



CAMBODIA

Mother Nature Cambodia

**CONVICTED FOR PROTECTING
THE ENVIRONMENT**

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

**WRITE
FOR
RIGHTS**



Chandaravuth Ly, Keoraksmey Phuon, 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.

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.

Prime Minister of Cambodia

c/o Permanent Mission of the Kingdom of Cambodia
to the United Nations
327 East 58th Street
New York, NY 10022
United States of America

(Take photos of your letters and post on social media before sending to an embassy or consulate.)

**Please note: there are no diplomatic
representatives for Cambodia in Canada.**

SALUTATION: Dear Prime Minister

EMAIL: ocm@cambodia.gov.kh

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.

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/](https://www.facebook.com/mothernaturecambodia/)

X: @CambodiaMother

INSTAGRAM: mothernaturecambodia

HASHTAGS: #FreeMotherNatureCambodia,
#FreeOurFriends, #W4R25



ECUADOR

Guerreras por la Amazonía

'FIGHTING TO PROTECT OUR AMAZON, AND YOUR FUTURE'

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

**WRITE
FOR
RIGHTS**



"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.

WRITE TO THE PRESIDENT

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

President of Ecuador

Palacio de Carondelet
García Moreno N10-43 entre
Chile y Espejo
Quito 170401
Ecuador

SALUTATION: Dear President

Please send a copy of your letter to diplomatic representatives in Canada.

Embassy of the Republic of Ecuador

99 Bank Street, Suite 230
Ottawa ON K1P 6B9

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.

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



HONDURAS

Juan López

DEFENDER OF RIVERS AND FORESTS MURDERED

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.

**Demand justice
for Juan López.**

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL



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.

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.

Attorney General

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

SALUTATION: To the attorney general

EMAIL: fiscaliageneralhnd@gmail.com /
mprelacionespublicas@gmail.com

Please send a copy of your letter to diplomatic representatives in Canada.

Embassy of the Republic of Honduras

130 Albert Street, Suite 504
Ottawa ON K1P 5G4

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.

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-](https://www.facebook.com/people/Comité-Municipal-en-Defensa-de-los-Bienes-Comunes-y-Públicos/100082713284780/)

X: [Públicos/100082713284780/](https://twitter.com/Comité-Municipal-en-Defensa-de-los-Bienes-Comunes-y-Públicos/100082713284780/)

HASHTAGS: [@guapinolre](https://twitter.com/guapinolre)
[#JusticiaParaJuanLópez](https://twitter.com/JusticiaParaJuanLópez), [#W4R25](https://twitter.com/W4R25)



KYRGYZSTAN

Makhabat Tazhibek kyzy

WOMAN JOURNALIST JAILED FOR EXPOSING ALLEGED CORRUPTION

**Call on Kyrgyzstan to ensure
the immediate release of
Makhabat and to review her
criminal case now.**

**WRITE
FOR
RIGHTS**



Born into a family of poets, judges and politicians, Makhabat Tazhibek kyzy grew up surrounded by creativity and human rights. Poetry is woven into Kyrgyzstan's culture, with poets using their words to voice people's struggles and criticize the authorities. For Makhabat, becoming a journalist was an obvious choice. She could amplify people's voices and share their stories.

By 2022, Makhabat was the head of one of the most prominent investigative media outlets in Kyrgyzstan, uncovering alleged corruption at the highest levels and reporting on deeply rooted social issues like inequality, giving a voice to people affected.

This crucial work was not without risks. As the authorities intensified their crackdown on independent journalism, Makhabat became a target. In December 2023, she received threats of imprisonment, torture and deportation. Unintimidated, she vowed to continue her work.

Just weeks later, in January 2024, the authorities raided Makhabat's home and arrested her. The charges, "calls for violence against citizens" and "calls for active disobedience and mass riots", were baseless. There is no evidence for either. Yet in October 2024, Makhabat was sentenced to six years in prison.

Now her young son is growing up without his mother.

WRITE TO THE PROSECUTOR GENERAL

Call on the prosecutor general to initiate a review of the case of Makhabat, ensure her immediate release and full acquittal, and guarantee that she can continue her professional activities in Kyrgyzstan without undue restrictions.

General Prosecutor

General Prosecutor's Office
Toktonalieva Street, 139
Bishkek
720040
Kyrgyzstan

SALUTATION: Dear Prosecutor General

EMAIL: statement@prokuror.kg

Please send a copy of your letter to the embassy in the US (there is no embassy in Canada).

Embassy of the Kyrgyz Republic

2360 Massachusetts Avenue NW
Washington D.C. 20008
United States of America

SEND YOUR LETTERS AND CARDS OF HOPE TO MAKHABAT

Help keep Makhabat's spirits up and let her know she is not alone. Tell her about traditional music and folklore in your country – both are so important to her.

Makhabat Tazhibek kyzy,

1991 year of birth
Correctional Facility No. 2
selo Stepnoye
Alamudun District
724328
Kyrgyzstan

FACEBOOK: www.facebook.com/temirovlive

INSTAGRAM: [temirovlive](https://www.instagram.com/temirovlive)

X: [@TemirovLive](https://twitter.com/TemirovLive)

HASHTAGS: [#MakhabatBoshtonduk](#),
[#FreeMakhabat](#), [#W4R25](#)



MADAGASCAR

Damisoa

DISPLACED BY DROUGHTS AND FACING STARVATION

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.

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
FOR
RIGHTS**



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.

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.

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

Please send a copy of your letter to diplomatic representatives in Canada.

Embassy of the Republic of Madagascar

3 Raymond Street
Ottawa ON K1R 1A3

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.

Damisoa

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

HASHTAGS: #W4R25



MYANMAR

Sai Zaw Thaïke

LOCKED UP AND BEATEN FOR HIS JOURNALISM

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 Thaïke 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.

**Demand that Myanmar's
military immediately
release Sai Zaw Thaïke.**

**WRITE
FOR
RIGHTS**



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.

WRITE TO THE MYANMAR MILITARY JUNTA

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

The Myanmar Military junta

c/o Embassy of the Republic of the Union of Myanmar
336 Island Park Drive
Ottawa ON K1Y 0A7

SALUTATION: To the Myanmar military junta

EMAIL: sacministry1234@gmail.com
www.sacministry.gov.mm/en/contact-us
www.seniorgeneralminawhlaing.com.mm/en/contact/

Please send a copy of your letter to diplomatic representatives in Canada.

Embassy of the Republic of the Union of Myanmar

336 Island Park Drive
Ottawa ON K1Y 0A7

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.

Sai Zaw Thaïke

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](https://www.instagram.com/myanmar_now)

HASHTAGS: #FreeSaiZaw, #FreeSZT, #W4R25



NORWAY

Ellinor Guttorm Utsi

FIGHTING TO PROTECT THEIR ANCESTRAL LANDS AND CULTURE

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.

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

**WRITE
FOR
RIGHTS**



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.

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.

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

Please send a copy of your letter to diplomatic representatives in Canada.

Embassy of the Kingdom of Norway
150 Metcalfe Street, Suite 1300
Ottawa ON K2P 1P1

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.

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



SOUTH AFRICA

Unecebo Mboteni

**LOST HIS LIFE WHERE HE
SHOULD HAVE BEEN SAFE**

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."

**Demand justice for
Unecebo Mboteni.**

**WRITE
FOR
RIGHTS**

AMNESTY
INTERNATIONAL

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.

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.

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

**Please send a copy of your letter to diplomatic
representatives in Canada.**

High Commission for the Republic of South Africa

15 Sussex Drive
Ottawa ON K1M 1M8

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.**

Unecebo's family

c/o Amnesty International South Africa
97 Oxford Road Rosebank
Johannesburg, 2916
South Africa

HASHTAGS: #JusticeForUnecebo, #W4R25



TUNISIA

Sonia Dahmani

LOCKED UP AND SILENCED FOR SPEAKING OUT

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.

**Demand Sonia's
release now.**

**WRITE
FOR
RIGHTS**



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.

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.

President of Tunisia

Carthage Presidential Palace
La Goulette Road
Carthage Archaeological Site
Tunis
Tunisia

SALUTATION: Your Excellency

EMAIL: contact@carthage.tn

Please send a copy of your letter to diplomatic representatives in Canada.

Embassy of the Republic of Tunisia

515 O'Connor Street
Ottawa ON K1S 3P8

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.

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