
defense

[Right to defense and to take legal action to protect one's rights]

“When I arrived in Italy I felt different. I did not think that I, a foreigner, could have a lawyer. I thought it was a right only for Italians”

Everyone, foreigners and Italians, can be helped by a lawyer to defend their rights, indeed, in some cases they MUST have a lawyer. If you are accused of committing a crime, you have the right to choose a “trusted lawyer”, and if you don't know anyone, the state appoints one for you. In Italy there is “free legal aid”, this means that the state pays a lawyer if you do not have an income that allows you to pay legal fees. So be careful when a lawyer asks you for money to defend yourself, because it may be that the state has already paid it for you! Paying twice does not mean being better protected!

family

[Right to marry and to form a family in which the spouses have equal rights and responsibilities between themselves and towards their children]

“The family is the most important thing of all, without the family nothing can exist! The family supports you both in joy and in difficulties”

The family is the fundamental nucleus of society in which there is mutual respect between the members. No component can override the other. The family must be protected by the state which should provide it adequately. Family unity should be promote, especially when family members are separated for political or economic reasons. In it there are rights but also duties: to raise and educate children, to assist its elderly members or those with disabilities. In many societies the basis of the family is marriage: men and women must be free to marry whoever they wish, without limitation due to race, citizenship, religion or sexual orientation.

life

[Right to life, including the prohibition of being sentenced to death]

“Nobody, not even a state, should deprive you of life! Every human being is unique, respecting diversity means defending the life and freedom of all”

The right to life and human dignity is described in the Italian constitution and in *the universal declaration of Human Rights*. A simple concept: every person has the right to life, he must not be persecuted for his ethnicity, for the colour of his skin, for his sexual choices, for his religion, his political opinions, etc. Their recognition requires action on the part of the wronged. In Italy and in Europe there are laws and a legal system that protects them. There are specialized organizations that can advise on what to do. But also law Enforcement Agencies (carabinieri, police, etc.) can collect complaints for violations.

community

[Right to freedom of peaceful assembly and freedom of association]

“In Italy there is the right to meet peacefully. Associations and trade unions exist to achieve objectives that alone are difficult to achieve”

Citizens have the right to freely assemble and associate for purposes that are not prohibited by law. Meetings are public or private gatherings of people who have common interests. People have the right to create an association with different purposes (e.g.: support for the integration of migrants, cultural, gastronomic, sporting purposes, etc.). The association will have rules that establish the duration, the objectives, how to become a member, who directs it. Associations therefore allow a group of people to organize themselves for common interests, to carry out activities to raise funds, to make leases, work contracts, etc.

freedom

[Right to liberty and personal security]

“As Nelson Mandela says, being free does not just mean getting rid of one's chains, but living in a way that respects and values the freedom of others”

Personal freedom is a fundamental and inviolable right. Everyone must be able to enjoy their personal freedom and act responsibly and with full respect for themselves and others. The right to freedom, in fact, is not absolute. Society may be forced to deprive certain people of their liberty, in the general interest, when their acts pose a threat to themselves or to others. In any case, no one can be deprived of liberty, except in the cases and in the ways provided for by the law. Everyone has the right to defend themselves when they find themselves in situations of deprivation of liberty or to protect their right to personal freedom and security.

thought

[Right to freedom of thought, conscience and religion]

“It is right that everyone is not afraid of what he thinks and feels free to express himself and fulfill himself as he wants”

Freedom of thought and opinion affects the spiritual life and ideas of each of us and guarantees the participation of all in the life and progress of the country. In Italy and in Europe, every individual has the right to freedom of thought, conscience and religion, including the freedom to change religion or belief, and all forms of communication by and between individuals are protected as inviolable freedoms. These rights are protected by law and the protection includes the right not to express one's thoughts while maintaining the confidentiality of one's opinions and intentions.

CONTACTS AND INFORMATION

health

Lamezia Terme:

- > Medical Guard - Continuity of care service
Phone **0968.22150** (Lamezia Terme - Nicastro)
Phone **0968.433491** (Lamezia Terme - Sambiasi)
Phone **0968.534+24** (Lamezia Terme - Sant'Eufemia)
- > Family counseling
Phone **0968.23001**
In Lamezia Terme and throughout Italy: **Ambulance service 118**

education

- > School:
Kindergarten (preschool): 3 to 5 years old
Elementary school (or primary school): from 6 to 10 years
Middle school (or lower secondary school): 11 to 13 years
High school (or secondary school): 13 to 18 years

dignity

Trade Union Organizations:

(FLAI-CGIL **800.688.362** and FAI-CISL **800.199.100**) and, if the situation becomes more serious and dangerous, you can contact **340.5151077** for Calabria or, throughout Italy, the **Anti-trafficking toll-free number** at **800.290.290**.

humanity \ defense \ life \ freedom \ thought

Lamezia Terme:

- > Law Centre of *Comunità Progetto Sud*
Phone **0968.358809**
centrolegale@comunitaprogettosud.it
- > Intercultural Centre *Insieme* Caritas Diocesana of Lamezia Terme
Phone **0968.22450**
centrointerculturaleinsieme@gmail.com

All over Italy:

- > ASGI- Associazione per gli Studi Giuridici sull'Immigrazione
www.asgi.it · info@asgi.it

family

If in your family there are difficulties or uncomfortable situations, you can contact > **the social services of your Municipality**.

community

- > For information on how to open an association, visit the website: **www.arcicalabria.it**
If you want to be part of an association, you can consult **the regional and municipal list of registered associations**.

health

[Right to health protection]

“In Italy, thanks to the Italian Constitution, everyone has the opportunity to have medical care: children and adults, young and old, with no social and cultural difference. But to feel good it is also important to protect and defend the environment”

Italy protects health as a fundamental right of the individual and in the interest of the community and guarantees free treatment to those who are unable to pay. This is possible thanks to the right to health: to have a doctor, to be treated in a hospital, to take small children to a specialist doctor who is called a “pediatrician”. But the right to health also entails the right to the “salubrity” of the environment, that is, to feel good, the causes of pollution and environmental damage must be eliminated. It is very important to treat the spaces in which we live well: both in homes and in open places we must always keep everything tidy and clean.

education

[Right to education]

“If you educate one person, even as a child, it means that you educate an entire nation”

In Italy, going to school is a right because school is open to everyone, but it is also a duty because it is compulsory from 6 to 16 years old. Children can start going to kindergarten from 3 to 5 years old, although it is not an obligation, but it is a school where children can be with other children, followed by male and female teachers, to play and learn the basics for school real. Each parent must give their children the opportunity to receive an education. Being educated increases the chances of finding a good job and, consequently, of having a salary that allows you to live in peace.

If you need help, choose the school based on the age you are interested in and ask for information for enrollment in the school secretariat office.

dignity

[Right not to be enslaved or forced into forced labor]

“Many become rich thanks to the suffering of others! Instead, it is better to respect the dignity of all and use equity and equality to live peacefully, in a protected and regular way in a territory”

It is a right to have an employment contract and regular pay slips in which all working days are declared. The employer must pay taxes correctly for the work being done for his company. You cannot be obliged to do things that are not foreseen in the employment contract: you cannot be obliged to work more hours and receive less money than what is required by law; no one can abuse you or control you like a guard who doesn't even make you take a break to rest or go to the bathroom. In order not to become slaves you need to live in a country: protected and safe in which dignity and rights are respected.

humanity

[Right not to be subjected to cruel, inhuman or degrading punishment, treatment or punishment]

“In Libya there is no respect for humanity: when you pass through Libya, you live in death and you are lucky if you survive”

In some countries no humanity is recognized. Instead, you are always a human being, even when you go to prison for committing a crime; even then you have the right to be respected as a person and when you are out you must be treated as if you have never been there. When you make a mistake, in fact, you must have the possibility to understand your mistakes and to rebuild your life. In all places of confinement you have the right to eat like any human being; you must not be treated as an object to use; you must not be mistreated. You must not lose the respect of humanity and you must be protected in order not to return to a country where this respect is lacking.

The glossary of rights is a small tool created within that involved a small group of people made up of 5 Italian citizens and 5 migrant citizens, residing in the Lamezia Terme plain.

The work produced does not claim to be a complete reference document on the subject of rights, but it has a significant value, both in relation to the method that characterized the processing process, and in relation to the perception of what they are, based on the individual experiences of each, the most important and most felt rights.

10 meetings were held involving all the members of the group, other moments of discussion, however, took place in subgroups. During the moments of reflection, an exchange of views was held between communities).

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presentation



REGIONE CALABRIA



PROGETTO PROP CALABRIA

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COMUNE DI MIGLIERINA



Comunità Progetto Sud



inrete
cooperativa sociale - onlus



GLOSSARY OF RIGHTS

10 WORDS TO PROTECT AND DEFEND