WHAT ARE HUMAN RIGHTS?

United Nations Human Rights is organising a competition:

**MY HUMAN RIGHTS IN 180 SECONDS**

Record a 180 second video where you present what human rights mean to you, how to promote and defend them.

The six contestants with the most inspiring videos will be invited to present their story at the Palais des Nations, in room 20 - the Human Rights Council room - on 13 December 2018, in the presence of High Commissioner Michelle Bachelet.

This event is organised in the framework of the 70th anniversary of the Universal Declaration of Human Rights.

**Who can participate:** Young people aged 12-19

**Deadline:** 26 November 2018

**More information:** Standup4humanrights.org/myrightsin180s