



The engine of Peace Train Canada is fired by values that have been enshrined in The Universal Declaration of Human Rights (UDHR). Like the United Nations itself, the UDHR rose from the ashes of World War II. When it was adopted in 1948, much of the world was still recovering from the deadliest conflict in history, which claimed more than 60 million lives.

In the aftermath of such unprecedented death and destruction, **the world turned to diplomacy to make sure history would not repeat itself**. Fifty countries came together for the first time to publicly declare the fundamental freedoms that belong to all of us.

As we teeter on the brink of full-scale international conflict, it is our role and responsibility to remember and uphold the essence of the UDHR to ground and guide humanity. Please become familiar with the following UDHR preamble and be assured and inspired by these powerful words of equality and freedom.

UNIVERSAL DECLARATION OF HUMAN RIGHTS

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 co-operation 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.

To see the 30 articles outlining our most basic birthrights, go to:

<https://www.un.org/en/about-us/universal-declaration-of-human-rights>