

Letters of Hope

to disappeared Ukrainian civilians



More than 16,000 Ukrainian civilians

are currently being arbitrarily detained by russian authorities in russia or in the occupied territories of Ukraine.

IGFM/ISHR is working together with the families to secure the release of those who have been abducted.



Your efforts to improve prison conditions and secure release

Write an appeal to the russian authorities and demand improved prison conditions and the immediate release of the abducted civilians.

Sending hope

Letters and postcards sent to the abducted Ukrainian civilians are small but powerful gestures that break through the isolation of captivity and remind people that they have not been forgotten.

Postcards **must be written in russian** in order to pass censorship. It is important that the content is apolitical and does not refer to the war or the abduction in any way. You are welcome to share a short story from your life or simply send a greeting. The prisoners reportedly appreciate insights into everyday life outside of prison.

Contact us for the exact prison addresses



Due to stacking flow of information, a person's exact whereabouts are not always known or may change at very short notice. Please contact **patenschaften@igfm.de** for the latest prison addresses (you can also do so via the QR code).

Postage to russia

The postage for postcards to russia is currently **€1.25** via Deutsche Post.

You can find **more information** in German on our website (also via the QR-code).

www.menschenrechte.de



Examples



ruddian version 1

Дорогой ..., (male person)

Дорогая ..., (female person)

Посылаю тебе лучи света и добра! Я горжусь твоей силой и стойкостью. Помни, что самая темная ночь – перед рассветом. Желаю тебе крепкого здоровья и душевных сил. Мы помним о тебе и с нетерпением ждем твоего возвращения.

Обнимаю тебя!

[Name], [country]

English translation

Dear (Name),

I am sending you rays of light and kindness. I am proud of your strength and courage. Remember that the darkest hour always comes before dawn. I wish you good health and mental strength. We are thinking of you and look forward to your return.

Hugs!

ruddian version 2

Дорогой ..., Ты не один.(male person)

Дорогая ..., Ты не одна. (female person)

Мы думаем о тебе, говорим о тебе, боремся за твою свободу. Твоя мужественность и несгибаемость вдохновляют нас. Пусть каждый день приближает тебя к свободе.

Держись, ты сильнее, чем ты думаешь.

С теплом и надеждой,

[Name], [country]

English translation

Dear (Name),

You are not alone. We are thinking of you, talking about you and campaigning for your freedom. Your courage and resilience inspire us.

May every day bring you closer to your freedom.

Hang in there – you are stronger than you think.

With warmth and hope,

You can find the digital version of this leaflet
on our website via the QR code.

