

RESILIENCE

Competition

The Student Counselling Unit (SCU) at UP is running an exciting competition for our amazing students to honour and celebrate them for their inspiring levels of RESILIENCE.

THIS YEAR'S COMPETITION

Enhance the resilience levels of your fellow university students and inspire our UP community by writing a short story that showcases various resilience skills and resources.



HOW DO I ENTER?

Send an email to scu@up.ac.za with the subject heading "Resilience Competition" and you will receive a link to complete the competition entry form and attach your short story in PDF format. You must acknowledge that you have read and consent to the competition rules.



WHAT TO INCLUDE IN YOUR ENTRY:

1. Write a **creative, original, fictional short story** of max. 1 500 words, min. 1 000 words.
2. Use Arial 12 font, 1.5 spacing and submit in **PDF format** (4 - 5 pages).
3. **Introduce the reader** to a character who is dealing with a specific challenge/adversity. Describe the challenge/adversity clearly and concisely.
4. The majority of your story should **focus on how this character overcomes** the specific challenge/adversity by accessing resources in their environment and utilising skills/coping mechanisms.
5. Include these elements of a short story:
 - **Character development** - well defined characters
 - **Setting** - clear, not vague
 - **Plot** - interesting plot to grab the reader's attention
 - **Point of view** - understand and provide info of characters from different perspectives
 - **Theme** - strong theme conveyed throughout.
6. Additional requirements:
 - **Conciseness** - 1 000 - 1 500 words limit
 - **Use of imagery** - use as many senses as appropriate and figurative and metaphorical language
 - **Voice** - the writer's 'voice' should be distinctive and consistent
 - **Appropriate use of language** (descriptive and figurative)
 - **Correct grammar and spelling**
 - **Conclusion** - provide a sense of closure and leave a lasting impression.



THE COMPETITION STARTS
25 AUGUST 2023 AND ENDS
27 SEPTEMBER 2023.



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Terms, agreements and copyright

1. By entering you agree that your submission can be shared with the UP community and publicly.
2. Submissions will be showcased to the larger UP community and also publicly. A collection of the top 10 short stories will be collated and shared with the UP Community and publicly.

Additional terms and conditions apply. The competition rules document will be provided when you enter.

Make today matter

www.up.ac.za



Department of
Student Affairs

Departement Studentesake
Kgoro ya Merero ya Baithuti

UNIVERSITY OF PRETORIA – STUDENT COUNSELING UNIT

2023 RESILIENCE COMPETITION (“the Competition”) RULES

By entering the Competition and/or accepting any prize, all entrants and winners agree to be bound by the terms and conditions below (“Rules”).

1. The University of Pretoria (hereinafter referred to as “UP”), is a public Higher Education Institution, incorporated in terms of the Higher Education Act, No. 101 of 1997, as amended and the UP Statute, with registered address as indicated on the UP website.
2. UP is the Promoter of the Competition.
3. The Competition opens on **25th August 2023 at 09:00 and closes on 27th September 2023 at 23:59** (“the Period”). Entries received at any time outside of the period stipulated herein will be disregarded.
4. There is no entry fee payable for the Competition. No ticket purchase or payment to UP or any third party is required for purposes of entering the Competition.
5. UP will not accept any responsibility for entries not received within the Period for whatever reason.
6. To qualify as an entrant in the Competition, entrants must be a **registered-UP student for the 2023 academic year**.
7. Each entrant may enter **1 (one) item (short story) only**.
8. The entry must adhere to the requirements of an **original** (no reproduction will be allowed), **creative, fictional short story of a maximum of 1500 (one thousand five hundred) words, a minimum of 1000 (one thousand) words in Arial 12 Font, 1.5 spacing and submitted in PDF format (maximum 4-5 pages)**. The entrant’s story should introduce the reader to a character who is dealing with a specific challenge/adversity. The challenge/adversity must be described in a clear and concise manner. The majority of the fictional short story should focus on how this character overcomes the specific challenge/adversity by accessing resources within their environment and utilizing resilience skills or coping mechanisms.
9. To enter the Competition and stand a chance of winning the Prizes of 1st, 2nd or 3rd place respectively, R2 500.00 (two thousand five hundred rand), R2 000.00 (two thousand rand) or R1 500.00 (one thousand five hundred rand), send an **email** to: resilience.competition@tuks.co.za with the subject heading “Resilience Competition” and you will receive a link to complete the Competition Entry Form and attach your short story.
10. Any entrant who wilfully and/or negligently misrepresents the short story or any part thereof, including but not limited to creative and illustrative work as an originally created work, will be

immediately disqualified and may be subjected to the Disciplinary Code for Students. Any entrant who wins a prize and is thereafter identified as having misrepresented the originality of the short story or any part thereof, including but not limited to creative and illustrative work, will be required to return any prize/s so won and may be subjected to the Disciplinary Code for Students.

11. **Entrants should fill out the online entry form** (full names, surname, student number, cell phone number, email address etc.), **AND acknowledge** (Tick off on the online form) **that they have read the Terms and Conditions Form** (this form) which is accessible by clicking on the link that appears in the automated email response. All the information furnished on the online entry form should be filled out carefully and comprehensively. Any defective entry and/or typing errors may cause an entry to be invalid at UP's sole discretion. UP will not be able to contact the entrant if contact details are incorrect (see paragraph 10) or verify that the entrant is a registered-UP student as anticipated in terms of paragraph 6 above.
12. UP will appoint a panel of judges across appropriate representative categories, including but not limited to race and gender, in as far as this is reasonably possible to select the winning entries.
13. Any entries containing the following content or wording, will be disqualified with immediate effect and without notice to the entrant(s):
 - Propaganda for war;
 - Incitement of imminent violence and brutality;
 - Advocacy of hatred based on race, ethnicity, gender or religion or any other ground that constitutes incitement to cause harm or intolerance;
 - Content or wording relating to child pornography including but not limited to photographs, sketches, pictures, illustrations, including those produced by means of computer software on a screen or a computer printout;
 - Discriminatory or derogatory references to people's race, colour, ethnicity, religion, gender, sexual orientation or preference, physical or mental impairment, illness or age.
14. UP's decision on the disqualification of an entry and/or on the selection of the winners of the competition and their respective rankings will be taken at its sole discretion and will be final and binding. No correspondence and/or other form of communication will be entertained and/or considered by UP in this regard.
15. The winners will be notified by UP via email and/or SMS, as per details provided on the entry email, **by latest 30th November 2023**. UP may require the winner (at no fee payable to such winner) to be identified, photographed, filmed and the foregoing to be used in UP advertising campaigns and/or published in any media including but not limited to brochures, marketing material, social media site(s)/platform(s). **By entering the Competition, the entrant provides consent that UP may use his/her names and photographs in any and all such UP-related publicity material.**
16. The Prizes will be paid by way of electronic transmission into a bank account in the **winner's name** with details appearing on the Bank Account confirmation letter, referred to in paragraph 17 below **within approximately 60 (sixty) working days of having notified the entrant(s) that he/she has won**. The risk inherent in the payment into the said bank account will transfer from UP to the winner on the date and time that the electronic payment has been made.
17. **Winners are required to submit the following specified documents** to ensure that their Prize money is paid out to them timeously:

- A certified copy of their Identity Document or Passport (If non-SA citizen) – not older than 1 (one) month;
 - Copy of their UP Student Card;
 - Proof of their own Banking Details (Bank account confirmation letter from the relevant bank) – not older than 1 (one) month.
18. If UP is unable to contact the winner(s); alternatively, should the winner(s) not provide UP with banking details within 14 (fourteen) days of having been notified thereof, UP reserves the right to withdraw the prize and elect a replacement winner.
 19. The winning entry will be publicly accessible and will be publicly associated with the winner's name and with UP. In this regard, UP will not be expected to compensate the winner(s). Any personal data relating to the winner(s) or any other entrant(s) will be used solely in accordance with the Protection of Personal Information Act, No. 4 of 2013, as amended. By entering and participating in the Competition, the entrant(s) agrees that UP may collect and process his/her personal information for purposes of this Competition and for communication or statistical purposes.
 20. UP reserves the right to terminate the Competition with immediate effect; alternatively, to amend the Competition and/or the Rules out of convenience or in the event of circumstances beyond its control, including but not limited to an act of God, civil or military disturbance, a catastrophe, a pandemic, or any actual or anticipated break of any applicable law or regulation. UP will notify entrants of any changes to the Competition and/or the Rules as soon as reasonably possible.
 21. Should the Competition be terminated; alternatively, should the Competition and the Rules be amended by UP, all entrants hereby waive any rights which they may have against UP and/or its employees and acknowledge that they will have no recourse or claim of any nature against UP and/or its employees. The Period of the Competition may also be extended or curtailed at the sole discretion of UP.
 22. UP will not be liable for any technical failure that may result in an entry not being successfully submitted.
 23. The Competition and the Rules are governed by South African Law and any disputes will be subject to the exclusive jurisdiction of South African Courts.
 24. The Competition is in no manner sponsored by any social network or platform.
 25. In terms of section 36 of the Consumer Protection Act, No. 68 of 2008, as amended, no person who is an employee or agent of, or consultant to UP or any other person who is directly or indirectly controlled by UP; alternatively, any supplier of goods or services in connection with the Competition, would be eligible for a prize.
 26. **All competition queries must be directed by email to** the University of Pretoria, Department of Student Affairs, **Student Counselling Unit** at email address: resilience.competition@tuks.co.za with the email subject heading **“Resilience Competition Query”**. Email queries will be responded to as soon as reasonably possible.