The International Covenant on Civil and Political Rights and the International Covenant on Economic, Social and Cultural Rights list the human rights that everyone everywhere is entitled.

Sometimes these rights and freedoms are taken for granted or not understood. This pocket-sized guide is an opportunity to carry a reminder of our rights, our freedoms, always.
Right to life
Freedom from torture
Freedom from discrimination
Right to equality between men and women
Freedom from slavery
Right to liberty and security of person
Right to be treated with humanity in detention
Right to fair trial
Freedom of movement
Freedom of non-citizens from arbitrary expulsion
Right to recognition before the law
Right to privacy
Freedom of expression
Freedom of religion or belief
Right to marry and found a family
Right of peaceful assembly
Freedom of association
Right of children to birth registration and a nationality
Minority rights
Right to take part in public affairs
Right to equality before the law
Right to work  Freedom to choose and accept work

Right to just and favourable conditions at work

Right to strike  Right to social security

Right of mothers to special protection before and after birth

Right to an adequate standard of living

Freedom of children from economic and social exploitation

Freedom from hunger

Freedom of parents to choose schooling for their children

Right to education

Right to take part in cultural life

Right to health  Right to enjoy the benefits of science

Right of authors to moral and material interests from works

Freedom to undertake scientific research and creative activity
50th Anniversary of the Human Rights Covenants
www.ohchr.org