

## Beijing+30 Asia Pacific Youth Blog Submission guidelines

## **Eligibility criteria:**

- 14 to 30 years of age.
- Nationals from any country in the Asia-Pacific region.

## Format:

- Written text describing your ideas, experiences, aspirations, or concerns in relation to gender equality and women's rights in your country or region.
- The text should refer to the Beijing Declaration and Platform for Action.
- Length: 400-800 words
- The submission should include a title, a brief biography, and social media accounts of the author.
- Please include a picture of yourself in high-resolution. Pictures should be attached to the email submission, including credit.
- Submissions will be reviewed, formatted, and edited by UN Women.

## Tips

- Before start writing, reflect on the key message and topic of the blog.
- Prepare an outline including all your ideas.
- Use your own voice and words ensuring that the language used is respectful and culturally sensitive.
- Back your statements with data where possible.
- When using statistics, please cite the source.
- Please use hyperlinks when referring to a document, articles, or information available online.
- Avoid jargon.