



WRITE FOR

ELLINOR GUTTORM UTSI

📍 **NORWAY**

RIGHTS OF NORWEGIAN SÁMI COMMUNITY UNDER THREAT

For Ellinor Guttorm Utsi and her community, reindeer herding is much more than just a profession. For the Sámi, the Indigenous people of Northern Norway, it is a way of life and a tradition protected by law.

But now, the government plans to install hundreds of wind turbines on the reindeer's summer grazing lands. This would disrupt reindeer migration, fragment the land, and seriously endanger a way of life that is deeply connected to nature.

HUNDREDS OF WIND TURBINES

Reindeer migrate to different areas each season, and the Sámi move with them. In summer, they stay on lands along the Norwegian Arctic coast. That is precisely where the Norwegian government wants to build hundreds of wind turbines, as well as roads and high-voltage power lines.

SO-CALLED GREEN

Although wind farms may sound sustainable, part of the electricity is intended for a liquified natural gas (LNG) processing plant. This would allow the factory to remain open longer and export even more fossil fuel. The emissions would not be reduced but transferred.

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



**WRITE
A LETTER
CHANGE
A LIFE**



BURIED UNDER PAPERWORK

The project developer is overwhelming Ellinor's community with complex documents and meetings about the construction of seven industrial wind farms. This makes it very difficult for them to participate equally and effectively in the discussions about the plans.

FIGHTING FOR SÁMI CULTURE

As spokesperson and leader of her community, Ellinor is fighting not only to preserve Sámi culture, language and traditions, but also her family's future. "Without our land, our culture will disappear. Our future must be protected by human rights," says Ellinor.

WHAT CAN YOU DO?

-  **Call on Norway to listen** to Ellinor and the Sámi people and help them protect their land, livelihoods and culture.
-  **Send Ellinor a postcard** to let her know that you support her.

↓ SUGGESTED TEXT

Dear Prime Minister,
Ellinor Guttorm Utsi is a Sámi Indigenous leader working tirelessly to protect her community's ancient reindeer-herding way of life in northern Norway. In 2023, several hundred wind turbines were suddenly proposed directly on their summer grazing lands in Čorgaš, threatening to damage grazing land, break migration routes and destroy their culture. Despite fierce opposition, the authorities are rushing approvals.

I urge you to protect the rights of the Sámi reindeer herding communities by ensuring that industrial wind power projects that threaten their lands and way of life do not proceed without the free, prior and informed consent of the affected Sámi people.

Yours sincerely,

[name]

[place of residence, country]

1. WRITE A LETTER

Call on Norway to listen to Ellinor and the Sámi People, and help them protect their land, livelihoods and culture.

SEND YOUR LETTER TO

Prime Minister of Norway
Office of the Prime Minister
PO box 8001 Dep
0030 OSLO
NORWAY

2. SEND A POSTCARD

to let Ellinor know that you support her.

SEND YOUR POSTCARD TO

Ellinor Guttorm Utsi
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your postcard reaches Ellinor.

↙ SUGGESTED TEXT

Bures Ellinor,
Mii doarjut din!
[your name, country]

TRANSLATION

Hello Ellinor,

We support you!

**TIP: DRAW A LANDSCAPE
OR REINDEER**

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WRITE FOR

DAMISOA
📍 MADAGASCAR

**DISPLACED BY
DROUGHTS AND
FACING STARVATION**

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FOR
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In 2021, Damisoa and his family left everything behind due to an ongoing drought and hunger. Hoping for a better life, they migrated from their home in southern Madagascar to the north of the country. But life there is also extremely difficult. They ended up in a resettlement area with poor housing, hardly any clean water, and a shortage of toilets. Damisoa, his family, and many others urgently need help.

FAMINE DUE TO CLIMATE CHANGE

The inhabitants of Androy, a region in southern Madagascar, experience the effects of climate change every day. Droughts persist, harvests fail, and there is a huge food shortage. Many are fleeing the famine that prevails there. Damisoa, his wife, and their three children saw no other way out. After a long and exhausting journey lasting several months, the family arrived in Boeny, a region in the northwest of the country. Unfortunately, life there turned out to be hardly any better.

WATER FULL OF CROCODILES

In March 2023, the government built 33 huts for refugees of climate change. During the rainy season, the nearby river regularly floods, surrounding the camp with fast-flowing water full of crocodiles. The residents have difficulty obtaining food,

and medical care is also scarce. “We have no seeds to plant, and the land is not fertile,” says Damisoa. In early 2025, his newborn niece died because her mother was unable to breastfeed her due to hunger.

URGENT HELP NEEDED

The government appointed Damisoa as the camp's ‘area manager’. His job is to represent the camp residents and remain in contact with the authorities. It is unpaid work, but he does his utmost best to stand up for the residents. “We are asking for aid so that we can at least have daily food because our biggest problem here is hunger.” But effective assistance has not arrived. Repeatedly, the Madagascan government fails to protect the rights of people displaced by the extreme drought in Androy.

WHAT CAN YOU DO?

-  **Call on the Madagascan authorities** to provide adequate assistance to people displaced by drought, including water, food, shelter, and medical care.
-  **Send Damisoa a postcard** to let him know that you support him.

↓ SUGGESTED TEXT

Dear Director General,

In 2021, Damisoa and his family fled drought stricken Androy due to drought-induced famines. In Boeny, the government resettled them at a site where farming is unviable and access to food, water and sanitation is regularly and severely hindered by fast-moving, crocodile-infested waters.

People displaced by famine and now living in Boeny urgently need humanitarian assistance. I am calling on you to take urgent steps to guarantee the human rights of people displaced and now living in Boeny and across Madagascar and urge you to actively seek the support of humanitarian agencies and other relevant actors to do this.

Yours sincerely,

[name]

[place of residence, country]



1. WRITE A LETTER

Call on the Madagascan authorities to better protect people who have fled drought and hunger.

SEND YOUR LETTER TO

Director General
Bureau National de Gestion des
Risques et des Catastrophes
Avaratra Antanimora, Route Mausolée
Antananarivo 101
MADAGASCAR

2. SEND A POSTCARD

to let Damisoa know that you support him.

SEND YOUR POSTCARD TO

Damisoa
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your postcard reaches Damisoa.

↙ SUGGESTED TEXT

Dear Damisoa,

Please know this: We
see you. We stand with
you. We fight for you.

Warm wishes,

[your name, country]



**TIP: DAMISOA CANNOT READ,
SO DRAWINGS OF FOR EXAMPLE
PLANTS AND FLOWERS ARE
WELCOME!**



WRITE FOR

**GUERRERAS
POR LA AMAZONÍA**

📍 ECUADOR

**INTIMIDATED FOR
PROTECTING THE
AMAZON**

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The Guerreras por la Amazonía refuse to accept that the oil industry is destroying the Amazon and making its inhabitants ill. This group of young women and girls from Ecuador are fed up with the flames, toxic fumes, chemical stench, and noise. Together with other activist groups, they filed a lawsuit against the state to stop gas flaring. They won but instead of being celebrated, they are now facing intimidation and violence.

STINKING FLAMES

“We have grown up alongside the gas flares, which, for more than half a century, have brought death, destruction, and poverty to our Amazon.” The Guerreras know no better than to see continuous flames from the burning of gas released during oil drilling. A process called flaring. “With anguish, we watch as the flames of these monsters of fire light up our nights, devastate wildlife, and pollute our air, water, and future. They make our mothers, fathers, grandmothers, grandfathers, friends, and colleagues sick. They accelerate global warming, lighting the fuse of the climate time bomb.”

LAWSUIT WON, RULING IGNORED

After their initial lawsuit was rejected in 2020, the Guerreras, together with the UDAPT (Union of Victims of Texaco's Oil Activities), filed an appeal against this ruling before a

provincial court. The court ruled that the state had violated the right to health and a clean environment. Flaring must stop and victims must receive help. But the state is ignoring the ruling. Instead, the number of gas flares is increasing. The Ecuadorian government is still prioritising oil over human rights.

ATTACK AND SILENCE

On 21 February 2024, four Guerreras spoke during a parliamentary session. The minister claimed that two flares had been removed. In disbelief, one of the Guerreras called this ‘a mockery’. Five days later, an explosive device went off outside her home. The investigation into the attack has stalled. The authorities offered the activists protection on the condition that they stop campaigning. This offer is a clear violation of international human rights.

WHAT CAN YOU DO?

-  **Call on the Ecuadorian government** to ban gas flares and protect climate defenders.
-  **Send the Guerreras por la Amazonía a postcard** to let them know that you support them.

↓ SUGGESTED TEXT

Señor presidente

Junto a la Unión de Afectados y Afectadas por las Operaciones Petroleras de Texaco y el colectivo Eliminen los Mecheros, Enciendan la Vida, las Guerreras por la Amazonía luchan por erradicar las quemaduras de gas que provocan gases tóxicos y destruyen el medioambiente de sus comunidades. En 2021, una emblemática sentencia exigió al gobierno eliminar las quemaduras de gas, pese a lo cual, éstas continúan produciéndose.

Me preocupan profundamente el estigma y los actos violentos de intimidación a los que se enfrentan estas jóvenes defensoras. Lejos de investigar las amenazas en su contra, las autoridades han comunicado al grupo que sólo le ofrecerán protección si abandona su activismo.

Exijo que se respete la sentencia que obliga a eliminar las quemaduras de gas y que se garantice la seguridad de quienes defienden el clima.

Atentamente,

[name]

[place of residence, country]

1. WRITE A LETTER

Call on Ecuador to ban gas flares and protect climate defenders.

TRANSLATION

Dear President,

The Guerreras por la Amazonía are fighting alongside the Union of People Affected by Texaco's Oil Operations and the collective "Eliminen los Mecheros, Enciendan la Vida" (Remove the Flares, Ignite Life) to eliminate gas flares which are causing toxic fumes and environmental devastation in their communities. In 2021, a landmark ruling required the government to eliminate the use of gas flares, yet they continue to burn.

I am deeply concerned that the young defenders are facing stigma and violent intimidation. Rather than investigating the threats against them, the authorities told the group that they will only provide them with protection if they stop their activism.

I demand that you uphold the ruling to eliminate gas flares and ensure the safety of climate defenders.

Yours sincerely,

SEND YOUR LETTER TO

Presidente de Ecuador
Palacio de Carondelet
García Moreno N10-43
entre Chile y Espejo
QUITO 170401
ECUADOR

2. SEND A POSTCARD

to let the Guerreras por la Amazonía know that you support them.

SEND YOUR POSTCARD TO

Guerreras por la Amazonía
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your card reaches the Guerreras por la Amazonía.

↙ SUGGESTED TEXT

Queridas Guerreras
por la Amazonía,

Tienen todo nuestro
apoyo desde Países
Bajos. Su lucha es
nuestra lucha.

Un abrazo,

[your name, country]

TRANSLATION

Dear Guerreras de la Amazonía,

You have our full support from the Netherlands. Your fight is our fight.

Best wishes,

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INTERNATIONAL



A portrait of Juan López, a man with a goatee and dark hair, wearing a dark blue polo shirt. He is looking slightly to the left. The background features a stylized world map with green circular overlays on the left and right sides.

WRITE FOR

JUAN LÓPEZ

📍 **HONDURAS**

MURDERED FOR DEFENDING RIVERS AND FORESTS

Juan López worked tirelessly for the people and nature in the Bajo Aguán region in northern Honduras. He campaigned against the polluting and other destructive effects of mining on the environment. But his activism proved to be life-threatening. On 14 September 2024, a masked man shot Juan while he was sitting in his car. He was 46 years old and leaves behind a wife and two daughters. The person who ordered the murder has yet to be brought to justice.

MINING IN NATIONAL PARK

The beautiful nature reserve around Mount Botaderos is a national park. Nevertheless, the government allowed mining projects there, with major consequences for nature. The inhabitants of the area see that the projects are damaging the fragile ecosystems and water quality.

PEACEFUL RESISTANCE

Juan defended farmers and the environment since he was very young. In 2015, he and others launched a campaign to protect the population, rivers, and forests from the devastating effects of mining. But their peaceful resistance led to threats, violence, arrests, and even murder.

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PATTERN OF VIOLENCE

Juan's murder is not an isolated incident. Honduras has the highest number of murdered environmental activists per capita in the world. The government fabricates negative stories about activists and they are threatened, imprisoned or even murdered. This is often the result of conflicts over mining, land ownership, and indigenous rights. The perpetrators are rarely punished. Although three suspects in Juan's murder have been charged, those who ordered the killing remain free.

JUAN'S DREAMS

Juan was a loving father and husband. He loved dancing, reading, and drinking coffee with friends. He dreamed of a place where people could talk about social and political issues, and of a library to encourage reading. To honour Juan, his friends set up that library: Café con Juan.

WHAT CAN YOU DO?

-  **Call on the Attorney General of Honduras** to conduct a prompt and independent investigation into the murder of Juan López so that all those responsible can be brought to justice.
-  **Send a postcard** to let Juan's family know that you support them.

↓ SUGGESTED TEXT

A la atención del Fiscal General,

Juan López era un buen padre y esposo que defendía sin descanso su medioambiente local del norte de Honduras frente a proyectos mineros y energéticos que amenazaban los ríos y bosques locales, así como el parque nacional Carlos Escaleras Mejía. El 14 de septiembre de 2024, un enmascarado lo mató a tiros en su coche, a la salida de una iglesia.

Le escribo para exigir una pronta investigación, independiente e imparcial, sobre el asesinato de Juan López. Es preciso llevar ante la justicia a todas las personas presuntamente responsables de este crimen – incluidas las que encargaron el asesinato – en juicios con las debidas garantías.

Atentamente

[name]

[place of residence, country]

1. WRITE A LETTER

Call on the Attorney General of Honduras to conduct a prompt and independent investigation into the murder of Juan López so that all those responsible can be brought to justice.

TRANSLATION

To the attorney general,

Juan López was a loving father and husband who tirelessly defended his local environment in northern Honduras from mining and energy projects which have threatened local rivers, forests and the Carlos Escaleras Mejía National Park. On 14 September 2024, he was shot dead in his car by a masked gunman as he left church.

I am writing to demand that you ensure a prompt, independent and impartial investigation into the killing of Juan López. All those suspected of being responsible for the crime must be brought to justice in fair trials, including those who ordered the murder.

Yours sincerely

SEND YOUR LETTER TO

Fiscal general
Ministerio Público de la
República de Honduras
Avenida República Dominicana
Colonia Lomas del Guijarro
TEGUCIGALPA M.D.C
HONDURAS

2. SEND A POSTCARD

to let Juan's family know that you support them.

SEND YOUR POSTCARD TO

Juan López
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your postcard reaches Juan's family.

↙ SUGGESTED TEXT

Querida familia
de Juan,

Les apoyamos en su
lucha por la justicia
para su querido esposo
y padre.

Un abrazo,

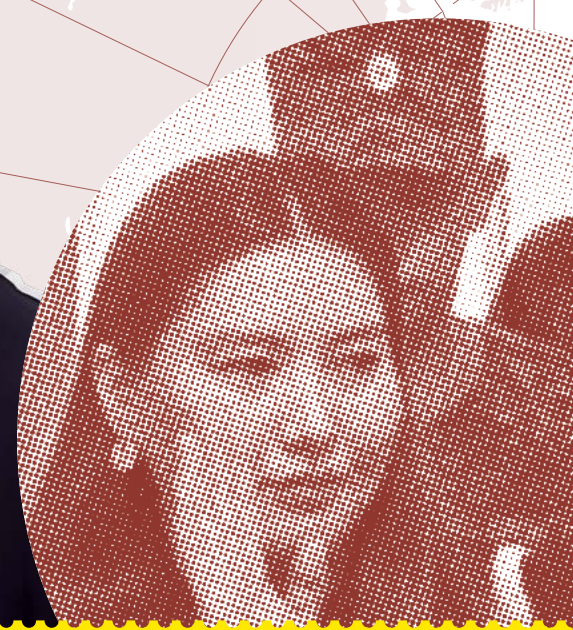
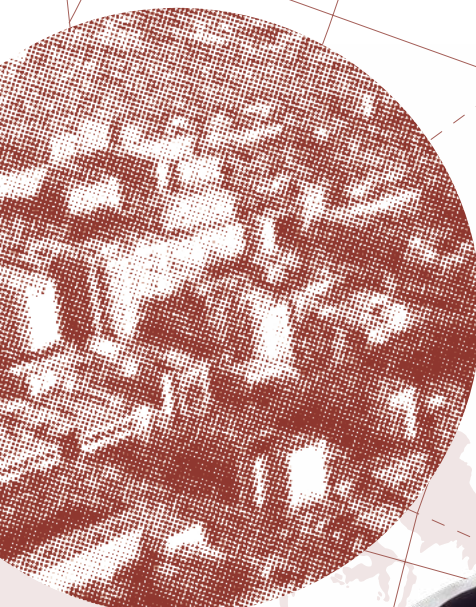
[your name, country]

TRANSLATION

Dear family of Juan,

We support you in your fight for justice for your beloved husband and father.

With love,



WRITE FOR

**MAKHABAT
TAZHIBEK KYZY**

📍 **KYRGYZSTAN**

JAILED FOR EXPOSING ALLEGED CORRUPTION

Makhabat Tazhibek kyzy was editor-in-chief of a leading platform for investigative journalism in Kyrgyzstan. She exposed corruption and gave a voice to the people. Her work was not without risk. In January 2024, the police raided Makhabat's home and arrested her. The charges were unfounded. Nevertheless, in October 2024, Makhabat was sentenced to 6 years in prison.

POETRY AND HUMAN RIGHTS

Makhabat grew up in a family of poets, judges, and politicians. Poetry and human rights were instilled in her from an early age. Journalism was a natural choice for her: it allowed her to give the people a voice.

IMPORTANT JOURNALISM

As editor-in-chief of a leading platform for investigative journalism, she exposed corruption and social inequality. But her important work was not without risk. As the authorities cracked down harder and harder on independent journalists, Makhabat became a target. In December 2023, she began receiving threats of imprisonment, torture, and deportation. But she refused to be intimidated and continued her work.

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UNJUST IMPRISONMENT

In January 2024, the police raided her home and arrested her. She was accused of 'inciting violence against citizens' and 'inciting active disobedience and mass riots'. There is no evidence for either charge. In October, she was sentenced to six years in prison. Her young son is now growing up without his mother.

WHAT CAN YOU DO?

-  **Call on the Prosecutor General** of Kyrgyzstan to initiate a case review for Makhabat and ensure her immediate release.
-  **Send a postcard** to let Makhabat know that you support her.

↓ SUGGESTED TEXT

Dear Prosecutor General,

I call on you to release journalist Makhabat Tazhibek kyzy immediately, initiate a review of her case, ensure her full acquittal and guarantee that she can continue her professional activities in Kyrgyzstan without undue restrictions.

In October 2024, Makhabat was sentenced to six years in prison. The charges, 'calls for violence against citizens' and 'calls for active disobedience and mass riots' were baseless. There is no evidence for either.

Makhabat must be freed and allowed to return to her son who is growing up without his mother.

Yours sincerely,

[name]

[place of residence, country]



1. WRITE A LETTER

Call on the Prosecutor General of Kyrgyzstan to initiate a case review for Makhabat and ensure her immediate release.

SEND YOUR LETTER TO

Prosecutor General
Prosecutor General's Office
Toktonaliev Street, 139
BISHKEK
720040
KYRGYZSTAN

2. SEND A POSTCARD

to let Makhabat know that you support her.

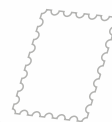
SEND YOUR POSTCARD TO

Makhabat Tazhibek kyzy
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your postcard reaches Makhabat.

↙ SUGGESTED TEXT

Биз сизди колдойбуз!
[your name, country]



TRANSLATION

We support you!

TIP: TO MAKE SURE THE POSTCARD REACHES MAKHABAT, WRITE YOUR MESSAGE IN RUSSIAN.

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INTERNATIONAL





WRITE FOR

SAI ZAW THAIKE

📍 MYANMAR

LOCKED UP FOR HIS JOURNALISM

In 2023, Cyclone Mocha caused enormous devastation in Myanmar. Photojournalist Sai Zaw Thaike embedded himself in a relief team to cover the cyclone's aftermath. This was a dangerous operation, not only because of the force of nature, but especially because of the army, which targets critical journalists such as Sai Zaw. He was arrested and sentenced to no less than 20 years of hard labour in prison.

INDEPENDENT MEDIA BANNED

Being a journalist in Myanmar is extremely dangerous. Sai Zaw knows this better than anyone. Since the army seized power in 2021, independent media channels have been banned. More than 200 journalists have been detained and at least seven have been killed. For this reason, many journalists have fled the country. Sai Zaw worked for Myanmar Now, a news organisation that exposes injustice and holds those in power accountable. When the army revoked the news organisation's licence, Sai Zaw had the opportunity to flee to Australia, but he stayed.

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SEVEREST PUNISHMENT FOR JOURNALIST

Sai Zaw tried to report from the disaster area as inconspicuously as possible. After just one week, he was betrayed and arrested. Following a hasty one-day trial by a military tribunal, he was sentenced to 20 years of hard labour in prison. This is one of the longest known prison sentences given to a journalist since the February 2021 military coup. Prison staff abuse him and sometimes keep him in solitary confinement.

HE SHOULD BE FREE

Sai Zaw should be able to do his job. He should be at home, spending time with his family, playing football, watching Manchester United and visiting friends. He should be looking after his five beloved cats. Instead, he is imprisoned in appalling conditions.

WHAT CAN YOU DO?

-  **Call on the Myanmar military Junta** to release Sai Zaw Thaike immediately.
-  **Send Sai Zaw a postcard** to let him know that you support him.

↓ SUGGESTED TEXT

To the SAC,

Sai Zaw Thaike has been persecuted for his work reporting on the devastation caused by Cyclone Mocha.

In 2023, he was arrested and sentenced by a military tribunal to 20 years in prison. He has endured beatings by prison staff and periods of solitary confinement. Sai Zaw Thaike must be freed now.

Yours sincerely,

[name]

[place of residence, country]



1. WRITE A LETTER

Call on the Myanmar military Junta to release Sai Saw Thaike immediately.

SEND YOUR LETTER TO

The State Administration
Council (SAC)
Embassy of the Republic of the
Union of Myanmar
No 9, Boulevard General Wahis
1030 SCHAERBEEK
BELGIUM

2. SEND A POSTCARD

to let Sai Zaw know that you support him.

SEND YOUR POSTCARD TO

Sai Zaw Thaike
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your postcard reaches Sai Zaw.

↙ SUGGESTED TEXT

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

Warm wishes,

[your name, country]



AMNESTY
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WRITE FOR

SALEH DIAB

📍 **OCCUPIED PALESTINIAN TERRITORY**

**AT RISK OF
UNLAWFUL EVICTION
FROM THEIR HOME**

**WRITE
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The family of Palestinian Saleh Diab has lived in East Jerusalem for decades. Israeli settlers are trying to drive the family out of their home through violence and intimidation. The Israeli government is doing nothing to stop this violence. Some ministers are even encouraging the settlers. For years, Saleh protested peacefully every week against the Israeli occupation. He continues to campaign to protect his family and his home.

APARTHEID

Since the establishment of Israel in 1948, laws have been introduced that favour Jewish Israelis and disadvantage Palestinians. We call this oppressive system apartheid. In 1967, Israel occupied East Jerusalem. Israel then considered the district to be Israeli territory. Since then, Israel has been trying to drive the Palestinians out, while illegal Jewish settlements are being expanded with impunity.

23 PEOPLE WILL LOSE THEIR HOME

Saleh's family has been fighting eviction for decades. If they have to leave their home, 23 people will end up on the street. Since 2009, the Nahalat Shimon settler group has been increasing the pressure through the courts and with threats.

PEACEFUL PROTEST

Since 2009, Saleh has been campaigning peacefully in his neighbourhood, Sheikh Jarrah. In 2021, their protest gained worldwide attention when a large group took to the streets to save the neighbourhood. The Israeli authorities responded with violence: protesters were attacked and arrested. This in turn led to protests by thousands of Palestinians. The police responded harshly to these protests as well, resulting in many injuries and arrests.

TIRELESS

Saleh has been repeatedly attacked by both the Israeli police and settlers. He is constantly monitored and checked. Yet he remains tireless in his commitment to his home, his neighbourhood and his community.

WHAT CAN YOU DO?

-  **Call on Israel's Foreign Secretary** to prevent Saleh Diab and his family from losing their home.
-  **Send Saleh a postcard** to let him know that you support him.

↓ SUGGESTED TEXT

Dear Gideon Sa'ar,

I urge you to halt the imminent forced eviction of Saleh Diab and his family from their home in Sheikh Jarrah, East Jerusalem. Diab, a father of five, has long resisted evictions and faced violence without protection.

After the District Court rejected his appeal, the Supreme Court is their last legal recourse. If evicted, 23 people, including seven children, will lose their home. This case reflects Israel's broader efforts to expand illegal settlements and displace Palestinians. Such evictions violate international law and may constitute war crimes. Please ensure the family's protection and end these displacements.

Yours sincerely,

[name]

[place of residence, country]



1. WRITE A LETTER

Call on Israel's Foreign Secretary to prevent Saleh Diab and his family from losing their home.

SEND YOUR LETTER TO

Gideon Sa'ar
Israel Foreign Minister
9 Yitzhak Rabin Boulevard
Kiryat HaLeom
JERUSALEM 9103001
ISRAEL

2. SEND A POSTCARD

to let Saleh know that you support him.

SEND YOUR POSTCARD TO

Saleh Diab
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your postcard reaches Saleh.

↙ SUGGESTED TEXT

Dear Saleh,

Stay strong,
we support you!

Warm wishes,

[your name, country]



AMNESTY
INTERNATIONAL





WRITE FOR

SONIA DAHMANI

📍 TUNESIA

**JAILED FOR DARING
TO SPEAK OUT**

Tunisian lawyer Sonia Dahmani regularly spoke on radio and television about injustice in her country. On 11 May 2024, she was arrested. The authorities accuse her of 'spreading fake news'. Sonia is being held in a cramped, filthy cell. She could face many years in prison.

THE SEA, ART AND FAMILY

Sonia Dahmani loves the sea, the beach and all forms of art. She enjoys spending time with her friends. Most of all, Sonia loves her family. That includes her beloved dog, Carla.

SPEAKING OUT IN THE MEDIA

Sonia is a lawyer and regularly appeared on television and radio shows, commenting on a range of subjects including migration, racism and other political issues such as the poor detention conditions in prisons. She stands up for people who are marginalised and says out loud what others do not dare to say.

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SPREADING 'FAKE NEWS'

On 11 May 2024, security forces violently raided the Tunisian Bar Association's office in Tunis. They arbitrarily arrested Sonia and took her to Manouba prison. The authorities accuse her of spreading 'fake news'. She could face years in prison for speaking out against injustice.

HORRIBLE PRISON

The conditions in which Sonia is being held are appalling. There are rats in her cell. She is being mistreated and is not receiving any medical care, not even the medication she needs.

WHAT CAN YOU DO?

-  **Call on the President of Tunisia** to immediately release Sonia Dahmani and drop all charges against her.
-  **Send a postcard** to let Sonia know that you support her.

↓ SUGGESTED TEXT

Monsieur le Président,

Sonia Dahmani est une avocate et chroniqueuse qui a dédié sa vie à la défense des droits humains. Le 11 mai 2024, elle a été arrêtée par les forces de sécurité. Elle a été condamnée sans preuve pour « diffusion de fausses nouvelles », et des enquêtes la visant pour d'autres motifs politiques sont encore en cours. Elle est maintenue en détention dans des conditions inhumaines. Elle est privée d'accès aux soins et notamment aux médicaments dont elle a besoin.

Je vous prie instamment de libérer immédiatement et sans condition Sonia Dahmani, d'annuler ses condamnations et d'abandonner toutes les charges retenues contre elle, car elle est détenue uniquement pour avoir exercé son droit à la liberté d'expression. Veuillez agréer, monsieur le Président, l'expression de ma haute considération.

[name]
[place of residence, country]

1. WRITE A LETTER

Call on the President of Tunisia to immediately release Sonia Dahmani and drop all charges against her.

TRANSLATION

Mr President,

Sonia Dahmani is a lawyer and columnist who has dedicated her life to defending human rights. On 11 May 2024, she was arrested by the security forces. She was convicted without evidence for 'spreading false news', and investigations against her on other political grounds are still ongoing. She is being held in inhumane conditions. She is denied access to healthcare and, in particular, to the medication she needs. I urge you to immediately

and unconditionally release Sonia Dahmani, quash her convictions and drop all charges against her, as she is being detained solely for exercising her right to freedom of expression.

Yours sincerely,

SEND YOUR LETTER TO

Président de la République
tunisienne
Palais présidentiel de Carthage
Route de la Goulette
Site archéologique de Carthage
TUNIS
TUNISIA

2. SEND A POSTCARD

to let Sonia know that you support her.

SEND YOUR POSTCARD TO

Sonia Dahmani
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your postcard reaches Sonia.

↙ SUGGESTED TEXT

Chère Sonia,

Je te soutiens et
j'espère que tu
retrouveras bientôt ta
famille et tes proches.

Cordialement,

[your name, country]

TRANSLATION

Dear Sonia,

I support you and I hope you will soon be reunited with your family and loved ones.

Kind regards,

AMNESTY
INTERNATIONAL





WRITE FOR

UNECEBO MBOTENI

📍 SOUTH AFRICA

**LOST HIS LIFE AFTER HE
FELL INTO A PIT TOILET
AT HIS PRE-SCHOOL**

Unecebo Mboteni loved playing with his friends and toy cars. Last April, he took a fatal fall into an open toilet at his pre-school. He died the next day, only three years old. A year and a half later, his family is still left with many unanswered questions. How could this have happened? Why has no one been held responsible?

A HOLE IN THE GROUND

Unecebo fell into a 'pit toilet' at his pre-school in the Eastern Cape province of South Africa. A pit toilet is little more than a hole in the ground. These toilets are still standard in many schools in poor areas of South Africa, but they are life-threatening for young children. To this day, the government and local schools have failed to protect children like Unecebo from the dangers of pit toilets.

TRAGIC ACCIDENTS WITHOUT CONSEQUENCES

In South Africa, your place of birth, your parents' income and your skin colour still have a major impact on how safe your school is. This is a consequence of the apartheid system. In previous years, young children have also died after falling into pit latrines. But these tragic accidents have not led the government and schools to remove the dangerous toilets.

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



**WRITE
A LETTER
CHANGE
A LIFE**



FAMILY DESERVES ANSWERS

Instead of receiving answers about how this tragic incident could have happened, the family is met with silence. The Department of Basic Education has failed to protect Unecebo's right to life, dignity and basic services as enshrined in the South African Constitution. Unecebo died in a place where he should have been safe.

WHAT CAN YOU DO?

-  **Call on the South African Minister of Basic Education** to speed up the investigation into Unecebo's death and hold those responsible accountable.
-  **Send Andiswa and Loyiso, Unecebo's parents, a postcard** to let them know that you support them.

↓ SUGGESTED TEXT

Dear Minister,

I am writing to you to demand justice for Unecebo Mboteni. In April 2024, three-year-old Unecebo died after falling into a pit toilet at his pre-school in the Eastern Cape.

More than one year on and the family has had no word from the Little Champions Day Care Centre or the department about whether the pit toilet that Unecebo fell into has been removed. They were also told it could be years before the investigation is completed.

I urge you to ensure the investigation into Unecebo's death is expedited, the outcome made public, and that those responsible are held accountable.

Yours sincerely,

[name]

[place of residence, country]



1. WRITE A LETTER

Call on the South African Minister of Basic Education to speed up the investigation into Unecebo's death and hold those responsible accountable.

SEND YOUR LETTER TO

Minister of Basic Education
Ministry of Basic Education
Private bag X9034
CAPE TOWN 8000
SOUTH AFRICA

2. SEND A POSTCARD

to let Andiswa and Loyiso, Unecebo's parents, know that you support them.

SEND YOUR POSTCARD TO

Andiswa & Loyiso Mboteni
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your postcard reaches Andiswa and Loyiso.

↙ SUGGESTED TEXT

Dear Andiswa
and Loyiso,

We stand with you in
your fight for justice.
Sending love and
strenght.

Warm regards,

[your name, country]



AMNESTY
INTERNATIONAL





WRITE FOR

MOTHER NATURE CAMBODIA

📍 CAMBODIA

**CONVICTED FOR
PROTECTING THE
ENVIRONMENT**

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



**WRITE
A LETTER
CHANGE
A LIFE**



The activists of Mother Nature Cambodia are fighting against harmful projects by companies and the government. They want to protect the nature in their country. But that is not without risk. They have been under attack since 2016: they have been arrested and prosecuted several times. In June 2024, six members of the group were sentenced to prison terms of between six and eight years.

LOVE FOR NATURE

Chandaravuth Ly (25), Keoraksmey Phuon (22), Kunthea Long (25), Leanghy Yim (35), Ratha Sun (25) and Ratha Thun (31) share a passion for coffee, books and hiking. But what really binds them together is their love of nature. With their campaign group Mother Nature Cambodia, they have been courageously fighting for years against the damage caused by large projects undertaken by companies and the government.

SUCCESSFUL ACTIONS

In 2015, the group prevented the construction of a hydroelectric power plant that would have led to large-scale deforestation. A year later, they forced a ban on sand exports, protecting vulnerable coastal areas.

PROTEST AND INVESTIGATION

Mother Nature Cambodia's efforts inspire young people throughout Cambodia but come at a high price. In 2020 and 2021, members of the group were arrested after peacefully protesting and investigating pollution.

LONG PRISON SENTENCES

In June 2024, six members were sentenced to 6 to 8 years in prison for 'conspiracy' and 'insulting the king'. Their real 'crime'? Protecting nature. Ratha Sun managed to flee and continues her work from abroad. The five other activists are imprisoned far from home, in cramped cells with a lack of clean water and healthcare.

WHAT CAN YOU DO?

-  **Call on the Prime Minister of Cambodia** to immediately release the five activists and drop all convictions against Mother Nature Cambodia.
-  **Send Mother Nature Cambodia a postcard** to let them know that you support them.

↓ SUGGESTED TEXT

Dear Prime Minister,

Mother Nature Cambodia has courageously defended the Cambodian environment since 2013. But since 2016, the authorities have repeatedly targeted the group with arrests and prosecution, for nothing more than protecting the environment and exercising their right to freedom of expression. In June 2024, six members of the group were sentenced to between six and eight years in prison. One member fled Cambodia to continue their work, but the remaining five activists are enduring harsh conditions in prisons that are not compliant with international human rights standards.

I call on you to immediately and unconditionally release the five detained activists and quash all convictions against Mother Nature Cambodia activists. Nobody should face prison simply for protecting the planet.

[name]

[place of residence, country]



1. WRITE A LETTER

Call on the Prime Minister of Cambodia to immediately release the five activists and drop all convictions against Mother Nature Cambodia.

SEND YOUR LETTER TO

Prime Minister of Cambodia
Avenue de Tervuren 264
A1150 BRUSSELS
BELGIUM

2. SEND A POSTCARD

to let Mother Nature Cambodia know that you support them.

SEND YOUR POSTCARD TO

Mother Nature Cambodia
Amnesty International
Postbus 1968
1000 BZ Amsterdam

Amnesty will ensure that your card reaches Mother Nature Cambodia.

↙ SUGGESTED TEXT

Dear friends
of Mother Nature,

We stand with you and
support your activism.

Warm wishes,

[your name, country]



AMNESTY
INTERNATIONAL

