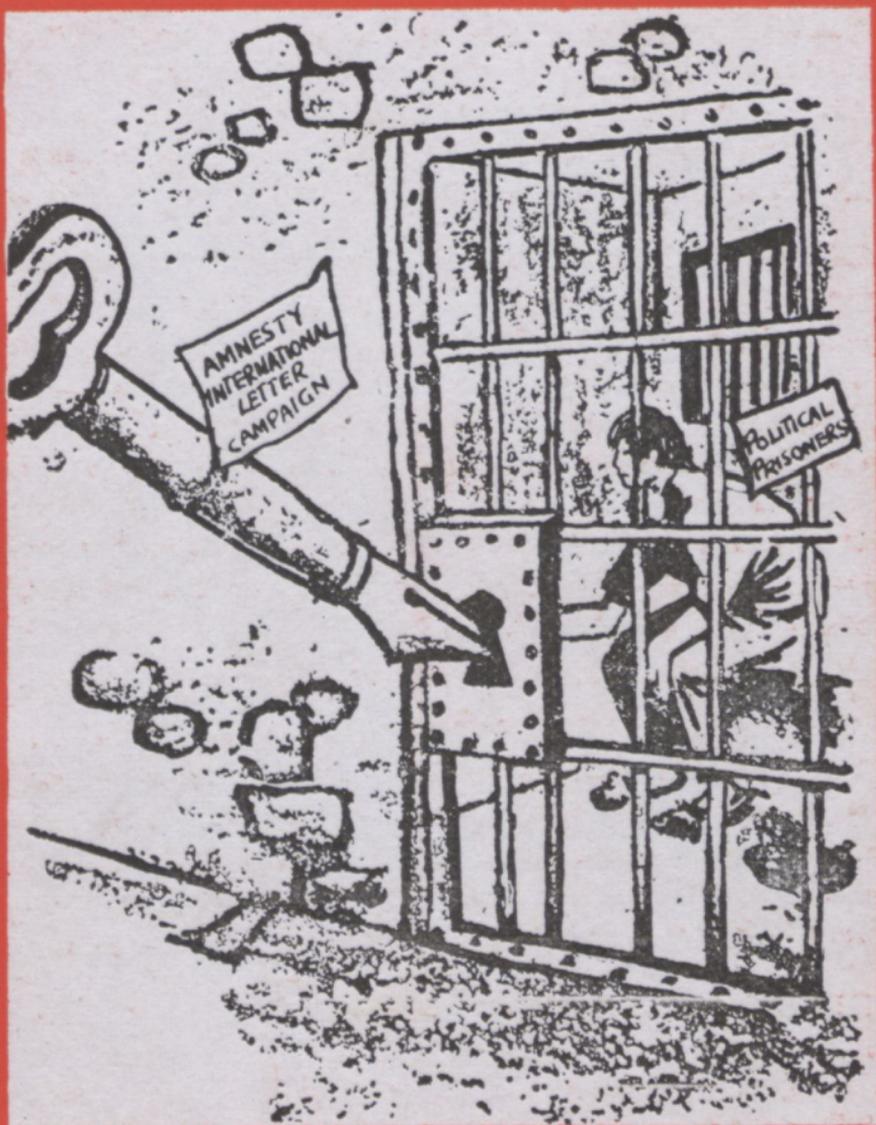


GUIDE FOR LETTER WRITERS



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Amnesty International
South Asia Publications
Service

AMNESTY INTERNATIONAL is a worldwide movement which is independent of any government, political grouping, ideology, economic interest or religious creed. It plays a specific role within the overall spectrum of human rights work. The activities of the organization focus strictly on prisoners:

- it seeks the *release* of men and women detained anywhere for their beliefs, colour, sex, ethnic origin, language or religion, provided they have not used or advocated violence. These are termed "*prisoners of conscience*";
- it advocates *fair and early trials* for all political prisoners and works on behalf of such persons detained without charge or without trial;
- it opposes the *death penalty* and *torture* or other cruel, inhuman or degrading treatment or punishment of all prisoners without reservation.

AMNESTY INTERNATIONAL acts on the United Nations *Universal Declaration of Human Rights* and other international instruments. Through practical work for prisoners within its mandate, Amnesty International participates in the wider promotion and protection of human rights in the civil, political, economic, social and cultural spheres.

AMNESTY INTERNATIONAL has over 2,000 adoption groups and national sections in 39 countries in Africa, Asia, Australasia, Europe, the Americas and the Middle East, and individual members, subscribers and supporters in a further 87 countries. Each adoption group works on behalf of at least two prisoners of conscience in countries other than its own. These countries are balanced geographically and politically to ensure impartiality. Information about prisoners and human rights violations emanates from Amnesty International's Research Department in London.

AMNESTY INTERNATIONAL has consultative status with the United Nations (ECOSOC), UNESCO and the Council of Europe, has cooperative relations with the Inter-American Commission on Human Rights of the Organization of American States and is a member of the Coordinating Committee of the Bureau for the Placement and Education of African Refugees of the Organization of African Unity.

AMNESTY INTERNATIONAL is financed by subscriptions and donations of its worldwide membership. To safeguard the independence of the organization, all contributions are strictly controlled by guidelines laid down by Amnesty International's International Council and income and expenditure are made public in an annual financial report.

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This guide is for people who already know and support Amnesty International's (AI) objectives, and who are now ready to join in the most widespread and basic of AI's forms of action—WRITING LETTERS to foreign governments.

The guide was prepared primarily for AI members and supporters in the Asian region. But it can be of use to AI activists everywhere.

PART I

the value of writing letters

“What’s the use of writing letters to repressive governments?

They will only go into the waste paper basket”.

How often one hears this said—and how wrong it is ! One letter alone, of course, may be of little use. But when you write in response to an *AI* appeal, you are part of a worldwide campaign in which thousands of others join. It has been conclusively shown that a steady stream of letters from all corners of our globe can and does have an effect on governments. There are many known instances of prisoners being released, of prisoners being saved from torture and possible death, by this well tried method of international pressure. No State admits to torturing people. Experience has shown that even the most repressive government may be anxious to have the outside world believe it is fair and reasonable. Showing governments that they are being watched by ordinary men and women throughout the world, who care about the victims of repressive regimes, can and does bring relief to such victims.

Remember also that while plenty of letters are written from European countries, where *AI* sections are large and active, comparatively few are written from third world countries. One good letter from Asia may therefore have the weight of a hundred from a European country. This makes our responsibility for getting these letters written and sent off regularly all the greater.

So please, never again say “What’s the use ?” Take it from *AI*, which has years of experience in just this type of work, that writing letters is of the greatest use—and do your bit regularly from now on !

“writing letters is hardly enough...”

Many people say this when asked to write letters for *AI*. Our reply: “Certainly it’s not enough !” There are many other ways in which you can promote the objectives of *AI*. If you wish to do more, and to participate in other activities, do get in touch with your national section or with the International Secretariat. (Addresses on page 11 of this guide). But in the meantime, please, as a first step, join our army of letter writers.

writing letters is easy

Writing the letters required by AI's campaign is very easy and simple. You do not have to write at length. You do not have to write perfect English. You do not have to discuss complex political questions or attempt to prove a point. All you need is to show concern about the prisoner and make a polite request. **JUST A SIMPLE LINE OR TWO WILL DO.** You do not even have to commit yourself to the correctness of the facts stated by AI if you don't want to. A simple request for information ("I have heard such-and-such a thing, is it true?") can be just as effective as a request for release of a prisoner.

Of course, there is wonderful scope in AI's campaigns for those who enjoy writing somewhat longer or more sophisticated letters.

Some sample letters of various types are given at the end of this guide. But remember they are given as examples only. You should always express yourself in your own words.

"how do I join in the campaign"

THE MONTHLY NEWSLETTER

You join the campaign mainly through AI's monthly *Newsletter*. If you don't already receive this, write to the South Asia Publications Service of AI (address is on page 11 of this guide) or to your National Section, and we will put you on our mailing list. Each month the *Newsletter* features three **PRISONERS OF THE MONTH** (carefully selected so as to maintain AI's political balance) on whose behalf you are asked to write letters. The *Newsletter* gives the sort of request to make. In addition, the monthly *Newsletter* always contains a page on AI's **CAMPAIGN FOR THE ABOLITION OF TORTURE** (known as CAT for short). This contains at least one or two appeals for letters to be written on behalf of persons in danger of being tortured.

"URGENT ACTION" AND OTHER SPECIAL APPEALS

Apart from the appeals featured in the *Newsletter*, the International Secretariat also sends out **URGENT ACTION APPEALS** and other special campaign appeals from time to time as the need arises. These are cyclostyled documents and are not as widely distributed as is the *Newsletter*. Whenever your national section receives such an **URGENT ACTION APPEAL**, it has to quickly decide on an appropriate organization or person to whom to refer it for action. For example, in one national section, when news was received that a doctor in Iran was in danger of being tortured, the information was sent to a Professor of Medicine, who promptly wrote to the Shah. When an **URGENT ACTION APPEAL** came

regarding arrested lawyers in Brazil, the national section persuaded a Bar Association to send express letters to the military authorities. When an urgent appeal came on behalf of Colombian peasants, it was referred to a collective farm which sent a cable. And an appeal concerning Bangladesh was sent to a local organization, **FRIENDS OF BANGLADESH**, which sent a very effective letter to the government of that country. If you are prepared to take action from time to time on these special appeals, it will help AI greatly. Please let your national section know. If there is no national section in your country, or if you prefer, please write either to the International Secretariat in London, or to the South Asia Publications Service. The addresses are given on page 11 of this guide. Let it know also whether you have any special interest in an occupational or other group (peasants, trade unionists, teachers, lawyers, etc.) or in any particular country.



"Who the hell is this prisoner Jose Rodriguez?"

"He's just an illiterate peasant, Sir".

"He can't be, you idiot! This guy has thousands of friends all over the world who keep writing to me asking for his release. ."

LETTERS ON NEWSPAPER REPORTS

There is one other very valuable kind of letter writing you could do on your own initiative, without waiting for a request from AI. That is where the local newspapers carry reports of political imprisonment or torture in another country. Governments are very sensitive to the publication of such news in the press abroad. You should therefore cut out the news item and post it to the appropriate Head of State, or even to the local Embassy of the country, with a covering letter simply asking whether the facts reported are

true. In this way you draw the attention of the Government to the news item, and indicate your concern about human rights in that country, without necessarily committing yourself to the accuracy of the news report. A sample letter of this kind is found at the end of this guide, (see sample letter H). If several people throughout the country cut out and post the same news item, that is excellent—it shows the government concerned that the newspaper is widely read and that many people are concerned by the news item.

If you have misplaced the newspaper—don't be deterred. It is still well worth-while to write referring to the fact that the news item appeared.

letters of appreciation

All your letters need not be letters making requests on behalf of a prisoner. It is equally important to write to the government concerned when you hear some good news such as that a prisoner for whom we have been campaigning has been released, or that a death penalty has been commuted. This will establish your *bona fides* for the next request that you may have to make from the same government, by showing that you were never out simply to find fault. Also, most important, it may encourage the government to grant similar relief to other prisoners of whose existence we may not even be aware, and it will show the government once again that its record in human rights is a matter of concern and interest to the rest of the world. Examples of this type of letter can be found in sample letters K and L.

“to whom do I write?”

AI will tell you to whom each appeal should be sent. Sometimes AI gives two or three names and addresses. For instance, you are often asked to write to the Prime Minister and to the Minister of Justice. There is always good reason for this. One may well be more sympathetic than the other, or there may be differences within the government on political imprisonment. But you can, of course, write the identical letter to both.

If, however, you can't afford to write too many letters abroad, (and postage is costly) there is sometimes an alternative. If the country concerned has a diplomatic mission in your country you can send the letter c/o the Embassy and hope that it will be duly forwarded (as it should be). Addresses of High Commissions, Embassies and Consulates are found in the Telephone Directory. In addition, most AI national sections are able to supply them.

“how do I start and end my letter”

There are no hard and fast rules as to how to address important personages and officials. Practice varies from one place to another. So long as your letter is polite and respectful, it does not matter whether the custom of the particular country concerned is followed strictly or not. The following suggestion may be helpful as a general guide:

Kings and Queens and other monarchs may be addressed as “Your Majesty”.

Other Heads of State, such as Presidents, may be addressed as “Your Excellency”.

Prime Ministers and Ministers may be addressed either as “Dear Sir” or “Dear Madam” or as “Your Excellency.”

Ambassadors should always be addressed as “Your Excellency”. High Commissioners (which is the term used for the representative of one country to another within the British Commonwealth) are the same as Ambassadors and should also be addressed as “Your Excellency”. On the envelope you write “His Excellency the High Commissioner for—” or “Her Excellency the Ambassador for—”, as the case may be. However, only diplomats of Ambassadorial rank are entitled to this title, and all other diplomats (including a Charge d' Affaires, Counsellor, First Secretary, Second Secretary, Consul, and so on) should be addressed as “Dear Sir” or “Dear Madam”, as the case may be.

To end your letter, you can use the simple “Yours truly” or “Yours sincerely” without fear of error. However, many people prefer to be slightly more formal and use “Yours respectfully”, or “Yours faithfully”. If you have written a fairly long and detailed letter to a high government official you may wish to use the full diplomatic formula: “Please accept, Your Excellency, the assurance of my highest consideration”.

letters in your own language

By all means write in your own language. But take the following steps. If there is a local Embassy, there is no problem—send the letter to the Embassy. Most Embassies have staff capable of translating local correspondence. If the country has no Embassy, then you will have to get a friend to translate the letter for you, which you then send to the foreign government. But be sure to send both the original and the translation to the foreign government. (The translation should be entitled “Translation from the Urdu”, or Sinhala, or whatever the language is.) If you cannot get anyone to translate for you, ask your national section whether it will translate and forward it. (The Sri Lanka Section for instance, undertakes to do this.) We urge all participants in AI campaigns who know English to discuss the contents of the *Newsletter* with others in their



"This new policy of liberalization has sabotaged my stamp collection. In the old days when we had prisoners we used to get letters from all over the world".

own language, to encourage them to write in their own language, and to translate the letters for them. Make sure to post the original with the translation only as an annexure to it. Letters in Hindi, Urdu, Sinhala, Tamil, Bengali, Nepali and other Asian Languages will have an impact of their own on the recipients by showing truly widespread and spontaneous concern in the region, and also that this concern is not confined to a small western-educated elite.

It is the policy of AI national sections to begin translating basic AI documents and at least the appeals section of the monthly *Newsletter*.

get others to write too

Don't be content with just writing yourself. Choose an appropriate person among your circle of friends to write as well. For instance, if the prisoner is a lawyer, get a lawyer friend (or better still, your local lawyers' association) to write a letter. Letters by friendship associations are specially effective. You will probably not get the association to ask for the prisoner's release, or to write anything implying criticism of the government. But the association can hardly refuse to write asking for further information. This itself will have an impact on the government, without in any way embarrassing the association (see sample letter J.) And here is another tip. Don't content yourself with trying to persuade only AI-minded people to write letters. Try starting from the other end as well. Look around your circle of friends for a person who loves to write letters, and try hard to interest

him or her in AI. We all know one or two compulsive letter writers, who put pen to paper readily and who are always quick to bombard their friends with little notes of congratulations or condolences! Some people dash off letters to the editors of the newspapers regularly whenever they feel indignant about something. Such people are marvellous recruits, if only you can succeed in directing their interests and energy into AI work.

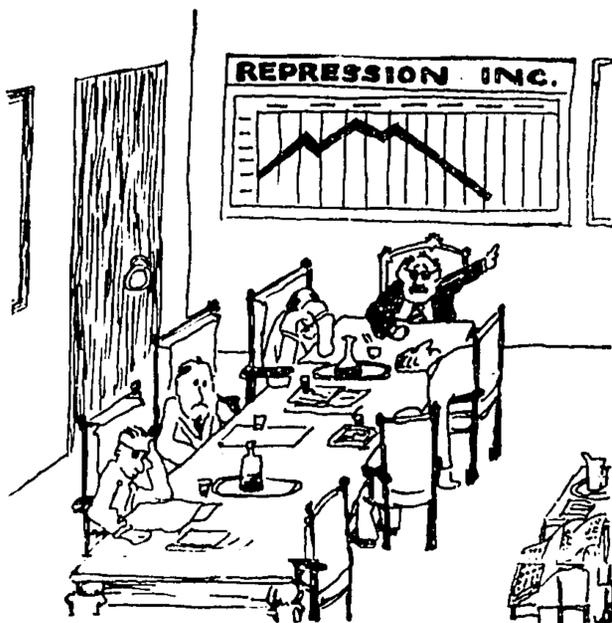
"what should I say in my letters?"

There are few simple rules.

1. Always be polite. This rule is essential and invariable. Your aim is to help the prisoner, not to relieve your own feelings. Governments don't respond to abusive or condemnatory letters (however well deserved).
2. Always go on the basis that the government concerned is open to reason and discussion.
3. It is important where possible to stress a country's reputation for moderation and justice, to show respect for its constitution and judicial procedures, and an understanding of current difficulties. This will give more scope to point out ways in which the human rights situation can be improved.
4. Follow strictly the instructions given by AI in the case in question. For instance, if the *Newsletter* asks you to appeal for medical treatment for a prisoner, make sure that you request this, and not speedy trial or release which might be appropriate in another case.
5. Never use political jargon. Don't give the impression that you are writing because you are ideologically or politically opposed to the government in question. It is far more effective to stress the fact that your concern for human rights is not politically biased in any way but is in keeping with basic principles of international law.
6. It is preferable to give an indication of who and what you are. You will note that some of our sample letters do this. This indicates that the letter is genuine, and also shows that people from varying walks of life are following events in the country concerned.
7. If you have any special interest in or link with the country, it is a good idea to mention this in your letter. For instance, you may have visited it, studied its history, or been a member of a local association for friendship with it. (See sample letter I).
8. BE BRIEF. A simple, one line letter is adequate (see sample letters A and B) and is certainly better than no letter at all. But sample letters E and F might be considered the standard length to aim at where you

have nothing special to add. A good rule is not to write more than one page (i.e. one side). Long letters are less likely to be read. Only in exceptional cases are long letters effective.

9. In the case of URGENT ACTION appeals issued in connection with CAT never use the word "torture", and never assert as a fact that a person is actually being maltreated. In this special type of case, in which AI has to act very speedily, AI cannot always be certain of the exact situation, though AI knows the circumstances under which maltreatment is likely. So follow the directions carefully, and simply ask for humane treatment, or observance of the United Nations Standard Minimum Rules for the Treatment of Prisoners, or for proper medical attention and so forth as the case may be.



"Damn these Amnesty letters—the international market for thumbscrews has collapsed..."

please keep us informed

Ideally, we would like to have copies of the letters you write, for our records. But we realise that this would be troublesome for many, and we do not wish to deter you from writing letters by placing this additional burden on you. (Though it is simpler than you think to get the habit of taking a copy of even a handwritten letter—just use a ball point pen and piece of carbon.)

So, if you don't send copies, that's OK—but try to send us a post card from time to time just enumerating the letters you have written.

In the event of your receiving a reply to one of your letters, it is very important that you should forward it (or a copy) to AI without delay. It is of the greatest importance for AI's future strategy to know of any reaction shown by foreign governments. In all these matters you may communicate with your national section. If however, there is no national section in your country, or if you prefer, you may always communicate with either the International Secretariat in London or the South Asia Publications Service in Colombo.

addresses

This guide is designed primarily for the use of AI members and supporters in Asia. There are individual members and supporters in Australia, Bangladesh, Hong Kong, India, Indonesia, Japan, Republic of Korea, Malaysia, Nepal, New Guinea, New Zealand, The Philippines, Sri Lanka, Thailand and Vietnam.

Organized national sections exist in the following countries:

Australia
Amnesty International
Australian Section
Box X2258
G.P.O. Perth
Western Australia 6001

Japan
Amnesty International
Japanese Section
Room 74
3-18 Nishi-Waseda 2-chome
Shinjuku-Ku
Tokyo 160 Japan

New Zealand
Amnesty International
New Zealand Section
P.O. Box 3597
Wellington
New Zealand

Bangladesh
Amnesty Bangladesh
G.P.O. Box 2095
Dacca, Bangladesh

Korea, Republic of
Amnesty Korean Committee
Fifth Floor
Donhwamoon Building
64/1 Kwonnongdong
Chongnoku
Seoul, Republic of Korea

**Amnesty International
International Secretariat**
10 Southampton Street,
London WC2E 7HF,
England.

Pakistan
Amnesty International
Pakistan Section
615 Muhammadi House
I. I. Chundrigar Road
Karachi,
Pakistan.

India
Amnesty International
Indian Section
D-19, Annexe
Gul Mohar Park
New Delhi 110049,
India

Nepal
Amnesty International
Nepal Section
G.P.O. Box 890
21/242/A Dillibazar
Kathmandu,
Nepal

Sri Lanka
E. A. G. de Silva
79/15 Dr. C.W.W. Kannan-
gara Mawatha, Colombo 7
Sri Lanka

**Amnesty International
South Asia Publications
Service:**
6, Independence Avenue
Colombo 7, Sri Lanka.

PART II

sample letters

SAMPLE LETTER A

Your Excellency,

I write to appeal to you, on humanitarian grounds, to release Mr.

Yours truly,

SAMPLE LETTER B

Your Excellency,

I write to appeal to you, on humanitarian grounds to spare the life of Mr. presently under sentence of death.

Yours sincerely,

SAMPLE LETTER C

Dear Sir,

I am writing to you about the plight of Mrs. who I understand has been detained for nearly three years now under the International Security Act without any reason being given. If this information is correct this would appear to violate Article 9 of the Universal Declaration of Human Rights, which says "No one shall be subjected to arbitrary arrest, detention or exile". I therefore humbly request you to look into this case urgently with a view to releasing Mrs.

Yours respectfully,

SAMPLE LETTER D

Your Excellency,

I write this letter to appeal to you, in the spirit of respect for human dignity as understood all over the world, to ensure that Professor, a prisoner held in State Prison, is given adequate diet and medical treatment. At the same time in view of the seriousness of this case, I would ask you to make inquiries and satisfy yourself personally that the conditions under which he is kept in prison are in keeping with the basic standards expected today of all civilized nations.

Yours faithfully,

SAMPLE LETTER E

Your Excellency,

I write in the spirit of friendship that has always existed between your country and our country, to inquire about the health of Mr., who I am informed suffered grave injuries in the course of his arrest in February of this year and is still in hospital in a critical condition. Respect for basic human rights is an issue which transcends all differences of race, nationality or belief. I appeal to you, as Head of State, to ensure that this fundamental principle is respected not only in the case of Mr., but in the treatment of all political prisoners in your country.

Yours sincerely,

SAMPLE LETTER F

Your Excellency,

I am a clerk in Government service in Sri Lanka, and I also work in a voluntary Buddhist social service organization. I am deeply concerned at the news that one Mr. has been sentenced to ten years imprisonment in your country for publishing an article critical of the government. If this is true, it appears to be a harsh and unjust punishment. I appeal to you, on humanitarian grounds, and in furtherance of the principle of freedom of expression enshrined in the Universal Declaration of Human Rights, to review this case sympathetically with a view to releasing Mr.

Please accept, Your Excellency, the assurance of my highest consideration.

SAMPLE LETTER G

Your Excellency,

In my capacity as President of the Women's Institute of I have the honour to address you on the subject of the recent arrest of Miss who is, I understand, in detention under the Regulations for the Suppression of Rebellion.

In view of the information available to us concerning this case, Miss. is deprived of her freedom in violation of the Universal Declaration of Human Rights. May I take the liberty therefore, of drawing to your attention the specific violations of the declaration which it would appear are involved in her case.

Her arrest under the Regulations for the Suppression of Rebellion since which time she has been held without charge (at least as far as publicly known), or without trial, constitute a violation of Articles 9 and 10 of the Declaration. In view of the fact that the only grounds which have been publicly announced for the arrest of Miss and those arrested with her is her role in the legal and legitimate opposition in the public life of your country (not only as a Parlia-

mentarian, but as a political worker conducting actions guaranteed the full protection of your constitution) it further appears that the rights proclaimed in Articles 18 and 19 of the Declaration have also been violated.

Motivated solely by respect for human rights, which we believe to be necessary for the full development of human personality and society everywhere, I appeal to you to intervene personally in this case to secure the immediate release of Miss from detention or to grant her the right to an early, fair and open trial.

Please accept, Your Excellency, the assurance of my highest consideration.

SAMPLE LETTER H

Dear Sir,

I enclose herewith a cutting from an English language daily newspaper published in our country, namely the Morning Times of 11th January 1976, relating to the alleged treatment of political offenders in your country. The same news was carried in the newspapers published in our national languages. Although your land is far away, quite a number of people follow such news with interest and concern. However, we do not necessarily believe everything that is published in the papers. Therefore, I would be very grateful if you would be so good as to let me know whether the facts stated in this news item are correct.

Yours truly,

SAMPLE LETTER I

Your Excellency,

I am an engineer, and I worked on an irrigation project at, where the dam was constructed with the expert assistance of technicians from your country. This was truly a memorable experience. The dedication of your engineers, both to the job in hand, and to the achievements of your revolution, really opened our eyes and inspired us by their example. Many misconceptions about your country disseminated by the foreign press were dispelled, and we became good friends too.

It was therefore with special concern that I came to hear of the case of Mr. I understand that he was arrested in for publishing a book critical of some aspects of the government, and has been held since then without charge or trial in contravention of the U. N. Declaration of Human Rights. This matter has been the subject of discussion among my colleagues. If the facts are incorrect please let me know, and I will see that the true version is explained. If however they are true, I appeal to you to look into this case with a view to releasing

Mr. I am confident that your system is sufficiently strong to permit that open debate without which no human society can be really rich.

Yours faithfully,

SAMPLE LETTER J

Dear Sir,

I write on the direction of our Executive Committee, in consequence of a question raised by one of our members. We would be grateful for any information you are able to give us about the health and general condition of Mr. who we understand is serving a twelve year prison sentence, and who is reported to be suffering from a heart ailment. We would also be grateful if you would confirm that the prison conditions in your country comply with the United Nations Standard Minimum Rules for the Treatment of Prisoners.

I would like to add that our Association, whose function it is to promote friendship and goodwill between the peoples of our two countries, has every confidence that the human rights enshrined in your noble Constitution are observed in your country in fullest measure. The present inquiry is made only to enable us, with your help, to reply fully and authoritatively to the questions raised by one of our members.

An early reply would be greatly appreciated as we are anxious to dispose of this query before our Annual General Meeting which takes place next month.

Yours sincerely,

Secretary.

SAMPLE LETTER K

Your Excellency,

I write to welcome your historic decision to grant a general amnesty to all political prisoners on the occasion of the 10th anniversary of your country's independence. I read of this in our newspapers, which gave it great prominence, and I know that many others too greeted the news with joy. All humanity will be grateful to you for this act of humanitarianism and tolerance. We hope and pray that your example will inspire many other governments to act in similar fashion.

Yours respectfully,

SAMPLE LETTER L

Your Excellency,

Some time ago I wrote to you about the case of a prisoner of conscience Mrs. Since then, I was happy to hear that Mrs. had been released and is now happily re-united with her four young children. I do appreciate very much this act of compassion and humanity on your part.

Yours sincerely,

PART III

universal declaration
of human rights

PREAMBLE

Whereas recognition of the inherent dignity of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in co-operation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

Now, Therefore,

THE GENERAL ASSEMBLY

Proclaims

THIS UNIVERSAL DECLARATION OF HUMAN RIGHTS as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote

respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the people of territories under their jurisdiction.

Article 1. All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2. Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.

Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

Article 3. Everyone has the right to life, liberty and security of person.

Article 4. No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 5. No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6. Everyone has the right to recognition everywhere as a person before the law.

Article 7. All are equal before the law and are entitled without any discrimination to protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Article 8. Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

Article 9. No one shall be subjected to arbitrary arrest, detention or exile.

Article 10. Everyone is entitled in full equality to a fair, and public hearing by an independent and impartial tribunal in the determination of his rights and obligations and of any criminal charges against him.

Article 11. (1) Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.

(2) No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

Article 12. No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Article 13. (1) Everyone has the right to freedom of movement and residence within the borders of each state.

(2) Everyone has the right to leave any country, including his own, and to return to his country.

Article 14. (1) Everyone has the right to seek and to enjoy in other countries asylum from persecution.

(2) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

Article 15. (1) Everyone has the right to a nationality.

(2) No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

Article 16. (1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.

(2) Marriage shall be entered into only with the free and full consent of the intending spouses.

(3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Article 17. (1) Everyone has the right to own property alone as well as in association with others.

(2) No one shall be arbitrarily deprived of his property.

Article 18. Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

Article 19. Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

Article 20. (1) Everyone has the right to freedom of peaceful assembly and association.

(2) No one may be compelled to belong to an association.

Article 21. (1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

(2) Everyone has the right of equal access to public service in his country.

(3) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22. Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23. (1) Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.

(2) Everyone, without any discrimination, has the right to equal pay for equal work.

(3) Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.

(4) Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24. (1) Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25. (1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

(2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Article 26. (1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall

be made generally available and higher education shall be equally accessible to all on the basis of merit.

(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

(3) Parents have a prior right to choose the kind of education that shall be given to their children.

Article 27. (1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.

(2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28. Everyone is entitled to a social and international order in which the rights and freedoms set forth in his Declaration can be fully realized.

Article 29. (1) Everyone has duties to the community in which alone the free and full development of his personality is possible.

(2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.

(3) These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Article 30. Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

★

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महोदय

आप के दया से एक और दिन किसी औरिया
आशा आनंदी आशा है। मैं अपनी आशा है। 134
आप की सहायता से मैं एक आशा है।

مترجم تفسیر

انسانی حقوق کی حد سے بالاتر اور خیالات کی حدود سے
بہتر ہے۔ اس لیے اس کے خیالات کے تحت میں
نہیں رہتا ہوں۔

Your Excellency,
Respect for human rights transcends the
boundaries of nationality, race or belief. It is in
this spirit that I am writing to you.

ਮਨੁੱਖ
ਮਨੁੱਖੀ ਅਧਿਕਾਰ
ਮਨੁੱਖੀ ਅਧਿਕਾਰ ਅਨੁਸਾਰ
ਮਨੁੱਖੀ ਅਧਿਕਾਰ ਅਨੁਸਾਰ
ਮਨੁੱਖੀ ਅਧਿਕਾਰ ਅਨੁਸਾਰ

உறுமையி,

அனுசரிக்க அபிவிருத்தி
அனுசரிக்க அபிவிருத்தி
அனுசரிக்க அபிவிருத்தி

මම මිනිසුන්ගේ පිහිටා ඔබට
මම මිනිසුන්ගේ පිහිටා ඔබට

அதிஉத்தமரவர்களே,
சகல இனத்தவரது நம்பிக்கைக்குப்
பாத்திரமாகிய மனித உரிமைகளை மதிக்க
வேண்டும்.

இந்த உணர்வுடன் நான் தங்களுக்கு
இதனை எழுதுகிறேன்

閣下

人權の尊重は、国家、人種、信条の
境界を超越致します。私はこの精神を
基いて閣下にお手紙を差し上げたつもりです。

大人台鑒：

尊重人權超乎國家、民族及
信仰界限。本人謹抱此精神致
函 台端。

ဇီဝိ

சகல இனத்தவரது நம்பிக்கைக்குப்
பாத்திரமாகிய மனித உரிமைகளை மதிக்க
வேண்டும்.