

## COMPETITION BRIEF

# BETTER MINDS, BETTER TOMORROW



[BETTER2MR.COM](http://BETTER2MR.COM)

The Girls' Brigade Dr Low Guat Tin (LGT) Challenge encourages Girls to seek creative ways to improve the lives of those around them - expanding the boundaries of their capabilities and empathy toward their world.

This year's theme, **Better Minds, Better Tomorrow** calls for creative submissions (poem, prose, illustration, photography, original song, video or animation) to educate, encourage, foster empathy, dream of a radical invention, or depict an ideal Singapore as we journey with our mental health challenges.

### Strive for #BMBT

Mental illness cases in Singapore are on the rise. While this problem afflicts all age groups, youths between 10-29 are at the highest risk of taking their own lives.

Fearing misunderstanding and discrimination from friends, colleagues or even family members, most of such individuals are often unwilling to seek professional aid.

We need to build and be part of a sensitive and empathetic community that genuinely understands and cares for these individuals now.

Share your vision for a better tomorrow where we can face our mental health challenges and thrive.

Do you know anyone living with mental health issues?

What can we do to help them?

Are we prepared to go the extra mile to journey alongside them?

# COMPETITION INFO



## GENERAL RULES

- By entering into this competition, the participant(s) verifies that the work submitted is not plagiarised and does not infringe the copyright and intellectual property right of any person or organisation.
- The judges' decision is final and no correspondence or dialogue will be entered into.
- Any dialogue or text shown within the submission that is not in English should have annotations/subtitles in English.
- All entries must be respectful.



## IMPORTANT DATES

17  
JULY

CLOSING DATE  
OF COMPETITION

7  
AUG

NOTIFICATION  
OF RESULTS

21  
AUG

AWARDS  
CEREMONY

## CATEGORIES



PRIMARY



SECONDARY



TERTIARY

# COMPETITION MEDIUM

You are required to submit a short explanation about your work in no more than 1000 characters during the online submission.

## Write

### WHAT I CAN SUBMIT

Poem, prose, song

### FORMATS

In writing, audio recording or video

### GUIDELINES

Should not exceed 2500 words

Adobe PDF or MP4

Total maximum file size 1GB

## Illustrate

### WHAT I CAN SUBMIT

Illustration, graphic design, photo, art installation, diorama

### FORMATS

3D Art: Photos of your installation/diorama

Analog: Scan/ photograph your physical artwork

### GUIDELINES

JPEG

Maximum resolution 300dpi

Total maximum file size 1GB

## Action

### WHAT I CAN SUBMIT

Film, video, animation

### GUIDELINES

MP4

Any dialogue or text shown within the entry that's not in English should have English subtitles

Total maximum file size 2GB

## Invent

### WHAT I CAN SUBMIT

Inventive solution with accompanying visuals or product design

### FORMATS

In writing (with pictures) or video

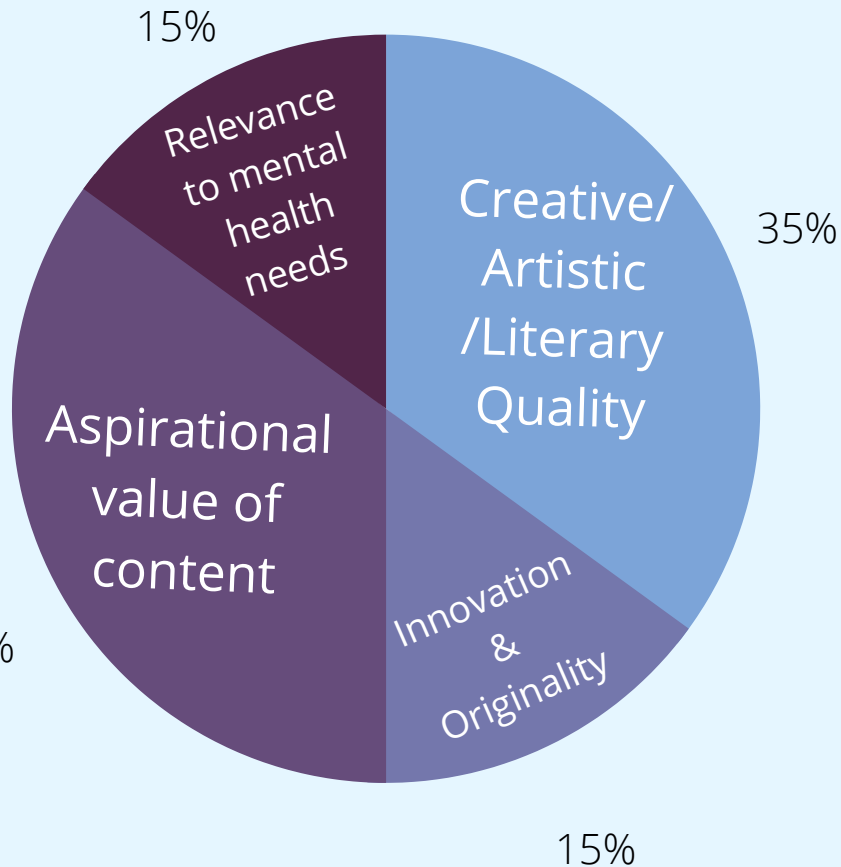
### GUIDELINES

Written solutions should not exceed 2500 words

Adobe PDF or MP4

Total maximum file size 1GB

# JUDGING CRITERIA



## HOW TO SUBMIT?

Click on the icons to bring you to the relevant links.



Ensure that one of your group mates have a Gmail account to access the Google Submission Form



Go to <https://www.better2mr.com/competition-brief>



Download and fill in the Application Form



Make sure to compile all your project submissions into one file and Zip it



Go to <https://www.better2mr.com> and click on the submit button