- Representatives of UN organizations in the country (UNDP, UNICEF, WHO, WFP, etc.).

Officers can also consult the following sources from outside the country, as appropriate: refugees, organizations of expatriates, regional organizations with human rights concerns and regional or international NGOs with experience in the country concerned (e.g. Human Rights Watch, Amnesty International).

Printed sources

Geographic divisions often forward to posts relevant human rights material obtained in Ottawa from a variety of sources such as NGOs and the UN. This material should not substitute for the officers' own contacts, conclusions and experiences, and the actual human rights situation at the time of their report, but can be used as reality checks.

Every February, the U.S. State Department publishes detailed reports on human rights practices in virtually every country. The reports focus mainly on civil and political rights.

Amnesty International publishes an annual report which consists of a detailed summary of human rights violations and achievements around the world. It also publishes a monthly *Amnesty International Newsletter* and regular thematic reports (e.g. torture, disappearances, death penalty) encompassing many countries, as well as ad hoc reports on human rights abuses in individual countries. It also issues "urgent appeal" bulletins on specific cases of human rights violations.

Another NGO with international coverage, Human Rights Watch, based in New York, and its regional committees (e.g. Asia Watch, Africa Watch, Latin America Watch) also publishes regular reports on the human rights situations in specific countries in close collaboration with local human rights NGOs.

Printed sources to complement the officer's own sources and information on the state of economic, social and cultural rights could include publications by various UN agencies, such as the UNDP's annual Human Development Report, or the annual UNICEF report on the State of the World's Children. Apart from publishing its annual World Development Report, the World Bank regularly publishes briefs and reports on the economic and social situation of countries with Bank programmes.

In conclusion, evidence accumulated from all sources will serve to indicate trends and patterns on the state of human rights, democratic development and good governance in a given country.

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