. And people who received messages said it boosted their spirits and strength.

Sending cards and letters individually can be pricey. Can I send them all in one go?

Yes. Unless stated in the case information, please send multiple cards and letters together in one envelope if it's easier and cheaper.

Can I send my letters to the Amnesty UK office?

We ask that you send your letters directly to the target or the individuals. We do not have staff in the office full-time and are therefore unable to forward any letters.

Is it risky to sign my letters and give my address? Will that country refuse to let me visit it in the future?

We have no record of this happening. Thousands of Amnesty supporters sign their letters without experiencing any problems. However, if you have business or other close links with a country, or have concerns, you may wish to choose another case or to not give your full name or address (for example, sign a letter 'from Jane, Manchester'). We have also stated in the case information in this booklet if we recommend *not* using your full details.

Join **Amnesty International** today to defend human rights

✉ sct@amnesty.org.uk
amnesty.org.uk/join

X [@amnestyUK](https://twitter.com/amnestyUK)  [/amnestyUK](https://facebook.com/amnestyUK)

If you require this document in an
alternative format please contact:

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