



HUMAN RIGHTS IN YOUR BACK POCKET

AMNESTY
INTERNATIONAL



"Where, after all, do universal human rights begin? In small places, close to home - so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm, or office where he works."

A translated and shortened quote by Eleanor Roosevelt, the driving force behind the Universal Declaration of Human Rights of 1948. March 27, 1958. United Nations, New York.

AMNESTYAKADEMIET

THE UNIVERSAL DECLARATION OF HUMAN RIGHTS



ART.01

**ALL HUMAN BEINGS ARE BORN FREE
AND EQUAL IN DIGNITY AND RIGHTS.**

Everyone has the same human rights, from birth until death, no matter who they are or where they live.

No one should be discriminated against because of their age, religion, gender, ethnicity, life situation, or other factors.



ART.02

**HUMAN RIGHTS APPLY FOR
EVERYONE WORLDWIDE.**

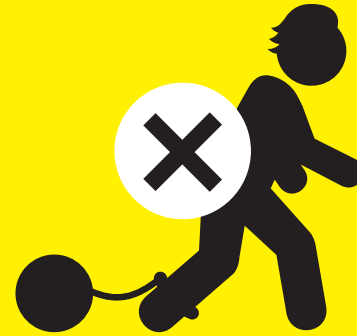
No one must be discriminated against based on their age, religion, gender, ethnicity, life situation, or other conditions.



ART.03

**EVERYONE HAS THE RIGHT TO
LIFE, FREEDOM, AND SAFETY.**

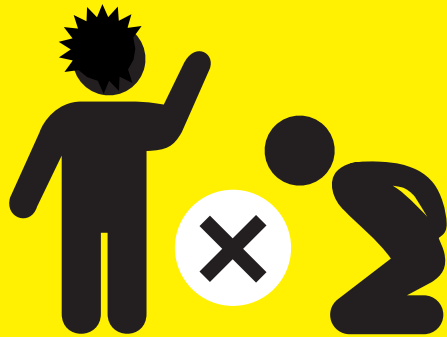
No one shall be deprived of their life, unless it occurs in self-defense or in defense of others. The death penalty is the most extreme violation of the right to life and should never be used.



ART.04

**SLAVERY AND THE SLAVE TRADE
ARE PROHIBITED IN ALL FORMS.**

No one can own another person, and no one should be subjected to forced labor.



ART.05

NO ONE SHOULD BE SUBJECTED TO TORTURE OR CRUEL, INHUMAN, OR DEGRADING TREATMENT OR PUNISHMENT.

The police are not allowed to inflict pain on anyone or threaten to harm them or others to get what they want, for example, to obtain a confession. It is also not allowed to punish anyone in a cruel way, such as through inhumane prison conditions or whipping.



ART.06

EVERY PERSON IS ENTITLED TO BE RECOGNIZED AS A PERSON BY THE LAW.

No matter who you are, regardless of your background, past, or other circumstances; no one can be treated outside of the law.



ART.07

EVERYONE IS EQUAL BEFORE THE LAW AND HAS THE RIGHT TO THE SAME PROTECTION OF THE LAW.

We are all different, but the laws must be equal for all. The law must protect everyone against discrimination.



ART.08

EVERYONE MUST BE ABLE TO SEEK PROTECTION FROM A COURT OF LAW WHEN THEIR RIGHTS ARE VIOLATED.

The law must ensure that everyone can defend themselves against injustice, either by themselves or with the help of a lawyer.



ART.09

**NO ONE SHALL BE SUBJECT
TO ARBITRARY ARREST,
DETENTION, OR EXILE.**

No one should be locked up (or "deprived of their freedom") without a legal basis for it. Deprivation of liberty longer than a few days can only be ordered by a court.



ART.10

**IF YOU ARE ACCUSED OF A CRIME,
YOUR CASE MUST BE HANDLED BY A
PUBLIC COURT AND IN A FAIR MANNER.**

The court must be impartial in its handling of your case and not be subject to pressure from the authorities. The public must be able to follow court cases to ensure that they are conducted fairly.



ART.11

EVERYONE IS PRESUMED INNOCENT UNTIL PROVEN GUILTY.

If you are accused of a criminal offense, you shall only be convicted when your guilt has been proven. It is not you who must prove that you are innocent.



ART.12

EVERYONE HAS THE RIGHT TO PRIVACY AND PROTECTION OF THEIR GOOD NAME AND REPUTATION.

Your emails, photos, text messages, apps, letters, and plans concern only yourself and those you choose to share them with. No one should have access to these without your consent, including the authorities, unless permitted by law and approved by a court.

A → B

ART.13

**EVERYONE HAS THE RIGHT TO MOVE
FREELY AND THE FREEDOM TO
CHOOSE THEIR PLACE OF RESIDENCE
WITHIN THEIR OWN COUNTRY.**

The state must not interfere with where you choose to reside in your own country. The authorities in your country are also not allowed to prevent you from leaving your country unless it is necessary to protect other rights.



ART.14

**IF YOUR RIGHTS ARE THREATENED,
YOU ARE ALLOWED TO SEEK
REFUGE IN ANOTHER COUNTRY.**

If your human rights are being violated or are at risk of being violated, you have the right to seek protection in another country. No state may be sanctioned for providing asylum to anyone.



ART.15

EVERYONE HAS THE RIGHT TO A NATIONALITY. NO ONE SHALL BE ARBITRARILY DEPRIVED OF HIS NATIONALITY NOR DENIED THE RIGHT TO CHANGE HIS NATIONALITY.

You can only be deprived of your nationality if there is a legal basis for it, and you must never be deprived of your nationality if you do not have another one.



ART.16

EVERYONE HAS THE RIGHT TO MARRY AND TO FOUND A FAMILY. THEY ARE ENTITLED TO EQUAL RIGHTS AS TO MARRIAGE, DURING MARRIAGE AND AT ITS DISSOLUTION.

You, and only you, can decide whom you want to marry.



ART.17

EVERYONE HAS THE RIGHT TO OWN PROPERTY ALONE AS WELL AS IN ASSOCIATION WITH OTHERS. NO ONE SHALL BE ARBITRARILY DEPRIVED OF HIS PROPERTY.

The state cannot simply take something you own without a legal basis, and without it being necessary to secure other rights. In addition, the state must protect you against others taking your property.



ART.18

EVERYONE HAS THE RIGHT TO FREEDOM OF THOUGHT, CONSCIENCE AND RELIGION.

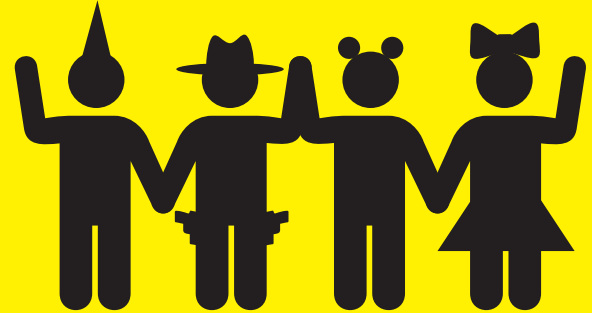
Everyone is free to choose and practice their religion, or to have no religion at all, and to change their religion if they wish.



ART.19

EVERYONE HAS THE RIGHT TO FREEDOM OF OPINION AND EXPRESSION.

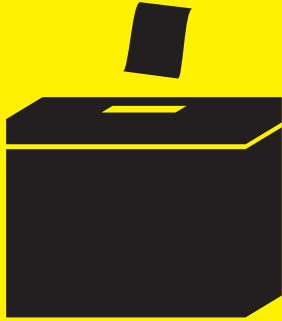
Everyone has the right to have their own opinion, to speak their mind, and to exchange information and ideas with others. You can say anything, as long as you do not do it in a way that violates other people's human rights.



ART.20

EVERYONE HAS THE RIGHT TO FREEDOM OF PEACEFUL ASSEMBLY AND ASSOCIATION.

You must not be prevented from participating in a demonstration as long as it does not endanger people's safety. The state shall not interfere with which organizations or associations you belong to, as long as they are legal.



ART.21

**EVERYONE HAS THE RIGHT TO TAKE PART
IN THEIR GOVERNMENT AND TO HAVE
EQUAL ACCESS TO PUBLIC SERVICE.**

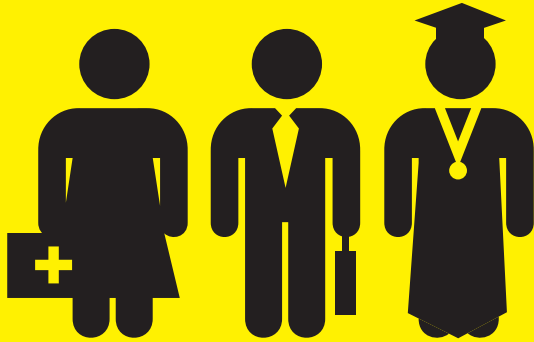
Your opinion must be heard when it is decided how your country or community should function. Everyone should have the opportunity to run for election or apply for jobs in the state or municipality. If you're a minor, your parents must take care of this right for you.



ART.22

**EVERYONE HAS THE RIGHT THAT
THEIR BASIC NEEDS ARE TAKEN
CARE OF SO THAT THEY CAN LIVE A
DIGNIFIED LIFE.**

If one cannot take care of oneself, the authorities should facilitate a dignified life.



ART.23

**EVERYONE HAS THE RIGHT TO WORK,
TO FREE CHOICE OF EMPLOYMENT, TO
JUST AND FAVORABLE CONDITIONS OF
WORK.**

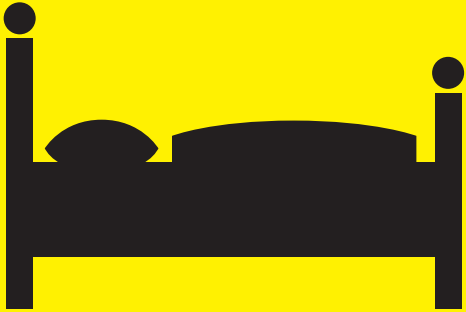
The state must do everything possible to ensure that everyone can earn a living. Everyone should be able to choose which profession they want to practice. Everyone who works must receive a fair wage that is sufficient to live on.



ART.24

**EVERYONE HAS THE RIGHT TO
REST AND LEISURE.**

The working hours at work or school must be limited so that everyone has sufficient opportunity to rest and do something other than work. Everyone who works is entitled to regular paid vacation.



ART.25

**EVERYONE HAS THE RIGHT TO A
LIVING STANDARD THAT ENSURES
THEIR HEALTH AND OTHER BASIC
NEEDS.**

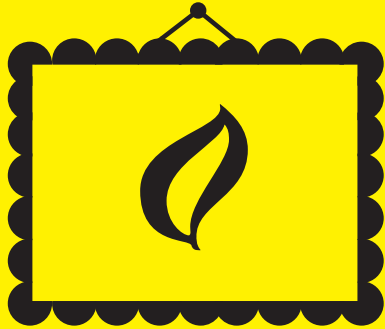
Everyone should have access to food, clothing, and a safe place to live, and everyone should be able to receive medical help when necessary. No one should suffer from illness or extreme distress just because they are poor.



ART.26

**EVERYONE HAS THE RIGHT
TO EDUCATION.**

A good education increases your opportunities to take care of yourself and participate in society.



ART.27

EVERYONE HAS THE RIGHT TO PARTICIPATE IN CULTURAL LIFE.

The state must ensure that you can attend cultural or sporting events. Those who create art, literature or film, or engage in research, must be protected against others using their work against their will.



ART.28

ALL COUNTRIES MUST CONTRIBUTE TO MAKING THE WORLD A PLACE WHERE ALL THESE RIGHTS CAN BE REALIZED.

The state shall respect, protect, and fulfill the rights of its citizens. All countries must also take shared responsibility for the well-being of people in other countries.



ART.29

NO ONE SHALL BE ALLOWED TO VIOLATE THE RIGHTS OF OTHERS.

The state can only limit how we use our human rights when it is necessary to protect the rights of others or the security of society.



ART.30

NOTHING IN THIS DECLARATION SHALL BE USED AS AN ARGUMENT TO ABOLISH OR DESTROY INDIVIDUAL HUMAN RIGHTS.

THIS IS A SHORTENED
VERSION OF THE RIGHTS
IN THE UNIVERSAL
DECLARATION OF HUMAN
RIGHTS.

SCAN THE QR CODE TO
READ THE FULL VERSION.



You must not endure
so well, the injustice
that does not affect
you yourself!

- Arnulf Øverland



AMNESTY INTERNATIONAL NORGE

Grensen 3, 0159 Oslo

☎ 22402200

✉ info@amnesty.no

🌐 amnesty.no

f facebook.com/AmnestyNorge/

📷 @Amnesty_norge