



EMIL OSTROVKO

BELARUS

Emil Ostrovko (Emil Astrauko in Belarusian) was waiting for his girlfriend at a bus stop on the outskirts of Minsk in April 2018. They were going to spend the day together.

Suddenly police officers arrived – they beat Emil and arrested him for distributing illicit drugs. He was just 17.

Earlier in 2018, Emil had got an after-school job as a courier for an online company. His employer had told him the parcels he was delivering contained legal smoking mixtures.

After spending months detained, Emil received a 10-year prison sentence for drug trafficking, later reduced to eight years when some charges were dropped. Investigators never looked for the owner of the company, nor anyone else. Only Emil was prosecuted.

Before his arrest Emil was an energetic, caring young man who loved studying, reading and taking care of his little sister. Now in prison, he hasn't been allowed to finish high school and his plans to go to university have been crushed.

Emil is one of around 15,000 people serving lengthy prison sentences in Belarus for petty drugs offences. They are treated far worse than other offenders and made to do long hours of hard labour. Emil wasn't allowed to carry his asthma medicine and got frostbite from clearing snow with his bare hands. Things got a little better when he went to adult prison, but Emil's youth and potential are being wasted.

Tell Belarus to free Emil.

WRITE TO THE BELARUSIAN AUTHORITIES TODAY

Urge them to immediately release Emil, clear his criminal record and demand that no children are imprisoned for minor drug offences.

Prosecutor General of the Republic of Belarus

*Internatsionalnaya Str. 22,
220030*

Minsk, Belarus

Email: info@prokuratura.gov.by

Twitter: [@prokuraturaby](https://twitter.com/prokuraturaby)

Salutation: Dear Prosecutor General

SHOW YOUR SUPPORT FOR EMIL

Send your messages of solidarity and strength so he knows he is not alone.

Emil Vadimovich Ostrovko

Correctional Colony Number 2

Ul. Sikorskogo 1, otryad 1

Bobruisk

Mogilevskaya oblast

213800

Belarus

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GRASSY NARROWS YOUTH

CANADA

Jianne Turtle, 13, is a member of the Indigenous Anishinaabe community of Grassy Narrows in Ontario, Canada. While the community's youth are fighting for a better future, she says the government "has been talking a lot but hasn't done anything."

The people of Grassy Narrows have been hard-hit by mercury poisoning, after the government allowed a pulp mill to dump 10 tonnes of waste into a river in the 1960s. The damaging effects are still seen today. Rodney Bruce, aged 25, says, "I've always been taught that if you do something wrong, you have to fix it."

Fishing is an essential part of their way of life. But for over 50 years mercury has contaminated the fish, making them dangerous to eat. This has robbed the Grassy Narrows people of their health and eroded their culture and traditions. The government has done very little to improve what is currently the country's worst health crisis.

In 2017, the government promised to deal with the crisis "once and for all." This requires cleaning up the river, providing specialized health care and compensating the community.

The youth of Grassy Narrows won't give up their fight until the government keeps its promises. Canada must help restore what mercury has taken from the people of Grassy Narrows.

Demand a healthy future for Grassy Narrows youth.

WRITE TO THE CANADIAN GOVERNMENT TODAY

Tell Canada to restore what mercury has taken from the people of Grassy Narrows. The community and their future generations must be allowed to live in a thriving community and healthy environment.

Prime Minister of Canada

80 Wellington Street

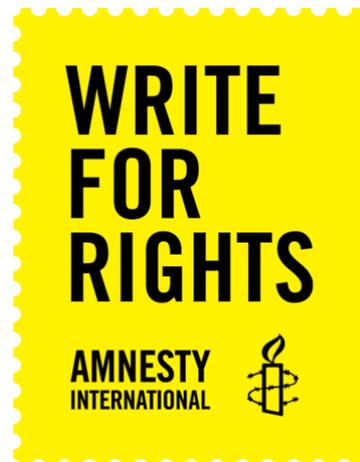
Ottawa, Ontario K1A 0A2

Canada

Salutation: Dear Prime Minister

SHOW YOUR SUPPORT FOR THE YOUTH OF GRASSY NARROWS

Post a solidarity message on your social media channels like this one: *"Support from [insert your country] for the youth of Grassy Narrows. It's time for #mercuryjustice – #freegrassy".*





YILIYASIJIANG REHEMAN

CHINA

Yiliyasijiang Reheman and his wife Mairinisha Abuduaini were expecting their second baby when Yiliyasijiang went missing. The young couple were building a new future for themselves, studying at a university in Egypt while looking after their growing family. But their lives were shattered in July 2017 when China pressured the Egyptian government to round up hundreds of Uyghur people in the country.

Yiliyasijiang was among them.

Three weeks later, Mairinisha gave birth to their new baby alone. She was just 19. Since 2017, she has been searching for her husband, never losing hope that their family will one day be reunited.

Mairinisha, who now lives in Turkey, learned through friends that Yiliyasijiang had been sent back to Xinjiang in China.

She suspects he's in one of China's secret internment camps where Uyghurs are brainwashed with Chinese government propaganda.

Up to 1 million mainly Muslim people have been torn from their families and locked up in these camps since 2017 – a scandal that has unleashed a powerful movement for truth around the world. Mairinisha just wants her husband back safely with her and her children. "My husband should be released as soon as possible," she says. "Our children need their father. I will never give up until we can be reunited with my husband."

Tell China to release Yiliyasijiang now.

WRITE TO THE CHINESE AUTHORITIES TODAY

Demand that they release Yiliyasijiang Reheman immediately and unconditionally.

Xi Jinping

*President of the People's Republic of
China*

Zhongnanhai

Xichangan'jie

Xichengqu, Beijing Shi 100017

People's Republic of China

Fax: +86 10 6238 1025

Email: english@mail.gov.cn

BE THERE FOR YILIYASIJIANG'S FAMILY

Tweet or post your messages of hope and friendship to Mairinisha Abuduaini @munzira717 or on www.facebook.com/mansura.elyas.9.

You can also post messages to her c/o:

Amnesty Turkey

Hacimimi Mh.

Kemeraltı Cd.

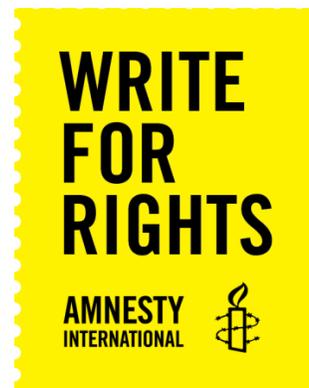
Ada Han No.31

Kat:2 Daire:2

34425 Karaköy,

Beyoğlu/Istanbul

Turkey





IBRAHIM EZZ EL-DIN

EGYPT

Ibrahim Ezz El-Din is a 26-year-old human rights researcher who lives in Cairo, Egypt. He loves his job, where he researches and reports on people's access to safe and affordable housing in Egypt – a basic human right.

When not working, Ibrahim loves to draw and is interested in design. He's a huge football fan, always keeping up with his local team, Zamalek Sporting Club.

On the evening of June 11, 2019, Ibrahim was walking home when four security officers dressed in plain clothes surrounded him and arrested him. When his mother found out, she went straight to the local police station, but the police told her Ibrahim was not there, and denied that he was detained at all. Ever since that night Ibrahim's family have been trying to find out what happened to him.

They've had no answers at all.

Ibrahim is the fifth person linked with his organization, the Egyptian Commission for Rights and Freedoms, to have been arrested in just three years. Hundreds of people like Ibrahim have been forcibly disappeared and held in prison for months, all without ever being brought to trial. Many have been arrested simply for expressing their opinions peacefully, criticizing the authorities, or standing up for human rights – from journalists to football fans and even politicians.

Tell the Egyptian authorities to reveal where Ibrahim is.

WRITE TO THE EGYPTIAN AUTHORITIES

Tell them to reveal where Ibrahim is, give him access to his family and lawyers and protect him from torture.

Tell them to release Ibrahim unless he is charged with an internationally recognized crime.

Public Prosecutor Nabil Sadek

Office of the Public Prosecutor

Madinat al-Rehab

Cairo, Arab Republic of Egypt

Fax: +20 225 774 716

Salutation: Dear Sir

SHOW IBRAHIM'S FAMILY YOU'RE WITH THEM

Send your messages of friendship and hope, so they can keep up the fight in their search to find out what has happened to Ibrahim.

The family of Ibrahim Ezz El-Din

c/o: The Egyptian Commission

for Rights and Freedoms

4A, Al-Saraya al kobra,

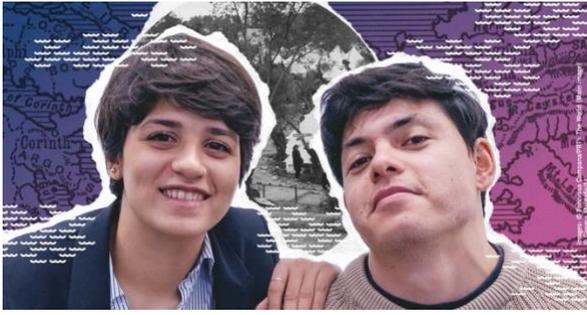
Garden City

Cairo, Egypt

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SARAH MARDINI AND SEÁN BINDER

GREECE

In Greece, you can go to jail for trying to save a life. It happened to Sarah Mardini, 24, and Seán Binder, 25, when they volunteered as rescue workers for an organization in Lesbos. Their job was to spot boats in distress at sea and to help refugees.

They are accused of spying, people smuggling and belonging to a criminal organization. If found guilty, Sarah and Seán could go to prison for 25 years.

They already spent more than 100 days in prison before being released on bail in December 2018.

Seán, now in Ireland, says the scariest thing about what happened to him "is not that it put me in jail, it's that this can happen to anyone". It happens when governments make criminals of people who try to help refugees instead of doing more to protect a refugee's right to find a safe place to live. When people need to escape conflict, torture or other abuses in their countries, they often have no option but to make highly dangerous journeys to reach safety.

Sarah, now in Germany, knows all about such dangers. In 2015 she fled Syria's war, crossing the Aegean in a dinghy which nearly sank. She and her sister towed the boat to the shores of Lesbos, saving the lives of everyone on board.

Tell Greece to drop all charges against Sarah and Seán.

WRITE TO THE GREEK AUTHORITIES TODAY

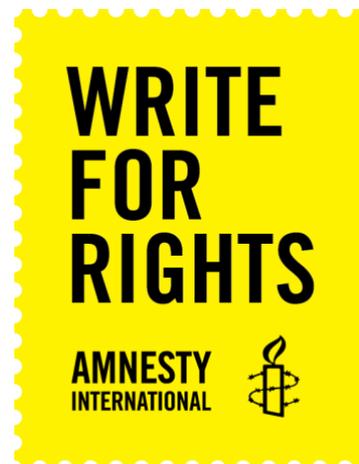
Tell them to drop all charges against Sarah Mardini and Seán Binder.

Michalis Chrisochoidis
Minister of Citizens' Protection
Twitter: @chrisochoidis
Email: minister@yptp.gr

SHOW SARAH AND SEÁN YOU'RE WITH THEM

Send your messages of support to Sarah and Seán, and the refugees they have fought so hard to help.

Sarah and Seán
c/o Amnesty International
Europe Regional Office
1 Easton Street
London WC1X 0DW
UK





YASAMAN ARYANI

IRAN

A flower generously shared, a scarf gently removed: two simple gestures that Yasaman Aryani dared to make on a public train in Iran. It was International Women's Day 2019 and Yasaman, an actor who loves mountain climbing, stood up to Iran's forced veiling laws in a brave act of defiance.

With her mother, she walked through a women-only train carriage, hair boldly uncovered as she handed out flowers. She spoke of her hopes for a future when all women would have the freedom to choose what to wear so that one day they could walk together "me without the hijab and you with the hijab". These moments, captured on video, went viral in March 2019.

On April 10, Iran's authorities arrested Yasaman, holding her alone in a cell for days while interrogators questioned her. They told her to "confess" that foreign elements were behind her activism and to "repent" her actions. If she didn't, they said they would arrest her friends and family. On July 31, Yasaman learned to her shock that she has been sentenced to 16 years in prison. She must serve at least 10 years.

Yasaman's cruel punishment is part of a wider crackdown on women campaigning against forced veiling laws in Iran. Since 2018, dozens of women, including Yasaman's mother, Monireh Arabshahi, have been arrested. The Iranian authorities must not be allowed to rob Yasaman of the best years of her life – simply because she believes women should have the right to choose what they wear.

Tell Iran to free Yasaman now.

WRITE TO THE IRANIAN AUTHORITIES TODAY

Tell them to release Yasaman Aryani immediately and unconditionally.

Head of the Judiciary Ebrahim Raisi

c/o Permanent Mission of Iran to the UN

*Chemin du Petit-Saconnex 28
1209 Geneva, Switzerland*

Twitter: @khamenei_ir

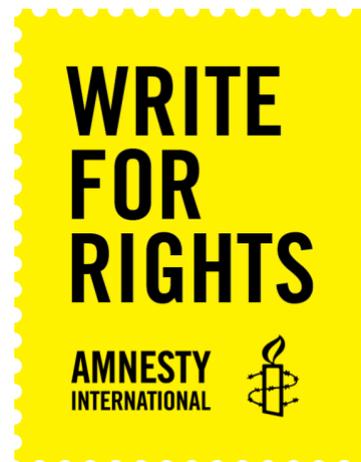
Instagram: www.instagram.com/khamenei_ir

Salutation: Dear Mr Raisi

SHOW YASAMAN YOU'RE WITH HER

Take a photo or video of yourself taking action like Yasaman did: handing out flowers, or experiencing the sun, wind or rain on your hair. Post these on your social media accounts, tagging them #FreeYasaman with a message to @yasamanaryani95 and Iran's leader @khamenei_ir.

You can also send your photos/videos to Iran_team@amnesty.org.





JOSÉ ADRIÁN

MEXICO

José Adrián was on his way home from school when police jumped him and threw him against their car. One officer stomped on his neck. Then aged just 14, Adrián lived in an impoverished community in Mexico. A hearing disability may have prevented him from communicating well with police during his ordeal.

Adrián had stumbled onto the aftermath of a clash between a group of youths that ended up damaging a police car. The police arrested just Adrián, with no explanation, and didn't call his parents. During his arrest, police followed a familiar pattern in Mexico, targeting the poor and discriminated against – in this case, a young Indigenous boy.

Officers shoved Adrián into their car and drove him to the police station where they strung him up by handcuffs. "They left me for almost, like, half an hour there," he says. "They hit me on my chest. Then they slapped me across the face."

To get their son released, Adrián's family had to pay a fine and the cost of damage to the patrol car – money they couldn't afford. Adrián dropped out of school because of what happened.

After years of seeking justice, in early 2019 Adrián was given a hearing aid. Adrián wants to leave this behind and start planning for the future, but the police who assaulted him remain unpunished and the family is still waiting for the government to make amends. "I want there to be justice," says Adrián's mum. We agree.

Demand justice for Adrián.

WRITE TO THE MEXICAN AUTHORITIES TODAY

Tell them to make sure Adrián gets full reparations for the injustices he has suffered, including finding the officers responsible and bringing them to trial.

Lic. Mauricio Vila Dosal

Governor of Yucatán State

Palacio de Gobierno Calle

61 x 60 y 62

Col. Centro, C.P. 97000

Mérida, Yucatán, México

Email: mauricio.tolosa@

yucatan.gob.mx

Twitter:

@MauVila, @GobYucatan

Salutation: Dear Governor

SHOW ADRIÁN YOU'RE WITH HIM

Send your messages of solidarity and strength, so that he knows you support him in his struggle for justice. Email them to mexteam@amnesty.org or send them by post.

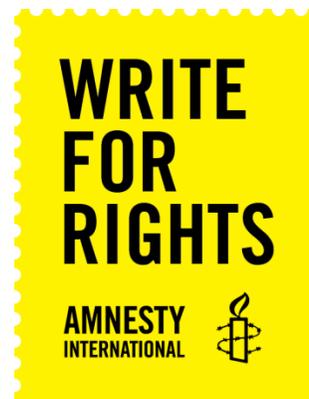
Amnistía Internacional México

Dr. José María Vertiz

1196 Letran Valle

03650 Ciudad de México

CDMX, Mexico





NASU ABDULAZIZ

NIGERIA

Nasu Abdulaziz is a dedicated football fan. He also loves cycling – normal pastimes for a young person in Nigeria. Except that Nasu’s circumstances are nowhere near normal. Right now, he’s fighting for his right to a home.

When he was 23 and should have been enjoying life, men with guns and in bulldozers descended without warning on his community of Otodo Gbame in Nigeria’s megacity, Lagos. Acting on the orders of the government, these men set upon the homes of this century-old community, crushing and burning down houses, shooting families, destroying livelihoods.

In 2017, the night before the final eviction, Nasu was shot in the arm by hoodlums. The next day, the Lagos State Taskforce swarmed the community again, shooting at and teargassing them. Panicked residents fled, some jumping into the nearby lagoon and drowning. Nine people were believed to have been killed with another 15 still missing.

By the end, 30,000 people were homeless, forced to live in canoes, under bridges or with friends and family. Nasu, too, lost his home but he still has hope. Today, Nasu has joined the Nigerian Slum/Informal Settlement Federation, a mass movement of people like him who won’t rest until they secure their right to a home.

Tell Nigeria to protect Nasu’s right to a home.

WRITE TO THE NIGERIAN AUTHORITIES

Tell them to investigate the forced eviction of Nasu’s community, and to make sure that they are resettled and given full compensation.

H.E. Babajide Olusola Sanwo-Olu

Governor of Lagos State

Governor’s Office

Ikeja

Lagos State

Nigeria

Email: info@lagosstate.gov.ng

Twitter: [@followlasg](https://twitter.com/followlasg)

Salutation: Dear Sir

SHOW NASU YOU’RE WITH HIM

Send your messages of friendship and hope, so he can keep up the fight for his community’s right to a home.

Amnesty International Nigeria

34, Colorado Street

off Alvan Ikoku Way

Maitama, Abuja

FCT Nigeria

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MARINEL SUMOOK UBALDO

PHILIPPINES

Marinel Sumook Ubaldo was 16 when she knew she had to find a way to protect herself and her community from the disastrous effects of climate change. On 13 November 2013, she survived Typhoon Yolanda – one of the deadliest typhoons on record. It destroyed her village in Samar: over 6,000 people died in the Philippines alone and millions lost their homes.

Six years later, Marinel got her degree in social work. A nature lover and well-known youth activist, she spends her spare time campaigning for her community's rights.

In September 2018, she went to New York City to give evidence to an investigation into climate change and the way fossil fuel industries contribute to it. "I'm not just... a climate statistic," she told a packed assembly hall. "My story is only one of many, and I'm here to speak on behalf of the vulnerable and the marginalized communities – may our voices be heard."

Marinel, her family and thousands of others who lost their homes in the typhoon need enough food, water, housing, electricity and toilets. The Philippine government has not done enough and has left them to live in unhealthy conditions where it is hard to earn a livelihood.

But Marinel remains dedicated to ensuring governments around the world confront climate change and tackle its effects on her community, and others like them. Support her.

Demand support for climate change survivors.

WRITE TO THE PHILIPPINE GOVERNMENT TODAY

Tell them to do all they can to ensure residents of Matarinao, Eastern Samar, have decent living conditions, and demand that countries responsible for climate changing carbon emissions do their fair share too.

President of the Philippines

*Malacañang Complex, J.P.
Laurel Street, San Miguel,
Manila 1005, Philippines*

Email: pcc@malacanang.gov.ph

Twitter: @pcoogov

Facebook:

www.facebook.com/pcoogov

Salutation: Dear President

STAND WITH MARINEL – SEND YOUR MESSAGES OF SUPPORT

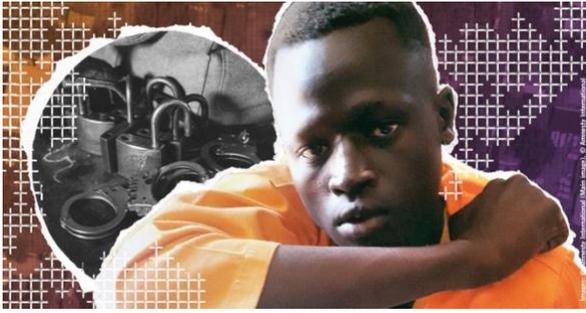
Marinel Ubaldo

*c/o Amnesty International
6-C Perseveranda
Townhomes II
Maningning Street
Sikatuna Village
Quezon City, 1101
Philippines*

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MAGAI MATIOPNGONG

SOUTH SUDAN

When Magai Matiop Ngong was 15 he loved running and gospel singing. He was in secondary school and had ambitions to help people when he grew up. But life as he knew it came to a sudden end in 2017 when he was convicted of murder.

At his trial he told the judge that he was only 15 and tried to explain that the killing he was accused of was an accident.

But the judge sentenced him to death by hanging. "The feeling is not good at all," he says, "to be informed that you are going to die, I am not happy for that...".

Magai didn't have a lawyer to help him when he was arrested or in his first trial. The judge told him he could write an appeal to ask for his death sentence to be cancelled. He only got a lawyer when he moved prisons.

Last year, seven people were hanged in South Sudan: one of them, like Magai, was just a child.

Two years after his sentence, Magai is on death row in Juba central prison waiting for his appeal but he hasn't lost his "hope...to be out and to continue... school."

Tell South Sudan to cancel Magai's death sentence.

WRITE TO THE SOUTH SUDANESE AUTHORITIES TODAY

Tell them to cancel Magai's death sentence.

The President of South Sudan

*Twitter: @RepSouthSudan /
@PresSalva*

SHOW MAGAI YOU'RE WITH HIM

Send cards or letters of solidarity to Magai. Before posting, please take a photo of your message and post on your social networks, tagging it #InSolidarityWithMagai.

On Twitter, use the same hashtag and tag your tweets @RepSouthSudan and/or @PresSalva and @AmnestyEARO.

Magai Matiop Ngong

*c/o Amnesty International Regional
Office for East Africa, the Horn and
Great Lakes*

Riverside Studios

Riverside Lane

off Riverside Drive

P.O Box 1527-00606

Nairobi, Kenya

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