

**SHAHNEWAZ CHOWDHURY
BANGLADESH**

Facing prison for a Facebook post

A big cricket fan, Shahnewaz has been playing since childhood. He also has a passion for writing and uses the written word to speak out about the struggles faced by people in his region of Banshkhali, a low-lying coastal area in the south-east of Bangladesh, vulnerable to the impact of climate change.

A new coal-fired power plant in Shahnewaz's village was supposed to be a turning point in the region's development. But Shahnewaz was scared about the environmental destruction it would bring.

On 26 May 2021, the area was swept up by a storm. Heavy rainfall and strong winds pounded the village. Homes were destroyed. Worried about the impact of environmentally damaging projects like the new power plant, which he believed contributed to an increase in tidal surges, Shahnewaz took to Facebook to raise his concerns. Encouraging young people to speak out, Shahnewaz wrote: "the youth of Banshkhali must resist injustice and support development through fearless writing."

The following day, the power plant company filed a case against Shahnewaz, accusing him of posting false information. On 28 May 2021, he was arrested by the police for his Facebook post under Bangladesh's oppressive Digital Security Act. He was detained in inhumane conditions for 80 days, without trial. Shahnewaz was granted bail on 16 August 2021, but if he's convicted, he faces many years in prison.

Tell Bangladesh to drop the charges today

WRITE TO THE BANGLADESHI AUTHORITIES

Tell them to immediately and unconditionally drop the charges against Shahnewaz Chowdhury.



Minister of Justice
Law and Justice Division Ministry of Law
Justice and Parliamentary Affairs
Building No – 04
Bangladesh Secretariat
Dhaka – 1000
Bangladesh

Email: minister@minlaw.gov.bd
Salutation: Honourable Minister

His Excellency Dr Khalilur RAHMAN
High Commissioner for the People's Republic of
Bangladesh
350 Sparks Street, Suite 1100
Ottawa ON K1R 7S8

Email: mission.ottawa@mofa.gov.bd
Salutation: Your Excellency

SHOW SHAHNEWAZ HE'S NOT ALONE

Write him a message of friendship and support. Take a photo of it and post it on your social media channels, tagging Shahnewaz. Or send cards and letters by post to the address below.

Address:
Shahnewaz Chowdhury
C/O Rashid Ahmed Chowdhury
East Baraghona
Post office: West Baraghona
Police station: Banshkhali
Chittagong
Bangladesh

Twitter: @Shahnewaz9



**DORGELESSE NGUESSAN
CAMEROON**

**Jailed for attending her
first ever protest**

Dorgelesse has always dreamt of owning a thriving beauty institute. Two years ago, the single mother and hairdresser was just starting to expand her hairdressing business to include manicures.

On 22 September 2020, Dorgelesse's dream was shattered when she was arrested during a protest in Douala, Cameroon. It was her first ever protest. She had never been politically active before, but her concerns about the state of Cameroon's economy led her to join the demonstrations.

When the peaceful protest began, security forces fired rubber bullets, tear gas and water cannons to disperse protesters. As Dorgelesse turned into an alleyway, police followed her and fellow protesters and blocked them in. They arrested her and took her to a police station, where she was held in a cell with 22 other people in terrible conditions.

On 29 September 2020, Dorgelesse was transferred to Douala Central Prison, where she still remains. She was charged with "insurrection, assembly, meetings and public demonstrations" and tried by a military court. She was sentenced to five years in prison on 7 December 2021.

Dorgelesse is the breadwinner of her family. Her 18-year-old son has sickle cell anaemia, and the family are struggling to pay for his medication. Dorgelesse is desperate to be reunited with them.

Tell Cameroon to free Dorgelesse today

**WRITE TO THE
CAMEROONIAN
AUTHORITIES**

Tell them to release Dorgelesse from prison immediately and unconditionally, as she has been detained solely for peacefully exercising her right to freedom of expression and assembly.

President of the Republic of Cameroon
Palais Présidentiel
Yaoundé
Cameroon

Email: cellcom@prc.cm
Twitter: [@PR_Paul_BIYA](https://twitter.com/PR_Paul_BIYA)
Facebook: [@PaulBiya.PageOfficielle](https://www.facebook.com/PaulBiya.PageOfficielle)
Instagram: [@presidentpaulbiya](https://www.instagram.com/presidentpaulbiya)
Salutation: Dear President

Mr. Philippe Aime Landry FOU DA TSILLA OTTO
First Counsellor & Chargé d'affaires, a.i.
High Commission for the Republic of Cameroon
170 Clemow Avenue
Ottawa ON K1S2B4

Email: office@hc-cameroon.ca
Salutation: Dear First Counsellor

SHOW DORGELESSE YOU'RE WITH HER

Send Dorgelesse your message of solidarity and hope. Take a photo of it, and post it to your social media, tagging Dorgelesse on Facebook and using the hashtag #freedorgelesse. Her family will convey messages to her. You can also send your handwritten message by post to the address below.

Address:
c/o Central Africa Team
Amnesty International
West and Central Africa Regional Office
Pointe E, Rue 34
Immeuble Malaado Plaza, 6ème Etage
B.P. 47582 Liberté
Dakar, Senegal



**LUIS MANUEL OTERO ALCÁNTARA
CUBA**

Jailed for protecting freedom of expression

Luis Manuel Otero Alcántara is a self taught Black Cuban artist. He loves to paint, dance, and wear bright pink suits. His home in San Isidro, one of the poorest neighbourhoods in Havana, is a haven for the community – an open house for people to meet and connect.

Frustrated by Decree 349, a law seeking to silence critical artists, Luis Manuel became a leader of the San Isidro Movement: a diverse group of artists, journalists and activists defending the right to freedom of expression whose members have been intimidated, surveilled and detained.

On 2 May 2021, state security officials took Luis Manuel from his home, where he had been on hunger strike protesting against the confiscation of his artworks by the authorities. He was taken to a hospital and denied access to the outside world. Upon his release a month later, security officials continued to watch his every move.

On 11 July 2021, Luis Manuel posted a video online, saying he would be taking part in one of the largest demonstrations Cuba had seen in decades. Luis Manuel was arrested before the protest took place and taken to Guanajay maximum security prison, where he remains. In June 2022, he was sentenced to five years in prison, after a trial behind closed doors. In prison, Luis Manuel's health is declining and he's not getting proper medical care.

Tell Cuba to immediately free Luis Manuel

WRITE TO THE CUBAN AUTHORITIES

Tell the president to immediately and unconditionally release Luis Manuel Otero Alcántara as he has been detained solely for peacefully exercising his rights to freedom of expression and peaceful assembly.

Please send letters to the President of Cuba % the embassy in Canada:

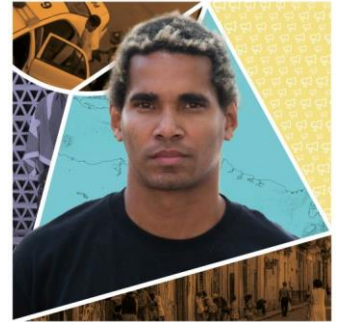
His Excellency Hector IGARZA CABRERA
Ambassador for the Republic of Cuba
388 Main Street
Ottawa ON K1S1E3

Email: despacho@presidencia.gob.cu
Twitter: @DiazCanelB
Facebook: @PresidenciaDeCuba
Salutation: Dear President

SHOW LUIS MANUEL YOU'RE WITH HIM

Send your messages and artwork of friendship and hope, so Luis Manuel knows you are standing with him.

Address:
Amnesty International
Americas Regional Office
Luz Saviñón 51
Colonia Del Valle Norte
Alcaldía Benito Juárez
C.P. 03103
Mexico City
Mexico



**ZINEB REDOUANE
FRANCE**

Killed by a tear gas grenade

Zineb Redouane, an 80-year-old woman who lived in Marseille, France, found joy in music and flowers. On the evening of 1 December 2018, Zineb was preparing dinner and chatting to her daughter on the phone in her fourth floor apartment. In the streets below, people were protesting about poor living conditions in Marseille, after two residential buildings collapsed, killing eight people. Police officers were using tear gas to disperse the protesters.

Realizing that tear gas was entering through her open window, Zineb went to the window to close it. She noticed police officers in the street below. What happened next was truly awful. One of the police officers pointed a tear gas grenade launcher in Zineb's direction and fired. She was hit in the face by an MP7 tear gas grenade.

Zineb was taken to hospital with severe facial wounds and bleeding. She was suffocating because of the fractures in her jawbone and the collapse of the roof of her mouth. She needed surgery urgently, but it couldn't be completed because she went into cardiac arrest under the anaesthetic. Zineb went into cardiac arrest several more times and died.

Zineb was killed by the reckless use of a tear gas grenade. Nearly four years later, an investigation into her death is still ongoing, and no one has been charged or suspended over the killing. Zineb's family are still waiting for justice.

Demand justice for Zineb now

WRITE TO THE FRENCH AUTHORITIES

Demand full accountability from all those involved in the killing of Zineb Redouane, including the officer who is suspected to have fired the grenade and his chain of command.

Juges d'instruction
Tribunal judiciaire de Lyon
67 rue Servient
69003 Lyon
France

Twitter: @TJLyon

Salutation: Dear Investigating Judges

His Excellency Michel MIRAILLET
Ambassador for France
42 Sussex Drive
Ottawa ON K1M 2C9

Email: politique@ambafrance-ca.org
Salutation: Your Excellency

SHOW ZINEB'S FAMILY YOU'RE WITH THEM

Send them messages of solidarity and hope to help them keep strong in their battle for justice. Draw pictures of cats and roses, Zineb's favourite things, to accompany your message. You could even put dried rose petals in the envelope.

Address:
Amnesty International France
10 Jours pour signer 2022
76 boulevard de la Villette
75019 Paris
France



**CHOW HANG-TUNG
HONG KONG**

Defending the right to remember

A brilliant student from a top university, Chow could have pursued all sorts of high-flying careers. Instead, she has dedicated her life to fearlessly protecting people's rights as a human rights lawyer and activist.

Chow was the vice-chairperson of the Hong Kong Alliance, which organized the world's biggest candlelight vigil commemorating victims of the Tiananmen crackdown. In 1989, hundreds – possibly thousands – of people were killed in the streets around Tiananmen Square, Beijing, as troops opened fire, killing protesters peacefully calling for economic and social reforms.

The Chinese government wants people to forget, but Chow has made it her mission to remember the victims.

In 2020 and 2021, Hong Kong authorities banned the vigil, citing public health reasons in connection with the Covid-19 pandemic.

On 4 June 2021, Chow encouraged people on social media to commemorate the crackdown by lighting candles. She was arrested on that day for "advertising or publicizing unauthorized assembly".

Chow is now serving 22 months in jail for peacefully remembering the victims of a horrific crackdown. She is also facing further imprisonment for allegedly endangering national security through her entirely peaceful actions. In the face of all this, Chow's bravery shines through. "To say I'm not afraid would be a lie, but I'm not so afraid I dare do nothing", she says.

Ask Hong Kong to free Chow today

WRITE TO THE HONG KONG AUTHORITIES

Tell them to immediately release Chow Hang-tung and drop all charges, as she has been detained solely for peacefully exercising her right to freedom of expression.

Secretary for Justice
Department of Justice
G/F, Main Wing, Justice Place
18 Lower Albert Road
Central
Hong Kong

Email: sjo@doj.gov.hk
Salutation: Dear Secretary for Justice

His Excellency Peiwu CONG
Ambassador for the People's Republic of China
515 St. Patrick Street
Ottawa ON K1N 5H3

Email: chineseembassy.ca@gmail.com
Salutation: Your Excellency

HELP KEEP CHOW'S SPIRIT STRONG

Send her your message of solidarity and hope. Draw pictures of cats and alpacas (Chow is a huge fan) to accompany your message, take a photo, and post it to your social media, tagging Chow. You can tag Chow on Facebook here: facebook.com/tonyeechowpages/ Then, mail your message to the address further below. Don't forget to follow her!

Address:
PO Box No.75
Ma On Shan Post Office
New Territories, Hong Kong

(NOTE: Please do not write her name or yours on the envelope)



**VAHID AFKARI
IRAN**

Tortured and jailed for protesting

Vahid Afkari comes from a close-knit family. He enjoyed reading, singing, and dancing at home with his brothers Habib and Navid.

In 2016, 2017 and 2018 Vahid, Navid and Habib peacefully joined protests in their hometown of Shiraz about inequality and political repression. On 17 September 2018, Vahid and Navid were arrested at their home for protesting. Habib was arrested three months later.

The Iranian authorities held the three brothers in solitary confinement, tortured them, and forced them to “confess” to crimes they repeatedly said they did not commit. In a huge miscarriage of justice, the brothers were convicted on politically motivated charges stemming from their peaceful participation in protests. Vahid and Navid were also convicted after a baseless accusation involving the murder of a security official. The authorities unjustly sentenced Navid to death, and Habib and Vahid to decades in prison and 74 lashes each.

The three brothers were moved to solitary confinement cells in September 2020. On 12 September 2020, Navid was executed in secret, without any warning to him, his family, or his lawyers. Navid’s execution ignited outrage in Iran and throughout the world and led to escalated campaigning for Habib and Vahid. Habib was released from prison in March 2022, after spending 550 days in solitary confinement.

The authorities have been cruelly holding Vahid in solitary confinement since September 2020 and totally isolating him from other prisoners, to punish him for not bending to the authorities’ demands to publicly make statements against people in Iran and around the world who have sought justice for his family.

Tell Iran to free Vahid Afkari

WRITE TO THE IRANIAN AUTHORITIES

Tell them to release Vahid Afkari as he is arbitrarily detained, quash his unjust convictions and sentences, and pending his release, end his solitary confinement and provide him with adequate healthcare.

Head of Judiciary
c/o Embassy of Iran to the European Union
Avenue Franklin Roosevelt No. 15
1050 Brussels
Belgium

Instagram: [instagram.com/ejeii_org/](https://www.instagram.com/ejeii_org/)
Twitter: Target Iran’s Supreme Leader on
[@khamenei_ir](https://twitter.com/khamenei_ir)
Salutation: Dear Sir

NOTE: There are no diplomatic representatives for Iran in Canada

SHOW VAHID AFKARI THAT HE IS NOT ALONE

Send your messages of support to Vahid on social media, tagging Vahid’s brother Saeed in your post.

Instagram: [instagram.com/saeed_afkariiii/](https://www.instagram.com/saeed_afkariiii/)
Twitter: [@afkari_saeed](https://twitter.com/afkari_saeed)



**NASSER ZEFZAFI
MOROCCO**

Two decades in prison for speaking out

Nasser Zefzafi was living a peaceful life with his family in the Rif region of northern Morocco, an area struggling with poor healthcare, education and employment opportunities. Its population has been marginalized by successive governments in Morocco.

Triggered by the death of a fishmonger who was crushed by a rubbish truck as he tried to recover fish confiscated by the authorities, in October 2016 peaceful protests began in Nasser's town. Millions of people marched peacefully to express their sadness and frustration. They had had enough. They were demanding change. The Hirak El-Rif movement was born, and Nasser, a firm believer in justice and equality, became a prominent figure in the movement.

In the months that followed, Moroccan security forces arrested hundreds of protesters. On 29 May 2017, Nasser was arrested for interrupting a sermon at a mosque and accusing the Imam (Islamic prayer leader) of acting as a mouthpiece for the authorities. Whilst in custody, police officers subjected Nasser to torture and other ill-treatment. On 27 June 2018, Nasser was sentenced to 20 years in prison, just for speaking out. He has been detained in prolonged solitary confinement since his arrest.

Forced to live in terrible conditions in prison, Nasser's health has deteriorated significantly. He's suffering from health conditions including respiratory and eyesight problems and nerve pain. The prison authorities have denied him the medical care he needs.

**Tell the Moroccan authorities to free
Nasser today**

WRITE TO THE MOROCCAN AUTHORITIES

Tell them to release
Nasser Zefzafi
immediately and
unconditionally and
quash his conviction.



Head of Moroccan Government
Palais Royal – Touarga
Rabat 10070
Morocco

Fax: +212 537771010
Salutation: Your Excellency

Her Excellency Souriya OTMANI
Ambassador for the Kingdom of Morocco
38 Range Road
Ottawa ON K1N 8J4

Email: sifamaot@bellnet.ca
Salutation: Your Excellency

SHOW NASSER YOU'RE WITH HIM

Send him your messages of friendship and hope to help lift his spirits in prison.

Address:
Nasser Zefzafi
Amnesty International Maroc
281, Avenue Mohamed V, Apt 23
Rabat 10000
Morocco



**YREN ROTELA AND MARIANA
SEPÚLVEDA
PARAGUAY**

Protesting to exist

Yren and Mariana want to live their lives freely and do things they love, like playing volleyball, dancing and going to the theatre. However, as trans women, Yren and Mariana are busy defending themselves against discrimination. They've been bullied, physically attacked and prevented from speaking out about the issues they face in their daily lives.

Trans people in Paraguay cannot legally change their names or obtain identity documents that match their gender identity, among other discriminatory practices. This means trans students cannot get school certificates in their chosen names, which makes finding a job difficult. This inequality has motivated Yren and Mariana to become activists, to demand change.

But protesting isn't easy for trans people in Paraguay. Paraguay is a very conservative country which treats trans people and the wider LGBTI community unfairly. It tries to make them invisible. Because of this, protests by trans groups are often banned, and in some cases demonstrations have been attacked.

Yren and Mariana have been fighting for years to change their legal names. If they could get documentation that matches who they are, it would mean the state had started to recognize their existence as trans women. As Yren says: "I came into the world to show who I am, not to be told who I am."

Tell Paraguay to legally recognize the identity of trans people so they can exercise their rights

**WRITE TO THE
PARAGUAYAN
AUTHORITIES**

Tell them to legally recognize the identities of transgender people so that they can exercise their right to freedom of expression, association and protest under their self-perceived identities.



President of the Supreme Court of Justice
Palacio de Justicia del Paraguay
Mariano Roque Alonso y Testanova
Asunción
C.P. N°001001
Paraguay

Email: secretariageneralcsj@pj.gov.py
Twitter: @PoderJudicialPY
Facebook: @PoderJudicialPY
Fax: +595 21 439 4000
Salutation: Dear Mr President

His Excellency Raul Antonio MONTIEL GASTO
Ambassador for the Republic of Paraguay
130 Albert Street, Suite 418
Ottawa ON K1P 1B1

Email: embaparcana@mre.gov.py
Salutation: Your Excellency

SHOW YREN AND MARIANA YOU'RE WITH THEM

Send your messages of friendship and hope to Yren and Mariana to continue in their fight.

Address:
Amnesty International Paraguay
Hassler 5229
entre Cruz del Defensor y Cruz del Chaco
Asunción
Paraguay



**ALEKSANDRA SKOCHILENKO
RUSSIAN FEDERATION**

Facing prison for opposing the war

Aleksandra (or Sasha for short) fills her life with music and art. In better times, she loved playing the piano, guitar, mandolin and flute, and hosted jams for anyone who wanted to play together.

Troubled by Russia's invasion of Ukraine, Aleksandra took action on 31 March 2022. She replaced price tags in a local supermarket in Saint Petersburg with little paper labels containing information about the invasion.

In the early morning of 11 April 2022, police arrested Aleksandra and charged her with "public dissemination of knowingly false information about the use of the Armed Forces of the Russian Federation" – a new article of the criminal code hastily introduced by the Russian government in March 2022 to try and stop Russian people criticizing the invasion of Ukraine. Dozens of people have already been detained under this new offence.

Aleksandra has been held in detention ever since, in terrible conditions. She has coeliac disease and has been forced to go hungry most of the time because the detention centre has not given her the gluten-free food she needs. Aleksandra has also been harassed by detention centre employees and her cellmates. If she is convicted, Aleksandra faces up to 10 years in prison.

Tell Russia to free Aleksandra now

WRITE TO THE RUSSIAN AUTHORITIES

Tell them to immediately release Aleksandra Skochilenko and drop all charges, as she has been detained solely for expressing her opposition to the war.

Please note that Canada Post is not currently delivering mail to Russia. Please send all letters to the embassy in Canada.

His Excellency Oleg STEPANOV
Ambassador for the Russian Federation
285 Charlotte Street
Ottawa ON K1N 8L5

Email: info@rusembassy.ca
Salutation: Your Excellency



HELP KEEP ALEKSANDRA'S SPIRIT STRONG

Send her your message of solidarity and hope. Draw pictures of cats (Aleksandra has two called Lucy and Maude!) to accompany your message, take a photo, and post it to your social media, tagging Aleksandra when you do. Then, mail your message to the address below. Please avoid using the Ukrainian flag or its colours (yellow and blue) or Ukrainian symbols. Focus your message and image on Aleksandra, not on Ukraine or the war.

Address:

Aleksandra Skochilenko
Write for Rights
Amnesty International
1 Easton Street
London WC1X 0DW
United Kingdom

Instagram: [@skochilenko](https://www.instagram.com/skochilenko)
Facebook: [facebook.com/sasha.skochilenko](https://www.facebook.com/sasha.skochilenko)

Joanah, Netsai and Cecillia are three women with a lot of things in common: they love playing board games, watching Netflix and are passionate



**JOANAH MAMOMBE, NETSAI
MAROVA AND CECILLIA CHIMBIRI
ZIMBABWE**

Jailed for protesting

about politics. Sadly, they now share horrific memories of a terrible and degrading attack.

On 13 May 2020, after leading an anti-government protest, Joana, Netsai and Cecillia were arbitrarily arrested in Harare, taken to a police station and forced into an unmarked car. With hoods over their heads, they were driven out of the city. Scared for their lives, the women were thrown into a pit, beaten, sexually assaulted and forced to eat human excrement. They were found two days later, miles from Harare. Their clothes torn, covered in cuts and bruises, they were taken to hospital.

While still hospitalized, Joana, Netsai and Cecillia were charged with criminal offences relating to the protest. Prison guards and police officers were at the hospital to prevent them from talking to journalists. After stating that they recognized some of their attackers, the women were re-arrested on 10 June 2020 and charged with faking their ordeal. They were detained until 26 June 2020, when they were given bail.

Joana, Netsai and Cecillia's trial began in January 2022 and continues. To date, no one has been held accountable for their terrible trauma.

**Demand justice for Joana, Netsai and
Cecillia**

**WRITE TO THE ZIMBABWEAN
AUTHORITIES**

Tell them to immediately and unconditionally drop all charges against Joana, Netsai and Cecillia and end the harassment they face for peacefully exercising their right to protest.

President of the Republic of
Zimbabwe
Office of the President
Munhumutapa Building
Samora Machel Avenue
P. Bag 7700
Causeway
Harare, Zimbabwe

Email: Info@opc.gov.zw
Twitter: [@edmnangagwa](https://twitter.com/edmnangagwa)
Facebook: Emmerson Dambudzo Mnangagwa Salutation:
Your Excellency

Her Excellency Ruth Masodzi CHIKWIRA
Ambassador for the Republic of Zimbabwe
332 Somerset Street West
Ottawa ON K2P 0J9

Email: zimottawa@zimfa.gov.zw
Salutation: Your Excellency

**SHOW JOANAH, NETSAI & CECILLIA THAT
YOU BELIEVE IN THEM**

Send them your message of solidarity and hope. Draw pictures of butterflies and flowers to accompany your message, take a photo, and post it to your social media, tagging them when you do. Then, mail your message to the address further below. Don't forget to follow them!

Address for Cecillia and Joana:
c/o Lucia Masuka Executive Director
Amnesty International Zimbabwe
54 Midlothian Avenue, Eastlea, Harare, Zimbabwe

Address for Netsai: Amnesty Norge
v/ Richard/SFL, PO Box 702 Sentrum, N-0106, Oslo, Norway

Twitter: Joana: [@JoanaMamombe](https://twitter.com/JoanaMamombe)
Netsai: [@MarovaNetsai](https://twitter.com/MarovaNetsai)
Cecillia: [@ceechimbiri2](https://twitter.com/ceechimbiri2)

