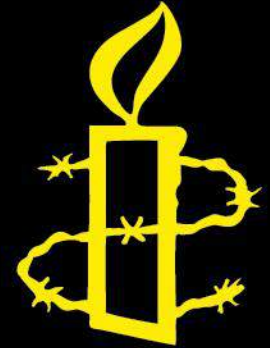


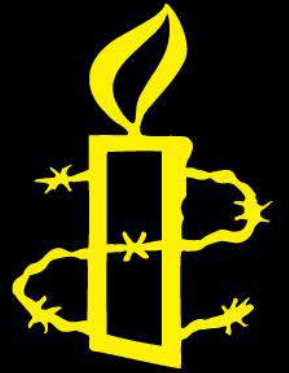
# AMNESTY TRAINERS NETWORK 2015

[training@amnesty.org.uk](mailto:training@amnesty.org.uk)  
[www.amnesty.org.uk/education](http://www.amnesty.org.uk/education)



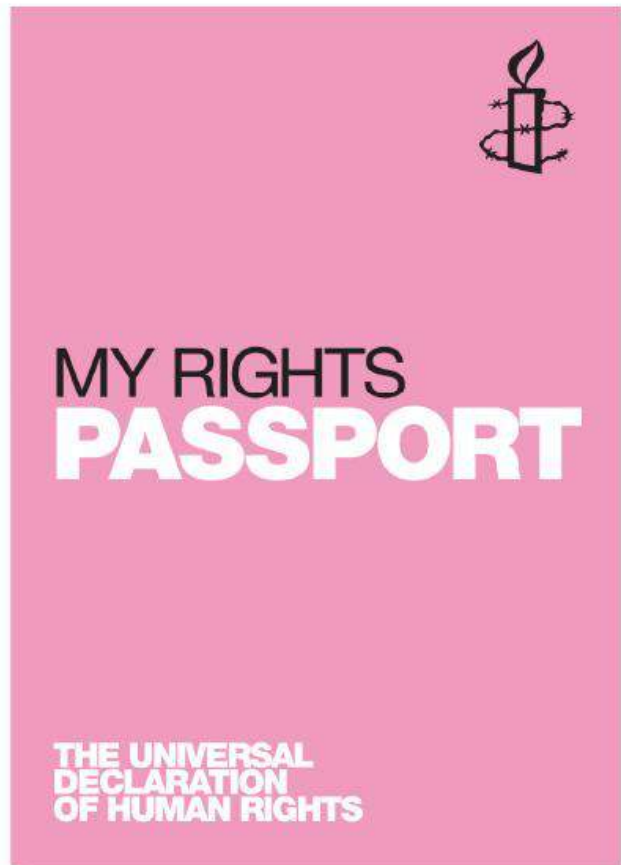
# Amnesty International

- An Introduction





# We all have rights



We all have the right to life, and to live in freedom and safety.

Nobody has any right to hurt us or to torture us.

Everyone has the right to an education.

Everyone has the right to a standard of living adequate for...health and well-being.



**We are ordinary people from across the world  
standing up for humanity and human rights.**



'It is better to light  
a candle than to  
curse the darkness'





# What do we do?

## GET THE FACTS

**RESEARCH**  
International  
Secretariat

## USE THE FACTS

**Legal Pressure**

**Moral Pressure**

**Political Pressure**



# What we campaign on?

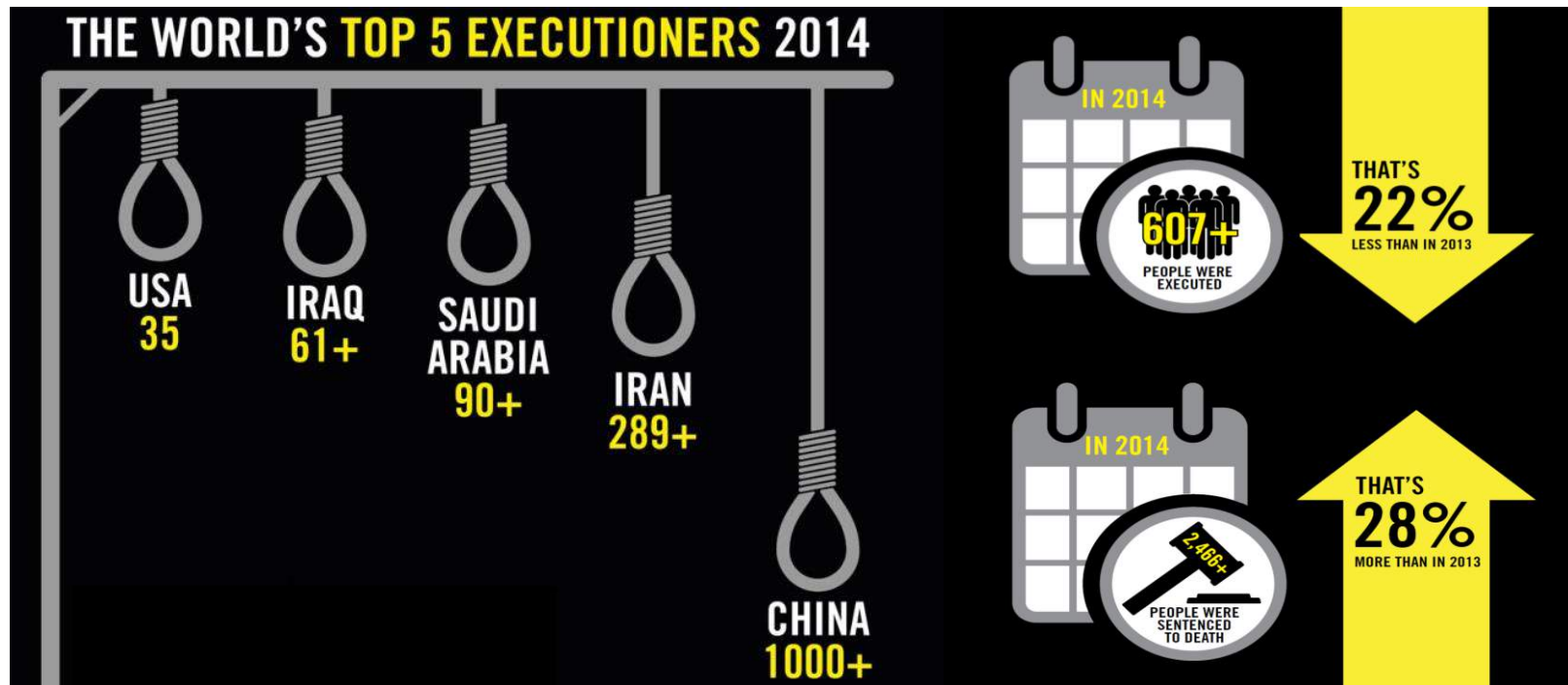
## Women's Human Rights





# What we campaign on?

## Ending the Death Penalty







# What we campaign on?

## Arms Control





# What we campaign on?

## Stop Torture

**NIGERIA**



**MOSES AKATUGBA**

"The pain of torture is unbearable. I never thought I would be alive till this day."

**MEXICO**



**CLAUDIA MEDINA TAMARIZ**

Pressured into signing a confession she had not even read.

**MOROCCO / WESTERN SHARAM**



**ALI AARRASS**

"It is devastating to be abandoned, forgotten... by those we rely on to fight for justice"

**UZBEKISTAN**



**DILOROM ABDUKADIROVA**

Caught up in the panicking crowds, Dilorom fled. Confused and scared, she crossed the border.

**PHILIPPINES**



**ALFREDA DISBARRO**

Punched, slapped and poked in the eye to force a confession.



# Campaigning for Individuals

## Raif Badawi



Sentenced to  
10 years in  
prison and  
1,000 lashes  
simply for  
blogging about  
free speech





# Human Rights Defenders

Anyone standing up (peacefully) for human rights...



...including Amnesty volunteers, staff and activists!





# How do we do this?



Campaigning can be easy and quick

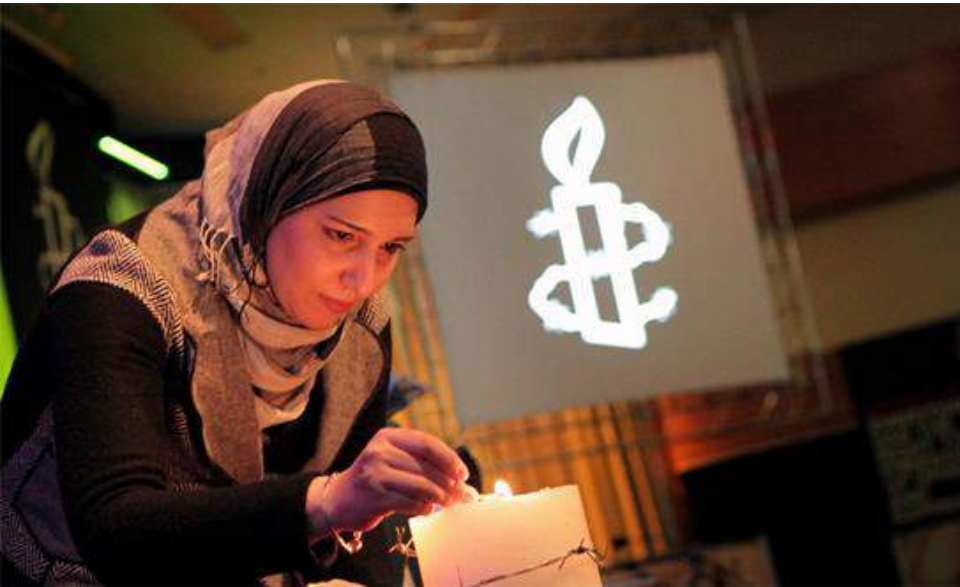


# Does Amnesty work?





# Human Rights are still abused



At home....

And abroad!





# How can you get involved?

[www.amnesty.org.uk/get-involved](http://www.amnesty.org.uk/get-involved)

[www.amnesty.org.uk/giving/join/adult](http://www.amnesty.org.uk/giving/join/adult)

