



#onethingtochangetheworld

is a campaign designed by the international youth movement AYUDH, highlighting youth voices to promote human rights and share our dreams for humanity.

It was launched on the occasion of the first ever Youth Forum at the Human Rights Council in Geneva, 10th June 2016.

It's as simple as that:

- 1) Print out the image below on A3 paper, cut out the circle and stick it onto a hard surface (if possible)
- 2) Stand in a location that shows the cultural environment you are in, or even shows the challenge that you wish to address and improve
- 3) Hold the printed sign and either take a picture or record a video message (both in landscape format). The frame should show the upper part of your body
- 4) When making your statement remember to be bold, creative and confident. Dream big!
- 5) Submit your video or your photograph and statement-text via email or www.wetransfer.com to change@ayudh.eu. Add the following details: Full name, age, city and country, your occupation (and involvement in civil society movement)

Your video will be on our social media platform in no time.

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