

Be an Ambassador for a day at British Embassy Kathmandu

Calling all young women!

This is your chance to raise your voice in support of women and girls in Nepal and give us your ideas for change.

How to participate

Please apply by posting a short video (around 60 seconds) of yourself on Facebook or Twitter explaining what you think the UK and other countries can do to support women's empowerment and gender equality in Nepal.

Please use the hashtag #UKinNepal and tag @UKinNepal in your post. You can also send a link to bekathmandureception@gmail.com by filling up a [google form](#).

The winner will be selected by a special selection committee of Embassy staff, led by Ambassador Nicola Pollitt.

Be creative and original. And best of luck!

What you need to know

If successful, you will get to join the Embassy for one day as a "Youth Ambassador" on the week commencing 27th of April. We will prepare a full-day's schedule for you. You will accompany Ambassador Nicola Pollitt, and other senior Embassy staff in their meetings with key stakeholders; be able to present your vision of gender parity; and have an opportunity to influence ideas on upcoming activities and policies of the Embassy.

The embassy will publish on its website and social media channels a special video summarising the day and your thoughts and impressions following your visit.

Applications from girls belonging to minority/marginalised communities are strongly encouraged.

Rules of the contest

1. Participation in the contest is open to all people aged 18-25 residing in Nepal during the duration of the contest, excluding members of families of British Embassy Nepal (hereby: organisers) staff.
2. The video, up to 60 seconds of length, should be submitted either on your social media (Facebook or Twitter) using #UKinNepal #IWD2020 and tagging the Embassy's account (@UKinNepal), or as a link (eg. via

WeTransfer, Youtube or Google Drive) by filling up a [google form](#). Submissions should be posted by Friday, 10 April 2020 23:59 NPT. Should you have any queries or face difficulty accessing the google form please reach out to us at bekathmandureception@gmail.com with a subject line "Query: Be an Ambassador for a Day 2020– Nepal"

3. The video can be either in Nepali or in English. Nevertheless, please do take into consideration that the working language of the British Embassy is English, and should you win, you will be expected to hold meetings in English during your visit.
4. When submitting your video, you should include your full name, age, place of residence and contact number(s).
5. Submissions, including the personal data of the non-winning participants of the contest shall be removed after the winner announcement.
6. The winner, to be selected by a special selection committee of Embassy staff, led by HMA Nicola Pollitt, shall be announced by Wednesday 22 April, 2020.
7. The winning video will be shared on the social media channels of the British Embassy Nepal and by participating in the contest, you express your consent to the use of your video by the organisers.
8. The work of the selection committee is confidential and the decision may not be appealed upon. Furthermore, the committee is not obliged to disclose the reasons for decision.
9. Submissions shall be disqualified if they are found to be plagiarized or been submitted by those not eligible. Appropriate credit should be given to any other sources of the content.
10. The winner will be contacted by the organisers with logistic details and arrangements. The visit to the Embassy will take place in the week commencing 27th of April 2020 (subject to Embassy staff schedule) and follow a schedule determined by the organisers.
11. Should the winner (and a chaperone if required) need to travel from outside of Kathmandu in order to participate in the contest, travel expenses will be covered by the organisers.
12. You should bring a valid ID card displaying your photo and age/DoB on your arrival at the Embassy.