HOW TO SEND A PARCEL TO A POLITICAL PRISONER FROM ABROAD?

At the moment, there are more than 1,400 political prisoners behind bars in Belarus. For most of them any correspondence is blocked, but parcels in such a situation is a reliable way to show support and send the message they’re not forgotten. Here’s the short guide on who can send a parcel, what can be put in it and how to do it from abroad.

WHOM CAN I SEND A PARCEL TO?

Political prisoners, whose trial has not yet taken place and whose sentence has not started, have the right to receive parcels in unlimited quantities. Any person can send a parcel to such prisoners, including from abroad which is really good news.

There are a couple of things to be aware of:

- You can find and choose a political prisoner, read detailed information on the "Spring" website - PRISONERS.SPRING96.ORG
- It is better not to send parcels to political prisoners held in SIZA-6 and SIZA-7, because those pre-trial detention centers are included in the 30-kilogram monthly limit
- After the court decision enters into legal force, only relatives have the right to send parcels in a limited number

WHAT’S THE LIMIT FOR THE PARCEL?

Until April 1, 2023, the norm for one parcel from abroad is 31 kilograms, and the value of everything sent must not exceed 1000 euro. We advise you to make small parcels with a value of up to 30-40 euros.

HOW IS IT CONTROLLED?

At the post office, you will be asked to fill out a form and list everything that you are sending with costs.

Please consider the time factor - the whole process from sending the parcel to receiving it might take up to 5-6 weeks
WHAT CAN YOU PUT IN THE PARCEL?
- Marshmallows, candies, marmalade, halva, chocolate;
- Instant mashed potatoes, instant pasta, instant soup, flakes (buckwheat, oatmeal);
- Coffee - instant and ground, loose-leaf tea;
- Nuts, dried apricots, dried dates, candied fruit;
- Cookies, crackers;
- Warm knit socks
- Envelopes, sheets of paper, postcards, notebooks;
- Colored pencils, felt-tip pens, ballpoint pens - you can send all colours apart from red, red colour is banned;

WHAT EXACTLY CAN'T BE SENT?
- Prunes, raisins, sunflower seeds;
- Any seed bars;
- Reusable shavers;
- Scissors;
- A scarf;
- Wet wipes, cotton buds;
- A lighter;
- Plastic tableware;
- Pomelo and grapefruit;
- Napa cabbage;
- Salt;
- Books, magazines, crosswords, scanwords.
- Watercolour;

WHAT'S NEXT?
Once you’ve bought everything you would like to send from the list above, the next step is to remove the factory packaging and put the food into transparent plastic bags. The cooking instructions or the name of the product can be cut out and placed in the plastic bag.

At the post office, you can choose a box that is the right size for you to pack everything tightly. Do not forget to write all the details of the political prisoner, including the middle name and address on the parcel. Usually, the parcel can be tracked by the barcode issued by the post office. Checking the code you will know that your parcel won’t get lost and get to the prisoner.

DONE!

Imagine the incredible gratitude and joy of the person who will receive your package. This is a sign that she or he has not been forgotten, a sign of support and faith in free Belarus.

Thank you for your solidarity and support!