



'My Hero' Essay Competition 2025

Honouring Bravery and Inspiration from the Holocaust 80 Years On

To commemorate the 80th anniversary of the Holocaust in Hungary, the British Embassy in Budapest invites young people living in Hungary aged 16-25 to participate in an essay competition in English under the theme 'My Hero'.

This is your chance to reflect on personal stories of bravery and inspiration from individuals – past or present – whose courage and values inspire you today.

We would love to read your essays about Holocaust survivors, heroes of resistance or individuals who stood up against hatred, including family members, neighbours or individuals whose small acts of courage made a difference.

Essay Guidelines

- Essays must be written in English.
- Length: 800-1,000 words (10-15% variation acceptable).
- Submissions suspected of being generated by Artificial Intelligence (AI) will be excluded.

How to Submit

- Email your essay to competition.be.budapest@fcdo.gov.uk by 11:59 PM CET on 28 February 2025.
- Include your name, age, school or university (if applicable), and contact details.

Key Dates

- Submission Deadline: 28 February 2025, 11:59 PM CET
- Winner Notification: by 10 March 2025
- Event at the British Ambassador's Residence: mid-late March 2025.

Examples of Inspiring Heroes

- Hanna Szenes – A Hungarian Jew, poet and British Special Operations Executive volunteer who sacrificed her life to resist Nazi oppression.
- Jane Haining – A Scottish missionary in Budapest who gave her life to protect Jewish girls in her care at Auschwitz.
- Lily Ebert – A Holocaust survivor who dedicated her life to educating future generations about the horrors she endured and the importance of standing up against hatred.
- We also welcome stories about relatives, family friends or members from your community whose bravery during the Holocaust inspires you, highlighting personal connections to this shared history.





Judging Criteria

Essays will be evaluated by a gender-balanced jury of British Embassy staff based on:

- Creativity and originality
- Relevance to the topic and theme of heroism
- Coherence and emotional impact
- How the hero's story has made a difference

Prizes

- Winners will be notified by 10 March 2025 and invited to the British Ambassador's Residence in Budapest to meet the Ambassador and share their stories.
- The winning essays will be published on our official social media channels, reaching a wider audience.

Please note: participants must reside in Hungary. Non-Hungarian citizens living in Hungary may also apply.

By submitting your essay, you agree to the competition rules.

The Embassy reserves the right to disqualify submissions if they do not meet the requirements.

This competition is part of the UK's Presidency of the International Holocaust Remembrance Alliance (IHRA), focusing on preserving Holocaust remembrance and its enduring lessons for young generations.

For enquiries, please contact: competition.be.budapest@fcdo.gov.uk

***Let's honour those who inspire us and ensure their stories
remain alive for generations to come.***

