**Preamble**

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in cooperation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

Now, therefore,

The General Assembly

Proclaims this Universal Declaration of Human Rights as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction.

**Article 1**

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

**Article 2**

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

**Article 3**

Everyone has the right to life, liberty and security of person.

**Article 4**

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

**Article 5**

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

**Article 6**

Everyone has the right to recognition everywhere as a person before the law.

**Article 7**

All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

**Article 8**

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

**Article 9**

No one shall be subjected to arbitrary arrest, detention or exile.

**Article 10**

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

**Article 11**

(1) Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.

(2) No one shall be held guilty of any penal offence on account of any act or omission
which did not constitute a penal offence, under national or international law, at the
time when it was committed. Nor shall a heavier penalty be imposed than the one that
was applicable at the time the penal offence
was committed.

Article 12
No one shall be subjected to arbitrary inter-
ference with his privacy, family, home or cor-
respondence, nor to attacks upon his honour
and reputation. Everyone has the right to
the protection of the law against such interfer-
ence or attacks.

Article 13
(1) Everyone has the right to freedom of
movement and residence within the borders
of each State.
(2) Everyone has the right to leave any coun-
try, including his own, and to return to his
country.

Article 14
(1) Everyone has the right to seek and to enjoy
in other countries asylum from persecution.
(2) This right may not be invoked in the
case of prosecutions genuinely arising from
non-political crimes or from acts contrary to
the purposes and principles of the United
Nations.

Article 15
(1) Everyone has the right to a nationality.
(2) No one shall be arbitrarily deprived of his
nationality nor denied the right to change
his nationality.

Article 16
(1) Men and women of full age, without any
limitation due to race, nationality or reli-
gion, have the right to marry and to found
a family. They are entitled to equal rights
as to marriage, during marriage and at its
dissolution.
(2) Marriage shall be entered into only with
the free and full consent of the intending
spouses.
(3) The family is the natural and fundamental
group unit of society and is entitled to pro-
tection by society and the State.

Article 17
(1) Everyone has the right to own property
alone as well as in association with others.
(2) No one shall be arbitrarily deprived of his
property.

Article 18
Everyone has the right to freedom of thought,
conscience and religion; this right includes
freedom to change his religion or belief, and
freedom, either alone or in community with
others and in public or private, to manifest his
religion or belief in teaching, practice, wor-
ship and observance.

Article 19
Everyone has the right to freedom of opinion
and expression; this right includes freedom
to hold opinions without interference and
to seek, receive and impart information and
ideas through any media and regardless of fron-
tiers.

Article 20
(1) Everyone has the right to freedom of
peaceful assembly and association.
(2) No one may be compelled to belong to
an association.

Article 21
(1) Everyone has the right to take part in
the government of his country, directly or
through freely chosen representatives.
(2) Everyone has the right to equal access to
public service in his country.
(3) The will of the people shall be the basis
of the authority of government; this will shall
be expressed in periodic and genuine elec-
tions which shall be by universal and equal
suffrage and shall be held by secret vote or
by equivalent free voting procedures.

Article 22
Everyone, as a member of society, has the
right to social security and is entitled to reali-
zeation, through national effort and interna-
tional cooperation and in accordance with
the organization and resources of each State, of
the economic, social and cultural rights indis-
pensable for his dignity and the free develop-
ment of his personality.

Article 23
(1) Everyone has the right to work, to free
choice of employment, to just and favourable
conditions of work and to protection against
unemployment.
(2) Everyone, without any discrimination, has
the right to equal pay for equal work.
(3) Everyone who works has the right to just
and favourable remuneration ensuring for himself
and his family an existence worthy of human
dignity, and supplemented, if necessary, by
other means of social protection.
(4) Everyone has the right to form and to
join trade unions for the protection of his
interests.

Article 24
Everyone has the right to rest and leisure,
including reasonable limitation of working
hours and periodic holidays with pay.

Article 25
(1) Everyone has the right to a standard
of living adequate for the health and well-
being of himself and of his family, including
food, clothing, housing and medical care
and necessary social services, and the right
to security in the event of unemployment,
sickness, disability, old age or other lack of livelihood in circumstances
beyond his control.
(2) Motherhood and childhood are entitled
to special care and assistance. All children,
whether born in or out of wedlock, shall enjoy
the same social protection.

Article 26
(1) Everyone has the right to education. Edu-
cation shall be free, at least in the element-
tary and fundamental stages. Elementary
education shall be compulsory. Technical
and professional education shall be made
generally available and higher education
shall be equally accessible to all on the basis
of merit.
(2) Education shall be directed to the full
development of the human personality and
to the strengthening of respect for human
rights and fundamental freedoms. It shall pro-
mote understanding, tolerance and friendship
among all nations, racial or religious groups,
and shall further the activities of the United
Nations for the maintenance of peace.
(3) Parents have a prior right to choose the
type of education that shall be given to their
children.

Article 27
(1) Everyone has the right freely to participate
in the cultural life of the community, to enjoy
the arts and to share in scientific advance-
ment and its benefits.
(2) Everyone has the right to the protection
of the moral and material interests resulting
from any scientific, literary or artistic produc-
tion of which he is the author.

Article 28
Everyone is entitled to a social and interna-
tional order in which the rights and freedoms
set forth in this Declaration can be fully
realized.

Article 29
(1) Everyone has duties to the community in
which alone the free and full development of
his personality is possible.
(2) In the exercise of his rights and freedoms,
everyone shall be subject only to such limi-
tations as are determined by law solely for
the purpose of securing due recognition and
respect for the rights and freedoms of
others and of meeting the just requirements
of morality, public order and the general wel-
fare in a democratic society.
(3) These rights and freedoms may in no case
be exercised contrary to the purposes and
principles of the United Nations.

Article 30
Nothing in this Declaration may be interpreted
as implying for any State, group or person any
right to engage in any activity or to perform
any act aimed at the destruction of any of the
rights and freedoms set forth herein.