

A DEFENDER FOR A RIGHT



UNITED NATIONS
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Preface

The Universal Declaration of Human Rights, a milestone document that proclaimed the inalienable rights, which everyone is inherently entitled to as a human being, regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. It is the most translated document in the world, available in more than 500 languages.

Drafted by representatives of diverse legal and cultural backgrounds from all regions of the world, the Declaration sets out universal values and a common standard of achievement for all peoples and all nations. It establishes the equal dignity and worth of every person. Thanks to the Declaration, and States' commitments to its principles, the dignity of millions has been uplifted and the foundation for a more just world has been laid. While its promise is yet to be fully realized, the very fact that it has stood the test of time is testament to the enduring universality of its perennial values of equality, justice and human dignity.

The Universal Declaration of Human Rights empowers us all. The principles enshrined in the Declaration are as relevant today as they were in 1948. We need to stand up for our own rights and those of others. We can take action in our own daily lives to uphold the rights that protect us all and thereby promote the kinship of all human beings.



Pledge

I will respect your rights regardless of who you are. I will uphold your rights even when I disagree with you.

When anyone's human rights are denied, everyone's rights are undermined, so I will stand up.

I will raise my voice. I will take action. I will use my rights to stand up for your rights.



Disclaimer

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Article 1.

All human beings are born free and equal in dignity and rights.
They are endowed with reason and conscience
and should act towards one another in a spirit of brotherhood.

Article 2.

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.

Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

Nahla Haidar Lebanon



Nahla Haidar retired after 34 years of dedication to the United Nations. She currently volunteers in support of several non-governmental organizations (NGOs) engaging in programmes specific to human rights education, such as Amel Association International.

She is a current member of the Committee on the Elimination of Discrimination against Women, specifically addressing the mandate of the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW); recently, the Committee nominated her as Rapporteur on Reprisals.

Moreover, she serves as a consultant to DARA, an international NGO undertaking evaluation of development and humanitarian assistance at the field level.

She is considered an activist for human rights and has been associated with several human rights initiatives in the region, such as the Arab Organization for Human Rights, specific initiatives under the framework of the Arab Lawyers Union and the network of Arab social scientists of the United Nations Educational, Scientific and Cultural Organization (UNESCO).

Nahla Haidar holds an advanced university degree in law, majoring in Sociology of Law from Paris after completing her “licence en droit” at the Université Saint Joseph in Beirut, Lebanon.

Article 3.

Everyone has the right to life, liberty and security of person.

Alice Keyrouz Lebanon



Alice Keyrouz is a member of the Beirut Bar Association and a legal consultant for the Central Bank of Lebanon. Since 1987, she has been dedicated to defending human rights in general and children's rights in particular. She has been the president of the forum of NGOs for children's rights in Lebanon since 1991 and she is the president of the committee to improve the conditions of children without identity.

Alice Keyrouz played an active role in the introduction of free and compulsory education for children below the age of 18, which was passed by the Lebanese parliament in 1996. She recently participated in drafting the action plan for the national committee of human rights in Lebanon and represented Lebanon in many international conferences and seminars in Europe and the Middle East. In 2018, she was granted the title of Ambassador for Peace by the International Federation for Peace and Sustainable Development.

Alice Keyrouz obtained her higher degree in public law from the Université Saint Joseph in Beirut, Lebanon.

Article 4.

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Nazar Abdelgadir Sudan



Nazar Abdelgadir is a human rights lawyer and Executive Director of the Geneva Institute for Human Rights. During 2000-2004, he worked as a permanent representative to the Arab Organizations for Human Rights (AOHR) at the United Nations and the International Organizations in Geneva.

From 1997 to 2000, he worked as a consultant with the United Nations Children's Fund (UNICEF) for the Middle East and North Africa (MENA) region. He introduced the generation of human rights defenders in the MENA region to the United Nations system.

Since 1998, Nazar Abdelgadir has been an international expert in the field of human rights training for numerous international, regional and national human rights institutions.

Article 5.

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Mervat Reshmawi Palestine



Mervat Reshmawi is a human rights researcher, policy analyst and lecturer who has been working in this field for over 30 years, specializing in the MENA region and collaborating with many organizations, such as the Office of the High Commissioner for Human Rights, Al-Haq and Amnesty International.

She is affiliated as a board member to a number of organizations, including the Palestine Independent Commission for Human Rights (ICHR), the Association for the Prevention of Torture (APT) and the International Bar Association's Human Rights Institute (IBAHRI). In addition, she is a fellow at the Human Rights Law Centre at the University of Nottingham and the Human Rights Centre of the University of Essex.

For 10 years, Mervat. Reshmawi worked at the International Secretariat of Amnesty International as the legal advisor for the MENA region. Her academic qualifications include a master of laws in international human rights law from the University of Essex. She is the author of a number of publications on human rights law, with a focus on the MENA region.

Article 6.

Everyone has the right to recognition everywhere
as a person before the law.

Ghechir Boujamaa Algeria



Ghechir Boujamaa is a human rights defender, registered at Front Line Defenders. He is the co-founder of the Algerian League for Human Rights established in 1987 and served as its president from 1995 to 2013). Moreover, he is one of the founders of the Algerian Jurists, which was created in 1974.

He is immensely involved in several NGOs and intergovernmental organizations that defend human rights. He is co-founder of the Network of Democrats in the Arab World, which was established in 2005, and member of a group of experts on the inclusion of corruption within transnational justice procedures under the supervision of Freedom House Transparency.

He holds a bachelor in law and has worked as a lawyer since 1978.

Article 7.

All are equal before the law and are entitled without any discrimination to equal protection by the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Suzan Aref

Iraq



Suzan Aref has been a human rights activist since 1998. She holds a bachelor degree in economy and administration from the Cihan University in Erbil, Iraq. She was recently awarded the honorary doctorate degree in human rights from the International University for preliminary studies. She is the founder and, since 2004, director of the Women Empowerment Organization; and, since 2014, the coordinator of the Iraq Cross-sector Task Force (CSTF) 1325.

Suzan Aref has extensive experience in the field of women empowerment in national planning, gender mainstreaming in policies, plans and equality. In addition, she is concerned with the women peace and security agenda and works as a consultant on women issue strategies for national and international agencies in the region.

Article 8.

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted to him by the constitution or by law.

Reda Abdelaziz Abdelhafiz Egypt



Reda Abdelaziz Abdelhafiz has been the Director of the Training Department of the National Council for Human Rights, Egypt, since 2004.

He has been a human rights defender since 1994, when he joined the Egyptian Human Rights Centre as a field worker to monitor the human rights situation in Egypt. He also contributed in capacity building for many human rights defenders and national human rights institutions in Arab countries and North Africa.

Furthermore, he supported and advised the Office of the High Commissioner for Human Rights, the United Nations mission in Iraq and the Office of Human Rights in Erbil and Baghdad in capacity building of the police, NGOs and the Independent Commission for Human Rights.

Reda holds a Masters Degree in public law and human rights.

Article 9.

No one shall be subjected to arbitrary arrest, detention or exile.

Habib Belkouch **Morocco**



Habib Belkouch is the president of the Study Center for Human Rights and Democracy. He is well known in the field of human rights as a consultant to several NGOs, national and international governmental institutions, and more particularly as an expert consultant to the Minister of Human Rights from 1998 to 2000 and as a member of the National Council of Human Rights (CNDH).

He was also director of the Migration Program within the Euro-Mediterranean Human Rights Network and national coordinator of international cooperation projects in the field of human rights. In addition to that, he was one of the leaders of the Moroccan organization of human rights and founding member of the Amnesty International section in Morocco.

He is also known for his dedication to trainings in the field of human rights and for publishing several books, and conducting studies and reports.

Article 10.

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Nizar Saghiyeh Lebanon



Nizar Saghiyeh is lawyer, co-founder and, since 2011, executive director of the Legal Agenda as well as the editor of its publication of record. His areas of interest include researching about legal topics involving war memories, freedom of expression and targeted minority groups.

He pursues legal actions on sensitive issues, such as arbitrary detention of refugees and persons who disappeared during Lebanon's civil war.

Article 11.

(1) Everyone charged with a penal offence has the right to be presumed innocent until proven guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.

(2) No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

Bouchra Belhaj Hamida

Tunisia



Belhaj Hamida is a human rights defender for women and activist who has helped in founding and establishing a number of organizations, such as the Tunisian Association of Democratic Women. She was the director of association during 1995-2001, and for which she continued to work as general writer during 2003-2005.

She is currently a member of the Tunisian League for the Defense of Human Rights and deputy chairperson of the Zaghouan branch. She received awards from several Arab and Western organizations and women's magazines, honoring her resistance against extremism.

Belhaj Hamida holds a degree in private law from the Faculty of Law and Political Science in Tunis, Tunisia.

Article 12.

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Jamal Mousallem

Tunisia



Jamal Mousallem is currently President of the Tunisian League for the Defense of Human Rights (LTDH). In this capacity, he signed remarkable agreements, specifically with the Ministry of the Interior for access to places of detention, correctional centres and prisons; with the Ministry of Social Affairs for the visit of social centres and the training of their managers and beneficiaries in human rights; and with the Ministry of Youth and Sports for the creation of clubs for the promotion of human rights among young people.

During 2003-2014, he chaired the LTDH of the Sousse region; and during 2013-2016, he was a member of the executive committee of the Tunisian section of Amnesty International.

Article 13.

(1) Everyone has the right to freedom of movement and residence within the borders of each State.

Issam Arouri Palestine



Issam Arouri is the General Director of the Jerusalem Legal Aid and Human Rights Centre (JLAC). He is a founding member of the Palestinian NGO Network (PNGO), which is a coalition of 140 Palestinian civil society organizations that work in different developmental and humanitarian sectors, and is currently chair of the PNGO Board of Directors.

Furthermore, he is a member of the Board of Commissioners of the Independent Commission for Human Rights – Palestine (ICHR) and is a founding member of the Palestinian Human Rights Council (PHROC) and the Coalition for the Monitoring of Public Freedom.

Article 13.

(2) Everyone has the right to leave any country, including his own, and to return to his country.

Ali Moussawi

Algeria



Ali Moussawi has dedicated his life, professionally and voluntarily, to help anyone in need, specifically victims of injustice. He is the President of the Office of the Algerian League for Human Rights and a member of the National Office of the Academy of the Algerian Civil Society.

He has participated in several events related to human rights, particularly children's rights, people with disabilities and migration, mainly organized by a collaboration between the Arab League and the National Advisory Council for Promotion and Protection of Human Rights.

In 2016, he provided trainings in the field of international standards of detention and the installation of the steering committee to fight against the marginalization of people with disabilities.

Among his several degrees, Ali Moussawi has a degree in legal sciences.

Article 14.

(1) Everyone has the right to seek and to enjoy in other countries asylum from persecution.

(2) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

Randa Sanioura **Palestine**



Randa Sanioura is a human rights and women's rights defender with over 30 years of experience. Since August 2015, she has been the general director of the Women's Centre for Legal Aid and Counselling (WCLAC). Her work focuses on advocacy and networking for progressive change in civil society organizations, United Nations agencies and governments at national, regional and international levels.

She began her career as a legal researcher and coordinator of the women's rights programme at Al-Haq, where she served as director during 2001-2005. She works as a human rights specialist with good-governance organizations in Palestine, and was head of the Advocacy and Networking Department at WCLAC during 1997-2001. From 2007 to 2015, Randa Sanioura served as senior executive director of the Independent Commission for Human Rights in Palestine.

Article 15.

- (1) Everyone has the right to a nationality.
- (2) No one shall be arbitrarily deprived of his nationality or denied the right to change his nationality.

Issam Younis Palestine



Issam Younis is the general director of the Gaza-based Al-Mezen Centre for Human Rights and the general commissioner of the Independent Palestinian Commission for Human Rights (ICHR).

Issam Younis holds a master degree in theory and practice of human rights from the University of Essex (United Kingdom).

Article 16.

- (1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
- (2) Marriage shall be entered into only with the free and full consent of the intending spouses.
- (3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Joumana Merhi

Lebanon



Joumana Merhi has been a Lebanese feminist activist since 1995, advocating for the human rights of women.

Since 2004, she has been the Director of the Office of the Arab Institute for Human Rights in Lebanon. She was the President of the Lebanese Women Democratic Gathering (RDFL) during 2009-2013 and the general coordinator of the Arab women's forum AISHA from September 2008 until November 2011.

Since 2014, Joumana Merhi has been a member of the board of directors of the Resource Centre for Employment Promotion and Social Protection.

She has been the coordinator of the democratic forum for women in transitional societies – Emna forum Lebanon since 2014 and member of the board of directors of the Committee for the Follow-up on Women's Issues (CFUWI) since February 2016.

Working with regional and international organizations, she provides training on human rights and international conventions, combating violence against women and gender mainstreaming.

Article 17.

- (1) Everyone has the right to own property alone as well as in association with others.
- (2) No one shall be arbitrarily deprived of his property.

Pascale Warda

Iraq



Pascale Warda, former minister of migration and displacement, and currently president of the Hammurabi Human Rights Organization in Iraq.

She established NGOs for protecting rights of migrants, in particular women and youth, in Paris, the South of France and Iraq. She co-founded the Iraqi Human Rights Society in Damascus. She was elected president of the Assyrian Women's Union and the Iraqi Women Centre (established in 2006), which she both co-founded.

Upon the invitation by the United Nations Assistance Mission for Iraq, she was one of the first reviewers, from 2006 to 2008, of the Iraqi National High Commission for Human Rights project law No. 12 of 2010. She worked as special advisor on human rights to the speaker of the Iraqi parliament in 2007.

She continues to give lectures on human rights and minorities in Iraq and abroad in esteemed universities.

Pascale is among the co-founders and first activists of the Iraqi Women Network. She is actively involved in the defense of minority and co-founded the Iraqi Minorities Network.

Pascale stands among the most influential female defenders of women's rights in Iraq. Having dedicated her life to see Iraq as a peaceful country, she is very active in the media and researches about diverse national issues and has already received several awards for her achievements in the field of human rights.

Pascale Warda holds a Master Degree and a Diploma of profound studies (DEA) in international human rights protection texts from the Catholic University in Lyon, France.

Article 18.

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

Maytham Al-Salman Bahrain



Maytham Al Salman serves on a committee of the United Nations Office on Genocide Prevention and the Responsibility to Protect. He is an active participant and contributor to human rights forums. Above all, he is an advocate for equal rights, tolerance and the end of discrimination in his home country, Bahrain.

Being a cleric from Bahrain and an internationally respected inter-faith thought leader, Maytham Al Salman advocates peaceful coexistence and mutual respect between cultures, religions and sects. He is the founding member and current coordinator of the Middle East and North Africa Civil Society Coalition to Counter Incitement to Hatred.

Article 19.

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

Naji al-Bghouri Tunisia



Naji Al Bghouri has been the editor-in-chief of the Arabic language newspaper Assahafa at La Presse for 25 years, the president of the National Union of the Tunisian Journalists (SNJT) for six years and the vice-president of the Arab Federation of Journalists for the last two years.

His qualifications are centred on expertise in strategic planning, negotiation, advocacy in media and training of journalists.

He has gained significant leadership skills through his involvement in multiple associations, such as the Tunisian League of Human Rights (LTDH) and the National Coalition for Transitional Justice (CNIJT).

Article 20.

- (1) Everyone has the right to freedom of peaceful assembly and association.
- (2) No one may be compelled to belong to an association.

Hassan Jabbarin **Palestine**



Hassan Jabbarin is the founder and general director of the legal centre Adalah and has been the legal director of the Civil and Political Rights Unit since its establishment in 1996.

He has gained 25 years of experience in processing legal cases on issues of political, land, economic and social rights before the Israeli Supreme Court on behalf of Palestinian citizens of Israel, in addition to humanitarian cases and issues of discrimination to protect Palestinian civilians living under occupation in Palestine.

He has received several awards for his outstanding efforts and dedication in the fields of public interest lawyering and human rights promotion and protection.

Article 21.

(1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

(2) Everyone has the right of equal access to public service in his country.

(3) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Ziad Barroud

Lebanon



Ziad Baroud served as minister of the interior and municipalities from July 2008 to June 2011. He became a court lawyer by practice and managing partner at the HBD-T law firm. He holds a number of academic posts as lecturer in two prestigious universities in Lebanon, namely Université Saint Joseph and the Holy Spirit University of Kaslik, while working as a consultant for several United Nations agencies.

In 2004, Ziad Baroud was elected secretary general of the Lebanese Association for the Democratic Elections to lead a group of more than 1,300 people dealing with domestic electoral behaviour. He received a number of awards honouring his commitment to freedom and democracy.

Article 22.

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Ahmed Awad **Jordan**



Ahmed Awad is the founder and director of the Phoenix Centre for Economic and Informatics Studies, based in Jordan.

He is an experienced researcher and human rights advocate, possessing a deep and extensive understanding of issues such as socioeconomic human rights, international labour standards and union organization and mobilization, along with other related causes, to which he has pledged his unwavering commitment over the years.

Article 23.

- (1) Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.
- (2) Everyone, without any discrimination, has the right to equal pay for equal work.
- (3) Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.
- (4) Everyone has the right to form and to join trade unions for the protection of his interests.

Suzan Jabbour Lebanon



Suzan Jabbour, born in 1960, is a clinical psychologist. She is the chief executive officer of Restart Centre for Rehabilitation of Victims of Violence and Torture.

She served as a member and vice-chairperson of the United Nations Subcommittee on the Prevention of Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (SPT) in Geneva during 2011-2016 and was the president of the International Rehabilitation Council for Torture Victims (IRCT) during 2012-2016.

For decades, Suzan Jabbour has been a prominent advocate for the criminalization of torture and the implementation of the United Nations Convention Against Torture and Optional Protocol to the Convention against Torture in Lebanon. She served as expert consultant for the United Nations Development Programme (UNDP) to provide awareness sessions on the law creating Lebanon's National Human Rights Institution (NHRI), which includes the National Preventive Mechanism (NPM) to prison company commanders and regional leaders of the internal security forces.

In 2013, she was awarded the North-South Prize by the European Council for her exceptional commitment in the areas of human rights, democracy and rule of law, thereby contributing to the north-south dialogue and interdependence.

Article 24.

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Hogr Shato

Iraq



Hogr Shato is chairman of the board of trustees of the Public Aid Organization (PAO). He was coordinator in the Iraqi Human Rights Trainers League (IHRTL).

He has worked in the field of human rights since 1995, when he was a member of Kurdish Human Rights Watch.

He has written several publications, trained a numerous civil society activists and supervised a number of official training sessions, such as the police training cycle on human rights principles.

Hogr Shato has a degree in law from Salaheddine University, Erbil.

Article 25.

- (1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.
- (2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Mohammad Seif al-Kuwari Qatar



Mohammad Al Kuwari is a human rights activist who has been involved in the Qatar Foundation to Combat the Trafficking in Persons and the Investigation and Follow-up Department - Place of Detention. He currently serves as assistant under-secretary for standardization in the Ministry of Environment.

In 2010, he was appointed as a member of the National Committee for Human Rights. In 2014, he was awarded the title of international ambassador for social responsibility of his regional work in the field of corporate social responsibility.

He majored in civil engineering and was director general of the Qatar General Organization for Standards and Metrology (QGOSM) during 2002-2008.

Article 26.

(1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.

(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

(3) Parents have a prior right to choose the kind of education that shall be given to their children.

Roula Mikhael

Lebanon



Roula Mikhael is a journalist, activist and the founder of Maharat Foundation, a leading freedom-of-expression watchdog group, which operates Maharat News, an independent, online, multimedia platform. Its mission is to defend, catalyse and advance democratic values of freedom of expression, access to information and respect for human rights in the MENA region.

She is the current convener of the International Freedom of Expression Exchange (IFEX), a global network which aims to defend and promote freedom of expression.

She is also the founder of the Lebanese centre for civic education and a former journalist at An-Nahar newspaper.

Article 27.

(1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.

Nisreen Zurikat Jordan



Nisreen Zurikat currently works as acting commissioner for human rights promotion at the National Centre for Human Rights in Jordan.

She has been a human rights activist and defender for more than 20 years now. As a woman, she has faced several struggles during her career. Nevertheless, and because of her firm belief in the protection and promotion of human rights, this has not deterred her from continuing to strive in the field. She has worked on issues such as breaking down gender stereotypes which keep women away from protecting and promoting respect for human rights, thus initiating a leadership role in this field.

In 2003, she joined the National Centre for Human Rights in Jordan as a lawyer at the Complaints and Legal Services Unit, and, in 2005, she was promoted to head of that unit, which she remained until 2006. After that, Ms. Zerikat was head of the Criminal Justice Unit until 2014. As a result of her efforts, dedication and professionalism, she was promoted to acting commissioner for protection, as which she worked for four years. In 2017, she was transferred to the post of acting commissioner of human rights promotion.

Article 27.

(2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Khadija Riyadi Morocco



Khadija Riyadi currently is a member of the International Relations Committee of her monthly journal “Solidarité”, of which she was director during 2008-2015. After that, she was elected coordinator of the Maghreb Coordination of Human Rights Organizations (CMODH). Since 2014, she has been general secretary of the NGO Freedom-now, which works for freedom of the press and expression in Morocco and elsewhere.

In 2013, she received the United Nations Human Rights Prize, which was awarded to her as former president of the Moroccan Association for Human Rights (AMDH), which she had joined in 1998 and chaired during 2007-2013.

Article 28.

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

Hafidha Chkeir

Tunisia



Hafidha Chkeir is an active feminist. She is a founding member of the Tunisian Women Association for Research and Development (AFTURD) and a member of the Tunisian Association for Democratic Women. In 2016, she was elected as the vice-president of the International Federation for Human Rights (FIDH). She has advocated and defended women's rights in the Arab States.

Hafidha is a professor of public law at the faculty of law and political science at the Al Manar University in Tunisia.

Article 29.

- (1) Everyone has duties to the community in which alone the free and full development of his personality is possible.
- (2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.
- (3) These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Maha al-Barjas Kuwait



Maha Al Barjas has been the director of coordination and overseeing management at His Royal Highness, the Crown Prince and Prime Minister's Diwan, since 2004.

She was a member of the Board of Trustees of the Arab Organization of Human Rights, of which she has been president since 2016.

Her previous posts include vice president of the Kuwaiti Human Rights Association, which she was during 2008-2012.

In 2013, she was awarded the Arab Women Award in the field of humanitarian work.

Maha holds a bachelor degree in political sciences from the University of Kuwait.

Article 30.

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

