

HART Prize for Human Rights

2025 Competition



How to enter



**Humanitarian
Aid Relief Trust**

Celebrating



Getting started

The HART Prize for Human Rights is a competition for young people who are interested in human rights and global issues.

You are encouraged to engage with under-reported human rights issues by conducting independent research and producing either a written or creative piece.

You may enter both the creative and essay competitions, but you can only submit one entry for each.

Two competitions:

- Creative
- Essay

Three age groups:

- Junior: 11-14 years old
- Intermediate: 15-18 years old
- Senior: 19 – 25 years old



Above: 2024 Creative Entries by Evelyn Kan, Miss Moon and Xindi Zhang

Open: Monday 25 November 2024 – Monday 26 May 2025

Creative competition

Produce a creative piece of work about the humanitarian situation in any of the countries in which HART works, or a theme connected with HART's work. Research something about one or more of these countries that grabs your attention and use your imagination to bring it to life in a creative way.



Painting, drawing or illustration



Sculpture or collage



Poetry or short story



Photography or videography



Graphic design or infographics

If you have any other creative ideas, please let the team at HART know. The more imaginative, the better!

Creative entries are marked on:

- Creativity and originality;
- Technique and quality of the final piece;
- Impact of message.

Essay competition

Write an essay about the political, humanitarian and human rights issues facing those living in one or more of the countries in which HART works.



The junior and intermediate essays must be no more than 800 words. References are not required.



Senior category essays have a word limit of 1,200 words. These must be fully referenced in your preferred style. The word count does not include footnotes or bibliographies.



Please use the HART website to help you with basic details and background information. We'd love to see some wider research from you as well.

Suggested essay titles can be found on our website. You are also encouraged to choose your own title, as long as it relates to the countries in which HART works, or a theme connected with HART's work.

Essay entries are marked on:

- Quality of written communication;
- Originality and persuasiveness of essay;
- Impact of message.

Due to the number of entries HART receives each year, we are unable to give individual feedback.

How to enter

- 1) Complete the entry form at www.hart-uk.org/humanrightsprize
- 2) Email the entry form along with your essay or creative submission to hart.competition@hart-uk.org. Please attach a video or photos of any creative pieces as we are not able to accept physical entries.
- 3) For all entries, please ensure that your submission files are saved as your full name.

Please note: Individuals or groups submitting an entry to both the essay and creative competitions must submit a separate entry form for each.

By entering the competition, you agree to our terms and conditions, also found on our website. If you require more information or have any questions at all, please feel free to get in touch. You can contact the HART team at hart.competition@hart-uk.org

Prizes

Senior Category

Winners of the Senior categories will:

- Win a £150 cash award.
- Receive an invitation to a tour of the House of Lords. Please note that this prize is subject to availability. We are unable to reimburse travel expenses from outside of the UK.
- Receive an electronic certificate and a signed copy of Baroness Cox's biography 'Baroness Cox: Eyewitness to a Broken World' by Lela Gilbert.

- Win an optional day of virtual or in-person work experience with the HART team.
- Have their entry featured on the HART website.

Those who place 2nd and 3rd will:

- Receive an electronic certificate and a signed copy of Baroness Cox's Bibliography 'Baroness Cox: Eyewitness to a Broken World' by Lela Gilbert.
- Have their entry featured on the HART website.

Intermediate and Junior Categories

Winners of the Junior categories will:

- Receive an invitation to a tour of the House of Lords. Please note that this prize is subject to availability. We are unable to reimburse travel expenses from outside of the UK.
- Receive an electronic certificate and a signed copy of Baroness Cox's biography 'Baroness Cox: Eyewitness to a Broken World' by Lela Gilbert.
- Win an optional day of virtual or in-person work experience with the HART team.
- Have their entry featured on the HART website.

Those who place 2nd & 3rd will:

- Receive an electronic certificate and a signed copy of Baroness Cox's bibliography 'Baroness Cox: Eyewitness to a Broken World' by Lela Gilbert.

- Have their entry featured on the HART website.

All entrants are invited to the HART Prize for Human Rights Awards Ceremony in Summer 2025. We will award an electronic certificate to every participant.

Details will be published at www.hart-uk.org/humanrightsprize after the deadline on 26 May 2025.