



beLO

**SHINING IN THE
DARKNESS
CONTEST**

English

Version March 3, 2026

CALL FOR ENTRIES:

2026

INDEX

1	OBJECTIVE
2	GLOSSARY
3	CONTEST CATEGORIES, PARTICIPANTS, AND CONDITIONS
4	JURY COMPOSITION
5	CONTEST DEVELOPMENT AND AWARDS CEREMONY
6	PRIZES
7	EVALUATION CRITERIA
8	PUBLICATION OF WINNERS
9	USE OF PARTICIPANTS' NAME AND IMAGE
10	LIMITATION OF LIABILITY
11	PERSONAL DATA PROTECTION
12	PARTICIPATION OF MINORS
13	AUTHORIZATION TO OTHER PERSONS
14	APPLICABLE LAW AND JURISDICTION
15	ACCEPTANCE OF THE BASES
16	INTELLECTUAL PROPERTY
	ANNEXES

In Madrid, on February 15, at the headquarters of the Europamundo Foundation, the call for entries for the Shining in the Darkness ("Brillando En La Oscuridad") contest for the 2026 fiscal year is approved, in accordance with the following bases:

Contest Bases

1. Objective

The Europamundo Foundation, in collaboration with The Rotary Foundation and the companies, associations, foundations, and sponsors of the different categories (hereinafter, the Organizing Committee), announces the Shining in the Darkness (BELO) Contest. The goal is to make visible the emotions and experiences of people who suffer or have suffered from mental health problems (MHP) through their creations, rewarding those that best reflect these experiences. BELO seeks to add value to society, humanize and normalize the reality of people with MHP, contribute to overcoming stigma, and offer a message of hope. Through the dissemination of artistic creations and testimonies of recovery, the project aspires to generate a positive social impact, facilitating understanding, empathy, and social integration. The contest has artistic, social, and awareness purposes. It does not substitute professional medical, psychological, or psychiatric care in any case. The Organizing Committee recommends that individuals in risk situations contact health professionals or emergency services in their country.

2. Glossary

Participant: Also called "contestant," is the author of the work registered in the contest.

Category Partner: A team/institution that leads BELO in a defined geographical territory or linguistic scope, with operational autonomy within the project's principles and in coordination with the central committee. It can create and disseminate its own categories and prizes for its region, coordinate evaluations (juries), and provide local content. In terms of financing, the group can directly sponsor a category or attract external sponsors for that category/activity. These sponsors may not be part of the group but are linked to the project through the chapter and/or central committee according to the collaboration model. For further information, please visit: <https://brillandoenlaoscuridad.org/en/invest-in-the-belo-contest/>

Sponsor: A person, entity, or company that sponsors the prize to be paid to the participant whose work is selected for an award.

3. Contest Categories, Participants, and Conditions

3.1. Who can participate and what can they submit to the contest?

Any person who is part of any of the twenty-two award categories detailed below may participate:

Category 1: Stories written in Spanish by people currently facing a mental health problem

SPONSOR: Europamundo Foundation (Fundación Europamundo)

- **Open to:** People currently hospitalized, attending day centers or Psychosocial Rehabilitation Centers (CRPS), undergoing psychiatric treatment, or attending support associations for mental health.
- **Accepted works:** Stories, poems, experiences, or tales written during or before treatment (must indicate if written before).
- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish only.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 200.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 2: Stories written in Portuguese by people currently facing a mental health problem

SPONSOR: Rotary International - District 4730 (Brazil)

Note: Directed at Portuguese speakers (mainly Brazil). Other conditions same as Category 1.

Category 3: Stories written by people who have overcome a mental health problem

CATEGORY PARTNER: Central American and Caribbean Tourism Operators

SPONSORS: Contactos (Panama), ViapuntoCR (Costa Rica), Arca Turismo (Honduras), Suplitur (Dominican Republic), Viajes AGT (Dominican Republic), Welcome Systems SRL (Cuba), Destinos A&J (Guatemala), Travel With Sears (Puerto Rico), Viajes Euromundo (El Salvador)

- **Open to:** People who have recovered from a mental health problem.
- **Accepted works:** Works written after recovery, which may have been inspired by or relate to the experience lived. Writings created during or in the months before the mental health problem are also accepted. Stories, poems, experiences, or tales written during or before treatment (must indicate if written before).
- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish and Portuguese.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 200.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 4: Stories written by family members and close associates of people with mental health problems

SPONSOR: Europamundo Foundation (Fundación Europamundo)

- **Open to:** Family and friends of those struggling with mental health, who want a space to share their journeys and emotions regarding their loved ones.
- **Accepted works:** Written works created after finding a path forward — pieces that may have been inspired by or connected to the journey they've been through. We also welcome writings composed during their struggle or in the months leading up to their mental health challenges. Stories, poems, experiences, or tales written during or before treatment (must indicate if written before).

- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish and Portuguese.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 200.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 5: Stories of Depression (Lived or Overcome)

SPONSOR: Europamundo Foundation (Fundación Europamundo)

- **Open to:** Individuals currently navigating depression. Those who have moved through a journey with depression. Family, friends, and caregivers who wish to share their perspective on supporting a loved one through depression.
- **Accepted works:** We welcome stories written while in the midst of depression, after reaching a place of recovery, or during the months leading up to a diagnosis. We also invite works from family members and those close to the situation that reflect on their personal experiences, emotions, or insights.
- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish and Portuguese.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 6: Stories on Suicide (Thoughts, Attempts, or Recovery)

CATEGORY PARTNER | SPONSOR: Alkenia (Spain)

- **Open to:** Individuals who experience recurring suicidal thoughts. Those

who have survived a suicide attempt. People who have moved beyond the desire to take their own life. Family, friends, and loved ones who wish to share their experience of supporting someone through these moments.

- **Accepted works:** We welcome stories written during times of deep struggle, after finding a path to recovery, or in the months leading up to a crisis. We also invite works from family members and those close to the situation who share their personal journeys, emotions, or reflections.
- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish and Portuguese.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 7: Stories from Survivors of Violence and Related Mental Health Challenges

CATEGORY PARTNER | SPONSORS: Status Travel, Maxi Travel, Ecuador Dice No Más (Ecuador)

- **Open to:** Individuals who have experienced mental health conditions resulting from violence. Those who have worked through the impact of violence on their mental well-being. Family, friends, and loved ones who wish to share their journey of supporting someone through these experiences.
- **Accepted works:** We welcome stories written during periods of deep struggle, after reaching a place of healing, or in the months following an experience of violence. We also invite works from family members or those close to the situation that share their personal experiences, emotions, or reflections.
- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish and Portuguese.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.

- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 8: Stories of Anxiety

CATEGORY PARTNER | SPONSOR: PJR Travel (USA)

- **Open to:** Individuals living with anxiety who wish to express their thoughts, fears, emotions, or memories through creative writing. Those who have moved through a journey with anxiety. Family, friends, and loved ones who want to share their personal experiences and reflections on supporting someone in their life.
- **Accepted works:** We welcome works written while navigating anxiety, after finding a sense of balance, or in the months leading up to these challenges. We invite any pieces inspired by or related to the path you have walked.
- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish and Portuguese.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 9: Mental Health Problems Related to Addiction

CATEGORY PARTNER | SPONSOR: GEA Group (Argentina, Peru, Brazil)

- **Open to:** Individuals navigating mental health challenges alongside addiction, or those whose mental health has been impacted by substance use. Those who have found a path to recovery from both addiction and mental health struggles. Family, friends, and loved ones who wish to share their personal journey of supporting someone through these experiences.
- **Accepted works:** We welcome works written during the height of the struggle, after finding a place of recovery, or in the months leading up to these challenges. We invite any pieces inspired by or related to the path you have walked.

- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish and Portuguese.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 10: Mental Health Challenges Stemming from the Workplace

CATEGORY PARTNER | SPONSORS: Rotary Clubs of Madrid — Corporate, Executive, YE's, Puerta del Sol (Spain)

- **Open to:** Individuals navigating or who have moved through mental health challenges related to their work environment—such as workplace bullying (harassment), anxiety, agoraphobia, or other related struggles. Family, friends, and loved ones who wish to share their personal journey of supporting someone through these workplace-related experiences.
- **Accepted works:** We welcome stories that reflect the struggle, the path to recovery, or the experience of a crisis related to mental health challenges at work. We also invite works from family members or those close to the situation that share their personal experiences, emotions, or reflections.
- **Length:** No minimum. Max 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing).
- **Languages accepted:** Spanish and Portuguese.
- **File extension:** Word or PDF.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 11: Creaciones en artes visuales

SPONSOR: Rotary Clubs of Sevilla (Spain)

- **Open to:** Individuals currently receiving support for a mental health challenge. Those who have moved through a mental health journey, provided the works submitted were created during treatment or within three years of completing it.
- **Accepted works:** We are exclusively accepting still-image creations, including: Paintings, drawings, photography, or other static visual media (please note that sculptures are not eligible for this category).
- Each participant must submit between 2 and 15 pieces.
- For paintings or drawings, you don't need to send the original physical work for the initial selection phase, though you may be asked if you are selected for an award.
- **File extension:** High-resolution JPG, PNG, or PDF.
- **How to submit:** Via our online form.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 12: Video Creations

SPONSOR: Europamundo Foundation (Fundación Europamundo)

- **Open to:** Individuals currently navigating or receiving support for a mental health challenge. Those who have moved through a mental health journey, provided the videos submitted were created during treatment or within three years of completing it.
- **Accepted works:** We are exclusively accepting video creations.
- **Maximum duration:** 15 minutes per video.
- **Entry limit:** A maximum of 3 videos may be submitted per participant in this category.
- **File extension:** MP4.
- **How to submit:** Via our online form.
- **Accepted languages:** Spanish and Portuguese. Regardless of the language used in the video, you must submit the video file along with separate subtitle files in both Spanish and Portuguese.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 120.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 13: Musical Arts

SPONSOR: Europamundo Foundation (Fundación Europamundo)

- **Open to:** Individuals currently navigating or receiving support for a mental health challenge. Those who have moved through a mental health journey, provided the compositions were created during treatment or within three years of completing it.
- **Accepted works:** We are exclusively accepting original musical compositions created by the participants.
- **Genres:** All musical genres are welcome, whether vocal (with lyrics) or instrumental.
- **Entry limit:** Participants may submit up to 3 compositions in this category.
- **File extension:** MP3 or WAV (If the musical work is a video performance, it may be submitted as an MP4).
- **How to submit:** Via our online form.
- **Accepted languages:** Spanish and Portuguese. If it is a song, regardless of the language used in it, you must submit the audio/video file along with separate subtitle files in both Spanish and Portuguese.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 14: AI-Driven Creations

CATEGORY PARTNER | SPONSORS: Lealtic (Brazil), Europamundo Foundation (Fundación Europamundo)

- **Target Audience:** Individuals currently navigating or receiving support for a

mental health challenge. Those who have moved through a mental health journey, provided the works were generated during treatment or within three years of completing it.

- **Accepted works:** We welcome works created entirely or partially using Artificial Intelligence (AI) tools as a medium of expression. These may include still images or video-based stories.
- **Image submissions:** Each participant must submit between 2 and 15 pieces. **File extension:** High-resolution JPG or PNG.
- **AI video stories:** Narratives told through AI-generated characters in a sequence of scenes, including a soundtrack and narration. **Maximum duration:** 15 minutes. **File extension:** MP4.
- **How to submit:** Via our online form.
- **Accepted languages:** Spanish and Portuguese. If it is a video story, regardless of the language used, you must submit the video file along with separate subtitle files in both Spanish and Portuguese.

PLEASE NOTE:

- **Verification:** You must include a single full-screen screenshot showing the prompts used to generate your elements, your username, and the date (including the computer's taskbar/toolbar).

Category 15: Creative Social Media for Mental Health Advocacy

CATEGORY PARTNER | SPONSORS: Maral Tourism (Paraguay), Europamundo Foundation (Fundación Europamundo)

- **Open to:** Individuals currently navigating or receiving support for a mental health challenge. Those who have moved through a mental health journey, provided the digital content was developed during treatment or within three years of completing it.
- **Recognition and awards:** We are celebrating the most creative and emotionally resonant social media accounts created by individuals who live with or have experienced mental health challenges. Entries will be valued for their originality, emotional impact, and their ability to raise mental health awareness. You may submit profiles, pages, blogs, video channels, or other digital platforms, provided the content reflects your personal experiences.
- **How to submit:** Please submit a direct link to the social media platform along with a brief description of your project via our online form.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 100.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 16: Multiple Sclerosis (MS) and Related Mental Health Journeys

CATEGORY PARTNER | SPONSOR: FEMM (Fundación Esclerosis Múltiple de Madrid | Multiple Sclerosis Foundation of Madrid)

Open to: Individuals currently receiving treatment for Multiple Sclerosis (MS) who are navigating, or have navigated, mental health challenges related to their diagnosis.

Accepted works: This category welcomes both written and visual submissions, including:

- **Written stories:** Up to 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing). **File extension:** Word or PDF.
- **Drawings or illustrations:** JPG, PNG, or PDF.
- **Photography:** JPG or PNG
- **Videos:** Maximum duration of 15 minutes. **File extension:** MP4.
- **How to submit:** Submissions are accepted via our online form. Each participant may submit up to 2 works in total, which can be any combination of the accepted formats.
- **Accepted languages:** Spanish and Portuguese.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 100.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 17: Childhood Cancer and Mental Well-being

CATEGORY PARTNER | SPONSOR: PromoTravel (Egypt)

Who may enter: This category is open to children and young adults (under age 21) who are currently facing or have survived cancer, as well as their family members and loved ones.

The goal of this category is to provide a voice for children and their families, offering a space to express their emotions, experiences, and lessons learned through various creative outlets.

Accepted works: This category invites both written and visual submissions, including:

- **Written stories:** Up to 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing). **File extension:** Word or PDF.
- **Drawings or illustrations:** JPG, PNG, or PDF.
- **Photography:** JPG or PNG
- **Videos:** Maximum duration of 15 minutes. **File extension:** MP4.
- **How to submit:** Submissions are accepted via our online form. Each participant may submit up to 2 works in total, using any combination of the accepted formats.
- **Accepted languages:** Spanish, Portuguese, and Arabic.

Category 18: The Lasting Effects of Bullying

SPONSOR: Europamundo Foundation (Fundación Europamundo)

Open to: Individuals of all ages who are currently receiving support or navigating the impact of bullying experienced during childhood or adolescence. Survivors who have moved through this experience. Family, friends, and loved ones who wish to share their journey of supporting someone through this situation.

Accepted works: Three types of creative works are welcome:

- **Written works:** Stories, poems, personal experiences, fables, or other literary creations. **Length:** Maximum of 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing). **File extension:** Word or PDF.
- **Visual media:** Drawings, illustrations, photographs, paintings, or other visual expressions. **File extension:** High-resolution JPG, PNG, or PDF.
- **Videos:** Testimonials, narratives, or other audiovisual artistic expressions. **Length:** Maximum of 15 minutes. **File extension:** MP4.
- **How to submit:** Submissions are accepted via our online form. Each participant may submit up to 2 works in total, using any combination of the accepted formats.
- **Accepted languages:** Spanish and Portuguese.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 100.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 19: Alzheimer's and Other Degenerative Neurodivergence

SPONSOR: Europamundo Foundation (Fundación Europamundo)

Open to: Individuals living with Alzheimer's or other forms of degenerative neurodivergence in their early stages, who wish to express their thoughts, fears, emotions, or memories through creative expression. Family, friends, loved ones, and healthcare professionals who wish to share their stories, experiences, and reflections on how these neurodivergent conditions impact their lives and the world around them.

Accepted works: Three types of creative works are welcome:

- **Written works:** Stories, poems, personal experiences, fables, or other literary creations. **Length:** Maximum of 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing). **File extension:** Word or PDF.
- **Visual media:** Drawings, illustrations, photographs, paintings, or other visual expressions. **File extension:** High-resolution JPG, PNG, or PDF.
- **Videos:** Testimonials, narratives, or other audiovisual artistic expressions. **Length:** Maximum of 15 minutes. **File extension:** MP4.
- **How to submit:** Submissions are accepted via our online form. Each participant may submit up to 2 works in total, using any combination of the accepted formats.
- **Accepted languages:** Spanish and Portuguese.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 100.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 20: Self-Harm, Emotional Distress, and Mental Health Challenges for Teens and Young Adults

CATEGORY PARTNER | SPONSOR: Rotaract Club Madrid Protagonistas

Open to: individuals between the ages of 15 and 30 who:

- are currently receiving support for self-harm;
- are navigating other mental health challenges that cause deep emotional distress;
- are survivors who have moved through these experiences; or
- are family members or loved ones who wish to share their journey of supporting someone in this situation.

Accepted works: Three types of creative works are welcome:

- **Written works:** Stories, poems, personal experiences, fables, or other literary creations. **Length:** Maximum of 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing). **File extension:** Word or PDF.
- **Visual media:** Drawings, illustrations, photographs, paintings, or other visual expressions. **File extension:** High-resolution JPG, PNG, or PDF.
- **Videos:** Testimonials, narratives, or other audiovisual artistic expressions. **Length:** Maximum of 15 minutes. **File extension:** MP4.
- **How to submit:** Submissions are accepted via our online form. Each participant may submit up to 2 works in total, using any combination of the accepted formats.
- **Accepted languages:** Spanish and Portuguese.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 100.
- Registration will close upon reaching this limit or on the registration deadline, whichever comes first.

Category 21: Institutional Collective Initiatives and Projects

CATEGORY PARTNER | SPONSOR: Viajeros Al Poder (Spain)

Open to: Mental health associations, support centers, clinics, and hospitals that have developed collaborative works or community-led initiatives.

Submission types may include:

- **Collaborative writing:** Group poems, stories, or shared personal experiences. **Length:** Maximum of 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing). **File extension:** Word or PDF.
- **Visual arts:** Paintings, drawings, photography, or digital illustrations (created using design software) — please note: AI-generated creations are not accepted in this category. **File extension:** High-resolution JPG, PNG, or PDF.

- **Musical works:** Original songs or instrumental compositions. **File extension:** MP3 or WAV.
- **Video creations:** Documentaries, group testimonials, or performances. **Length:** Maximum of 15 minutes. **File extension:** MP4.
- **Digital & social media projects:** Initiatives on social platforms that raise awareness and promote social inclusion. **Format:** direct link to the social media platform along with a brief description of your project.
- **Community impact initiatives:** Other creative projects that foster social change and support the mental health community. **File extension:** PDF.
- **How to submit:** Submissions are accepted via our online form.
- **Accepted languages:** Spanish and Portuguese.

Category 22: Profesionales actuantes en la asistencia a la salud mental

SPONSOR: Europamundo Foundation (Fundación Europamundo)

Open to:

- Those working directly in mental health support, including psychiatrists, psychologists, nurses, nursing assistants, therapists, and caregivers.
- Staff members working in hospitals, clinics, support centers, or mental health associations.

Accepted works: We welcome artistic creations that explore the personal experiences, journeys, and emotions stemming from your work with individuals navigating mental health challenges. We especially value works that reflect the resilience, human values, and compassion shown by both professionals and those living with mental health conditions.

- **Written works:** Stories, poems, personal experiences, fables, or other literary creations. **Length:** Maximum of 4,000 words (approximately 10 single-sided pages using Arial size 12 and single spacing). **File extension:** Word or PDF.
- **Visual works:** Photography, drawings, and illustrations. Each participant must submit between 2 and 15 pieces. For drawings and illustrations, you don't need to send the original physical work for the initial selection phase, though you may be asked if you are selected for an award.
- **How to submit:** Submissions are accepted via our online form.
- **Accepted languages:** Spanish and Portuguese.

PARTICIPATION LIMIT

- **Maximum number of admitted works:** 150.
 - Registration will close upon reaching this limit or on the registration deadline, whichever comes first.
-

Written works: We define "Written Works" as all literary creations, including poems, personal experiences, short stories, and more. There is no minimum length. The maximum length is **4,000 words** (approximately 10 single-sided pages using Arial size 12 and single spacing). Submissions are accepted in both Spanish and Portuguese — except categories 1 (Spanish only) and 2 (Portuguese only).

Use of artificial intelligence: If a work submitted in any category other than Category 14 was created partially with the help of Artificial Intelligence, the participant **must disclose this** at the time of registration. If this information is omitted and the use of AI is detected, the Organizing Committee reserves the right to disqualify the entry.

Eligibility and entry limits:

- **Global participation:** The contest is open to participants of all nationalities.
- **Category limit:** Each person may enter a maximum of two award categories.
- **Multiple entries (short works):** For written categories, if your pieces are short, you may submit up to three entries, provided their combined total does not exceed 4,000 words (approx. 10 single-sided pages, Arial 12, single-spaced).

Participant information:

- **Category selection:** Participants must clearly indicate which category they are entering.
- **Anonymity and pen names:** You may participate using your real name or a pseudonym (pen name). If using a pseudonym, you must still provide your legal details to the organizers; this information will remain strictly confidential in compliance with Data Protection Laws.
- **Introductory statement:** Each participant must provide a brief introduction to help the judges better understand or interpret the context of their creative work.

3.2 Liability and Intellectual Property Rights

Confidentiality and content protection:

The Organizing Committee is not responsible for any violations resulting from the breach of any third-party confidentiality agreements. If the submitted works contain information that requires protection, it is the **sole responsibility of the participant**. By entering, participants acknowledge that this contest involves public exposure and that the Organizing Committee assumes no liability for the disclosure of such content.

Finalist requirements:

Participants selected as finalists following the initial screening process agree to:

- **Verify eligibility:** Provide documentation or proof of eligibility for their specific category, if requested by the organizers.
- **Authorize publication:** Grant the organizers permission to showcase their work (either anonymously or by name, according to the participant's preference). This may include features in print media (press, magazines, or books), social media, or other communication channels.

Ownership and usage rights:

- **Ownership:** Full ownership and authorship of the creative works remain with the author at all times.
- **Authorized use:** By entering this call for submissions, the author authorizes the Organizing Committee to use their creative works exclusively for purposes related to the promotion, communication, and execution of the "BELO: Shining in the Dark" contest. This includes reproduction, distribution, and public display for non-commercial purposes.
- **Intellectual property:** This authorization does not constitute a transfer of intellectual property, nor does it limit the author's right to use their work freely through other means.
- **Definition:** "Creative works" refers to all materials submitted by the participant for this contest.
- **Compensation:** As consideration for this authorization, winners and finalists are entitled solely to the specific prizes outlined in these Official Rules.
- **Commercial restriction:** Under no circumstances may the Organizing Committee sell or commercially exploit the submitted works without the express written consent of the author.

Disqualification and conduct:

The Organizing Committee reserves the right to automatically disqualify and remove any participant found to be misusing the contest or violating any of the terms and

conditions listed in these rules. Furthermore, the Committee reserves the right to demand the return of prizes and the forfeiture of any other winner-related activities from any participant found in breach of these rules. In such cases, the Committee may select a new winner from the remaining participants or declare the prize vacant.

4. Composition of the Judging Panel

The judging panel will consist of volunteers, including mental health professionals, family members of those with mental health conditions, and individuals with lived experience. The panel may also include representatives from the Europamundo Foundation, the Rotary Foundation, Rotary International, or any other organizations or individuals collaborating with the contest.

The selection process:

- **Panel assignment:** For each category, three judges will be appointed to evaluate the works. At the discretion of the Organizing Committee, certain categories may have a larger number of judges to manage the volume of submissions.
- **Autonomous groups:** Categories funded by autonomous groups will have judges selected by those respective groups.
- **Final voting:** The top 5 works selected by each sub-panel will be reviewed by the entire group of judges within that category to determine the final award winners.

Volunteer judges:

- **Eligibility:** Individuals may serve on more than one judging panel. Those who wish to volunteer as a judge may submit a request to the Organizing Committee.
- **Selection criteria:** The Committee will review applications and select judges based on their background and representation across different groups. Please note that restrictions may apply to participants, their family members, or close associates to ensure a fair process. The Organizing Committee reserves the right to limit participation for these or any other relevant reasons.

How to apply:

If you are interested in volunteering as a judge, please submit your application through our website:

<https://brillandoenlaoscuridad.org/es/voluntarios/#formvoluntarios>

5. Contest Timeline and Awards Ceremony

How to enter:

Authors must complete their registration through the following steps:

- **5.1 Online application:** Complete the registration form provided at the link below: [SHINING IN THE DARK CONTEST REGISTRATION FORM]
- **5.2 "About your creation" section:** In the online application, you must include a brief contextual summary of your work in the section titled "Tell us about your creation." This is intended to help the judges better understand and interpret the work, as well as the emotions or lived experiences you wish to convey.
- **5.3 Agreement and terms:** Before clicking the "Register" button, you must check the boxes to accept the Official Rules, the Sworn Statement, the Privacy Policy, and the Data Protection Policy, in accordance with the terms found in the "Annexes" at the end of this document.

Submissions:

Participants must register and upload their creations via:

- **Main site:** <https://brillandoenlaoscuridad.org/en/2026-edition>
- **Category pages:** Or directly on the page dedicated to your specific category (e.g., <https://brillandoenlaoscuridad.org/2026-category-10-mental-health-workplace>).

Confirmation:

The system will send an automated response confirming receipt of your registration form and your contest entry.

- Additional details regarding specific file requirements (formats, limitations, etc.) may be provided at the time of registration. These specifications can also be reviewed before submitting your work.
- **Important:** If you do not receive a confirmation email, your entry and form have not been successfully received. In this case, please contact the Organizing Committee immediately at: concurso@brillandoenlaoscuridad.org.

Deadlines:

The window for submitting applications and creative works opens on May 1, 2026, and closes on June 30, 2026.

- No entries will be accepted after this date.
- **Note:** Each category has a maximum limit for accepted works. Once a category reaches its limit, no further entries will be allowed, even if the general submission deadline has not yet passed.

Judging and results:

The judging panel will evaluate submissions based on the criteria established in these rules. Winners will be selected no later than September 15, 2026.

Awards ceremony:

The awards ceremony will be held in a hybrid format (in-person and virtually, depending on the winners' ability to attend) on October 8, 2026. This date is chosen to coincide with World Mental Health Day (October 10). The exact location will be announced well in advance.

6. Awards and Prizes

A total prize pool of €44,200 has been established and will be distributed according to the breakdown detailed below.

Each of the twenty-two categories will feature three awards:

First place	€1,000
Second place	€400
Third place	€200

Grand Jury prizes: In addition to the category awards, three Special Grand Prizes will be selected from among the first-place winners of all twenty-two categories:

Grand Prize – Overall Winner:	€5,000
Second Grand Prize – Overall Runner-up:	€2,500
Third Grand Prize – Overall Runner-up:	€1,500

Judging flexibility:

In the event that a category-specific judging panel determines it necessary to subdivide prizes due to technical ties or other unforeseen circumstances, they may propose such a modification to the Organizing Committee for approval.

Award Modifications and Funding

The Organizing Committee will evaluate any recommendations from the judging panels and reserves the right to subdivide prizes, create additional categories, or take any other actions it deems appropriate. In all cases, the Committee guarantees that the total amount awarded to winners will not be less than the amount initially stipulated.

Sponsor-funded categories:

In categories funded by autonomous groups, the prizes will be awarded and paid directly to the winners by the Sponsors (the companies, organizations, or individuals associated with those groups). The Europamundo Foundation will not be involved in the management or payment of these specific prizes.

Taxation and transferability:

The awarding of any prize is subject to applicable tax withholdings in accordance with the current legislation of the relevant country. Prizes are fixed, personal, and non-transferable. Under no circumstances may a prize be exchanged, altered, or compensated in any other way at the request of the winner. However, if a winner so chooses, they may opt to donate their prize to a recognized social service organization (NGOs, foundations, etc.).

Vacant Prizes and Consolidation

Consolidation of entries:

If a category receives fewer than 10 submissions, the prizes for that category will be declared vacant. The submitted works will then be integrated into the category with the lowest number of entries or the most similar category, at the discretion of the Organizing Committee.

Donation of vacant prize funds:

If any prize categories remain vacant, the funds allocated for those prizes will be donated to specific projects managed by foundations, associations, or organizations that support individuals living with mental health challenges. The beneficiaries of these donations will be announced on the date of the awards ceremony.

Prize conditions:

- **Payment method:** All prizes are cash awards provided by the Europamundo Foundation or by the companies, organizations, and individuals sponsoring the autonomous groups for their respective categories.
- **Bank transfer:** Prizes will be paid via bank transfer to the account provided by the beneficiary.

7. Evaluation Criteria

The judging panel will consider the following criteria when evaluating submissions:

1. Authenticity and emotional honesty

We evaluate the authenticity of the emotions expressed within the work. We value the creator's honesty in sharing their personal experiences and feelings.

2. Creativity and originality

We recognize originality in how lived experiences are expressed, allowing for a unique perspective. We value creative and artistic interpretations of complex emotions.

3. Emotional connection

We evaluate the work's ability to create an emotional bond with the viewer or reader. We consider how effectively the work conveys the complexities of mental health journeys.

4. Community impact

We analyze how the work contributes to public awareness and understanding of mental health challenges. We value the potential of the work to inspire empathy and emotional closeness within society.

5. Family perspective

We recognize works that reflect the viewpoint of family members, highlighting the emotional weight they carry. We value the ability to communicate the complexity of family dynamics within the context of mental health conditions.

6. Therapeutic potential

We evaluate the potential therapeutic impact of the work on both the creators and those who experience it. We consider the work's capacity to offer comfort, hope, or a sense of "being understood" to others facing similar challenges.

7. Accessibility and universal appeal

We value works that are accessible and relatable to a diverse audience. We consider how the work might transcend language and cultural barriers to reach a broader public.

8. Psychological depth

We recognize works that offer valuable insight into the human experience, revealing deeper layers of the psyche. We value the richness and complexity of psychological representation within the creation.

9. Technique, skill, and artistic expression

We consider the technical skill of the participant alongside the work's overall visual or narrative impact. We look for the work's ability to bridge the gap between the creator and the spectator through artistic excellence.

8. Announcement of Winners

The jury's decision will be made public by the Organizing Committee and its collaborators at the end of the contest during the Awards Ceremony. The jury's decisions are final and binding, including in cases where prizes are declared vacant.

The Organizing Committee will contact the winners using the information provided during registration to arrange for the ceremonial presentation of the awards (which may be attended in person or virtually, according to the winner's preference). Please note that the organization cannot cover expenses related to in-person attendance (such as travel, lodging, etc.); these costs are the sole responsibility of the winner should they choose to attend in person rather than virtually.

9. Use of Name and Likeness

By entering the contest, participants consent to the worldwide and unlimited use, publication, and reproduction of their creations and names (or pseudonyms) by the Organizing Committee. This applies to any type of media or promotion, both before and after the awards ceremony. Such distribution may be used for promotional or informational purposes, or any other use the organization deems beneficial to the goals of this contest.

Participant responsibility and verification:

Participants are solely responsible for the accuracy of their personal data and the originality and authorship of the works submitted. Failure to meet these requirements may lead to disqualification. However, the Organizing Committee reserves the right to perform necessary identity verifications using official government-issued identification (ID card, passport, etc.).

If the information provided by a participant is found to be false or fails to meet any of the requirements outlined in these official rules, and that participant is selected as a winner, the Organizing Committee reserves the right to disqualify them and select an alternative winner from the remaining participants.

10. Limitation of Liability

The Organizing Committee reserves the right to declare any prize vacant without providing any form of compensation. Furthermore, the Committee reserves the right to disqualify any participant for cause if they are found to be committing fraud, tampering with the process, or otherwise undermining the proper and regulated operation of this activity.

Technical issues:

The Organizing Committee assumes no responsibility for any issues participants may encounter through the internet or other technical means. This includes, without limitation:

- Damages resulting from delays in sending or receiving information.
- Software damage or loss of data.
- Damages caused by malicious software, viruses, worms, or trojans.
- Connection failures within communication systems.

Participants are responsible for implementing the necessary resources and security measures to protect their own information, applications, and computer systems when using electronic data transmission.

Unforeseen circumstances:

The Organizing Committee will have the final say on any unforeseen cases or issues that may arise, which are not explicitly covered in these official rules.

Intellectual property and indemnification:

Participants guarantee that they will not submit materials that violate the intellectual property rights of any third party. Consequently, participants fully exempt the Organizing Committee from any liability arising from the breach of any regulation or the infringement of third-party rights. Participants assume the obligation to **hold harmless** the Europamundo Foundation, the Rotary Foundation, and any other project collaborators from any liability in such cases.

11. Personal Data Protection (Annex 3)

In accordance with the European General Data Protection Regulation (GDPR), please be advised that the data provided in your application will be processed by the Organizing Committee for the purpose of managing your registration and executing the 2nd "Shining in the Dark" Contest.

Legal framework and data controller: The "Shining in the Dark" contest will be conducted in compliance with Organic Law 3/2018 (Spain) and Regulation (EU) 2016/679 (GDPR) regarding the protection of individuals with respect to the processing of personal data. Data Controller: The Europamundo Foundation is the sole entity responsible for the processing of personal data. Tax ID (CIF): G86150380 Address: Calle Garcia de Paredes, 55 28010 – Madrid, Spain. Contact Email: protecciondedatos.fundacion@europamundo.org

Data Protection Officer (DPO): The Organizing Committee has a designated Data Protection Officer (DPO). The DPO's primary roles are to inform and advise the entity on its data protection obligations and to supervise compliance. The DPO serves as the point of contact for any questions regarding the processing of personal data via the Europamundo Foundation contact information.

Basis for processing and consent: Your data will be processed based on your voluntary request to participate in the contest. Participants may withdraw their application at any time; however, this will not affect the legality of any data processing performed before the withdrawal. Please note that if personal data is not provided, participation in the contest will not be possible.

Transparency and publication: To manage the contest and ensure transparency, the names of participants and winners (or pseudonyms, if preferred) may be published on the websites of the Europamundo Foundation and its collaborating organizations. This is considered a prevailing legitimate interest, as the publication is limited to names (or pseudonyms) and will only remain public for the necessary duration of the contest's mission.

Data retention: Data will be stored during the processing of the event or contest and, subsequently, for as long as necessary to address any potential legal liabilities arising from participation.

Your rights: All participants have the right to request access to their personal data, as well as its rectification, deletion, or portability. You also have the right to restrict or object to the processing of your data.

Third-party data: If you provide the personal data of a third party, it is your sole responsibility to have obtained their prior consent for their data to be processed by this entity, and to have informed them of the provisions outlined in Article 13 of the GDPR.

12. Participation of Minors

Minors may participate in the "Shining in the Dark" (BELO) contest, provided their involvement is conducted in a safeguarded manner.

- **Parental Consent:** When consent from parents or legal guardians is provided, participation will follow the general rules of the contest.
- **Sensitive Situations:** In cases involving specific vulnerabilities (such as bullying, self-harm, eating disorders, emotional distress, etc.), minors may participate anonymously or under a pseudonym. In these cases, no identifying data or images may be shown. The minor must be supported by a responsible adult (such as a healthcare, educational, or social work professional, or a representative from a support association), who will ensure the minor's well-being throughout the process.

Medical disclaimer:

The BELO contest is held for artistic and social purposes and is not a substitute for professional medical or psychological care.

Right of exclusion:

The Organizing Committee reserves the right to decline any works that, in its professional judgment, could put a minor at risk. This includes submissions that may lead to public identification, cause additional emotional harm, or show a lack of adult supervision/support.

13. Third-Party Authorization

Express written consent from the creator of the work is required to allow a third party to submit the work on their behalf, or to accept a prize should the entry be selected as a winner.

14. Governing Law and Jurisdiction

By entering this contest, participants expressly waive any other jurisdiction and agree to submit to the Courts of **Madrid, Spain**, for the resolution of any disputes. While the organizers' primary goal is the amicable resolution of any conflict, these rules shall be interpreted under **Spanish law**.

15. Acceptance of the Official Rules (Annex 1)

Participation in this contest constitutes the full and unconditional acceptance of these Official Rules, as well as the criteria applied by the Organizing Committee to resolve any issues arising from the competition. Furthermore, the Organizing Committee reserves the right to modify these rules without prior notice to correct errors or for any other reason the Committee deems beneficial to the goals of the contest.

Eligibility and compliance:

Recognition as a valid participant is strictly contingent upon fulfilling all requirements established in these rules. Failure to accept or comply with these rules will result in the forfeiture of any prizes or rights associated with the contest.

These Official Rules are available to the public as a PDF document on the official contest website: <https://brillandoenlaoscuridad.org/en>. The rules may also be found on the websites of partner organizations and companies that are voluntarily supporting this initiative.

16. Intellectual Property

16.1 Originality and licensing: Participants guarantee that their submitted work is original and does not infringe upon the intellectual or industrial property rights of any third party. If the intellectual property rights of the work belong to a third party, the participant agrees to obtain the proper authorization from the rights holder before submitting it to the contest. Furthermore, for works created using computer software, participants guarantee they hold the necessary user licenses for said software. Participants agree to **indemnify and hold the Organizing Committee harmless** from any third-party intellectual property claims arising from the submitted work.

16.2 Usage rights and media: By the sole act of entering this contest, authors authorize the Organizing Committee to use their creative works for purposes related to editing, reproduction, transformation (derivative works), distribution, and public display. This authorization applies to all formats and communication channels, including but not limited to magazines, books, social media, the internet, or any other media outlet. Works may be shared individually or as part of a compilation, either anonymously or by naming the authors according to the participants' stated

preferences. This authorization is **global in scope** and valid for the maximum duration permitted by current legislation. In the case of literary works, the Organizing Committee is specifically authorized to edit the text for publication.

16.3 Finalist verification: Participants selected as finalists following the initial screening process agree to provide documentation or proof of eligibility for their specific category, should the Organizing Committee request such information.

Unforeseen matters:

Any matter not explicitly covered in these official rules will be resolved by the Organizing Committee at its own discretion and according to its own criteria.

(Please note: Online registration exempts participants from filling out the physical annexes below)

ANNEX 1: ACCEPTANCE OF CONTEST RULES

I hereby accept the terms and conditions established in the "Shining in the Dark" contest rules. I understand that this acceptance is a mandatory requirement for participation in the contest.

City/State: _____ , Date: ____ / _____ / 2026.

Signed: _____

ANNEX 2: SWORN STATEMENT (AFFIDAVIT)

I SOLEMNLY DECLARE: That I (or the person I represent) meet the eligibility requirements set forth in the "Shining in the Dark" contest rules and belong to one of the specific categories required for participation. I understand that the acceptance of this statement is a mandatory requirement for participation.

City/State: _____ , Date: ____ / _____ / 2026.

Signed: _____

ANNEX 3: DATA PROTECTION

I authorize the Europamundo Foundation (CIF G86150380, located at C/ García de Paredes 55, 28010 - Madrid) and the Organizing Committee to process my personal data for the purpose of managing my registration and executing the "Shining in the Dark" Contest, in accordance with the provisions of Clause 10 of the Official Rules.

City/State: _____ , Date: ____ / _____ / 2026.

Signed: _____

IMAGE AND LIKENESS RELEASE:

Furthermore, I hereby grant my EXPRESS CONSENT and AUTHORIZE the Organizing Committee to reproduce, use, and publish my image and likeness worldwide and without limitation, in any type of media or distribution, prior to or following the awards ceremony. This distribution may be conducted for promotional or informational purposes, or any other use that the organization deems beneficial to the goals of this contest.

City/State: _____ , Date: ____ / _____ / 2026.

Signed (Print Name, ID Number, and Signature): _____