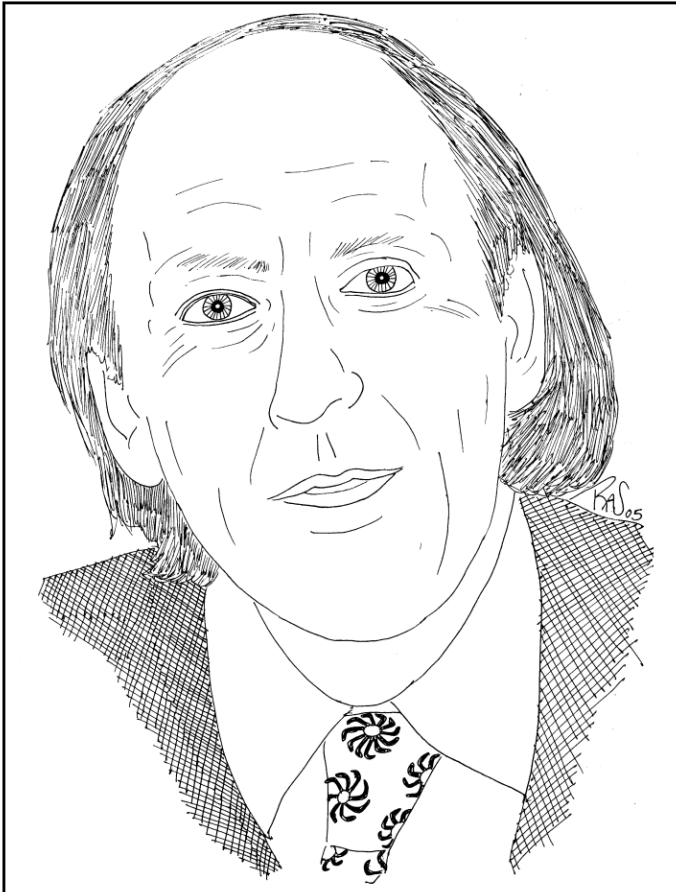


# Be a Hero for a Better World



"Caged birds sing of freedom,  
free birds fly."  
— Thorolf Rafto

## Thorolf Rafto

(1922-1986)

Thorolf Rafto was a Norwegian human rights activist and economic history professor at the Norwegian School of Economics and Business Administration. Professor Thorolf Rafto taught more than economic history to his students -- he challenged them to take a stand on important social issues.

While visiting Prague in 1979 to hold a lecture for students who were excluded from the university for political reasons, Thorolf Rafto was beaten by Czech secret police and suffered from the injuries for the rest of his life.

The Rafto Foundation for Human Rights, established in his memory, carries on his lifelong struggle for the oppressed and persecuted. Each year, the Rafto Award is given to an individual or organization working for human rights.

**Thorolf Rafto was born in Bergen, Norway on November 4, 1922**

### Be A Hero For A Better World!

1. Find out more about this hero
2. Hold an event to raise awareness about human rights issues
3. Contribute to organizations working to defend human rights

### Human Rights Organizations

- Amnesty International ([amnesty.org](http://amnesty.org))
- Carter Center ([cartercenter.org](http://cartercenter.org))
- Human Rights First ([humanrightsfirst.org](http://humanrightsfirst.org))
- Human Rights Watch ([hri.org](http://hri.org))
- Rights International ([rightsinternational.org](http://rightsinternational.org))
- UN Office of the High Commissioner for Human Rights ([ohchr.org](http://ohchr.org))
- Witness ([witness.org](http://witness.org))
- Women's Human Rights Net ([whrnet.org](http://whrnet.org))

For more information: [www.BetterWorldHeroes.com/rafto.htm](http://www.BetterWorldHeroes.com/rafto.htm)

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