





fifty years ago, one man, outraged by injustices, appealed to others to unite with him in common action. He saw that by using our human rights – our freedom to act for a just world – people can come together to achieve extraordinary things.

Since 1961, countless individuals have worked with Amnesty International for change. From London to Santiago, from Sydney to Kampala, one person joined with another to insist that the rights of every human being are respected and protected.

Friends spoke to family members. Old colleagues spoke to new colleagues, and one by one each person who took action changed laws and changed lives.

Fifty years on, some people's human rights are still being violated. But we can change this, one by one.



In our 50th year

We will call for an end to the death penalty worldwide

We will call on repressive governments to allow free expression, to release prisoners of conscience and to protect human rights defenders

We will defend women's and girls' sexual and reproductive rights

We will put pressure on corporations and governments to clean up their act and make a public commitment to human rights

We will call for those responsible for genocide, war crimes and crimes against humanity to be brought to justice

These are ambitious targets, and that's why we need you to work with us. Take an action to defend human rights.

Ask another person to join in and take action too. The result is millions of people uniting for change.

Be one more, ask one more, act once more.

**Together we make a difference,
and we do not give up.**

Some of our members attend protests
against repressive regimes.
Some write letters to prisoners of conscience.
Others support our work through donations of money or time.

All of our members change lives.

Together we have achieved a huge amount over the past 50 years.
We shined a light into the darkest prison cells
and helped thousands of
prisoners of conscience to walk free.

By speaking out against the death penalty
we helped to end that barbaric practice in dozens of countries.

We contributed to the drafting and adoption of
major international human rights treaties,
including the Convention against Torture.

We have even been awarded
the Nobel Peace Prize
for promoting universal human rights.

**In this notebook you will find
actions that you can take today
to speak out for human rights.**

all
of our members
change lives

“Activism is an important part of my life”

“My name is Enyonam Gadagbui. I am 23 years old and I am an activist from Togo.

“In 2010 I became a trainee in the campaigns department of Amnesty International Togo and a committee member for the Youth Forum 2010.

“I helped to collect signatures for our campaign to reduce maternal deaths, and set up a Facebook page to campaign to end the death penalty in Ghana.

“Being involved with Amnesty International has changed my life and my views; I have realized that life is really precious, and that people have rights, no matter what their way of life.”



I owe my life to Amnesty International

Hafez Ibrahim was 16 when he attended a wedding in Ta'izz, Yemen. Most of the men were armed. A fight broke out and someone was killed.

A bewildered Hafez was later sentenced to death for the killing. He was not allowed to appeal. In prison, he sent a desperate text message to Lamri Chirouf, an Amnesty International researcher. It read: "They are going to execute us. Please get in touch."

Amnesty International immediately sent appeals to the Yemeni authorities and issued an Urgent Action for members to act on. On 30 October 2007, Hafez was released.

Hafez is now studying law. He says: "I owe my life to Amnesty International. Now I am dedicating that life to campaigning against the death penalty and raising awareness about human rights."





If you have **2 minutes** to spare, send the postcard at the back of this notebook to the President of Nigeria, calling for a clean-up in the Niger Delta.

If you have **5 minutes**, join Amnesty International. For more information on joining, return the “**Be One More**” postcard at the back of this notebook, or go to **www.amnesty.org/50**

If you have **10 minutes**, tear out the “**Ask One More**” pledge at the back of this notebook and pass it on to a friend.

If you have **15 minutes**, go to **www.amnesty.org/50** and take action on one of our current campaigns. You can sign a petition, write a letter or find tools for activists.

The Universal Declaration of Human Rights was adopted in 1948 by all nations. It sets out the human rights to which every person in the world is inherently entitled, and it remains the inspiration for all of Amnesty International's work.

- Article 1** All human beings are born free and equal in dignity and rights.
- Article 2** Equality regardless of race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.
- Article 3** Right to life, liberty and security of person.
- Article 4** Freedom from slavery or servitude.
- Article 5** Freedom from torture.
- Article 6** Right to recognition before the law.
- Article 7** All are equal before the law.
- Article 8** Right to an effective remedy for violations of rights.
- Article 9** Freedom from arbitrary arrest, detention or exile.
- Article 10** Right to a fair trial.
- Article 11** Right to be presumed innocent until proved guilty.
- Article 12** Right to privacy and freedom from attacks on reputation.
- Article 13** Right to freedom of movement.
- Article 14** Right to asylum from persecution.
- Article 15** Right to a nationality.

- Article 16** Right to marry and to found a family.
- Article 17** Right to own property.
- Article 18** Right to freedom of thought, conscience and religion.
- Article 19** Right to freedom of information, opinion and expression.
- Article 20** Right to freedom of assembly and association.
- Article 21** Right to take part in government and to equal access to public service.
- Article 22** Right to social security.
- Article 23** Right to work, to equal pay, to protection against unemployment and to form and join trade unions.
- Article 24** Right to rest and leisure.
- Article 25** Right to an adequate standard of living, including food, clothing, housing, medical care and social services.
- Article 26** Right to education.
- Article 27** Right to participate in and enjoy culture, art and science.
- Article 28** Right to a social and international order where the rights set forth in this Declaration can be fully realized.
- Article 29** Everyone has duties to the community.
- Article 30** Protection from destruction of any rights and freedoms set forth in the Declaration.
- 

BİR KİŞİ DAHA ÇAĞIRALIM

CONVENCE A 1 MÁS

S DRUGIMA

ASK ONE MORE

AVEC D'AUTRES / ПОЗОВИ ЕЩЕ ОДНОГО

S DRUGIMA

BİR KİŞİ DAHA ÇAĞIRALIM

CHAME MAIS UM

AVEC D'AUTRES

S DRUGIMA

CONVENCE A 1 MÁS

ASK ONE MORE

ادع شخصاً آخر

BİR KİŞİ DAHA ÇAĞIRALIM

CHAME MAIS UM

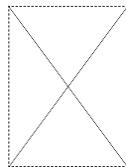
ПОЗОВИ ЕЩЕ ОДНОГО

ادع شخصاً آخر

S DRUGIMA

ПОЗОВИ ЕЩЕ ОДНОГО

ASK ONE MORE



Pass this postcard to a friend and ask them to join Amnesty International.

Dear _____

Every day I stop people being tortured and executed. I stand up for women's rights and freedom of expression. I fight to end extreme poverty and repression.

I am a member of Amnesty International. Will you join me?

From _____

Please send me more information about joining Amnesty International.

Name _____

Address _____

Email _____

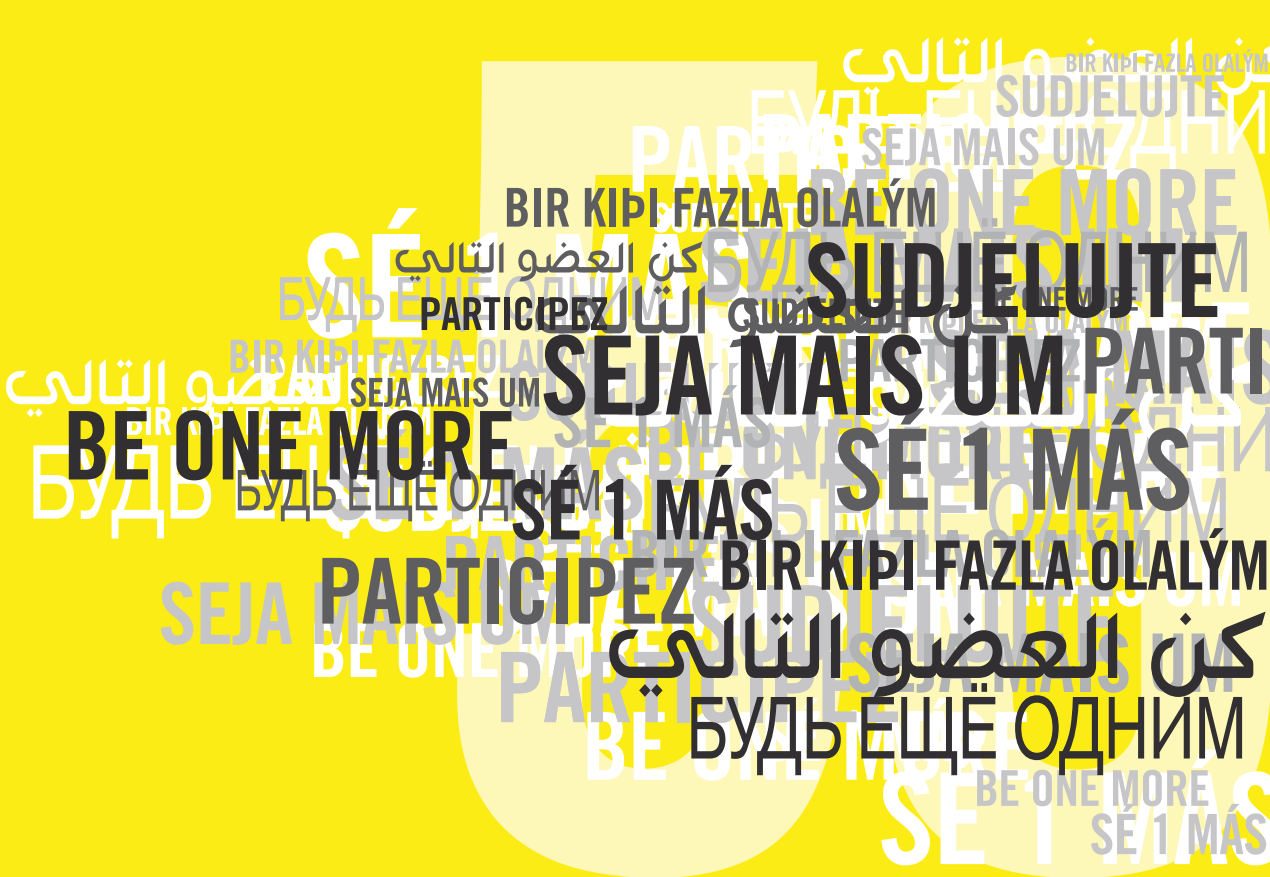
Mobile no. _____

For a full list of the offices worldwide, please go to www.amnesty.org/en/worldwide-sites

You can also write to:
Online Communities Team, Amnesty International,
International Secretariat, Peter
Benenson House, 1 Easton Street, London
WC1X 0DW, United Kingdom
www.amnesty.org



**AMNESTY
INTERNATIONAL**



BE ONE MORE

SEJA MAIS UM PARTI

SE 1 MÁS

SE 1 MÁS

PARTICIPEZ

كن العضو التالي

БУДЬ ЕЩЕ ОДНИМ

SE 1 MÁS

BIR KIPI FAZLA OLALÝM

كن العضو التالي

SUDJELUJTE

PARTICIPEZ

SE 1 MÁS

SEJA MAIS UM

BIR KIPI FAZLA OLALÝM

БУДЬ

BIR KIPI FAZLA OLALÝM

БУДЬ

SEJA

BE ONE MORE

PAR

BIR KIPI FAZLA OLALÝM

BE ONE MORE

SE 1 MÁS

PARTI

SEJA MAIS UM

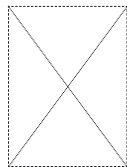
BE ONE MORE

SUDJELUJTE

BIR KIPI FAZLA OLALÝM

БУДЬ

BE ONE MORE



Our strength comes from our supporters, members and activists. Without you, there is no Amnesty International.

This year, we aim to end the death penalty worldwide, secure freedom for those unjustly imprisoned, protect women's rights, hold corporations to account and ensure the worst criminals are brought to justice.

**Will you help us achieve this?
Return this postcard today.**

Amnesty International,
International Secretariat,
Peter Benenson House,
1 Easton Street,
London WC1X 0DW,
United Kingdom

Please send me more information
about joining Amnesty International.

Name _____
Address _____
Email _____
Mobile no. _____



**AMNESTY
INTERNATIONAL**



AMNESTY
INTERNATIONAL

amnesty.org/50

Index: ACT 30/090/2011