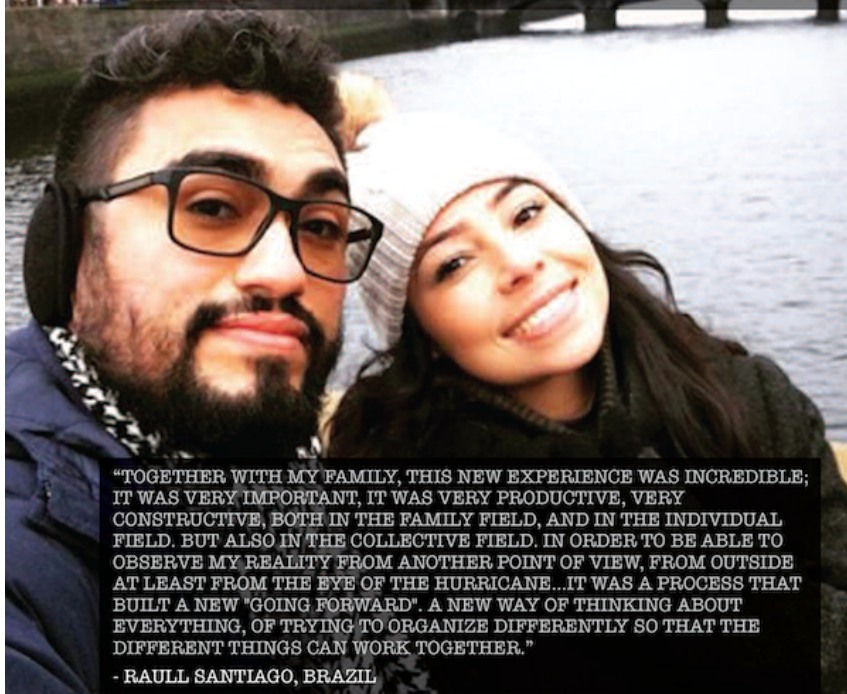


# [RESILIENCE] REST & RESPITE

Front Line Defenders supported 36 HRDs on rest & respite in 2018. HRDs experiencing stress and burnout were able to rest, explore new places and spend time with family members. 12 HRDs from Azerbaijan, Russia, Brazil, Iran, Sudan & Egypt were hosted in Ireland, learning English, meeting with academics, lawyers and NGOs, going to shows and visiting places of interest around Ireland. **FI**



"TOGETHER WITH MY FAMILY, THIS NEW EXPERIENCE WAS INCREDIBLE; IT WAS VERY IMPORTANT, IT WAS VERY PRODUCTIVE, VERY CONSTRUCTIVE, BOTH IN THE FAMILY FIELD, AND IN THE INDIVIDUAL FIELD. BUT ALSO IN THE COLLECTIVE FIELD. IN ORDER TO BE ABLE TO OBSERVE MY REALITY FROM ANOTHER POINT OF VIEW, FROM OUTSIDE AT LEAST FROM THE EYE OF THE HURRICANE...IT WAS A PROCESS THAT BUILT A NEW "GOING FORWARD". A NEW WAY OF THINKING ABOUT EVERYTHING, OF TRYING TO ORGANIZE DIFFERENTLY SO THAT THE DIFFERENT THINGS CAN WORK TOGETHER."

- RAULL SANTIAGO, BRAZIL



**Mansoureh Behkish** has spent the past 30 years empowering survivors and victims of human rights abuses as a member of the organisations Mothers of Khavaran and Mothers of Laleh Park, helping the mothers, sisters and wives of thousands imprisoned or executed by the Islamic Republic of Iran seek justice through legal and humanitarian channels. Mansoureh herself has faced continuous harassment and three terms in prison. She came to Dublin to study English.



**Khalid Bagirov** is a human rights lawyer from Azerbaijan who was disbarred for taking on high-profile and sensitive human rights cases including those of other HRDs. Khalid studied English and visited Ireland's castles and historic sites. He also gave a lecture at Griffith College Dublin.



**Abdifatah Hassan Ali**, a blogger and social-media activist who co-founded WITNESS SOMALIA to monitor and document human rights violations in Somalia, spent two months in Kenya on R&R. "During my stay in Nairobi, I was relieved from the stress which resulted from the work and threats I was facing at home. I was able to meet with other human rights activists and representatives from international organisations where we discussed concerns of journalists and HRDs working in Somalia. Being away from Mogadishu for a short while empowered me and doubled my spirit for defending human rights in my country. I am now refreshed and believe that I am stronger than ever."



**Pamella Passos** is a history teacher in Rio de Janeiro where she also conducts research on popular culture, human rights and participation in the favelas. Pamella came to Dublin for training in human rights and risk assessment, to improve her English and to have quality time with her husband and daughter. During a presentation about human rights in Brazil, she spoke about her friend and fellow woman human rights defender, Marielle Franco, who was assassinated in March 2018.