



NOTEBOOK OF FRIENDSHIP  
NATIONAL ASSOCIATION  
FOR EDUCATION DEVELOPMENT

# International Competition SDGs on Friendly Term

RULES AND REGULATIONS



# Preamble



**International competition "SDGs on Friendly Terms"** (previously called: "#Notebook\_of\_Friendship - uniting children of the planet Earth") is the largest competition of the International educational programme "Notebook of Friendship" in support of inclusion and Sustainable Development Goals.

**The Sustainable Development Goals** are a global agenda that requires joint efforts. The Competition is aimed at inclusion of children, regardless of their place of residence, age and physical abilities, in order to solve the existing problems: urban beautification, assistance in socialisation of children with special needs, organisation of a charity event in support of lonely veterans, etc.

**The aim of the Competition** is to build an inclusive space in the children's and youth environment. This would allow children to improve their tutor's skills, become good communicators in an inclusive society, good practitioners of inclusive programmes and technologies, and contribute to the development of a sustainable and equal future.

Within the framework of the Competition, children's and youth teams from different parts of the world help each other in solving social problems relevant to their places of residence. The team writes down the results of their work on the pages of the Notebook of Friendship. See more about the Notebook of Friendship on [tetradka.org.ru](http://tetradka.org.ru).

**The participants of the Competition 2021 are to pay special attention to the problems associated with the development of inclusion during the pandemic, and ways to build back better after the corona crisis:**

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● ● ●  
● ● ●  
*Inclusion is inside us*



- how to reduce the consequences of the lockdown for children with disabilities?
- how to increase the level of competitiveness of students with low social status within distance learning?
- how to support elderly people living alone and being vulnerable within the pandemic?

The winners of the Competition will have the opportunity to present the results of their projects and share ideas on transforming the world at **the Inclusive Social Transformations Forum #INFOCUS**, annually held in the United Nations. The most active and responsible participants may become **the #INFOCUS Youth Ambassadors** afterwards.

## SHORT INFO:

The Competition has been held since 2017. For 4 years of its implementation, more than 9 thousand schoolchildren and teachers from 63 regions of Russia and 34 countries of the world became its participants. The teams implemented 724 projects in support of local communities. The best of their projects were presented at the United Nations Office at Geneva within the Inclusive Social Transformations Forum #INFOCUS.

**Take part in an amazing Competition  
and change the world together with  
the Notebook of Friendship!**



# Participation Rules

## Participants

Children's and youth teams (between the ages of 7 to 18) are invited to participate in the Competition, regardless of the place of residence, nationality and physical abilities.

To participate in the Competition, follow the instructions below.

### 1 Form a team of 3 to 30 people

A team can be a small group of friends, or a whole class.

### 2 Fill in the application form on the website: [tetradka.org.ru](http://tetradka.org.ru)

The application is submitted by the team leader (over 18 years old!): teacher, head of an educational institution, representative of an NGO, parents, etc.

As soon as the application is submitted, you will receive information about a team of peers from Russia or another country, with whom you will participate in the Competition.

#### Note!

The contact details of the team-partner (full name, phone number, e-mail of the team leader) are provided by the organisers based on the received applications.



Friendships knows no difference

### 3 Receive an electronic Notebook of Friendship and access to Google.Drive

All the materials will be sent by the organisers.

The electronic Notebook of Friendship (one for each team) is sent to the participants by e-mail to the address indicated in the application together with recommendations for its completion.

The leader of each team is sent a username and password to access Google.Drive storage of the Competition.

Google.Drive is a virtual storage of documents and media materials (pdf documents, word documents, photos, videos, etc.). All materials made by the team within the Competition, including the scans of the completed Notebook of Friendship, must be uploaded there. You will find detailed instructions for using Google.Drive in the Recommendations for participation in the Competition.

## 4 Fill in your Notebook of Friendship as follows:

- **Take a photo of your team** and place it on the first page of the Notebook of Friendship;
- **Write an interesting story about your team** with information about the country and city of residence, educational institution;

This is an introductory creative part of the Competition, so you need to fill it in using creative tools: you can write poems, draw, make collages, etc.

- **Describe a socially significant problem that is relevant to your place of residence, which your team intends to contribute to or is already contributing to.**

**Note!** The problem must be related to one or more of the Sustainable Development Goals and inclusion development

This is the most important part of the information block, because a team-partner will form a task for you based on this information. The more precise the social problem is described, the easier it will be for the team-partner to suggest a way to solve it.

- **You are to make and send a scan of the Notebook of Friendship to the email address of the team-partner (the address will be provided by the organisers).** It should contain information about your team and a description of the problem that needs to be solved;

- **You in turn, are to study the information about the team-partner and about a socially significant problem** that will come to you and require your help in solving it;

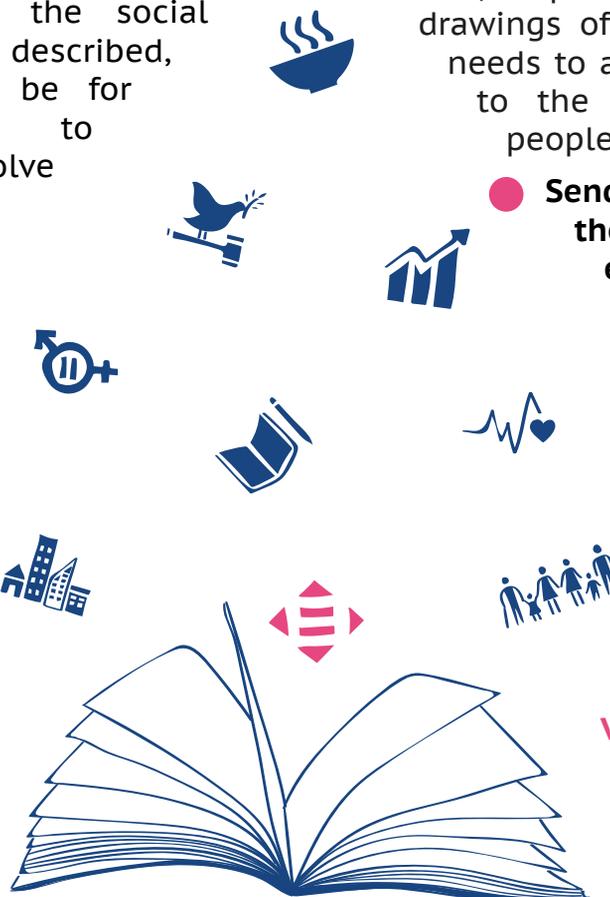
- **Formulate a task aimed at solving the problem received from the team-partner.**

**Note!** When offering a task format for solving a social problem, consider the interactive component that will make the task fun and effective. For example: organise an unusual socially significant event in the format of a city flash mob, open an exhibition of drawings of children with special needs to attract public attention to the creative potential of people with disabilities, etc.

- **Send your task to the team-partner via email.**

*A man is the most creative being on the planet*

*We can create an accessible environment for everyone*



**5**

Complete the task given by your team-partner. In the Notebook of Friendship, write down a report on the results of the work done with an assessment of its effectiveness in terms of a target audience and local community

You need to describe the results of the project, tell about the difficulties that you faced during the task.

**Note!**

The report should consist of quantitative and qualitative results. It should also be accompanied by participants' feedback, photos or drawings proving that the task is done. You may also add videos and / or presentations.



*Inclusion teaches us to accept each other as we are*

**6**

Make a scan of the "report" and send it to the team-partner to get an assessment of the quality of the task accomplished

The scan of the report is uploaded to Google.Drive and then sent to the team-partner. The score is given on a 10-point scale, where 10 is the highest mark and 1 is the lowest.

**7**

Upload the scans of the Notebook of Friendship completed to Google.Drive to provide the organisers with the results of your activities

All materials created by the team as a part of the Competition must be uploaded to the team's folder on Google.Drive **no later than 11:59 pm Moscow time on April 4, 2020**. After this period, access to uploading materials by teams will be closed.

For a more detailed description of the stages of sending reports, see the Recommendations for participation in the Competition.

**Note!**

To participate in the competition, EACH TEAM must send the completed Notebook of Friendship to the organisers! If one of the teams does not send a Notebook of Friendship with a description of the completed task, confirming the work of the team, or for a disrespectful reason stops participating in the Competition ahead of time, without informing the organisers, the second team loses the opportunity to enter the number of winners.



# \*Sample task

A team of schoolchildren from Perm (Russia) sends an electronic Notebook of Friendship to a team from Lyon (France) with information about themselves and a description of the problem they want to influence:

*Our school was recognised as an inclusive educational institution. On September 1, a boy with a disability (for example, with cerebral palsy) came to our class. Many of us have never interacted with peers with special needs and our teachers have little experience working in an integrated classroom team. We do not know how to build a friendly relationship with such classmates successfully. Help us solve this problem.*

The team from Lyon gets acquainted with the description of the problem situation and gives the team from Perm the following task, described on the pages of the Notebook of Friendship:

*Your problem is also relevant for our school. We invite you to take advantage of our experience: divide into groups of 4 people. You can do this by drawing lots or otherwise. The main thing is that there must be at least one child with a disability among the group members (you can invite children with disabilities from other classes to participate). Each group needs to prepare a short creative presentation that will show the talents and abilities of EACH of its participants. Perhaps someone is engaged in vocals, someone draws beautifully, and someone knows how to smile widely and give a smile to others. By the way, perhaps your new classmate with special needs has such a skill.*

*The format of the group's performances is chosen independently (a theatrical miniature, a song, a poem, etc.). Showcase each performance as part of a class hour or informal meeting and reward each group with a pleasant surprise.*

*By completing this task, you will be able to take a fresh look at your classmates and get to know the children with disabilities better. The general preparation for competitive tasks unites people.*

*And if you continue to study online, then make short videos about each group and show them in Zoom meetings. To do this, in each group, select the responsible person who will:*

- *coordinate the processes connected with the scenario and dividing roles among the participants;*
- *collect and assess videos;*
- *edit the final video clip.*

*We recommend shooting the videos horizontally so that each participant can be clearly seen.*

*We will be happy to answer your questions and help you with ideas for presentations.*

*Good luck!*

The team from Perm develops an action plan and completes the task, describes the results in the Notebook of Friendship, makes a scan of it and uploads it to Google.Drive, sending its copy to team-partner from Lyon as well.

Similarly, the team from Leon does the same, having received the task of the Perm partners.

Thus, in order to prepare tasks, the participants need to conduct a small study: analyse the problem, find examples of similar situations and ways to solve them in other regions of Russia (foreign countries). For advice and help, you can contact non-profit organisations that are engaged in solving this problem and are ready to assist you. This will allow the participants to:

- improve their information management skills;
- get acquainted with current practice based social technologies;
- find new partners and like-minded people among NGOs, voluntary associations and other organisations.

## Additional points

At the same time, thousands of schoolchildren and dozens of teams take part in the Competition. To make the process of passing the competitive selection more interesting and exciting, as well as to increase the chances of winning, **we suggest that you complete a few simple tasks.** On the one hand, more people will get to know about the Competition. On the other, it will add extra points to your team

There are several tasks. Some of them you will find below, others can be found in the electronic Notebook of Friendship, and you will also receive some tasks by email when the Competition starts. Every additional task will be marked with a special symbol to be able to notice it.



These are the first tasks:

## Task 1

Feel free to invite friends, who are not taking part in the Competition - to join the projects of the Notebook of Friendship Association in the period **from February 1 to April 10, 2021.**

Information about upcoming competitions and events can be found on the website [tetradka.org.ru](http://tetradka.org.ru)

The names of friends who have become participants of our projects (events) should be written in your Notebook of Friendship. This way we can identify them.

## Task 2

Creatively congratulate the New city "Friendly" on its birthday **\*within the period from the 6th to the 20th of February.** You are free to choose any format (postcard, video message, song, poster, etc.). Congratulations must be published in one or more social networks (Vkontakte, Facebook, Instagram). Don't forget to mark accounts [@newcityfriendly](https://www.facebook.com/newcityfriendly) and [@notebook\\_of\\_friendship](https://www.instagram.com/notebook_of_friendship) and use the hashtag [#HappyBirthdayNewCityFriendly](https://www.facebook.com/hashtag/HappyBirthdayNewCityFriendly)

\*See more about the project



## Task 3

Create, draw, and paste your own postage stamps on the cover of the Notebook of Friendship.

The stamp should be 3x2 cm in size and reflect the geography, cultural events of the team's place of residence, or promote the Sustainable Development Goals aimed at inclusion development.



## Task 4

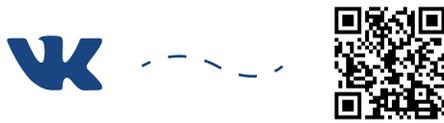
Upload to Google.Drive the scans of the Notebooks of Friendship, both yours and your team-partner's one, with tasks completed as quickly as possible (points are awarded to the first three pairs of teams).

## Task 5

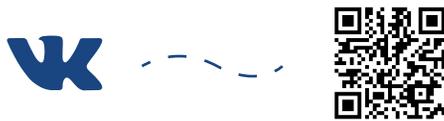
Find and complete all the tasks encrypted in the electronic Notebook of Friendship.

Stay tuned and subscribe to our social media accounts:

### Notebook of Friendship Association



### Inclusive innovative programme New City "Friendly"



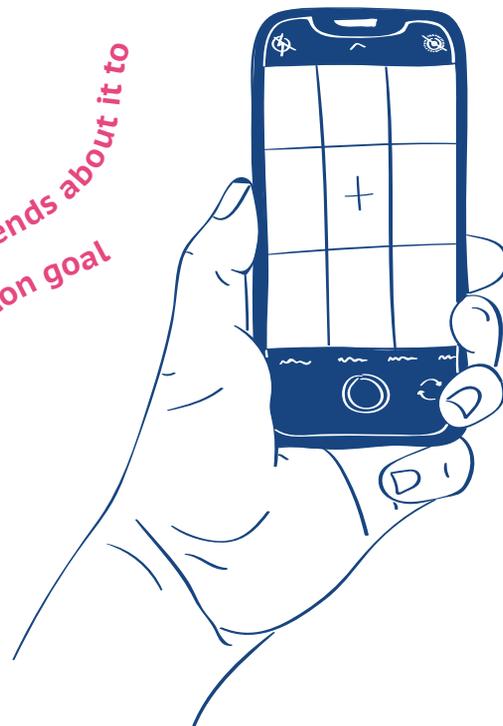
### LAMPA Film Festival



### Inclusive Social Transformations Forum #INFOCUS



*Inclusion begins with us. Tell your friends about it to  
contribute to the common goal*



# Terms of the Competition. Determining the Winners

The Competition is held from February 01, 2021 till April 4, 2021.

**The applications are accepted until February 28, 2021.**

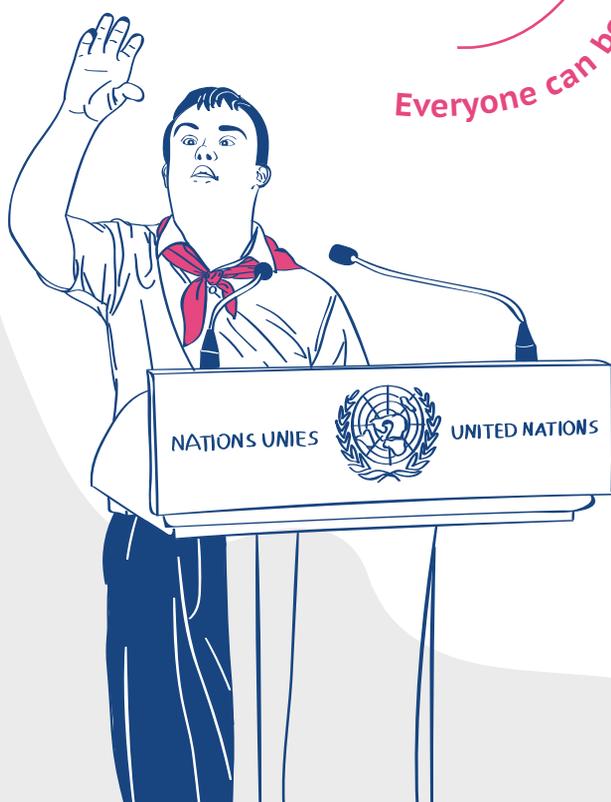
The results of the Competition will be announced on April 20, 2021\*.

*\*The date may be changed due to pandemic, the need for a more thorough examination of works, or due to the failure of the teams to meet the deadlines for submitting competitive materials.*

**The list of winners of the Competition will be published on the website of the Notebook of Friendship Association.** The organisers select up to 10 team-partners from different cities and countries that show the most effective results in solving social problems, offer the most innovative technologies, creatively approach the filling of the Notebook of Friendship and gain the maximum number of points.

The criteria for evaluating the work can be found in Appendix No. 1.

The winning teams, aged up to 13 years, will be invited to participate in **the summer off-line and/or online tours of the New city "Friendly"** (Russia, Perm Region).



*Everyone can be a good friend*

The winning teams, aged **from 14 to 18 years**, will have the opportunity to present their socially significant initiatives within the framework of **the Inclusive Social Transformations Forum #INFOCUS**. The event will take place at the United Nations Office in Geneva\* (Switzerland) in June, 2021.

The organisers provide the Forum's participants with a business and cultural programme. All the expenses connected with transport and accommodation are paid by the participants themselves. If the organisers conclude additional partnership agreements during

the Competition, part of the winners' expenses may be compensated. The winners will be informed about it later.

*\*If restrictions on holding mass events and bans on flights abroad caused by the COVID-19 pandemic take place, the event may be held ONLINE.*

## **BONUS!**

Within the Forum, the new **#INFOCUS Youth Ambassadors** will be chosen. The **#INFOCUS Youth Ambassadors** are socially active young people united by a common mission to contribute to the creation of the inclusive environment in order to ensure equal opportunities for self-development and a decent life for everyone. The status of **#INFOCUS Youth Ambassador** is valid for one year. Within this year, the children will have to implement socially significant projects, form inclusive teams, speak at regional, all-Russian and international venues, accompanied by an experienced mentor.

See more about the status:



# **Procedure for obtaining a prize participation in the Competition**

At the end of the Competition, each participant mentioned in the application is awarded a diploma and / or certificate. The certificate / diploma is sent to the team leader within two weeks after the announcement of the results.

# Criteria for evaluation of the competitive works

The evaluation of the Notebooks of Friendship, completed within the framework of the Competition, is carried out in accordance with the following criteria and significance rating:

№	Criteria for evaluation of the competitive works	Significance rating
1.	All basic rules of the Competition are fulfilled	5
2.	Both Notebooks of Friendship are uploaded to the Google.Drive	3
3.	Creative approach to the Notebook of Friendship design	5
4.	Relevance of the problem described and its compliance with the Sustainable Development Goals	10
5.	Task is compliant with the problem described	8
6.	Level of originality and possibility of implementation of the task for the team-partner	8
7.	Correct and complete implementation of the task given by the team-partner	10
8.	What are the unique actions that the team made in order to complete the task, and what is the result obtained (was the problem solved or not)?	10
9.	Team uploaded the report with photos, drawings, videos and / or other visual materials confirming the completion of the task and the achievement of the stated results	6
10.	Presence of an inclusive component in the team's activities	10

**NOTE!** The participants take part in the Competition by working together with a team-partner. Therefore, the winners are determined based on the total points received by each individual team-partner.

## Additional Points

When participating in the event, each team can earn extra points. These points are added to the points earned by the team for completing the Notebook of Friendship. This way, the team can increase its chances of winning.

Additional points are awarded for completing the tasks listed below, according to the following significance rating:

№	Tasks for additional points	Significance rating
1.	<p>Feel free to invite friends, who are not taking part in the Competition to join the projects of the Notebook of Friendship Association.</p> <p><i>Information about upcoming competitions and events can be found on the website <a href="http://tetradka.org.ru">tetradka.org.ru</a></i></p>	2
2.	<p><i>Creatively congratulate the New city "Friendly" on its birthday</i></p> <p><i>The point is awarded if the following conditions are met:</i></p> <ul style="list-style-type: none"> <li><span style="color: #e91e63;">●</span> <i>creative and original approach to congratulations;</i></li> <li><span style="color: #e91e63;">●</span> <i>mention in the text of the post @newcityfriendly and @notebook_of_friendship;</i></li> <li><span style="color: #e91e63;">●</span> <i>use of the hashtag #HappyBirthdayNewCityFriendly</i></li> </ul> <p><i>The point is given once, regardless of the number of social networks in which the post was published.</i></p>	1
3.	<p>Create, draw, and paste your own postage stamps on the cover of the Notebook of Friendship</p> <p><i>The originality and creativity of the stamp is evaluated, not the amount of stamps.</i></p>	1
4.	<p>Your team and your team-partner were the very first to upload to Google.Drive the Notebook of Friendship completed and let the organisers know about it.</p> <p><i>The extra points are awarded to the first 3 pairs of teams. The exact time of uploading the Notebook of Friendship will be determined based on the Google.Drive data. Once you finished and uploaded all the materials, it is necessary to inform the organisers of the Competition <a href="mailto:info@tetradka.org.ru">info@tetradka.org.ru</a></i></p>	1
5.	<p>Some extra tasks are written in the electronic Notebook of Friendship</p>	1 for each



# SUSTAINABLE DEVELOPMENT GOALS



## Association "Notebook of Friendship"

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