



THE UNIVERSAL DECLARATION OF Human Rights

PREAMBLE recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world.

WHEREAS disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people.

WHEREAS it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law.

WHEREAS it is essential to promote the development of friendly relations among nations.

WHEREAS the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom.

WHEREAS Member States have pledged themselves to achieve, in co-operation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms.

WHEREAS a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge.

PREAMBLE The General Assembly proclaims this Universal Declaration of Human Rights as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of territories under their jurisdiction and among the peoples of territories under their jurisdiction.

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.

ARTICLE 3 Everyone has the right to life, liberty and security of person.

ARTICLE 4 No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

ARTICLE 5 No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

ARTICLE 6 Everyone has the right to recognition as a person before the law.

ARTICLE 7 All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

ARTICLE 8 Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by the law.

ARTICLE 9 No one shall be subjected to arbitrary arrest, detention or exile.

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.

ARTICLE 11 Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to the law. In the course of a criminal trial, he shall enjoy the following rights:

1. To be informed promptly and in detail of the charge against him in a language which he understands.
2. To have adequate time and facilities for the preparation of his defence.
3. To defend himself in person or through legal assistance of his own choosing; to be informed, if he does not have legal assistance, of this right and to be given free legal aid if necessary.
4. To examine, cross-examine and question the witnesses against him.
5. To have the free assistance of an interpreter if he cannot understand or be understood.
6. To have a complete and accurate record of the trial.
7. To have the trial free from any undue delay.

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.

ARTICLE 13 Everyone has the right to freedom of movement and residence within the borders of each country.

ARTICLE 14 Everyone has the right to leave any country, including his own, and to return to his country.

ARTICLE 15 Everyone has the right to a nationality.

ARTICLE 16 1. Everyone has the right to marry and to found a family, which is the basis of the normal and harmonious development of the human person and in the equal rights of men and women.

2. This right may be limited in the case of marriage entered into by persons of different nationalities or by persons of different ages and on the basis of conditions prescribed by law.

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.

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 or show his religion or belief in worship, observance, practice, teaching and rites and ceremonies, and in the observance and fulfilment of his moral duties.

ARTICLE 19 Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without restriction and to seek, receive and impart information and ideas through any media and regardless of frontiers.

ARTICLE 20 1. Everyone has the right to freedom of peaceful assembly and association.

2. No one shall be compelled to belong to an association.

ARTICLE 21 Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

ARTICLE 22 Everyone has the right to the realization of the economic, social and cultural rights set forth in this Declaration.

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 has the right to equal pay for equal work.

3. Everyone has the right to a fair and favourable remuneration ensuring for himself and his family a standard of living adequate to the health and well-being of himself and his family, including housing, food, clothing, medical care and social services.

4. Everyone has the right to a fair and favourable remuneration which shall not be less than a minimum wage.

ARTICLE 24 Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

ARTICLE 25 1. Everyone has the right to a standard of living adequate to the health and well-being of himself and his family, including food, clothing, housing, medical care and social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of subsistence.

2. Everyone has the right to education.

3. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and vocational education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.

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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 between nations, racial or ethnic groups and peoples.

3. Parents have a primary responsibility for the education of their children.

ARTICLE 27 1. Everyone has the right to the free enjoyment of his own material, intellectual and spiritual production.

2. Everyone has the right to the protection of the moral and material interests which he has in connection with his scientific, literary or artistic production.

ARTICLE 28 Everyone has the right to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

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 to limitations and restrictions determined by law. Such limitations shall be such as to ensure that the enjoyment of these rights and freedoms by any individual does not result in the denial or destruction of the rights and freedoms of other individuals.

ARTICLE 30 Nothing shall be interpreted as authorizing any State, group or individual to engage in any activity aimed at the destruction or denial of the rights and freedoms set forth in this Declaration.



Nothing in my power ensure that the rights in the Universal Declaration of Human Rights become a reality throughout the world

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Declaración Universal de Derechos Humanos

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