

**Table for the Assessment of Democratic Values  
as personal Challenges and/or Benefits**

| <b>Human Rights and Democratic Values</b>             | <b>Experienced<br/>as a<br/>CHALLENGE<br/>in my life</b> | <b>Experienced<br/>as a<br/>BENEFIT<br/>in my life</b> | <b>No<br/>incidents /<br/>experience<br/>with this<br/>in my life</b> |
|---|--|--|---|
| Article 1 (Freedom, equality, solidarity)             |  |  |   |
| Article 2 (Prohibition of discrimination)             |  |  |   |
| Article 3 (right to life and liberty)                 |  |  |   |
| Article 4 (Prohibition of slavery and slave trade)    |  |  |   |
| Article 5 (Prohibition of torture)                    |  |  |   |
| Article 6 (recognition as a legal person)             |  |  |   |
| Article 7 (equality before the law)                   |  |  |   |
| Article 8 (Right to legal protection)                 |  |  |   |
| Article 9 (protection against arrest and expulsion)   |  |  |   |
| Article 10 (Right to a fair trial)                    |  |  |   |
| Article 11 (Presumption of innocence)                 |  |  |   |
| Article 12 (sphere of freedom of the individual)      |  |  |   |
| Article 13 (freedom of movement and emigration)       |  |  |   |
| Article 14 (Right to Asylum)                          |  |  |   |
| Article 15 (right to nationality)                     |  |  |   |
| Article 16 (Marriage, Family)                         |  |  |   |
| Article 17 (right to property)                        |  |  |   |
| Article 18 (freedom of thought, conscience, religion) |  |  |   |
| Article 19 (freedom of expression and information)    |  |  |   |
| Article 20 (freedom of assembly and association)      |  |  |   |
| Article 21 (universal and equal suffrage)             |  |  |   |
| Article 22 (right to social security)                 |  |  |   |
| Article 23 (right to work, equal pay)                 |  |  |   |
| Article 24 (Right to rest and leisure)                |  |  |   |
| Article 25 (Right to Welfare)                         |  |  |   |
| Article 26 (right to education)                       |  |  |   |
| Article 27 (Freedom of Cultural Life)                 |  |  |   |
| Article 28 (Social and international order)           |  |  |   |
| Article 29 (Fundamental Obligations)                  |  |  |   |
| Article 30 (Rule of Interpretation)                   |  |  |   |
|   |  |  |   |
| Human dignity   |  |  |   |
| Cultural diversity                                    |  |  |   |
| Democracy   |  |  |   |
| Justice   |  |  |   |
| Fairness  |  |  |   |
| Equality  |  |  |   |
| The rule of law                                       |  |  |   |
| <i>Sustainability</i>                                 |  |  |   |