

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



CONVICTED FOR PROTECTING THE ENVIRONMENT

Mother Nature Cambodia

📍 Cambodia



CAMBODIA MOTHER NATURE

📍 Cambodia



Chandaravuth Ly, Keoraksmey Phoun, Kunthea Long, Leanghy Yim, Ratha Sun and Ratha Thun share a love of coffee, books and hiking. Above all, they share a deep love for nature. With their campaign group, Mother Nature Cambodia, they have courageously defended the environment from the harmful actions of companies and the government.

In 2015, the group successfully halted the development of a hydroelectric dam which would have resulted in massive deforestation. In 2016, they were behind a ban on sand exports, protecting coastal areas from environmental degradation.

Their commitment to the environment has inspired young people throughout the country. But their activism has come at a high cost. The authorities have repeatedly targeted the group with arrests and prosecutions. In 2020, three of the activists were arrested for peacefully demonstrating against the infilling of a lake. A year later, three more activists were arrested while investigating the pollution of a river.

In June 2024, the activists were sentenced to between six and eight years in prison. Their crime? Protecting the environment they love so dearly. Ratha Sun fled Cambodia to continue their work, but the remaining five activists are enduring harsh prison conditions.

Demand that the five detained activists are immediately released and all convictions against Mother Nature Cambodia activists are quashed.

WRITE TO THE PRIME MINISTER OF CAMBODIA

Demand that the five detained activists are immediately and unconditionally released, and all convictions against Mother Nature Cambodia activists are quashed.

ADDRESS: Prime Minister of Cambodia
c/o Cambodia embassy or consulate
in your country, or a country near you
(Take photos of your letters and post on social media before sending to an embassy or consulate.)

SALUTATION: Dear Prime Minister
EMAIL: ocm@cambodia.gov.kh
FACEBOOK: www.facebook.com/p/Hun-Manet-100069511484329/
X: @Dr_Hunmanet_PM
INSTAGRAM: dr.hunmanetofcambodia
HASHTAGS: #FreeMotherNatureCambodia, #FreeOurFriends, #W4R25

SHOW THE MOTHER NATURE CAMBODIA ACTIVISTS THAT YOU'RE WITH THEM

Send your messages of solidarity to show the group that you support them in their fight to protect the environment. You could draw rivers, forests and animals to accompany your messages.

ADDRESS: Amnesty International
Canada francophone
Maison du développement durable
50 Ste Catherine West Street, office 500
Montréal (Québec) H2X 3V4
Canada

FACEBOOK: www.facebook.com/
mothernaturecambodia/
X: @CambodiaMother
INSTAGRAM: mothernaturecambodia
HASHTAGS: #FreeMotherNatureCambodia,
#FreeOurFriends, #W4R25



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‘FIGHTING TO PROTECT OUR AMAZON, AND YOUR FUTURE’

Guerreras por la Amazonía

📍 Ecuador



GUERRERAS POR LA AMAZONIA

Ecuador



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

The Guerreras por la Amazonía (Warriors for the Amazon) are a group of activists aged 10 to 20 years. They are fighting alongside the Union of People Affected by Texaco's Oil Operations (UDAPT) and the Eliminen los Mecheros, Enciendan la Vida (Remove the Flares, Ignite Life) collective, to protect their communities from the toxic fumes and physical devastation caused by gas flares. Used in the process of extracting oil, gas flares are one of the largest contributors to the climate crisis.

With the support of UDAPT, the Guerreras por la Amazonía joined a lawsuit against the Ecuadorian state in 2020. And won. In 2021, a landmark ruling required the government to eliminate the use of gas flares. Nevertheless, the "fire monsters" continue to burn.

Instead of being celebrated for their bravery, the young defenders face stigma and violent intimidation. Rather than investigating the threats against them, the Ecuadorian authorities told the group that they will only provide them with protection if they stop their activism.

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

WRITE TO THE PRESIDENT

Demand the Ecuadorian authorities uphold the ruling to eliminate gas flares and ensure the safety of climate defenders.

ADDRESS: President of Ecuador
Palacio de Carondelet
García Moreno N10-43 entre
Chile y Espejo
Quito 170401
Ecuador

SALUTATION: Dear President
FACEBOOK: www.facebook.com/DanielNoboaOk
X: @DanielNoboaOk
INSTAGRAM: danielnobaok
TIKTOK: danielnobaok
HASHTAGS: #EliminaLaMecha, #EnciendeLaVida, #TurnOnLife, #W4R25

SHOW THE GUERRERAS POR LA AMAZONÍA, UDAPT AND THEIR COMMUNITIES THAT YOU'RE WITH THEM

Send your messages of support to the young climate defenders, letting them know their fight is inspiring action around the world to protect the planet.

ADDRESS: Guerreras por la Amazonía
c/o UDAPT
Av. Venezuela y Progreso
Lago Agrio, 210150
Ecuador

FACEBOOK: www.facebook.com/GuerrerasxAmazonia
X: @GuerrerasxAM
INSTAGRAM: guerrerasamazonia
HASHTAGS: #EliminaLaMecha, #EnciendeLaVida, #RemoveTheWick, #IgniteLife, #W4R25

A portrait of Juan López, a man with a goatee and mustache, wearing a dark blue button-down shirt with a small star on the pocket and a Polo logo on the chest. He is looking slightly to the right. The background is a stylized world map with a grid of latitude and longitude lines.

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A circular inset image showing a lush green landscape with hills and a small body of water, likely a river or lake, in Honduras.

DEFENDER OF RIVERS AND FORESTS MURDERED

Juan López

📍 Honduras

JUAN LÓPEZ

Honduras



Juan López was a loving father and husband. A spiritual leader, he practised his faith by serving his community, always supporting the most vulnerable. He loved chatting with friends over coffee, dancing and spending time by the sea with his family. Friends described him as a dreamer.

Since 2015, Juan 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. Local communities fear that the projects put the surrounding ecosystem and water quality at serious risk.

Juan and fellow activists founded the Tocoa Municipal Committee for the Defence of Common and Public Goods to peacefully challenge the legality of the projects. But their efforts have been met with harassment, threats and criminalization. Many committee members have been arrested and imprisoned. Some have been killed.

On 14 September 2024, Juan was shot dead in his car by a masked gunman as he left church. The alleged shooter and two alleged accomplices have been charged with murder and are being held in pretrial detention. Those who ordered Juan's murder have not been held accountable.

Demand justice for Juan López.

WRITE TO THE ATTORNEY GENERAL

Demand that they ensure a prompt, independent and impartial investigation into the killing of Juan López to identify all those responsible for the crime, including those who ordered the murder, and to bring them to justice in fair trials.

ADDRESS: Attorney General
Public Prosecutor's Office
Avenida República Dominicana
Colonia Lomas del Guijarro
Tegucigalpa M.D.C
Honduras

SALUTATION: To the attorney general
EMAIL: fiscaligeneralhnd@gmail.com /
mprelacionespublicas@gmail.com
X: @MP_Honduras /
@johelzelaya
HASHTAGS: #JusticiaParaJuanLópez, #W4R25

SHOW JUAN'S FAMILY AND COMMUNITY THAT THE WORLD IS WITH THEM

Send messages of solidarity to show Juan's family and community that you support them in their fight for justice. Rivers and nature were so important to Juan – you could include drawings of these alongside your messages.

ADDRESS: Family and community of Juan López
c/o Amnesty International
Americas Regional Office
Central America Team
Calle Luz Saviñón 519
Colonia del Valle
Benito Juárez
03100 Mexico City
Mexico

FACEBOOK: www.facebook.com/people/Comité-Municipal-en-Defensa-de-los-Bienes-Comunes-y-Públicos/100082713284780/
X: @guapinolre
HASHTAGS: #JusticiaParaJuanLópez, #W4R25

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DISPLACED BY DROUGHTS AND FACING STARVATION

Damisoa

📍 Madagascar



DAMISOA

📍 Madagascar



In 2021, Damisoa and his family were forced to leave their home in the Androy region, southern Madagascar. Droughts worsened by climate change meant there wasn't enough food to survive.

After a challenging four-month, 1,500 km journey, they reached Boeny in the northwest, hoping for a better life. But conditions remained harsh. In 2023, they were allocated a tiny 5m² hut at a resettlement site. Each rainy season the nearby Kamoro River swells, encircling the site with often fast, crocodile-infested waters. This makes it dangerous for residents to leave. The site's land is barren, and access to food, clean water, and healthcare is limited. In early 2025, Damisoa's newborn niece died after her mother, weakened by hunger and thirst, could no longer breastfeed. As the government-appointed site manager, Damisoa spends much of his time advocating for the site's residents who are living in degrading conditions. However, his pleas have gone unanswered.

People displaced by famine and now living in Boeny, including Damisoa and his fellow residents, urgently need humanitarian assistance. But aid is currently almost exclusively concentrated in drought-stricken southern Madagascar.

Demand that the government takes urgent steps to address the hunger, homelessness, poor healthcare and other hardships faced by Damisoa and others displaced by drought across Madagascar.

WRITE TO THE DIRECTOR GENERAL OF THE NATIONAL OFFICE OF RISK AND DISASTER MANAGEMENT

Call on the authorities to take urgent steps to guarantee the human rights of people displaced and now living in Boeny and across Madagascar. Ask them to actively seek the support of humanitarian agencies and other relevant actors to do this.

ADDRESS: Director General
National Office of Risk
and Disaster Management
Avaratra Antanimora Route Mausolée
Antananarivo 101
Madagascar

SALUTATION: Dear Director General
EMAIL: bngrc.gov.mg/contact &
elackandriakaja@yahoo.fr
FACEBOOK: www.facebook.com/BNGRCMID
X: @BngrcMada
INSTAGRAM: [bngrc_madagascar](https://www.instagram.com/bngrc_madagascar)
HASHTAGS: #W4R25

SHOW DAMISOA AND HIS COMMUNITY THAT THE WORLD IS WITH THEM

Send a message of support to Damisoa and his community. Given the language barrier, sending drawings would be great. You could draw plants and flowers, since Damisoa is closely connected to nature through his work.

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

HASHTAGS: #W4R25

A portrait of Sai Zaw Thaïke, a man with dark hair, wearing a blue t-shirt with a white camera icon. He is carrying a black bag with "Sai Zaw" written on it. The background is a light blue world map with a grid of latitude and longitude lines.

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LOCKED UP AND BEATEN FOR HIS JOURNALISM

Sai Zaw Thaïke

📍 Myanmar



SAI ZAW THAIKE

Myanmar



Journalism is an extremely dangerous profession in Myanmar. More than 200 journalists have been imprisoned by the military since they took power in 2021. At least seven have reportedly been killed. Media outlets have been banned and forced into exile.

Despite this danger, when Cyclone Mocha slammed into Myanmar in May 2023, photojournalist Sai Zaw Thaike travelled undercover to Rakhine State, determined to report on the devastation.

He embedded himself with a relief team. But after a week there, Sai Zaw was arrested. He was interrogated, beaten and in September 2023, sentenced by a military tribunal to 20 years in prison with hard labour. His trial lasted just one day.

Sai Zaw should be able to report freely. He should also be at home, spending time with his family and doing the things he loves, like playing football, watching Manchester United and seeing friends. He should be caring for his cats who he adores.

Instead, he is locked up. He has endured beatings by prison staff and periods of solitary confinement.

Demand that Myanmar's military immediately release Sai Zaw Thaike.

WRITE TO THE MYANMAR MILITARY JUNTA

Demand that the military release Sai Zaw Thaike immediately. He has been sentenced to 20 years in jail solely for his work.

ADDRESS: Myanmar military junta
c/o Myanmar embassy or consulate in
your country, or a country near you

SALUTATION: To the Myanmar military junta
EMAIL: sacministry1234@gmail.com
www.sacministry.gov.mm/en/contact-us
www.seniorgeneralminawunghlaing.
com.mm/en/contact/

HELP KEEP SAI ZAW'S SPIRIT STRONG

Send him your messages of friendship and hope. You could include drawings of cats (Sai Zaw has several) to accompany your message.

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

FACEBOOK: www.facebook.com/myanmarnownews
X: @Myanmar_Now_Eng
INSTAGRAM: myanmar_now
HASHTAGS: #FreeSaiZaw, #FreeSZT, #W4R25

A portrait of Ellinor Guttorm Utsi, an elderly woman with short grey hair, wearing a red knitted hat with a decorative band and a red and blue patterned scarf. She is wearing glasses and has a slight smile. The background is a light red map of Norway with a grid of red lines.

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FIGHTING TO PROTECT THEIR ANCESTRAL LANDS AND CULTURE

Ellinor Guttorm Utsi

📍 Norway



ELLINOR GUTTORM UTSI

Norway



Ellinor Guttorm Utsi is an Indigenous Sámi woman, and a passionate leader fighting to protect her community's ancient reindeer-herding way of life in northern Norway. As a spokesperson, she speaks out for her family and her people who have followed seasonal migration routes across the Arctic for generations. They rely on summer grazing lands in Čorgaš, lands now under urgent threat.

Reindeer herding is central to the Sámi food system, which depends on migratory grazing across the Arctic landscape to produce sustainable food, clothing and crafts. Ellinor leads efforts to defend her community's rights to land and culture, highlighting the ongoing struggle of Indigenous Peoples caught between climate change, land rights and renewable energy development.

In 2023, several hundred wind turbines were suddenly proposed across Sámi territory, with many planned directly on Ellinor's summer grazing lands. These huge projects would bring hundreds of turbines, roads and power lines that would break up the land, disrupt reindeer migration and destroy a way of life deeply connected to nature.

Despite fierce opposition, Norwegian authorities are rushing approvals. Ellinor is tirelessly working to ensure Sámi voices are heard and their rights respected, but time is running out.

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

WRITE TO THE PRIME MINISTER

Demand that the rights of the Sámi reindeer-herding communities are protected by ensuring 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.

ADDRESS: Prime Minister of Norway
Office of the Prime Minister
PO box 8001 Dep
0030 Oslo
Norway

SALUTATION: Dear Prime Minister
EMAIL: postmottak@smk.dep.no
FACEBOOK: www.facebook.com/regjeringen norge
X: @Regjeringen
INSTAGRAM: regjeringen
HASHTAGS: #ProtectSámiRights, #W4R25

SHOW ELLINOR, HER COMMUNITY AND ALL SÁMI REINDEER HERDERS THAT YOU STAND WITH THEM

Send your messages of support to amplify their voices and defend their culture, land and future.

ADDRESS: Ellinor Guttorm Utsi
c/o Amnesty International Norway
PO box 702 Sentrum
0106 Oslo
Norway

FACEBOOK: www.facebook.com/ellinor.utsi
INSTAGRAM: davvielle
HASHTAGS: #ProtectSámiRights, #W4R25



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LOST HIS LIFE WHERE HE SHOULD HAVE BEEN SAFE

Unecebo Mboteni

📍 South Africa



UNECEBO MBOTENI

📍 South Africa



Unecebo Mboteni was a lively three-year-old boy who enjoyed making friends and playing with his toy cars. You could always tell when he was in the room.

On 18 April 2024, Unecebo fell into a pit toilet at his pre-school in the Eastern Cape province of South Africa. He died the next day.

Two other children have also died after falling into pit toilets in the Eastern Cape since 2018. However, the tragic loss of these young lives hasn't been enough to ensure the eradication of all pit toilets in schools, including day care centres. Sadly, a child's experience of education in South Africa still depends on where they are born, their wealth, and the colour of their skin. As Unecebo's father said, "My son died in a death trap set up for poor people."

One year on and the family has had no word from the pre-school or Department of Basic Education about whether the pit toilet that Unecebo fell into has been removed, let alone any progress on the investigation into his death. Instead of answers about how this tragic incident happened, Unecebo's family have been met with silence.

Unecebo lost his life in a place where he should have been safe.

His family deserve answers.

Demand justice for Unecebo Mboteni.

WRITE TO THE MINISTER OF BASIC EDUCATION

Demand that the investigation into Unecebo's death be expedited, the outcome made public and that those responsible are held accountable.

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

SALUTATION: Dear Minister
EMAIL: Dlanga.S@dbe.gov.za /
Vangqa.L@dbe.gov.za

FACEBOOK: www.facebook.com/SiviweGwarubeMP
X: @Siviwe_G
INSTAGRAM: siv_gwarube
HASHTAGS: #JusticeForUnecebo, #W4R25

SHOW UNECEBO'S FAMILY THEY ARE NOT ALONE IN THEIR FIGHT FOR JUSTICE

Send them messages of hope and solidarity to show them you stand with them in their battle for justice.

ADDRESS: Unecebo's family
c/o Amnesty International South Africa
97 Oxford Road Rosebank
Johannesburg, 2916
South Africa

HASHTAGS: #JusticeForUnecebo, #W4R25

A portrait of Sonia Dahmani, a woman with short dark hair, smiling, wearing a white top with silver shoulder details and large hoop earrings. The background is a light pink world map with red grid lines.

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A red-tinted image of a cityscape, likely Tunis, showing various buildings and structures.

LOCKED UP AND SILENCED FOR SPEAKING OUT

Sonia Dahmani

📍 Tunisia

SONIA DAHMANI

📍 Tunisia



Sonia Dahmani loves the sea, long days at the beach with friends and quiet evenings spent watching movies. She has a deep appreciation for art in all its forms, from paintings and exhibitions to theatre and music. But what matters most to Sonia is her family, including her beloved dog, Carla.

Sonia is a lawyer and media commentator who has dedicated her life to defending human rights, standing up for the marginalized, and saying what others are afraid to, no matter the cost. She is a vocal critic of inhumane prison conditions and racism, regularly addressing these issues on television and radio shows.

On 11 May 2024, masked policemen violently raided the Tunisian Bar Association in Tunis and arrested Sonia. They detained her in Manouba prison, where she has been held ever since. The Tunisian authorities have convicted and sentenced Sonia for “spreading false news”, with more politically motivated investigations still pending. She faces many years in prison for speaking out against injustices. Her imprisonment is a clear attempt to silence her.

Sonia is being held in inhumane conditions. Her cell is rat-infested. She has endured degrading treatment by prison authorities. She is being denied medical care, including the medication she needs.

Demand Sonia's release now.

WRITE TO THE PRESIDENT

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

ADDRESS: President of Tunisia
Carthage Presidential Palace
La Goulette Road
Carthage Archaeological Site
Tunis
Tunisia

SALUTATION: Your Excellency
EMAIL: contact@carthage.tn
FACEBOOK: www.facebook.com/Presidence.tn
X: @TnPresidency
HASHTAGS: #FreeSonia, #W4R25

SHOW SONIA THAT SHE IS NOT ALONE

Send Sonia messages of hope and solidarity. Let her know you support her in her fight for human rights in Tunisia. You could draw pictures of dogs (Sonia has a dog called Carla) to accompany your message.

ADDRESS: Sonia Dahmani
c/o Amnesty International Tunisia
5 Rue Zouhair Ayadi
El Menzah 4
Ariana, Tunis 1082
Tunisia

INSTAGRAM: [freesoniadahmani](https://www.instagram.com/freesoniadahmani)
HASHTAGS: #FreeSonia, #W4R25

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RELEASE DETAINED PROTESTOR

Leqaa Kordia

📍 United States

LEQAA KORDIA

United States



Leqaa Kordia is a 32-year-old Palestinian Muslim woman in detention in Texas and facing deportation by the Trump administration related to its crackdown on peaceful protesters for Palestinian rights. Freedom of expression, association and assembly are human rights that protect us all from abuse and we cannot let the Trump administration's authoritarian practices continue. Leqaa must be released. She has been detained by U.S. immigration authorities since March 13, 2025. Since 2023, she has actively participated in several protests in New Jersey and nearby areas, advocating against Israel's genocide in Gaza, in which she has lost approximately 175 family members.

At the time of her detention, Leqaa was in the process of securing legal residency. During a voluntary meeting with immigration officials at the Newark ICE Field Office, where she was accompanied by her attorney, Leqaa was immediately detained, despite being found to present a low risk to public safety, flight or criminal history. She was transferred to the Prairieland Detention Facility in Texas. This facility is located far from her attorney and family, and it has a documented history of human rights violations.

Leqaa has experienced repeated violations of her religious rights in detention. She has received only one halal meal in detention and instead has been provided with meals which often do not meet her religious dietary restrictions. As a result, she has lost a significant amount of weight. She has also not been provided with clothing that adequately covers the body for prayer or a clean place to pray as required by her religion. Staff have also repeatedly ignored her requests to provide notice when male staff enter her dorm area when she is without her hijab.

Call for the immediate release of Leqaa Kordia.

WRITE TO THE U.S. SECRETARY OF HOMELAND SECURITY

Call on the U.S. Secretary of Homeland Security to release Leqaa immediately and to ensure that while she is being held in detention that she has rights to practice her religion.

ADDRESS: Secretary Kristi Noem
U.S. Secretary of Homeland Security
300 7th St SW,
Washington, DC 20024,
United States

SALUTATION: Secretary Kristi Noem
EMAIL: kristi.noem@hq.dhs.gov

SEND YOUR LETTERS OR CARDS OF HOPE TO LEQAA

Send your messages of support to Leqaa letting her know that she is not alone. Leqaa has expressed interest in writing back so please include your name and address if you would like.

ADDRESS: Leqaa Kordia

The CLEAR Project

CUNY School of Law

2 Court Square, Long Island City, NY
11101

HASHTAGS: #W4R25