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# SIMPLIFIED VERSION OF THE UNIVERSAL DECLARATION OF HUMAN RIGHTS

**1**

ARTICLE

## Freedom, equality, solidarity

Everyone is free and we should all be treated in the same way.

**2**

ARTICLE

## Ban on discrimination

Everyone is equal despite differences in skin colour, sex, disability, religion, language for example.

**3**

ARTICLE

## Right to life and freedom

Everyone has the right to life and to live in freedom and safety.

**4**

ARTICLE

## Ban on slavery and slave trade

No one has the right to treat you as a slave nor should you make anyone your slave.

**5**

ARTICLE

## Ban on torture

No one has the right to hurt you or to torture you.

**6**

ARTICLE

## Recognition as a legal person

Everyone has the right to be treated equally by the law.

**7**

ARTICLE

## Equality for the law

The law is the same for everyone, it should be applied in the same way to all.

**8**

ARTICLE

## Right to legal protection

Everyone has the right to ask for legal help when their rights are not respected.

**9**

ARTICLE

## Protection against arbitrary arrest and expulsion

No one has the right to imprison you unjustly or expel you from your own country.

**10**

ARTICLE

## Right to be heard

Everyone has the right to a fair and public trial.



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**11**

### **Presumption of innocence; no punishment without law**

ARTICLE

Everyone should be considered innocent until guilt is proved.

**12**

### **Protection of the sphere of freedom of the individual**

ARTICLE

Everyone has the right to ask for help if someone tries to harm you, but no-one can enter your home, open your letters or bother you or your family without a good reason.

**13**

### **Freedom of movement and emigration**

ARTICLE

Everyone has the right to travel as they wish.

**14**

### **Right to asylum**

ARTICLE

Everyone has the right to go to another country and ask for protection if they are being persecuted or are in danger of being persecuted.

**15**

### **Right to nationality**

ARTICLE

Everyone has the right to belong to a country. No one has the right to prevent you from belonging to another country if you wish to.

**16**

### **Freedom of marriage and protection of the family**

ARTICLE

Everyone has the right to marry and have a family.

**17**

### **Guarantee of property**

ARTICLE

Everyone has the right to own property and possessions.

**18**

### **Freedom of thought, conscience and religion**

ARTICLE

Everyone has the right to practise and observe all aspects of their own religion and change their religion if they want to.

**19**

### **Freedom of expression and information**

ARTICLE

Everyone has the right to say what they think and to give and receive information.

**20**

### **Freedom of assembly and association**

ARTICLE

Everyone has the right to take part in meetings and to join associations in a peaceful way.



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**21** **Universal and equal suffrage; admission to public office**  
ARTICLE Everyone has the right to help choose and take part in the government of their country.

**22** **Right to social security**  
ARTICLE Everyone has the right to social security and to opportunities to develop their skills.

**23** **Right to work and equal pay, freedom of association**  
ARTICLE Everyone has the right to work for a fair wage in a safe environment and to join a trade union.

**24** **Right to rest and leisure**  
ARTICLE Everyone has the right to rest and leisure

**25** **Right to an adequate standard of living**  
ARTICLE Everyone has the right to an adequate standard of living and medical help if they are ill.

**26** **Right to education, educational objectives, parental rights**  
ARTICLE Everyone has the right to go to school.

**27** **Freedom of cultural life**  
ARTICLE Everyone has the right to share in their community's cultural life.

**28** **Adequate social and international order**  
ARTICLE Everyone must respect the 'social order' that is necessary for all these rights to be available.

**29** **Basic obligations and restrictions**  
ARTICLE Everyone must respect the rights of others, the community and public property.

**30** **Interpretative rule**  
ARTICLE No one has the right to take away any of the rights in this declaration.

Source: [www.amnesty.at/%C3%BCber-amnesty/aktivist-innen/materialien/allgemeine-erklaerung-der-menschenrechte-in-einfachen-worten](http://www.amnesty.at/%C3%BCber-amnesty/aktivist-innen/materialien/allgemeine-erklaerung-der-menschenrechte-in-einfachen-worten) (German version)



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