Farida Nabourema is an esteemed figure in the realm of democracy and human rights activism, renowned as the founder of the “Faure Must Go” movement, which played a key role in mobilizing young Togolese citizens against the oldest military regime in Africa. She is the executive director of the Togolese Civil League, an NGO that works to advance democracy and political freedom in Togo.

Farida serves as the inaugural coordinator of the Gender Equality Network for Small Arms Control (GENSAC), where she leads advocacy on gender mainstreaming in small arms control policies and initiatives. Farida was a 2020 Jennings Randolph Senior Research Fellow at the United States Institute of Peace (USIP), where she conducted research on political repression targeted at women. She is also a 2020 Freedom Fellow at the Human Rights Foundation, a 2021 SNF Agora Democracy Fellow at Johns Hopkins University, and a 2022 Forbes Global Fellow.

In addition to her activism and research, Farida has made contributions to academia. She teaches courses on civil resistance and digital authoritarianism as an adjunct professor at tertiary institutions, including the Sie Cheou Kang Institute of the Josef Korbel School of International Studies at the University of Denver and the Krieger School of Arts at Johns Hopkins University.

 In 2014, Farida published the French-language book "La Pression de oppression" (The Pressure of Oppression), shedding light on the oppressive conditions faced by individuals in repressive regimes. Additionally, she has authored numerous articles on democracy, human rights, and gender justice, which have been published on platforms such as The New York Times, African Arguments, the World Politics Review, Forbes, and others.Farida serves as a board member for the Human Rights Advancement, Development, and Advocacy Centre (HURIDAC) and the West Africa Civil Society Institute (WACSI).