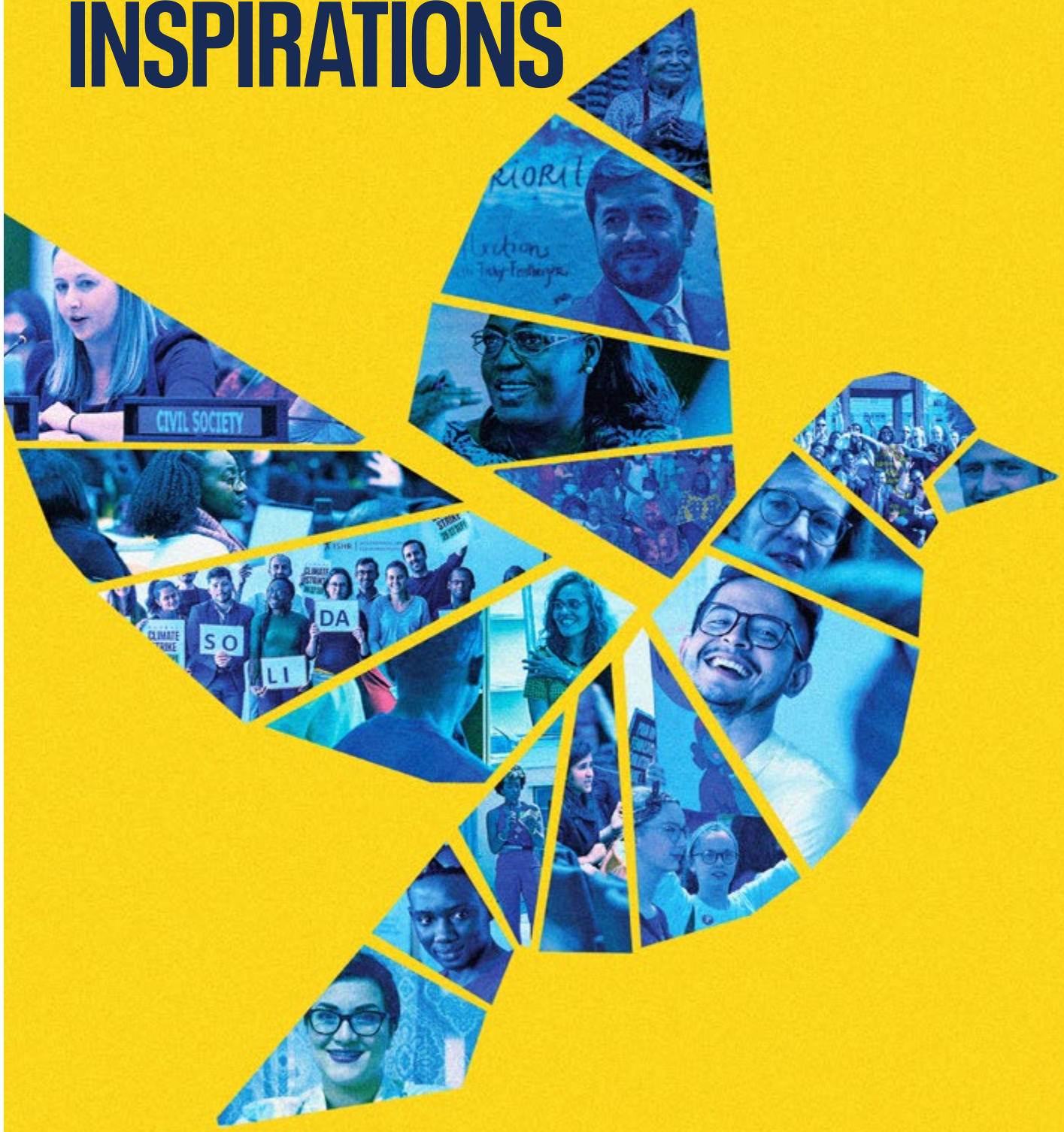


HUMAN RIGHTS DEFENDERS HOPES AND INSPIRATIONS





134% Burundi

INCREASE IN USE OF ISHR INFORMATION PRODUCTS BY HUMAN RIGHTS DEFENDERS FROM VARIOUS COUNTRIES

THESE INCREASES REFLECT THE RELEVANCE AND ACCESSIBILITY OF ISHR'S ONLINE RESOURCES, PARTICULARLY FOR DEFENDERS IN RESTRICTIVE OR DETERIORATING ENVIRONMENTS.



89% China



68% Afghanistan

Philippines 63%



63% Guatemala

Vietnam 54%



57% Zimbabwe

Sri Lanka 47%



50% Ethiopia



29% Turkey

Nigeria 25%



13% Egypt

At ISHR we have a custom of starting all staff meetings by sharing our inspirations. The inspiration might be something deeply personal, like the resilience of a loved one recovering from illness, something local, like the renaming of a Geneva street to honour a feminist activist, or something work-related, like the release of a human rights defender from arbitrary detention following a concerted global campaign.

We are constantly inspired by the brave people taking action to defend human rights. These are the people that speak out and mobilise against injustices like racism, sexism, corruption, impunity or the climate crisis and who work with communities to find solutions and advocate for better ways of doing things – to achieve the Sustainable Development Goals and make sure that no one is left behind.

In December 2021, we invited you to be 'vulnerable' – to have the courage to be vulnerable – and to share some of the human rights stories and successes that inspire and give you hope. With thanks and gratitude to those who shared, we're delighted to offer this selection.



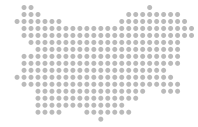
INSPIRED BY WOMEN HUMAN RIGHTS DEFENDERS, FEMINIST ACTIVISTS AND SEXUAL AND GENDER JUSTICE

**NICOLINE NWENUSHI
WAZEH TUMASANG**
WOMAN HUMAN
RIGHTS DEFENDER
CAMEROON



'I am inspired by and hope for a future built on compassion, unity and hope, where our common humanity and shared vulnerabilities are understood by all. A future where toxic masculinities and patriarchy are dismantled.'

**WOMAN HUMAN
RIGHTS DEFENDER,
BULGARIA**



'Women human rights defenders inspire me – from those who work to ensure women and girls can access education and healthcare, to those who work to protect the vulnerable, end conflict and bring love and peace.'

**CARME CLAVEL
ARCAS**
FEMINIST ACTIVIST
AND WOMAN HUMAN
RIGHTS DEFENDER
JUST ASSOCIATES (JASS)



'Today and for all 2022 my inspiration is the feminist resistance in Nicaragua – from political prisoners to all their family members – where the leaders in most of the cases are mothers, sisters, daughters, wives, nieces. I am especially inspired by the mothers of all 350 people killed during the crisis and the resistance from April 2018.'

MAURICIO OCHIENG'
TRANSGENDER
ACTIVIST AND
HUMAN RIGHTS
DEFENDER
KENYA



'I am a survivor of violence, abuse, threats and intimidation. I am inspired, hope and work for a future in which transgender people will be living freely, without stigma and discrimination, with equal access to all rights and public services like education and healthcare.'



INSPIRED BY ENVIRONMENTAL AND INDIGENOUS HUMAN RIGHTS DEFENDERS AND ENVIRONMENTAL JUSTICE

ROMEL GONZÁLEZ DÍAZ
MAYAN HUMAN RIGHTS DEFENDER AND MEMBER OF THE REGIONAL INDIGENOUS AND POPULAR COUNCIL OF XPUJIL MEXICO



'My inspiration and hope is that we learn the importance of taking care of our health, the trees and nature and that we don't destroy our natural resources and communities.'

MARIANNE BERTRAND
CAMPAIGN MANAGER ISHR



'I am inspired by people working to change the course of the climate crisis and pushing governments and corporations to take concrete steps like stopping fossil fuels. We need to listen to the solutions offered by indigenous peoples, grass-root communities and human rights defenders all over the world who are telling us to adopt climate and development measures that address the racism, patriarchy, colonialism and capitalism in our societies and systems.'

HUMAN RIGHTS DEFENDER, NEPAL



'I am inspired by human rights defenders globally, working to protect nature and the environment and to promote justice and democracy. To be a part of this movement brings me great joy.'

MARINA DAILY,
FINANCE DIRECTOR ISHR



'I was really inspired by young activist Vanessa Nakate at the COP26. She brought African defenders' and new voices to the climate fight. She explained how "there won't be climate justice if specific groups of people are being left behind" and how the African continent has been struck by some of the most dire consequences of climate change.'

DIEGO VILLANUEVA,
OFFICE AND PROGRAMME SUPPORT MANAGER ISHR



'I was inspired by the film "Animal" and the young activists and defenders working to address climate change. I am inspired by all of those who educate and inform themselves and others, and continue to strike and yell at the top of their lungs in protests in streets around the world to save ourselves and everything else on this beautiful planet. I hope for all of us to join that call, to open our eyes to a future that includes a mutual respect for Earth and each other.'

CHAN THACK

PRESIDENT OF KKF OCEANIA



'I am inspired by the dignity and bravery of the Khmer-Krom indigenous peoples of Vietnam, struggling to maintain their religion and culture, and to protect their sacred ancestral lands, mountains and forests. In June 2021, four UN Special Rapporteurs wrote a joint allegation letter to the Government of Vietnam about the arbitrary arrest and detention of young Khmer-Krom human rights defenders. This international scrutiny and pressure forced an unprecedented response from the Government. International scrutiny and solidarity for the cause is vital.'



INSPIRED BY EFFORTS TO RESIST REPRESSION, PROMOTE ACCOUNTABILITY AND COMBAT IMPUNITY

BARUN GHIMIRE
HUMAN RIGHTS
LAWYER, LAW AND
POLICY FORUM FOR
SOCIAL JUSTICE
NEPAL



'As a human rights lawyer, my hope and vision is to be effective in using the law as a means to achieve systemic reform that will positively impact on individuals' lives. I want to be part of a process and movement that makes human rights rhetoric a reality.'

ROSANA LEZAMA
HUMAN RIGHTS
DEFENDER
VENEZUELA



'My hope and aspiration is that human rights become non-negotiable. I want to see communities and the broader population being more engaged and involved in demanding and defending human rights.'

VINCENT PLOTON
DIRECTOR OF
DEVELOPMENT
AND TREATY BODY
ADVOCACY
ISHR



'I was really delighted and inspired by Germain Rukuki's release from prison, which marked the culmination and success of collective and concerted efforts involving local, national, regional and international NGOs, diplomats and UN experts, among others. Germain's third son was born when he was imprisoned for having documented human rights violations. It is thrilling to know that Germain has now been reunited with his family and loved ones, and is now able to share his experience and speak publicly about human rights violations in Burundi, most recently upon invitation from the European Parliament.'

**HUMAN RIGHTS
DEFENDER,
CHINA**



'I am inspired by those who continue to struggle for a free Tibet.'

**MADELEINE
SINCLAIR**
NEW YORK DIRECTOR
ISHR



'"There is always light, if only we're brave enough to see it / If only we're brave enough to be it". I was inspired by Amanda Gorman's poem "The Hill We Climb" at the US presidential inauguration, and her call for unity, which she delivered on the heels of a divisive election, the January 6 insurrection, with the country very much grappling with issues of racism, hate and division, not to mention the pandemic stretching into its second year.'

INSPIRED BY MOVEMENTS FOR EQUALITY AND NON-DISCRIMINATION

MICHAEL INEICHEN
 HEAD OF ADVOCACY
 AMNESTY
 INTERNATIONAL
 SWITZERLAND



'Personally, I was happy to see that the Swiss parliament finally adopted a law to create a national human rights institution in Switzerland, something civil society has worked towards for many years. We were also really successful in kicking off a discussion about violence against asylum seekers in federal asylum centres. And finally, the campaign to change the criminal code and move towards a consent-based definition of rape – the 'Yes means Yes' campaign – has been picking up speed.'

PAULETTE METANG
 EXECUTIVE DIRECTOR,
 ASSOCIATION
 CAMEROUNAISE POUR
 LA PRISE EN CHARGE
 DES PERSONNES AGÉES
 (ACAMAGE)
 CAMEROON



'I was inspired by Cameroon's ratification of the Africa Union Protocol on older people's rights on 28 December 2021. This is a result of our ongoing advocacy and campaign to stop ageism, discrimination, violence, abuse and neglect towards older people, because we want them to have dignified lives enjoying all their human rights.'

PATRICE WELLESLEY-COLE
 COMMUNITY CHAIR
 OF LONDON'S
 HAMPSTEAD ROTARY
 UNITED KINGDOM



'I was buoyed by the courage, strength and solidarity of a broad coalition of more than 100 civil society organisations and leaders in opposing the UK's racist Nationality and Borders Bill. As a woman of colour, this is deeply personal for me.'

In November 2020, ISHR and the Cameroon Women's Peace Movement (CAWOPEM) organised a workshop aimed at supporting the production of a civil society report for the review of Cameroon's State report by the Committee on the Elimination of Racial Discrimination (CERD).

