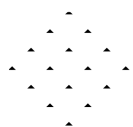


Do społeczeństwa polskiego. Manifest Ruchu Obrony Praw Człowieka i Obywatela - Tekst angielski

The United Nations General Assembly adopted the Universal Declaration of Human Rights on 10 December 1948. The document specified the most important rules in the protection of the individual's freedom and dignity. The Declaration made respect for man's basic freedoms one of the inherent parts of contemporary and future global order.

The principles were strengthened in the international sphere with two human rights covenants adopted by the UN General Assembly on 16 December 1966, both functioning as binding international law for the countries that ratified them. They came into force in the beginning of 1976, after ratification by the minimum number of 35 countries. In the Polish People's Republic, they became binding at the moment of their ratification on 3 March 1977.

We have positively welcomed the ratification of the human rights covenants by the Polish Council of State and acknowledge their conformity with the deepest wishes of the Polish people. Ranking human and citizen's rights, individual's dignity, freedom and tolerance high has always been one of the most precious and living traditions of the Polish nation. Expressed over the centuries in such Polish rules and laws as *Neminem captivabimus nisi iure victum*, *Nihil novi*, the Warsaw Confederation, the Constitution of 3 May or the motto "for our freedom and yours", those fundamental rights have been an integral part of our national consciousness for many generations and are commonly considered to be an essential element of our social life. We therefore announce, together with the people of the whole world, that human and citizen's rights are inviolable and inalienable and cannot be renounced. As seen throughout history, including the experiences of Poland and Poles, a nation whose members resign from their rights and their defence cannot be truly free.

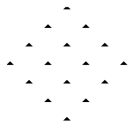


Thus, we, the undersigned, taking into account that:

- The centuries-old respect and demand for respect for human rights and dignity is among the most precious traditions and cultural achievements of Poland.
- Specified in the Universal Declaration of Human Rights and in the international human rights covenants, the most fundamental guarantees of the individual's freedom and dignity are today considered to be one of the most important achievements of our civilization.
- The Helsinki Accords, signed on 31 July 1975 as the final act of the Conference on Security and Cooperation in Europe, obliges all its signatory states to comply with the aims and rules of the Charter of the United Nations and the Universal Declaration of Human Rights, making respect for rights and freedoms specified therein a rule governing international relations on our continent.
- The Constitution of the Polish People's Republic also grants its citizens such freedoms specified in the Universal Declaration of Human Rights as the freedom of opinion, speech, print, assembly, demonstration and association, and putting those constitutional norms in practice not only has become essential for the spiritual life of the nation but is also a fundamental prerequisite for healthy development of the national economy and culture.

decide to undertake joint actions to:

1. Respect all human and citizen's rights and dignity.
2. Reveal all cases of breach of human rights and freedoms to the public and the authorities and do everything we can to help and protect the victims.
3. Promote changes in the current legislation and executory provisions aimed at actual and lasting protection of the rights and freedoms specified in the Universal Declaration of Human Rights and the international human rights covenants among the society and request such changes from the authorities.



4. Propagate the need for all European countries to adopt the international human right covenants together with their optional protocols in order to create a common legal and political ground for the development of real détente and agreement in Europe.

5. Cooperate with all international organisations protecting human rights, especially the United Nations Commission on Human Rights, so that human freedom can triumph in the world.

We do not establish any organisation or society. Our activities are driven by a pressing social need. Poland has already seen the establishment of a strong social current: the Movement for Defence of Human and Citizen's Rights. We appeal to all people in Poland for moral support, cooperation and help in finding crucial information about cases of human and citizen's rights being breached and for undertaking and developing similar initiatives in all social, professional and regional environments.

The rights of man and of the citizen and the dignity of the individual can be maintained only if preserved by everyone and if everyone actively demands their respect.

Written on 5 March 1977