

FOLLOWING THE END OF WORLD WAR 2 IN 1945, THE IDEA OF DRAFTING THE “UNIVERSAL DECLARATION OF HUMAN RIGHTS” BEGAN TO TAKE SHAPE. IT WAS A DEVASTATING WAR THAT LASTED SIX YEARS, WITH OVER 60 MILLION DEAD, MANY CIVILIAN, NOT MILITARY CASUALTIES. AND THAT IS WITHOUT MENTIONING THE SIEGES, GENOCIDE AND INCALCULABLE NUMBER OF WOUNDED, HOMELESS AND PEOPLE WITH NO FUTURE.

A CATASTROPHE ON THAT SCALE COULD NOT BE ALLOWED TO HAPPEN AGAIN. THE GOVERNMENTS OF THE COUNTRIES INVOLVED IN THE FIGHTING DECIDED WAR MUST NEVER AGAIN BE A SOLUTION TO PROBLEMS. IT WAS NECESSARY TO TALK ABOUT THEM AND DISCUSS SOLUTIONS FOR THEM, AND TO CREATE A BODY TO OVERSEE THE MAINTENANCE OF PEACE. THE UNITED NATIONS (UN) WAS FOUNDED, AN ORGANISATION THAT UNITES MORE THAN 200 OF THE WORLD’S COUNTRIES TODAY.

IN 1948, REPRESENTATIVES OF ALL THE MEMBER STATES APPROVED A TEXT WHICH RECOGNISED THE RIGHTS OF ALL PEOPLE, THE “UNIVERSAL DECLARATION OF HUMAN RIGHTS”. THIS DECLARATION COMPRISES 30 ARTICLES. THE LEAFLET YOU HAVE IN YOUR HANDS IS AND EASY-READING GUIDE, WHERE THOSE ARTICLES ARE ARRANGED UNDER SUBJECTS.



Contact us
In person or by telephone:
9 am to 2 pm, Monday and Friday
9 am to 8 pm, Tuesday, Wednesday and Thursday
C/ Ferran 32, 08002 Barcelona
+34 93 413 20 00
You can also send us your complaints
via our website
barcelona.cat/oficina-no-discriminacio

UNIVERSAL DECLARATION OF HUMAN RIGHTS

Easy-reading texts



EVERYONE HAS THE SAME RIGHTS AND FREEDOMS (Arts.1 and 2)

Everyone is born free and equal in rights.

We have the rights of this Declaration no matter race, skin colour, sex, language, religion, opinions, family background, social or economic status, birth or nationality.

Everyone has to be treated with friendship. It does not matter if a person is different from me because everyone is the way they are.

Being different is not a problem.

THE RIGHT TO LIVE IN FREEDOM AND SAFETY (Arts. 3, 4 and 5)

Everyone has the right to live, to be free and to feel safe.

Nobody can treat you as a slave, nor can you make anyone your slave.

Nobody can torture, harm or humiliate another person.

THE RIGHT TO HAVE RIGHTS AND A FAIR TREATMENT (Arts. 6, 7, 8, 9, 10 and 11)

You have rights because you are a person, no matter where you go.

You are protected and treated equally by the law.

If our rights are violated, we have the right to fair judges to uphold our rights.

If you are accused of a crime you have the right to a public and fair trial. We are all innocent.

We are only guilty if that is proven in a fair trial.

THE RIGHT TO PRIVACY (Art. 12)

Everyone has the right to their own privacy: no one can speak or write about a person's private life, enter their home or read their letters, if that person has not given their permission to do so.

THE RIGHT TO FREE MOVEMENT AND TO CHOOSE A COUNTRY TO LIVE IN (Arts. 13, 14 and 15)

Everyone has the right to travel in their country and to freely leave and return to their country.

If we are frightened or badly treated in our own country, we have the right to go to another country and ask for protection as a refugee.

We all have the right to a nationality.

THE RIGHT TO HAVE A FAMILY (Art. 16)

Every grown-up has the right to have a family.

No one can force a person to marry another person.

THE RIGHT TO HAVE BELONGINGS (Art. 17)

You have the right to own things.

Nobody can take these things from you without a good reason.

THE RIGHT TO THINK AND EXPRESS OPINIONS (Arts. 18 and 19)

We have the right to make up our minds and think what we like.

We can say what we think and share our ideas with other people.

We can believe in what we want. We can have a religion, and we can change it.

THE RIGHT TO MEET (Art. 20)

We are free to meet with whoever we want in a peaceful manner.

Nobody can force us join a group if we do not want to.

THE RIGHT TO PARTICIPATE IN POLITICS (Art. 21)

Everyone has the right to participate in the government of their country.

Everyone can vote in order to choose the politicians of their country.

THE RIGHT TO EVERYTHING NEEDED TO LIVE (Art. 22)

We all have the right to affordable housing, medicine, education, and childcare, enough money to live on and medical help if we are ill or old.

THE RIGHT TO WORK (Art. 23)

Every grown-up has the right to work.

Everyone who works has the right to a fair wage.

All people who work have the right to join together in unions to defend their interests.

THE RIGHT TO LIVE WELL (Arts. 24 and 25)

Everyone has the right to rest and free time.

We should all be able to take regular paid holidays.

You have the right to the things you and your family need to have a healthy and comfortable life, including food, clothing, housing, medical care and other social services. You have a right to help if you are out of work or unable to work.

Mothers and children should receive special care and help.

THE RIGHT TO STUDY (Art. 26)

Everyone has the right to study.

Primary schooling should be free and compulsory.

You should be able to learn a profession or continue your studies as far as you can.

Everyone has the right to study at the University, and entry conditions must be equal for all.

Your parents have the right to choose the kind of education and school you receive.

THE RIGHT TO CULTURE (Art. 27)

Everyone has the right to read books, go to the cinema or theatre, and to visit museums and exhibitions.

If a person writes a book or invents something, they must be recognised as the person who did this.

THE RIGHT TO RESPECT FROM OTHERS (Arts. 28, 29 and 30)

Everyone has to respect others.

Everyone has to respect the law.

No one can act against the rights established in this Declaration.

* These texts have been written in collaboration with the Easy Reading Association in order to make them easy to understand.