



International Liberty Association Newsletter

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EDITORIAL

The Persian New Year, NoRuz, is celebrated at the Spring Equinox towards the end of March. As in previous years we held a joint event with the Christian Easter, this year on the Easter weekend, 20th April, simultaneous with Jewish Passover. NoRuz, Easter and Passover share many of the same qualities of rebirth and regeneration, the triumph of light over darkness, clearing out the old that no longer serves us and planting new seeds, looking forward to an abundant harvest. This is by definition our joyous event of thanks giving.

As it turned out, the month's separation this year enabled us to put some perspective on the horrific events in Iran where their NoRuz festivities were swept aside by catastrophic floods that affected nearly every region of Iran, with massive loss of homes, livelihoods and many lives. We watched in shock as we saw so many people and places we knew and loved devastated by the power of the water. The video we showed at our event will stay a long time in the memory of all who saw it.

But, while it was Nature that did the actual damage, it is years of mismanagement of the environment by the regime that provided the conditions for this, truly a disaster waiting to happen. Environmental activists in Iran had for years been trying to raise awareness of the largely man-made problems, their efforts most often rewarded by imprisonment.

That the regime has done nothing to help the flood victims, instead actively trying to stop news of the disaster getting to the outside world, imprisoning many more

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Happy Spring in Hammersmith

In April we celebrated the arrival of spring in Hammersmith Town Hall. The event coincided with Easter and Passover and began with a video of the floods across Iran which, because of mismanagement of the authorities, turned into massive misery and despair for millions of Iranians. After one minute of silence for the victims of the floods the event proceeded with

speeches by prominent personalities who support the work of ILA and musical performances by talented artists who devoted their time to the cause.

The event was divided into two by a meal of delicious Persian cuisine with main and side dishes in self-serve style. Excerpts of the speeches follow.

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Devastating floods ruin festive season in Iran

Just as the year was turning in Iran, devastating floods swept across the country and put millions of people in despair and agony. Torrential rains are not uncommon in Iran but mismanagement and abuse of the environment have been described as the main reasons for the death toll and the destruction. In the past 40 years the regime ruling Iran has been neglecting environmental issues, and no money was spent on cleaning waterways and flood channels. In many part of the cities flood channels were built on as the authorities tried to make money from selling public land, including the dried waterways.

After the floods instead of sending rescue workers and paramedics the Iranian government sent Revolutionary Guards to crack down



on people who were deeply dismayed and angry.

The regime tried to suppress the news of the floods and many people were arrested for spreading the news on social media. Foreign press was disallowed and very limited reporting of the devastation reached the outside world.

Weeks after the floods millions of people are living in unbearable conditions without proper sanitation or basic necessities.



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Lord Tony Clarke

ILA enjoys a reputation for doing such wonderful work for human rights and opposing those tyrants who oppose basic human rights.

I am sure that all of my colleagues in the Parliamentary Association for freedom in Iran would agree with me when I say: thank you so much, your work is so valuable, and well done.

One of the good things about this cause is that we don't have labels of political parties, we don't have bitter discrimination against each other, we don't have people pushing their own egos, whether it's in my party or the other party, or any other party, we are an all-party, all parties in Parliament gathered together to seek justice and freedom for the people of Iran.

My personal belief is that much of the success of that move from Camp Liberty to Albania was made possible by the help, sometimes given very quietly, of the people and the workers and the volunteers in ILA, and I don't think that the move could have taken place without the help of you and the people in ILA. The men and women there in Albania had endured the barbaric treatment of the mullahs, first of all in Camp Ashraf, then in the so terribly misnamed Camp Liberty. They went and had the chance to find safety and comfort in their new homes in Albania, and the Albanian government



deserve the grateful thanks of all of us for giving those people, the 3,000 of them, the chance of a better life, and I salute them for what they've done.

For what has been achieved we must be grateful, and at the same time remember the human rights situation in Iran. It's continuing to deteriorate. It would be lovely to be able to say that it's getting better. Tragically, in my view, it's getting worse. Since the wrongly described "moderate" Hassan Rouhani took up his position in 2013, there have been [over] 3,500 executions; 3,500 executions, many of them in public. How barbaric. Ordinary citizens involved in the struggle for women's rights, human rights, together with environmental activists, they're considered "enemies of the State". Can you think of anything so bad, so nasty, that somebody struggling to get basic human rights is described as an enemy of the State? It's disgraceful, and we have to keep on saying so whenever we can.

Dissidents in Iran are sentenced to long-term imprisonment or execution, for what? They are 'waging war against God'. Now I know who's waging war against God; it's those mullahs, sitting in Tehran who are making life so unbearable, so frightening for so many people. Since the beginning of last month, the authorities have executed thirteen prisoners; as I say, it's barbaric.

And as the people gather to celebrate the coming year, your work and support give them hope, and the hope for a peaceful Iran, not just for the people in Ashraf 3, but all over the

world where human rights are being abused. Your work is giving hope, ...the hope that we can change things.

Roger Lyons

As the former General Secretary of Amicus, now UNITE, and former President of the TUC, I am very well aware of the priority that human rights requires in the contemporary world.

I salute the International Liberty Association for its work in this field, because it is organisations that campaign on human rights and civil rights that make all the difference, particularly to those who are gaoled,



those who do not have a voice, and in Iran in 2018 seven thousand plus people were arrested and many people were executed. In fact Iran has the highest execution rate per capita in the world, only exceeded by China which is of course a much bigger population. But those seven thousand plus people arrested in Iran need our solidarity, and indeed Iran is a prison, so the rest of the population need our solidarity, and the recent decision by the American administration to designate the Revolutionary Guard Corps as a terrorist organisation is an important building block to stopping the arbitrary arrest, imprisonment, torture of people in Iran. The Revolutionary

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environmental activists and even ordinary people trying to show images of the floods on social media, points to a ruling class who want to sweep any evidence of their guilt far under the carpet.

In truth, the last thing this regime needed was a spotlight shining on an environmental catastrophe, a high profile issue of world concern. It opens them up to a whole new area of

scrutiny, in which their failings are all too evident. Already struggling with escalating sanctions and from a population which will not be silenced and has been taking part in protests, strikes and demonstrations for well over a year to lay responsibility for poor working conditions and economic hardship at their door, it could just prove to be their last straw.

With so many issues inside Iran to focus on, not a day goes past without feelings of immense appreciation and

gratitude for all the efforts made to bring the Ashrafis safely out of Iraq to Albania and enable them to establish themselves there. Ashraf 3 shines out as a beacon of hope and a testament to what commitment and dedication can do to build the future while the Ashrafis can devote themselves wholeheartedly to keeping the spotlight firmly on Iran and working tirelessly towards the day when their homeland will be free from abuses. Our grateful thanks to you who have helped to make this possible!



Guard Corps doesn't just act as an army for the mullahs, it's also in charge of corruption in Iran. It runs the Mafia in Iran. It has families, relations, cousins and friends who run the big corporations and who, from the workers' point of view, refuse to pay wages, refuse to give increases, refuse to negotiate and refuse any civil rights at work. The Revolutionary Guard Corps is the enemy of human rights, and I'm very pleased it's been declared a terrorist organisation. Now we must call on the British government to do the same thing.

Over recent weeks, there have been protests and strikes and demonstrations by Iranian workers. The work of the International Liberty Association is very important in this area. The humanitarian activities have to be prioritised, and it's been saving many lives in Iran, because the more attention, the more pressure, the more lobbying, the less people are in prison and the less people die.

Together, showing solidarity, we can prevail.

Kate Robertson

Thank you so much, all of you, for being here. Thank you, ILA, for the very kind and courteous invitation to be here. It is an honour to be here, humbled as I am and have always been,



by the work of ILA, ever since I first encountered them.

You saw there very brief highlights of something that has become my journey over the last few years since we founded One Young World ten years ago. But the thing that I am so struck by, with the story of Ashraf and Liberty and Ashraf 3, and the story about the situation in Iran itself, is its very weird, strange parallels with the South Africa in which I grew up. That was also a



brutal regime, in that instance not even pretending to be voted in by its people, unlike the situation in Iran today, but certainly a regime that used capital punishment, that controlled the press, you know, we grew up without television and not because our parents didn't let us watch it, there wasn't any; because the South African government had correctly surmised that television could be a weapon in the hands of those who wanted to tell the truth.

Growing up in a place where there was no freedom and no press freedom, but if you were a white child you certainly thought you had freedom. But we didn't know until we were teenagers that there really wasn't any freedom.

When I left the country of my birth in 1986 it did seem that freedom was an impossible thing, that the only end of the apartheid regime would be a bloodbath many, many years hence, and it would have to be a bloodbath, because clearly at the time all power, particularly the power of arms and militarism, were in the hands of the apartheid state, and yet you know that today the story is a completely different story.

Nelson Mandela was the one who emerged from incarceration with a message of reconciliation and peace for the world. And it seems to me that today, if one were living in Iran itself, especially as a young person, that you would really be asking yourself what the future was. And if you had any notion of the freedoms and the human rights that you lacked, that you would be despairing and believing that there was indeed no end.

But people tell me of people who are in those situations of seemingly hopelessness, that when they hear that people in far lands wish them freedom,

they speak up for their rights, and tell the truth, tell their truth, they all say those things make a difference.

If you here in the United Kingdom are speaking the truth of the Iranian people, it matters, it really, really matters.

So I salute you for your work, salute all of you and say to all of you: this truth about Iran has to be told.

Philip Bouch

My daughter and I visited Tirana 18 months ago to meet those extraordinary people. We were overwhelmed by the love, humility and gratitude that met us. It was a most humbling experience. What have we done? We've done so little, and yet it meant so much. I was genuinely brought to tears. I was told that the very fact that people outside knew about their plight, and were sympathetic, was enough to keep them going. This is an important lesson.

Yet this is not the end. We must remain watchful, as the regime is not passive.

Iran is deeply involved with affairs outside their borders, in Syria, Yemen, Lebanon, amongst others. 15 months ago there were riots in the streets throughout the country. They're still going on. These were suppressed by the Revolutionary Guards with imprisonments and killings. Women's rights protesters are suppressed, environmental rights protesters are suppressed, even news about the current disastrous floods right across the country is little reported. Who'd seen those videos before tonight? We must remain vigilant. We must remain informed. We must speak out to tell others what is going on. We must once more make it clear that we are here, we're listening, and are sympathetic to their plight. For me, that means staying close to my good friends here. I find it impossible not to love these wonderful people, and the work they do. I hope that NoRuz brings a new beginning of peace and safety for the people of Iran.





A letter from a volunteer

My dear friends in ILA,
I am pleased to share with you my experience as a volunteer, and very much appreciate the project you started regarding children.

As a teacher I spent lots of time with children to prepare them for taking responsibilities for their country's future. During that time, I have witnessed so many injustices against children; especially when I heard my close friend's experience that got arrested because of his protests against these injustices. He told me that the most painful torture in



prison for every prisoner was when the jailers were playing audios of children's cry during interrogations and torture of their parents. The kids' sounds had been recorded during sessions where the jailers had showed footages of their parents tortured.

But I couldn't imagine, nor could I believe that girls as young as nine, instead of playing at playgrounds or studying at schools, could be sold to men older than their fathers or even grandfathers. Innocent girls with age between 9 and 15 become deeply

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Speaking with a child-worker

I see him almost every day. A boy at the age of 10 with an old scale... he usually sits next to a street near to my home.

Every day I pass by him and give him a very cold smile. Today, I had to leave the house to do shopping. The weather was cold and I didn't want to leave my warm house, but I had to.

I checked the weather on my phone; temperature was minus 2 in Tabriz.

As soon as I reached the end of the street, my body started to shake. The reason though wasn't the cold weather, but because I saw the boy who was sitting on the hard and rough asphalt. He wasn't properly dressed up and it broke my heart.

...it strikes you harder and makes you more heartbroken when you are a mother.

It makes me sad; this boy has come to this world, but has never experienced anything good in it.

I went close; I wanted to speak with him.

I used my weight as an excuse and started to talk to him.

I joked: "your scale must be broken because I'm not that fat!" I laughed more than usual so that he wouldn't take it seriously. He stared at me and smiled.

I sat in front of him; paid him for the weight-measuring and asked his name. He answered: "I don't know my real name. Every person calls me in different names; Milad, Majid, Mohammad..." and he laughed...

"You can call me whatever you want" he said.

I asked "why don't you know your name? Why don't you ask your parents?" He responded "I don't have a mother... or a father...since I remember, I and some other kids were living with a man... no I do not live with him, I try to survive".

I didn't expect to hear something like this from a 10 years old boy.

I tried hard not to cry and asked "Do you have to work?" he nodded at me and said "yes, I have to... to fill my belly and to have a roof above my head

at nights, I have to work."

I asked him about his wishes and he answered "my biggest wish will never come true" I insisted to know what that wish is and he said while crying "I wish I didn't exist, I wish I was never in this world."

I was silenced... I had nothing to say... I took his frozen hands and said "you must be cold; would you like to come with me and eat something?" He happily nodded at me.

My motherly feelings were concerned about his outfit as well. So I bought a proper dress for him too. But he is not the only 10 year old boy in our streets who feels cold and I don't know what the solution to this is.

Child-worker is not a new issue in our society. However, whenever we encounter one, we have nothing other than pity and sigh.

Children are born to be children; to grow up in a safe environment until they become adults and start working. However, children in Iran have to be adults and start hard working in early ages.

We shouldn't forget that streets are not warm enough for a crying kid. In the small world of child-workers – which gets darker and darker every day-, we are seeking hope for the most innocent part of our society who are struggling in a rough world in order to find their lost childhood.

Mina



Child labour in rich Iran is a disturbing failure of the State



A letter from Gohardasht Prison

By prisoner of conscience,
Hassan Sadeghi



In my country, axe is the defender of spruce and executioner is the judge himself.

Below I publish my conversation with the prosecutor's office so that the public can be the judge.

They summoned me and two other prisoners on Wednesday 17th of April. They said someone called Abbasi from the prosecutor's office has come and if anybody has judicial work he can see them. We said we have nothing to do with him.

Then they said he wants to see you and guided us to his office. They ask us to step to his office one by one and I was the first one. A young man approximately in the same age as my son was there with other jailers around him.

"What's your name?" he asked without looking at me.

"Hassan Sadeghi" I responded.

He asked "what is your request?"

While he was asking me these questions with a humiliating tone – which was obvious that is his way of talking with prisoners – suddenly he said: "how dare you to go on hunger strike! This is dangerous and illegal."

I said you put me and my wife behind bars and sentenced us to 30 years in the

prison, made my children homeless only because I had a phone call with my family.

He asked, "did I sentence you?"

"The regime you represent did that. You confiscated my properties, took my income away from my children, seized my workshop and now you want to do the same with my house." I replied.

He said "I don't care about these things; what is your request?"

I asked furiously "Why are you here if you don't care?"

He answered, "solving problems."

I continued with the same temper; "you have cancelled my visits with my wife for four months, denied my 15 minutes a week phone calls with my children and haven't let me do my medical treatments..." he interrupted me and ordered his men to take me away.

In my country, Iran, people's rights must be denied so that the authorities could embezzle thousands of billions of Tomans (Iranian currency), make oil platforms disappear, seize and plunder people's property, and to turn prisons to people's homes.

This is the country that we live in;

this is Iran.

When the nightingale cries for absence of the flower,

When axe is the defender of the tall tree and

When the gallows is the judge,

Don't ask me to beg for mercy,

because this is a shame to me, to the pen and to the pages of the book!

Editor's Note:

Hassan Sadeghi was first arrested in 1980 at the age of 16 because of his political activities. He spent 6 years in prison then. During his imprisonment he was flogged by cables and whipped. Due to these tortures, he suffers from many physical problems.

Mr Sadeghi was arrested again in 2013 along with his wife, Fatemeh Mosana, because they arranged a funeral ceremony in their house for his father who died in Camp Liberty in Iraq. Their son (19) and daughter (10) were also detained for 45 and 3 days respectively. Both Mr Sadeghi and his wife have been sentenced to 15 years in prison and their properties, including workshop and house, have been confiscated.

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depressed and mostly won't see another way other than committing suicide. Statistics reveal the staggering rate of suicides among young girls. Even the regime officials usually admit to it, however, they try to justify this modern slavery under the name of Islamic Shariah.

I remember when I heard about the marriage between a 12 years old Ilami girl and a fifty-years old Bushehri man. The night that I read the man's explanation who said "I married to a 12 years old girl so that I can bring her up the way that I like her to be... and the law and the government have given me permission to do so... she must be grateful to god for being fed..." I couldn't sleep properly.

However, I was extremely happy when I saw that you

chose this case as one of your main projects. I was glad because I believed that this case, similar to the other cases, will turn into a happy ending.

As a result, I was determined to devote several months of my life to this project. I was even more motivated when I met the other supporters and saw their commitments. The goal and the effort for achieving success in this project encouraged me furthermore.

Eventually I decided to work permanently as a volunteer for ILA with the hope that one day these little innocent girls' sorrow, who need their mothers' love, education and fun, will end and no other kid needs to go through hell because of child marriage and child labour and hopefully these actions finally become only a sad part of our history.

Ali



Our event in Hammersmith in pictures



ILA Event in Waterloo

For the occasion of International Women's Day, ILA held an event in St John's Church, Waterloo with an exhibition about 170 years of Iranian women's struggles for justice and equality.

The speakers included human rights champion Honourable Professor Sarah Chandler QC, Past President of the European Bars Federation and member of the Council of the Law Society of England and Wales; human rights barrister, film-maker and author, The Hon. Dr Jocelyn Scott; and women's rights activists Dr Hanife Khayyeri from Sweden and Ms Azadeh Zabeti, co-chair of the Anglo-Iranian Lawyers' Association as well as Miss Janet Wells and Ms Susan Melly, passionate contributors to ILA.

Music and singing was performed by David Hawkins; talented jazz singer Beryl Hart; and jazz players Chris West and Goff Dubber. We end this short report with the concluding remarks of Ms Melly: "Life's hardships are made more bearable if we are free to face them in our own way. We are not fully ourselves unless we are free, so the risk is

worth the goal. We must share this fight as we share the rewards. I cannot fight the battles for these steadfast women. No, I have to support them in other ways; yes, I can, and I do donate funds, but how can I give practical support? I can add my voice to theirs, so that it will be better heard, to stand in solidarity and sorority with my fellow sisters in all nations where we are persecuted for our sex, to give them the strength to continue their struggle for freedom. I can use my free voice to tell people around me what is happening, to pass on the horrors of injustice and the abuses of human rights that they are suffering from and protesting against, and finally I can use my voice to try and fill the gap left by so many brave souls who have been silenced by imprisonment, torture or execution. Why should I do this? Because these women have inspired me, and I believe individual freedom is a fundamental right. Women in Iran will play a key role in the progress of humanity through their wise counsel and compassionate nurturing teachings to bring balance back to society there, protecting the vulnerable and repressing the tyrants."





NEWS IN BRIEF



Workers demonstrating on Labour Day arrested

Half an hour after the start of a protest rally in front of Iran's parliament on 1 May 2019, for the occasion of International Labour Day, a large number of State Security forces and plainclothes agents raided the peaceful gathering, brutalized and arrested dozens of participants, including a number of female labour activists. Workers and other protesters held placards and chanted "the government betrays us, the parliament supports it".

Iran regime attacks teachers peaceful protest in Tehran



Iranian security forces attacked peaceful protest by teachers outside the Department of Education building in Tehran on Thursday, 2 May 2019. The teachers and education workers were holding handwritten placards that read:

- Imprisoned teachers must be freed
- Imprisoned workers must be freed
- Your pain is our pain, people must rise up and join us

The protest was part of a larger movement following a nationwide call from teachers unions. Iranian teachers held protests in over 24 cities to mark Teachers Day, which is celebrated every year on 2 May in Iran, to demand the basic rights, and call for the release of detained teachers.

Basij agents attack protesting Tehran University students

On Monday 13 May, plainclothes agents of Revolutionary Guards attacked Tehran University students protesting new hijab (veiling) regulations imposed on campus. According to the students attending the protest the university's Regulations Committee is imposing repressive rules. The Students gathered in the auditorium of the School of Fine Arts and demanded the president and vice president to answer. In response, Basij forces attacked the students and brutalised them.



Prominent prisoner of conscience taken to hospital

According to her husband Ms Narges Mohammadi has been taken from prison to hospital to undergo surgery. Mr Taqi Rahmani, who lives in exile in Paris, stated in a tweet on 14 May that his 47-year-old wife, was taken to a hospital escorted by security agents. Narges Mohammadi was found guilty of 'acting against the national security' and 'propaganda against the regime', in July 2011. In March 2012, the sentence was upheld by an appeals court and she was arrested a month later and has been behind bars ever since.



Prison sentence for members of Baha'i faith

On May 6, a revolutionary court in the city of Bushehr in southern Iran sentenced seven members of the Baha'i faith to three years in prison each for revealing their religious beliefs to Muslims. They were convicted of 'membership in an organisation against national security', a reference to the persecuted faith, according to a source close to the case. In its annual report published 29 April 2019, a United States body that monitors global religious freedom, the bi-partisan US Commission on International Religious Freedom (USCIRF) said the Iranian government has escalated targeting non-Shi'ite Muslims and Baha'is and Christians.

Tehran denies relief to flood victims



More than a month after the devastating flood crisis, the regime has not taken any effective measures to help the people in the affected areas. Several videos published on social media show people speaking of being left in despair. They stressed that the only relief they had received came from ordinary people. The United Nations estimated that at least 12 million citizens across Iran have been affected by the recent floods. According to the United Nations Office for the Coordination of Humanitarian Affairs (OCHA) two million people are in need of humanitarian aid and over half a million people have been displaced.



Our visit to Albania

A group of ILA supporters went to Tirana on 7 May for a visit to see the work that had been done over there in the past year.

We arrived at 8pm at the Mother Teresa Airport and went directly to the hotel for a late night dinner and good rest. The next morning after breakfast we went to Ashraf 3 and visited the residents, walked on the paved streets and had drinks and snacks at the several parks that we visited.

We also had a meeting with Ashraf engineers who explained in detail the process of buying the land and building on it.

Then we went to the seaside nearby for lunch in a nice restaurant. Because of Ramadan, the Ashrafi hosts were fasting and did not join us.



After lunch we went for a short nap to the hotel and returned to Ashraf 3 later in the afternoon. It started with a visit to a fascinating park made with



great effort and then dinner with a group of inspiring young Ashrafis who talked about their motivations and why they chose to go to Ashraf.

The next morning we went to the city of Kruje to visit the historic castle of resistance of the Albanian hero Skanderbeg against the Ottoman sultan's army. We had a nice lunch at a restaurant in the middle of the town and then went to Ashraf to visit the clinic, hospital and the headquarters of

"The time spent with your people was deeply impressive. Their courage and determination, their spirit, these things are your great strength."

the disabled Ashrafis who sang for us as a choir. For dinner we were invited by Mr Mehdi Baraii, the representative of the Ashrafis in dealings with the UN refugee agency and the US government. He explained in detail the 14 year history of the struggle of the Ashrafis to survive the adversities inflicted on them by agents of the Iranian regime. An emotional moment was created when Ms Mahnaz arrived in the room upon request from Peter who had wanted to see her.

The next morning after breakfast we went to the centre of Tirana for a coffee before heading to the airport for our return flight.

Below are excerpts of the feedback from some of the participants.



Ruth I was fascinated hearing from the Architects of the massive efforts involved in getting the land negotiated in such a short space of time, with so many people involved.

Also the challenges of fitting all the buildings in appropriately within such a hilly terrain. What an achievement to have so many buildings up and running in the space of 1½ years. It shows what can be done when people are co-operating to achieve the same goal!

It was inspiring to hear the younger Ashrafi women give individual reasons that led them to make their life changing decision to join the resistance in Camp Ashraf.

After hearing the harrowing and sad stories it was good to see them in the (relative) safety of Ashraf 3. I enjoyed seeing all their landscaping and construction work; the ingenious barbecue terrace using recycled cable reels; the fountains, waterfall and decorated lighting pillars.

When we were shown the film of the women working in the gardens, I was amused when the film was speeded up, making everyone appear to work at breakneck speed. Especially the 2 women determinedly bridging a ditch with a heavy loaded wheelbarrow balanced on a narrow

wooden plank! Great fun!

I found it helpful and interesting to hear the sequence of events in the History of Ashraf, some of which was new to me. It was a reminder of how much suffering the regime has caused the Ashrafis.

Thank you for all the vital work which you do. This is important not just for the Middle East but worldwide.

Thank you to everyone for an inspiring visit.

Jackie Thank you for taking us to see Ashraf and meet the people there, and to see the great progress that has been made.

Peter The time spent with your people was deeply impressive. Their courage and determination, their spirit, these things are your great strength. The warmth of their welcome and thanks was a bit overpowering.

I greatly enjoyed the well-chosen touristic interludes. Van and driver were ideal and the hotel was excellent. The only complaint is I ate too much but I suspect that was my fault, not yours.