

[RESILIENCE] REST & RESPITE

Front Line Defenders supported 23 HRDs from 11 countries in its Rest & Respite Programme in 2019. HRDs experiencing stress and burnout were able to rest, explore new places and spend time with family members. 11 HRDs from Colombia, East Asia, Iran, Mexico, Morocco and Western Sahara were hosted in Ireland, while others were supported to spend time away from work in their own countries or regions. □



Mohamed Ed-Daoudy and Cormac McAleer.

In December, Amazigh environmental rights defender, **Mohamed Ed-Daoudy**, joined Northern Irish environmental rights defender, **Cormac McAleer** in solidarity at the Save our Sperrins protest camp in the Sperrin mountains. Cormac has received threats for protesting the impact to the region of a gold mine active near the Sperrin Mountains, a designated area of outstanding beauty. Mohamed, better known as Moha, also faced risks as one of the leading members of a social movement against a silver mine owned by the Moroccan royal family that has drained the water reserve of the community in Inider. The two HRDs met during the Dublin Platform in October, when Cormac invited his fellow defender to visit. Mohamed also attended English classes and spoke about his work at events in Derry and Belfast for the Northern Ireland Human Rights Festival.



Meilyn Zendaya Gamez Mendoza and Dandara Rudsan in Dublin.



Colombian WHRD **Meilyn Zendaya Gamez Mendoza** was invited to Ireland on the **Rest & Respite Programme**, where she also attended the Dublin Platform and the Dublin Human Rights Festival. Meilyn is a trans woman HRD who coordinates the human rights network of Marcha Patriótica en Norte de Santander (Patriotic March in North Santander), Colombia, a social and political movement established in 2012 to advocate for a negotiated resolution to the armed conflict, the reparation of victims, agrarian reform and popular sovereignty. At the end of her stay she noted, "What I appreciated most was getting to know so many brave people at the Dublin Platform who helped me to grow in so many ways and helped me to not feel alone in this human rights struggle. This global network of human rights defenders has given me courage for the journey ahead."