Useful links
A list of useful online resources for learning about human rights is included at the end of this book. Other links to do with human rights defenders issues are available at:  
http://c-faculty.chuo-u.ac.jp/~andyb/HR/HRDefenders.html

Contents

1 Human rights defenders 1
2 The Universal Declaration of Human Rights 5
3 Burma 9
4 Cambodia 13
5 China 17
6 Indonesia 21
7 Japan 25
8 Malaysia 29
9 Nepal 33
10 Thailand 37
11 Looking back, looking forward 42
12 Useful websites about human rights defenders 43
   Notes 44
Human rights defenders are individuals, groups or organizations that act in a non-violent and peaceful way to promote and protect human rights. Most human rights defenders work at the local or national level. They advocate, educate and advise. They investigate and collect information on the human rights needs of others, and they take action to make things better. They acknowledge the lack of human rights in their communities and countries, and they do what they can to put right the human rights violations that they find. In a word, they support and help others who are often not heard or seen by the rest of society.

In this book you will read about many different human rights defenders, including:

- a Buddhist monk
- a group of women who established a anti-war museum
- a HIV/AIDS activist
- a human rights activist and lawyer
- a leader of indigenous people
- a media centre that trains people to create their own human rights media tools
- a people’s movement resisting a top-down development project and acting for the poor
- a democratic leader who was a political prisoner for 15 years
- a refugee who became a human rights spokeswoman and campaigner for the people of her country
- a student who became a social activist and leader of the poor
- a teacher who became a human rights issues reporter
- a teacher who became a social activist defending women and migrant workers
- a TV series that was created to defend the human rights of a social minority
- an AIDS and environmentalist activist
- journalists who are human rights defenders in different countries
- many different human rights NGOs who defend the human rights of those who often are not heard or seen by the rest of society
- NGOs that work to support human trafficking victims and do community-based awareness raising
- women who have established a network to promote non-violence and gender equality.

These are courageous and inspiring people. To understand their work within a wider framework of human rights, this introductory chapter gives you a general overview of the work of human rights defenders, while Chapter Two presents the Universal Declaration of Human Rights (UDHR). Then, in Chapters 3-10 we get to know the work of specific human rights defenders in different Asian societies from Burma, Cambodia, and China to Indonesia, Japan, Malaysia, Nepal and Thailand. Finally, Chapter 11, Looking back, looking forward, offers you the chance to review your understanding of human rights defenders, while Chapter 12 presents some useful websites to learn more about human rights defenders. The very last part of the book, Notes, may be helpful for you if you want to learn more about particular human rights defenders or aspects of their work. (…)

As you read this book, I hope you will also gain insight and inspiration from the courage and compassion of the many other human rights defenders you meet, and come to understand a little bit more about what the rest of the world is like, and how it might be different in the future.