

East and Southern Africa Regional Office  
C/O Sanaa Mohamed  
197 Lenana Place (1st Floor), Lenana Road,  
PO Box 1527-00606  
Nairobi, Kenya  
Email : [amnesty.earo@amnesty.org](mailto:amnesty.earo@amnesty.org)

Dear

I am writing to you from Germany after hearing about you through a solidarity action by Amnesty International.

I want you to know, that you have not been forgotten and that there are people who are thinking of you and wish to support you.

I admire your courage to carry on. Please don't give up! You are not alone. You deserve care, protection, the help to recover, respect and dignity. From far away it is difficult to support you, but I want to send these words to you, so you know that you are not alone. You are incredibly strong and your life is immensely valuable. I hope very much that you get the help you deserve.

I wish you recovery, peace and the strength to continue on.

Yours truly