



नेपाल सरकार

सञ्चार तथा सूचना प्रविधि मन्त्रालय
हुलाक सेवा विभाग



जिल्ला हुलाक कार्यालय

पाटनढोका, ललितपुर

प.स. : ०८२/८३

च.नं. :



मिति: २०८२/१२/१७

११४६ चौलाथ्व १३, मंगलबार

पत्र लेखन प्रतियोगिता सम्बन्धी सूचना

UNESCO को सहकार्यमा अन्तर्राष्ट्रिय हुलाक संघ (UPU) द्वारा आयोजना गर्न लागिएको "Write a letter to a friend about why human connection matters in a digital world" विषयक ५५ औं अन्तर्राष्ट्रिय पत्र लेखन प्रतियोगिताका लागि नेपालबाट उत्कृष्ट १ जना प्रतियोगीको पत्र UPU मा पठाउनु पर्ने भएकाले यस ललितपुर जिल्लाका देहायका शर्त पुगेका इच्छुक प्रतियोगीहरूले उल्लेखित विषयमा पत्र लेखि मिति २०८२ चैत्र ३० गते भित्र गोश्वारा हुलाक कार्यालय, डिल्लीबजार, काठमाडौंको ठेगानामा प्राप्त हुने गरी पठाउन हुन यो सूचना प्रकाशन गरिएको छ ।

शर्तहरू :

१. सहभागिको उमेर २०२६ मे ५ (२०८३ वैशाख २२) सम्म ९ वर्ष पुरा भई १५ वर्ष पुरा नभएको हुनु पर्ने,
२. नेपालबाट छनौट गरी पठाइएको पत्र विश्वव्यापी पत्र लेखन प्रतियोगिताको उत्कृष्ट भित्र पर्न सफल भएमा प्रतियोगी र निजको साथमा एकजना अभिभावकलाई पुरस्कार समारोहमा सहभागी हुन कार्यक्रम आयोजकको तर्फबाट हवाई टिकट र आवासको व्यवस्था हुने,
३. UPU ले छनौट गरेको उत्कृष्ट ३ प्रतियोगीले Gold, Silver र Bronze मेडल र सर्टिफिकेट पाउने,
४. अन्तर्राष्ट्रिय प्रतियोगितामा सान्त्वना स्थान हासिल गर्ने र आफ्नो देशबाट उत्कृष्ट छनौट भएका सहभागीले विश्व हुलाक दिवस, अक्टोबर ९ का दिन स्वदेशमा नै उचित पुरस्कार प्राप्त गर्ने,
५. पत्र लेखनको भाषा अंग्रेजी मात्र ग्राह्य हुने र अधिकतम ८०० शब्दको हुनु पर्ने,
६. पत्र लेखनमा कृत्रिम बुद्धिमता (AI) को प्रयोग नगरिकन लेख्नु पर्ने,
७. पत्र लेखन हस्तलिखित (Handwritten) वा टाइप गरेर पठाउन सकिने,
८. सहभागीले हालसालै खिचेको फोटो पठाउनु पर्ने, (कतै कागजमा नटाँसी पठाउनु पर्ने)
९. सहभागीले आफ्नो जन्म दर्ता प्रमाण पत्रको प्रतिलिपि समेत पठाउनु पर्ने,
१०. पत्र लेखन खामबन्दी गरी गोश्वारा हुलाक कार्यालय, प्रशासन शाखा, डिल्लीबजार, काठमाडौंको ठेगानामा पठाउनु पर्ने,
११. शर्त बमोजिम नभएका पत्रहरू प्रतियोगितामा समावेश हुने छैन ।
१२. थप जानकारीको लागि ०१-४५१२९२४ (गोश्वारा हुलाक कार्यालय, प्रशासन शाखा) ।

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रमा पन्त

हुलाक अधिकृत

PARTICIPANTS GUIDE 2026

In 2026, the Universal Postal Union (UPU) is partnering with the World Health Organization (WHO) and the United Nations Educational, Scientific and Cultural Organization (UNESCO) for the 55th International Letter-Writing Competition for Young People. This collaboration brings together the UPU's mission to connect people through the post, WHO's work on health including physical, mental and social well-being, and UNESCO's commitment to education and the social dimensions of digital transformation, inviting young people to reflect on how meaningful human connection can be nurtured in a digital world where technology shapes the way people relate to one another.

Together, we invite young people worldwide to reflect on their own friendships and communities, and on how simple acts of communication, such as writing a letter to a friend, can foster empathy, kindness and understanding, as well as a sense of belonging in a digital world.

The theme for this year is:

**WRITE A LETTER
TO A FRIEND
ABOUT WHY HUMAN
CONNECTION MATTERS
IN A DIGITAL WORLD.**



Messages from the organizer and partners

UPU

The UPU is a United Nations specialized agency founded in 1874 that helps connect people around the world through the mail. Working with 192 member countries, the UPU ensures that letters and packages can travel safely and efficiently from one place to another. It also sets international rules for the postal system so that everyone, everywhere has access to reliable communication. Through initiatives like this letter-writing competition, we promote writing, literacy and cultural exchange, encouraging young people to reflect on why staying connected with one another matters and how communication can help address shared global challenges.

WHO

The World Health Organization (WHO) works across all regions to protect and improve people's physical, mental and social health. We bring together governments and wider stakeholders from 194 countries to address today's most pressing health challenges. One of these challenges may come as a surprise: loneliness. WHO research shows that around one in five young people feels lonely, with serious consequences for mental and physical health. Loneliness also affects broader well-being – for example, how well young people do at school and, in future, at work – and places real social and economic costs on communities and societies. In 2025, WHO Member States recognized this for the first time by adopting a resolution on social connection as a public health priority. That is why WHO has joined the UPU for this year's competition. We believe young people's voices can help reshape how the world understands connection, empathy and well-being.

UNESCO

In today's digital world, while staying connected is easier than ever, meaningful human connections become fragile – especially for young people. Through its Youth Programme, UNESCO places youth well-being and engagement at the heart of its work. Normative standards like the Recommendation on the Ethics of Artificial Intelligence promote rights-based technologies that are inclusive and enable trust and connections. Youth focused initiatives like the Master Class series against Racism and Discrimination nurture awareness, respect, empathy, and equality, while challenging hate and exclusion, also in the digital spaces. Through its partnership with the UPU, UNESCO supports this competition as a platform for young people to engage and use writing as a creative means to reflect on human relationships and the foundations sustaining societies in a digital age.

HOW TO WRITE A GOOD LETTER?

A well-written letter includes the following elements:

Heading (complete address of writer and the date of the letter)

Greeting (Dear, etc.)

Body

WRITE A LETTER TO A FRIEND
ABOUT WHY HUMAN CONNECTION
MATTERS IN A DIGITAL WORLD

Complimentary close

Postscript (optional)

Signature line

IN NEED OF INSPIRATION FOR THE THEME?

- FAQ: Social connection – what it is, why it matters, and what you can do:
<https://www.who.int/news-room/questions-and-answers/item/social-connection>
- WHO Commission on Social Connection report – plain language summary:
<https://www.who.int/publications/m/item/from-loneliness-to-social-connection-summary>
- The Social Connection Series – short films on lived experiences:
<https://youtube.com/playlist?list=PL9S6xGsoqIBUqjIzow3VxmDXj77JrkyT&si=R7AZ54W0jeBSJrtk>
- Ethics of Artificial Intelligence: <https://www.unesco.org/en/artificial-intelligence/recommendation-ethics>
- Master Class Series against Racism and Discriminations:
<https://www.unesco.org/en/no-racism-no-discrimination/masterclass>

WANT TO PARTICIPATE?

Send your letter to:

(Space for national organizer to put basic information about where compositions must be sent and contact information)

To validate your candidature, along with your composition, please include a **cover letter** with the following information:

Your name

Your email address

Your postal address

Your age and date of birth

Number of words in your letter [maximum 800]

Your consent for the use of photos submitted to UPU

For more information about the UPU International Letter-Writing Competition for Young People, please visit the following website:

UPU.INT/EN/ILWC

ILWC BACKGROUND

Every year since 1971, the UPU, the United Nations specialized agency for postal services, has held an International Letter-Writing Competition for Young People.

Millions of youths around the world have participated in the competition, practicing the valuable art of letter-writing by expressing their thoughts on topics and issues that concern the world at large.

Despite living in a digital age, learning how to express oneself properly through the written word is an ability that every young person should nurture to grow personally and prepare for the future. By participating in this competition, you help us advocate for goal four on "Quality Education" under the UN Sustainable Development Goals. For more information, please consult the following website:

<https://sdgs.un.org/goals>



So, take part in this exciting competition. If your letter wins at the national level, it could end up being selected as the year's top letter at the international level and you could win some fantastic prizes.

COMPETITION RULES

Compositions must be in the form of a letter and contain the elements of a letter (heading, greeting, body, complimentary close, signature line and postscript (optional)).

Entries must adhere strictly to the theme and not exceed 800 words in the original language.

Submitted letters must be accompanied by a cover letter, entry form and high quality picture of the winner.



HOW THE COMPETITION WORKS

Only young participants from 9 to 15 years (inclusive) may take part in the annual competition. To be eligible, participants must be 15 years old or younger on the submission deadline of 5 May 2026. This includes participants who turn 16 on that date or after it. Participants who turn 16 before 5 May 2026 are not eligible.

Country selects the best national.

Each country sends its first-prize letter to then compete for the top prizes at the international level.

An international jury evaluates the letters and selects top three winners and up to five special mentions.

If conditions permit, the UPU will sponsor the top winner and one accompanying adult to attend a special awards ceremony, covering travel and accommodation.

JURY DESIGNATION AND ANNOUNCEMENT OF RESULTS

An international jury compiled by the UPU International Bureau judges the letters and selects the overall winners and candidates that merit a special mention.

Winners and member countries are informed of the results.-

UPU announces winners through website and social media channels.

PRIZES

The top three international prize-winners will receive a beautiful medal (gold, silver or bronze) bearing their name, or a certificate (honourable mentions).

The runners-up and national winners will generally receive their prize at ceremonies held in their home countries on World Post Day – 9 October – the anniversary of the founding of the UPU.

"Participating in the competition was a unique opportunity for me to share my thoughts about the future with people from different countries. I'm glad that my work was among the winners. Recognition is very important for teenagers – it gives confidence, inspires creativity, and fosters growth. I am grateful to the organizers of the competition and encourage other young people to take part in it."

Aliaksandr Piatrou (Belarus)

2024 gold-medal winner

"Participating in the UPU competition has made my life better. My self-confidence has grown, and I look to the future with hope. I always believe I will succeed and am not afraid of challenges. The power of love is immense. I love the UPU family so much – it has become a big family for me. I now have friends from different cultures. After the competition, I realized that a pen and paper can change the world. Writing letters is freedom. Letters, like birds, cross seas and mountains. I want all young people to write letters, believe in themselves, and love others. Letters filled with love, knowledge, and kindness will save the world."

Esra Sümeyye Öz (Türkiye)

2022 gold-medal winner

"I participated with curiosity and left with courage. This experience reminded me that words are not just sentences: they are bridges between people, cultures, and dreams. Writing pushed me out of my comfort zone and into a space where my ideas mattered.

To young writers everywhere: don't wait to be fearless. Start while you're unsure, start even if your hands shake. Growth lives there. Every story you write is a step closer to understanding yourself and the world around you.

Endless thanks to UPU for creating a space where young minds can speak, imagine, and be heard. Take the leap, trust your voice, and let your words leave footprints where you once stood."

Reyyan Demiriz (Türkiye)

2025 gold-medal winner

"I participated and the experience was overwhelming. The whole experience was a roller-coaster of emotions that I will never forget. I was able to network and make new friends. It was amazing to meet Sarah the Robot one-on-one.

To my fellow children all over the world, writing is not easy, but I encourage you to begin somewhere. All great achievements require time. To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

Thank you to 'UPU' for giving children an opportunity to nurture their talents/abilities and to shine. Take the challenge, grasp the opportunity, and make a better future for all of us and our environment. Try something new and discover yourself every single day."

Claire Gakii (Kenya)

2023 gold-medal winner



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@UNIVERSAL_POSTAL_UNION @UNIVERSAL-POSTAL-UNION

WWW.UPU.INT



UPU | UNIVERSAL
POSTAL
UNION

UPU International Bureau

Weltpoststrasse 4
3015 BERNE
SWITZERLAND

T +41 31 350 31 11
www.upu.int

Contact: Ms Elise Servat
T +41 31 350 34 30
communication@upu.int

To:

- Union member countries and their designated operators

For information to:

- Restricted unions
- United Nations Information Centres
- UN Department of Global Communications

Berne, 2 December 2025

Reference: 0910(DIRCAB.EXT.PART)1123

Subject: Launch of 55th International Letter-Writing Competition for Young People (2026)

Dear Sir/Madam,

I am pleased to announce the theme for the 55th edition of the International Letter-Writing Competition for Young People, which will take place in 2026. The theme of the competition will be:

Write a letter to a friend about why human connection matters in a digital world

The competition was created by the UPU's 1969 Tokyo Congress and officially launched in 1971. In 2025, the 54th International Letter-Writing Competition honoured four winners with Gold, Silver and Bronze medals. Further information on the upcoming competition as well as those of past years can be found on the UPU website at www.upu.int/en/ilwc.

I invite all UPU member countries to take part in this competition, fostering an environment for children that nurtures eloquence and creativity in written discourse about the future they envision for the world.

Please find enclosed the rules of the competition as revised by the UPU Council of Administration in 2017 (Annex 1). As indicated in the revised rules, only one entry per member country will be accepted. A member country with several territories or designated operators will therefore need to organize its national competition in such a way that only one letter representing that member country is sent to the International Bureau for the worldwide competition. The entry form (Annex 2) must accompany the official submission.

Please inform the International Bureau via communication@upu.int as soon as possible if your member country will be organizing a national competition.

Communication toolbox

To promote the competition, the International Bureau encourages member countries to make use of the visual identity of the event. The competition poster, along with an informative flyer for schools reflecting the 2026 theme, will shortly be available in the International Letter-Writing Competition section of the UPU website (link above). If you would like the International Bureau to approach your country's education ministry to request its cooperation, please let us know, giving us the full name and address of the relevant ministerial department.

The best letter from each country must be submitted **no later than 5 May 2026**, and I kindly ask all member countries to make a special effort to respect this deadline.

I look forward to receiving your country's entry for the 2026 International Letter-Writing Competition for Young People.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Masahiko Metoki', written in a cursive style.

Masahiko Metoki
Director General



Rules of the International Letter-Writing Competition for Young People

1 *Objective*

The UPU's International Letter-Writing Competition aims to improve literacy through the art of letter-writing. Targeted at children and young people, the annual competition encourages participants to express their creativity and refine their language skills. The use of AI is not allowed.

2 *Participation*

The competition is open to participants aged from 9 to 15 years inclusive, with the submission deadline for the international competition serving as the cut-off date for age eligibility. This means that letters from participants who turn 16 before 5 May 2026 will be rejected, while those from participants who turn 16 on or after 5 May 2026 will be accepted.

The UPU International Bureau does not accept compositions sent directly by schools, individuals or similar. If you are an individual who is interested in participating, please contact your national postal operator to see how you can participate.

3 *Organization of the competition and selection of the winners*

The UPU announces the theme for the new competition.

Each member country then organizes a letter-writing competition on the theme in its territory as it sees fit, but preferably with the help of its national education authorities.

The national organizing body/bodies choose the best composition in accordance with the general rules of the competition.

Each member country then sends the International Bureau its best national letter, with the supporting documents (see below), **by 5 May 2026 at the latest**.¹ Only one entry per member country is permitted.

Each entry must be accompanied by the following documents:

- a A completed entry form;
- b The original letter in the following formats:
 - a good-quality scan, in colour, of the handwritten original (if available) in PDF format; and
 - as a Word document;
- c A translation of the letter in English and/or French, as a Word document; and
- d A good-quality photograph of the participant:
 - in JPEG format (300 dpi minimum); or
 - as a print copy (please do not staple or glue the photo to any of the documents if sending by post).

4 *Presentation and content of entries*

Entries must adhere strictly to the theme and not exceed the limit of 800 words in the original language.

¹ Please send by e-mail to communication@upu.int and, if possible, by post to the attention of "International Letter-Writing Competition, Communication Programme" at the address provided in Annex 2 ("Entry form").

5 *Jury designation and results*

The UPU International Bureau will designate an international jury to judge the letters it receives.

The following criteria will be used to judge the quality of the letters:

- structure of the letter (clarity and organization, including a logical flow of ideas, well-constructed paragraphs, and the appropriate use of standard letter-writing elements such as a greeting, body and closing);
- adherence to the theme;
- creativity; and
- use of language.

The judges will select the three best entries (i.e. first, second and third places) and may also award special mentions to other compositions. Once the UPU International Bureau receives the results from the jury, it will notify the member countries within a reasonable amount of time.

6 *Prizes*

The gold medallist, silver medallist and bronze medallist may also be offered a trip to the UPU headquarters in Berne, Switzerland, or an alternative prize to be decided at the sole discretion of the UPU. In case a trip to the UPU HQ is offered as a prize, the UPU will cover only:

- travel (transportation from the participant's country of origin to the UPU and back); and
- accommodation for the duration of the event for the winner and one accompanying adult.

Daily allowances for meals and small expenses are not covered by the UPU and should be planned by the member countries' competition organizers or will be at the expense of the families.

Participants awarded a special mention will also receive a certificate.

7 *Communications*

The UPU International Bureau will undertake communication activities to ensure the widest possible publicity for the prize-winners, their countries, and the letter-writing competition in general.

Member countries are warmly encouraged to make every effort to promote the competition and their prize-winners in their territory.



Entry form for the 2026 International Letter-Writing Competition for Young People

Congratulations on selecting the winning composition from your country.

Please complete this entry form and return both pages to communication@upu.int with the necessary documents attached. In parallel, paper copies can be sent by post to: International Letter-Writing Competition, Communication Programme, UPU International Bureau, Weltpoststrasse 4, 3015 BERNE, SWITZERLAND.

Country information

Country name: _____

Total number of letters the organizing body/bodies received for the national competition: _____

Details of jury: _____

National organizing body/bodies

Name of organizing body/bodies (ministry, designated operator, etc.): _____

Full name of contact person(s) coordinating the competition: _____

Telephone number(s) and e-mail(s): _____

Details of the participant selected

Gender: _____

Full name: _____

Date of birth: _____

E-mail address: _____

Place of residence: _____

Number of words in the original language (maximum 800 words): _____

Original language of the letter: _____

Checklist

<i>Required documentation</i>	<i>Attached (please tick)</i>
Completed entry form	<input type="checkbox"/>
The original letter (max. 800 words):	
– as a good-quality scan, in colour, of the handwritten original in PDF format; and	<input type="checkbox"/>
– as a Word document	<input type="checkbox"/>
A translation of the letter into English and/or French, as a Word document	<input type="checkbox"/>
A good-quality photo of the participant (preferably in JPEG format, minimum 300 dpi)	<input type="checkbox"/>

Submission of this entry form by the national organizing body constitutes acceptance of the Rules of the International Letter-Writing Competition for Young People, as well as the specific terms and conditions related to submission of compositions presented below.

Specific terms and conditions related to submission of compositions

The organizing body/bodies hereby acknowledge and agree that the UPU and any of its partners shall be granted a gratuitous, worldwide, unlimited and perpetual licence to copy, edit, distribute, display, make available, publish and reproduce the composition, as well as any illustrations and photographs thereof, as submitted to the UPU International Letter-Writing Competition for Young People. These include the rights to incorporate the composition and materials mentioned above into UPU publications; to translate the composition (or any parts thereof) into other languages; and to create adaptations, compilations, summaries, extracts or other derivative works. The above rights may be exercised by the UPU in any media and formats now known or hereafter devised, and shall include the right to make such modifications as deemed necessary to due exercise of the above rights by the UPU.

Furthermore, by participating in the UPU International Letter-Writing Competition for Young People, the organizing body/bodies hereby grant the UPU and any of its partners a gratuitous, worldwide and perpetual licence to copy, edit, display, publish and make available the name(s) of the winners and organizing body/bodies, as well as any illustrations, photographs and/or video footage of the same (including any representatives) taken in connection with the competition or the composition in any format.

The organizing body/bodies certify that the composition submitted to the UPU International Letter-Writing Competition for Young People is an original effort of the participant, that the composition respects the principles of the Charter of the United Nations, and that it does not infringe any third-party rights, including, without limitation, the right to privacy.

In the light of the above, the organizing body/bodies hereby certify that the terms and conditions applicable to the national competition shall comprise, by analogy and *mutatis mutandis*, the specific provisions presented in this section, and that participants taking part in the national competition shall agree to be bound by terms and conditions equivalent to those presented herein for submission of compositions and the materials mentioned above.

Signature: _____

Name and title: _____

Place and date: _____