THE UNIVERSAL DECLARATION
of Human Rights

Article 1. Everyone has the right to work, and to enjoy in his
own time conditions and advantages that ensure equal
opportunities in work. Everyone has the right to a form of
recreation that is not contrary to his education and to his
health. Everyone has the right to free education. Anyone
called to military service is entitled to receive education
and training in the service. Everyone has the right to
peace and to the security of his person. Everyone has the
right to the freedom of thought, conscience and religion.
Everyone has the right to freedom of expression. Everyone
has the right to freedom of peaceful assembly. Everyone
has the right to freedom of association. Everyone has the
right to freedom of movement. Everyone has the right to
the enjoyment of the benefits of scientific progress and
the advancement of civilisation. Everyone has the right
to participate in cultural life and to enjoy the benefits of
scientific and cultural advancement. Everyone has the
right to freedom from discrimination. Everyone has the
right to freedom from torture and other cruel, inhuman
or degrading treatment or punishment. Everyone has the
right to the protection of the law. Everyone has the
right to seek and to enjoy in his own time conditions and
advantages that ensure equal opportunities in work.
Everyone has the right to a form of recreation that is not
contrary to his education and to his health. Everyone has
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