As Christmas approaches there are almost 230 political prisoners in jail in Burma. They won’t be able to spend Christmas in their own home with their families. Many of them were arrested simply for peacefully protesting, or making jokes about the military.

Burma’s jails are overcrowded and a dangerous place to be during the Covid-19 pandemic. Political prisoners should not be in jail in the first place, and now face even more danger because of the pandemic.

At the same time as campaigning for their release, we can do something else to help political prisoners. Please add a political prisoner to your Christmas card list.

Political prisoners have told us how much it means to receive a card from someone in another country, knowing that someone cares and the world has not forgotten what is going on in Burma.

**Please send a card to a political prisoner to let them know that they are not forgotten this Christmas.**

An airmail letter from United Kingdom to Myanmar (Burma) costs £1.45. You can check the cost and buy postage online here: https://send.royalmail.com/
## Political Prisoners to write to:

### Aung Kyi Myint

Aung Kyi Myint is a reporter at Channel Mandalay TV station. He was arrested in May 2019 for reporting on a land rights protest against a coal-fired cement factory in Mandalay. In April 2020, he was sentenced to 2 years in prison.

**Write to Aung Kyi Myint here:**
- Aung Kyi Myint (aka) Nanda
- C/O The governor of Obo Prison
- Obo Prison
- Mandalay
- Myanmar

### Nay Myo Zin

Nay Myo Zin is a prominent political activist and a former political prisoner. In April 2019, he was arrested for making a speech in which he criticised the Burmese military for its role in politics and called for constitutional reform. In September 2019, he was sentenced to two years in prison. Two more years were added to his sentence in November 2019.

**Write to Nay Myo Zin here:**
- Nay Myo Zin
- C/O The governor of Kawthaung Prison
- Kawthaung Prison
- Kawthaung
- Myanmar

### Nyein Maung, Kyaw Htay, Kyaw Khin, Pyone Sein, Than Lone, Ko Swe, Kan Myint and Moe Kyaw

Nyein Maung, Kyaw Htay, Kyaw Khin, Pyone Sein, Than Lone, Ko Swe, Kan Myint and Moe Kyaw are farmers from Maletto village in Ayeyarwady region. They were arrested in September 2019 for farming their own land, which had been confiscated by the military. They were sentenced to 2 years in prison.

**Write to them here:**
- Nyein Maung, Kyaw Htay, Kyaw Khin, Pyone Sein, Than Lone, Ko Swe, Kan Myint and Moe Kyaw
- C/O The governor of Maubin Prison
- Maubin Prison, Ayeyarwady Region
- Myanmar
Moe Linn

Moe Linn is a village administrator of Aung Tha Pyay village in Mandalay. He was arrested in May 2019 after taking part in a protest against the construction of a Chinese-financed cement factory project which was damaging the local environment. In December 2019, he was sentenced to one year in prison with hard labour for defamation, and 5 years imprisonment for three other charges.

Write to Moe Linn here:
Moe Linn
C/O The governor of Obo Prison
Obo Prison
Mandalay
Myanmar

Thein Aung Myat

Thein Aung Myat is a Rakhine ethnic civilian. He was arrested in April 2019 for printing and distributing a Rakhine language calendar, which included dates important in Rakhine history and politics, including for more rights and autonomy. He was accused of associating with banned organisations. After being detained for more than 6 months, he was sentenced to 2 years imprisonment in November 2019.

Write to Thein Aung Myat here:
Thein Aung Myat
C/O The governor of Pathein Prison
Pathein Prison
Pathein
Myanmar

Kyaw Win Thant

Kyaw Win Thant is a Burmese medical doctor who was arrested for criticising Buddhist monks over their objection to the teaching of sex education in schools. On 2nd June 2020, he was sentenced to one year and nine months in prison.

Write to Kyaw Win Thant here:
Dr Kyaw Win Thant
C/O The governor of Obo Prison
Obo Prison
Mandalay
Myanmar
Zaw Lin Htut

Zaw Lin Htut is a student activist and a member of Peacock Generation Thangyat group. He was arrested in April 2019 during the Burmese New Year celebration for criticising and making fun of the military during a satirical performance. He is currently serving a two year prison sentence with hard labour in Insein prison.

Write to Zaw Lin Htut here:
Zaw Lin Htut
C/O The governor of Insein Prison
Insein Prison
Yangon
Myanmar

Paing Ye Thu

Paing Ye Thu is a member of the Dagon University Students’ Union and a member of Peacock Generation Thangyat group. He was arrested in April 2019 during the Burmese New Year celebration for criticising and making fun of the military during a satirical performance. He is currently serving a two year and six months prison sentence with hard labour in Insein prison.

Write to Paing Ye Thu here:
Paing Ye Thu
C/O The governor of Insein Prison
Insein Prison
Yangon
Myanmar

Paing Phyo Min

Paing Phyo Min is a President of the Dagon University Students’ Union and a member of Peacock Generation Thangyat group. He was arrested in April 2019 during the Burmese New Year celebration for criticising and making fun of the military during a satirical performance. He is currently serving a two year and six months prison sentence with hard labour in Insein prison.

Write to Paing Phyo Min here:
Paing Phyo Min
C/O The governor of Insein Prison
Insein Prison
Yangon
Myanmar
**Zayar Lwin**

Zayar Lwin is a student activist and a member of Peacock Generation Thangyat group. He was arrested in April 2019 during the Burmese New Year celebration for criticising and making fun of the military during a satirical performance. He is currently serving a two year and six months prison sentence with hard labour in Insein prison.

**Write to Zayar Lwin here:**
Zayar Lwin  
C/O The governor of Insein Prison  
Insein Prison  
Yangon  
Myanmar

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**Kay Khine Tun**

Kay Khine Tun is a nurse at Yangon Children’s Hospital and a member of the Peacock Generation Thangyat group. She was arrested in April 2019 during the Burmese New Year celebration for criticising and making fun of the military during a satirical performance. She is currently serving a two year and six months prison sentence with hard labour in Insein prison.

**Write to Kay Khine Tun here:**
Kay Khine Tun  
C/O The governor of Insein Prison  
Insein Prison  
Yangon  
Myanmar

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**Naing Tun Aung, Kyaw Zeya, Min Thein and Pho Mar**

Naing Tun Aung, Kyaw Zeya, Min Thein and Pho Mar were arrested in May 2019 after taking part in a protest against the building of a Chinese-financed cement factory project which was damaging the local environment. After nearly a year in detention, they were sentenced to 5 years imprisonment in March 2020.

**Write to Naing Tun Aung, Kyaw Zeya, Min Thein and Pho Mar here:**
Naing Tun Aung, Kyaw Zeya, Min Thein and Pho Mar  
C/O The governor of Obo Prison  
Obo Prison  
Mandalay  
Myanmar
**Saw Kyaw Naing Win and Lay Naing**

Saw Kyaw Naing Win and Lay Naing are activists who work with factory workers and farmers. They were arrested in May after being accused of taking part in a labour protest calling for the temporary closure of factories in Bago Industrial Zone because of the high risk to workers of catching COVID-19, and also for criticising the Bago Division Government for not helping factory workers. They were sentenced to two years in prison by the Bago Township Court in October. They are currently serving their prison sentences in Bago Prison.

**Write to Saw Kyaw Naing Win and Lay Naing here:**
Saw Kyaw Naing Win and Lay Naing  
C/O The governor of Bago Prison  
Bago Prison, Bago  
Myanmar

**Ye Yint Aung**

Ye Yint Aung is a member of the All Burma Federation Student Unions (ABFSU) in Mandalay. He was arrested in September 2020 for taking part in an anti-military and anti-war protest regarding the violence in Rakhine State. He was sentenced to one year and one month in prison in Obo prison in Mandalay.

**Write to Ye Yint Aung here:**
Ye Yint Aung  
C/O The governor of Obo Prison  
Obo Prison  
Mandalay  
Myanmar

**Ye Ko Naing**

Ye Ko Naing is a policeman from Rakhine State and he was arrested in July for allegedly working with the Arakan Army, an ethnic armed group. It is common for ethnic people to be accused of this crime without evidence. According to his family members, he was sentenced without his lawyer present. He was sentenced to three years in prison in Kyaukpyu prison, Rakhine State.

**Write to Ye Ko Naing here:**
Ye Ko Naing  
C/O The governor of Kyaukpyu Prison  
Kyaukpyu Prison  
Rakhine State  
Myanmar
Kyaw Thiha Ye Kyaw and Soe Hla Naing

Kyaw Thiha Ye Kyaw and Soe Hla Naing are members of the All Burma Federation Student Unions (ABFSU) in Mandalay. They were arrested in September 2020 for taking part in an anti-military and anti-war protest regarding the violence in Rakhine State. They were sentenced to seven years and one month in prison in Obo prison in Mandalay.

Write to Kyaw Thiha Ye Kyaw and Soe Hla Naing here:
Kyaw Thiha Ye Kyaw and Soe Hla Naing  
C/O The governor of Obo Prison  
Obo Prison  
Mandalay  
Myanmar

Nyi Nyi Min Htet, Aung Khaing Min, Thet Maung Maung, Hla Htun Aung and Thuta Nyi Nyi

Nyi Nyi Min Htet, Aung Khaing Min, Thet Maung Maung, Hla Htun Aung and Thuta Nyi Nyi are members of the All Burma Federation Student Unions (ABFSU) in Mandalay. They were arrested in September 2020 for taking part in an anti-military and anti-war protest regarding the violence in Rakhine State.

They have been charged under Section 505 (b) of the Penal Code for destabilising state tranquillity and the Peaceful Assembly and Peaceful Procession law.

They are currently on trial while being detained in Obo prison in Mandalay. If they are convicted, they could face more than two years in prison.

Write to them here:
Nyi Nyi Min Htet, Aung Khaing Min, Thet Maung Maung, Hla Htun Aung and Thuta Nyi Nyi  
C/O The governor of Obo Prison  
Obo Prison  
Mandalay  
Myanmar
Kyaw Ye Thu and Htet Aung

Kyaw Ye Thu is the president of the Student union of Pyay University, and Htet Aung is a vice president of the All Burma Federation of Students Unions (ABFSU). They were arrested in September for taking part in an anti-military and anti-war protest regarding the violence in Rakhine State. They were charged under Section 505 (b) of the Penal Code for destabilising state tranquillity. In November, they were sentenced to one year in prison in Paungde Prison.

Write to Kyaw Ye Thu and Htet Aung here:
Kyaw Ye Thu and Htet Aung
C/O The governor of Paungde Prison
Paungde Prison
Bago
Myanmar

Card writing tips

• Write a short message if you are comfortable doing so, or just sign if not. Just receiving a card from abroad will make a difference.
• Tell them a little bit about yourself, your family, what you do.
• Tell them how you found out about their case.
• Say something about why you care and are taking the time to write this card.
• Be encouraging, let them know that you and others will never give up campaigning for their release.
• If you have written to political prisoners before and they have been released, write about it. It will give them hope.
• Include an email address if you have one. When they are released they may be able to contact you.