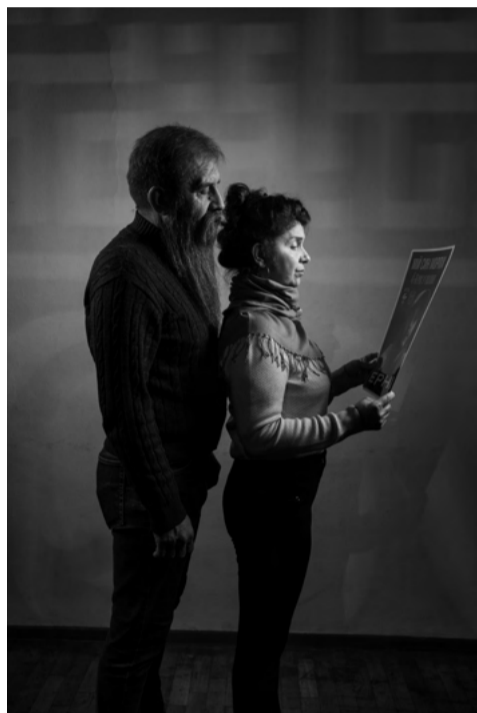


# RIGHTS IN OUR

# HANDS 2026



Calendar of Everyday Resistance to Aggression



# FOREWORD

This calendar was created in Ukraine — a country where the struggle for human rights is not an abstract debate, but a daily reality shaped by survival, dignity, and resistance.

Each of the twelve people featured here stepped in to protect a fundamental human right — the right to life, to education, to protest, to health, and more.

They did not choose these challenges.  
They simply refused to turn away from injustice.

Their stories remind us that authoritarianism does not advance only through laws or institutions — in Ukraine, it has taken its most violent form through war of aggression — and it grows when fear spreads, when civic space is restricted, and when voices are silenced. It is challenged, instead, through acts of integrity: a teacher speaking the truth; a journalist documenting a crime; a parent searching for their child; a neighbour rebuilding a home; a veteran supporting others.

Human rights are upheld when people defend them — and when states respect, protect, and fulfil their obligations under international law.

Ukraine's experience underscores an important truth for the world: even under war, repression, occupation, and loss, civil society continues to stand — creative, principled, and resilient. And if rights can be protected in such conditions, they must be protected everywhere.

As you move through this calendar, month by month, may these stories inspire reflection on your own context:

Which rights are most at risk?

Who is defending them?

And what support and solidarity are needed to ensure these rights are realised?

Because the future of human rights is shaped not only by institutions, but mainly by the actions, voices, and persistence of people and communities everywhere.

Human rights endure when they are defended.  
And today, they remain — quite literally — in our hands.

**VERONIKA VELCH**  
**CEO, AMNESTY INTERNATIONAL UKRAINE**



*Рятувати кожне життя,  
обіймати серцем та зцілювати  
— найвища цінність*

“To save every life, to embrace with the heart  
and to heal — that is the highest value.”

## RIGHT TO LIFE

Every person has an inherent right to life; no one may be arbitrarily deprived of life.  
UDHR Art. 3; ICCPR Art. 6; Geneva Conventions (protection of civilians).

### January

Mon	Tue	Wen	Thu	Fri	Sat	Sun
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

### MARTA LEVCHENKO

Founder of City of Goodness, a crisis, rehabilitation and palliative-care center for women, children and dogs. For more than fifteen years she has supported vulnerable families.

After the full-scale invasion began, City of Goodness began sheltering children evacuated from frontline and occupied territories, including children with disabilities, orphanages on evacuation, and children who survived extreme neglect.

Her team is known for cases such as the little boy who cared for his two older disabled brothers until all three were evacuated to the City of Goodness.



Радість від  
порамижжя живих

"The joy of saving lives."

# RIGHT TO HEALTH

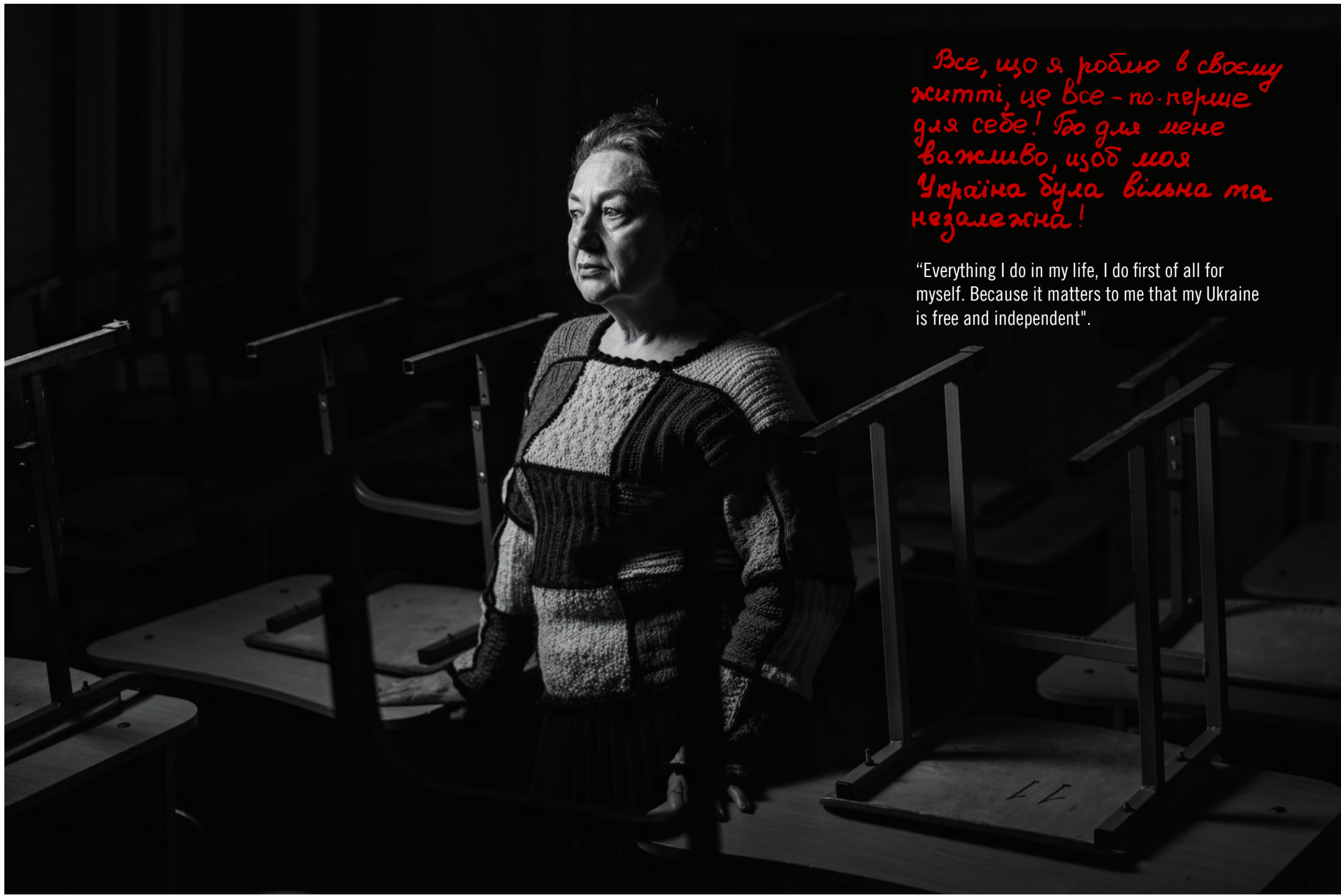
Right to the highest attainable standard of physical and mental health.  
ICESCR Art. 12; CRC Art. 24.

## February

Mon	Tue	Wen	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1

## YANA ZINKEVYCH

Founder and leader of the volunteer medical battalion Hospitaliers — a civilian, non-state medical organisation. Since 2014, she has led evacuations of wounded people, including soldiers, from the frontline areas to safety and medical care. The battalion also provides lifesaving assistance to civilians in war-affected and frontline zones, often being the only medical help available. A veteran with disability herself, Yana now heads the parliamentary commission on medical, psychological and social support for veterans and families of service members.



*Все, що я роблю в своєму житті, це все - по-перше для себе! Бо для мене важливо, щоб моя Україна була вільна та незалежна!*

"Everything I do in my life, I do first of all for myself. Because it matters to me that my Ukraine is free and independent".

# RIGHT TO EDUCATION

Right to free and accessible education aimed at full human development.  
UDHR Art. 26; ICESCR Art. 13; CRC Arts. 28–29.

## March

Mon	Tue	Wen	Thu	Fri	Sat	Sun
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

## NATALIA SHYLO

Math and physics teacher displaced from Horlivka. Arrested by Russian occupation forces in 2021 while visiting her ailing mother. Spent almost four years in detention on fabricated “espionage” charges; freed in April 2025. Even after trauma, Natalia publicly speaks out about what happens to teachers and other civilians under occupation and remains a symbol of resistance — underscoring that education, truth and human dignity must survive war.



# RIGHT TO DIGNITY & HUMANE TREATMENT

No one shall be subjected to torture, cruel, inhuman or degrading treatment. UDHR Art. 5; ICCPR Art. 7; Geneva Conventions Common Art. 3.

## April

Mon	Tue	Wen	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

## MAKSYM KOLESNIKOV

Veteran and former POW. He spent nearly a year in Russian captivity. After release, the photo of him — holding an apple — spread worldwide as a stark image of inhumane treatment of Ukrainian prisoners. Now Maksym works as a psychologist, supporting veterans through the Vesta foundation — a partner of Amnesty International Ukraine in the Tribe project, which provides human rights education and psychological support to war veterans.



# RIGHT TO FAMILY LIFE

Families must be protected; no arbitrary interference with family unity.  
UDHR Art. 16; ICCPR Arts. 17 & 23; CRC Arts. 9–10.

## May

Mon	Tue	Wen	Thu	Fri	Sat	Sun
78	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## ELMIRA AND YURIY BARANOV

Parents of Ukrainian marine Ernest Baranov, missing in action. Ernest has not been officially confirmed as a prisoner of war, but released Ukrainian POWs have reported seeing him alive in Russian captivity. This situation may amount to enforced disappearance, as in many other cases where Russia withholds information about Ukrainian POWs' whereabouts and legal status.

The family is from occupied Crimea. Ernest's parents attend every rally and every POW exchange, refusing to stop searching for their child. Yuriy vowed not to shave his beard until he can hug his son again.



*тримаюся за віру  
в повсякчасне дозодому,  
нашій перемозі та  
псеятє в своєму домі  
під старість років.*

"I hold on to the faith that we will return home, win this war, and grow old living in our own house."

# RIGHT TO ADEQUATE FOOD & HOUSING

Right to adequate food, housing and dignified living conditions. SCESCR Art. 11; UDHR Art. 25.

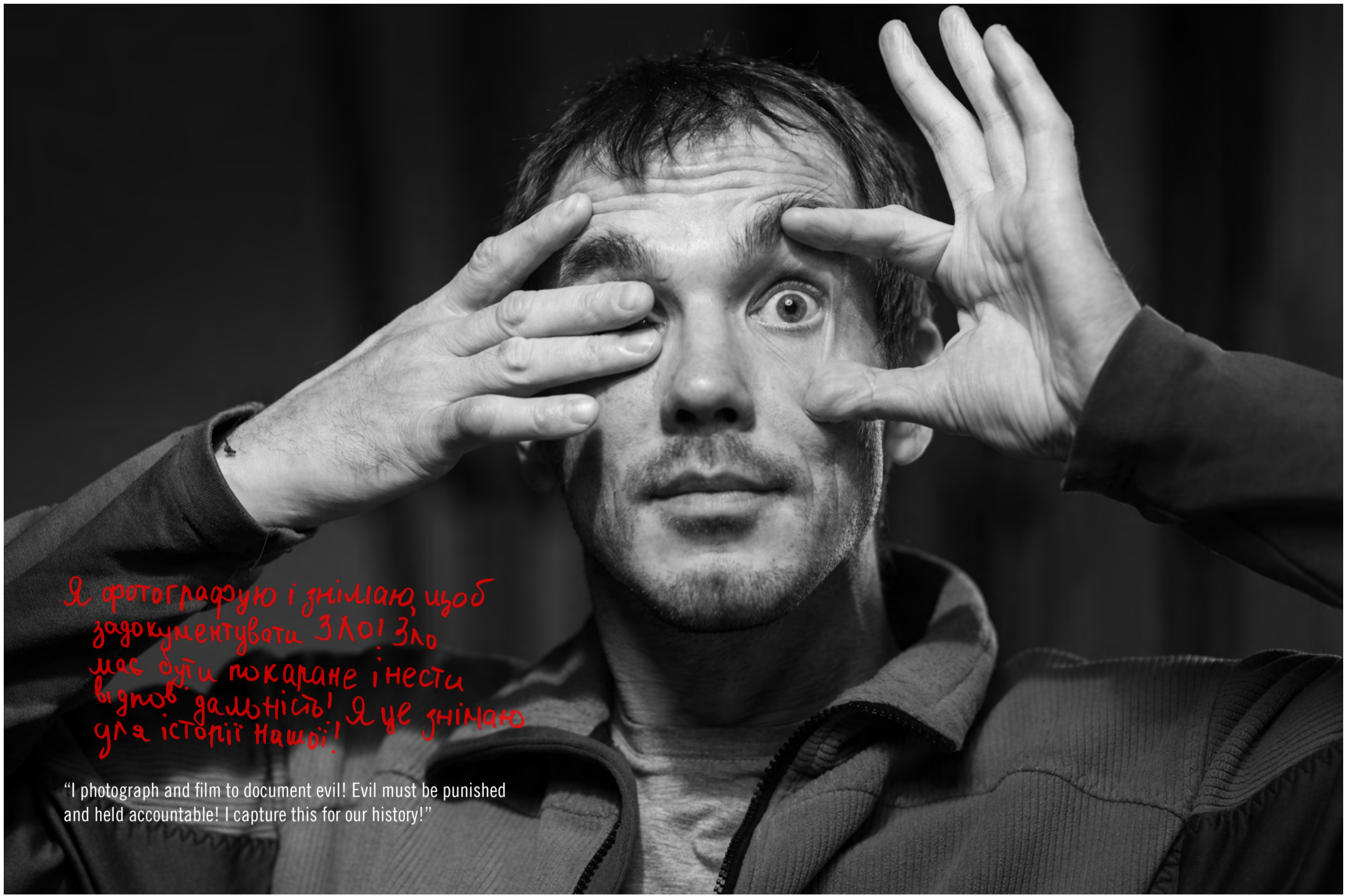
## June

Mon	Tue	Wen	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

## OLENA BIELOZORENKO

A woman whose family was forced to flee their home in Kherson region because of Russia's war of aggression. They survived eight months of occupation in the village of Stanislav. After liberation, relentless shelling made it impossible to stay.

Now Olena and her husband are rebuilding the eco-farm Lymanska Koza in Kyiv region, creating a new home for their animals and producing healthy food for local communities.



Я фотографую і знімаю, щоб  
задокументувати ЗЛО! ЗЛО  
має бути покаране і нести  
відповідальність! Я це знімаю  
для історії нашої!

"I photograph and film to document evil! Evil must be punished  
and held accountable! I capture this for our history!"

# FREEDOM OF EXPRESSION

Right to hold opinions and share information freely.  
UDHR Art. 19; ICCPR Art. 19.

## July

Mon	Tue	Wen	Thu	Fri	Sat	Sun
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

## IVAN LYUBYSH-KIRDEY

Reuters war correspondent. Documented Euromaidan, Crimea's annexation, Ilovaisk, and the full-scale invasion. In August 2024 he was critically wounded in a missile strike on a hotel in Kramatorsk — a strike that killed other media workers and is part of a broader pattern of potentially deliberate attacks on journalist accommodation. He spent more than a month in a coma.

Since the full-scale invasion began in 2022, more than 100 media workers have been killed, dozens more wounded, detained or missing, highlighting the extreme danger faced by journalists covering the war.



*ЗАРАДЦІ ТИХ ХТО БОРЕТЬСЯ.  
ЗАРАДЦІ ЗБЕРЕЖЕННЯ  
УКРАЇНИ ДЛЯ ДІТЕЙ.  
В ПАМ'ЯТЬ ПРО ТИХ КОГО  
МИ ВТРАТИЛИ.*

"For those who fight. For preserving Ukraine for our children. In memory of those we have lost."

# RIGHT TO GENDER EQUALITY

All women and men have equal rights, equal opportunities, and equal protection before the law, without discrimination based on sex or gender. UDHR Arts. 2 & 7, ICCPR Arts. 3 & 26, CEDAW (Convention on the Elimination of All Forms of Discrimination Against Women).

## August

Mon	Tue	Wen	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

## VIKTORIIA DVORETSKA

Veteran, activist, advisor to the Military Ombudsman, MoD's Reform Support Office expert. Key figure of the Invisible Battalion campaign advocating for women's access to combat roles. First woman in Ukraine to receive an official combat military specialty. Former head of veterans' division at Come Back Alive.



Запаги Наморо майбут-  
коро

“For the sake of our future.”

# FREEDOM OF MOVEMENT

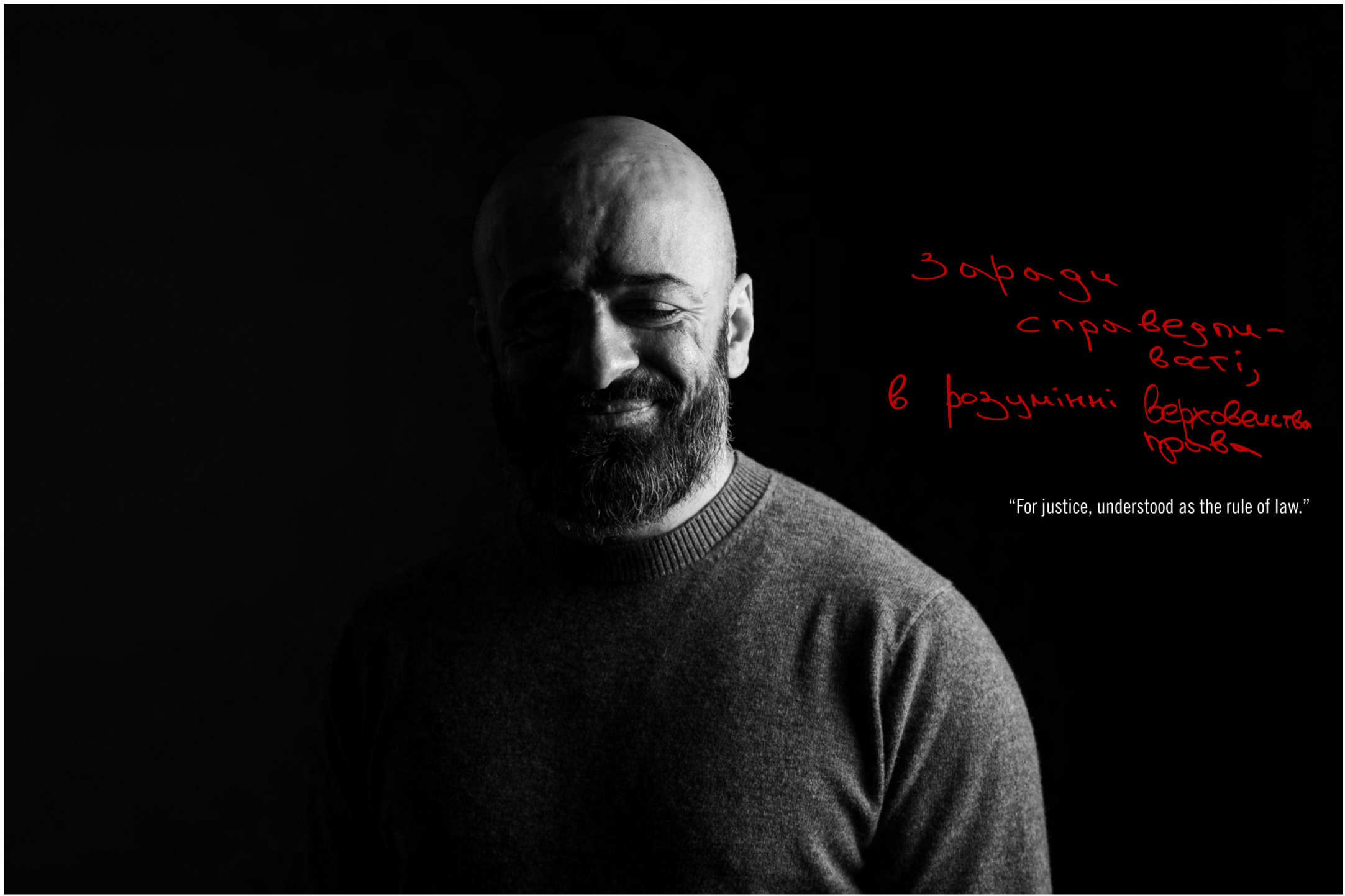
Right to move freely, leave any country, and return to one's own.  
UDHR Art. 13; ICCPR Art. 12.

## September

Mon	Tue	Wen	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

## IVAN SARANCHA

Lived 11 years in Russian-occupied Luhansk. As soon as he turned 18, Ivan secretly left for Ukrainian-controlled territory, despite his parents' objections. Now he studies chemistry at Kyiv-Mohyla Academy, works at Save Ukraine, and advocates for the rights and safety of Ukrainian children affected by war.



Западу  
справедли-  
вості,  
в розумінні верховенства  
права

"For justice, understood as the rule of law."

# RIGHT TO PEACEFUL ASSEMBLY & FREEDOM OF ASSOCIATION

Right to unite with others to pursue shared goals and defend rights. UDHR Art. 20; ICCPR Arts. 21–22.

## October

Mon	Tue	Wen	Thu	Fri	Sat	Sun
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

## MASI NAYYEM

Born in Kabul, Afghanistan. His family moved to Kyiv in his childhood, as refugees. Masi voluntarily fought for Ukraine, was severely wounded in 2022 losing an eye. He is a lawyer and a rights defender, who advocates for the rights of wounded soldiers and veterans.



*Я роблю це для всіх,  
кому важливо  
пам'ятати  
ціну нашої свободи.*

"I do this for everyone for whom it is important to remember the price of our freedom."

# RIGHT TO IDENTITY & CULTURE

Right to preserve one's identity, culture, language and memory.  
ICCPR Art. 27; ICESCR Art. 15; CRC Art. 8.

## November

Mon	Tue	Wen	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

## HAIANE AVAKIAN

Journalist from Bakhmut. On 24 February, 2022, fled the city with her young son. Co-founded the Memorial platform documenting the stories of people killed by Russia. Developed the platform's concept and vision, and continues shaping a new culture of memory in modern Ukraine.



# RIGHT TO PROTEST

Right to participate in peaceful protests and express dissent publicly without fear.  
ICCPR Art. 21 (assembly); ICCPR Art. 19 (expression); UDHR Art. 20.

## December

Mon	Tue	Wen	Thu	Fri	Sat	Sun
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

## NELLI KOVALSKA AND STEPAN SYMCHYCH

When Nelli was pregnant with Stepan, she worked on the Revolution of Dignity protests in Kyiv — documenting the uprising as a journalist for a national channel, risking her own life to show the truth.

Since Stepan was born, Nelli has not only continued her work, but has become a strong advocate for the rights and understanding of children and adults on the autism spectrum. Today, Stepan and Nelli are easy to find at protests of all kinds — including the 2025 anti-corruption rallies in Kyiv — standing together for human rights, dignity, and a better future for Ukraine.

Calendar 2026 by  
**AMNESTY INTERNATIONAL UKRAINE**

