What Ramadan Means to Me!

OPEN TO ALL YOUTH Community-wide in grades 6-12.

All Contest Entries DUE BY NOON on Saturday, May 16, 2020 / Ramadan 23, 1441.

Please email ALL contest entries to RamadanContest@metpdx.org

Please include in Subject Line: Ramadan Contest Entry – YOUR FULL NAME

Art entries must be photographed and the picture emailed to RamadanContest@metpdx.org; the art entry as well must be delivered to our MET Center at 103330 SW Scholls Ferry Road, Tigard, OR 97223; please call to schedule drop-off time.

Questions: Please email RamadanContest@metpdx.org

Contest Details:
Ramadan is a very blessed time of year; Tell us what this special time means to you in the context of your cultural background (traditions, meals, decorations, etc.), your spirituality, your relationship with your parents, friends, teachers, and family, your self-reflection/empowerment/improvement, and how Ramadan impacts and shapes your journey within these areas.

You can express your ideas in ONE OF FOUR formats: A 500-word essay, a 2-minute speech, an art project, or a STEM-focused video emphasizing the above areas along with the scientific benefits of fasting and how this prescription from Allah SWT is indeed a beautiful gift that is essential for both our mental health and physical well-being.

Cash Awards within each of the four categories are:
$75 for 1st Place; $50 for 2nd Place; $25 for 3rd Place

DETAILS regarding different forms of the contest entries are presented next.

A 2-minute speech:
Write an original speech and present it in a 2-minute video, reflecting on what Ramadan means to you as described in the above in Contest Details. Rubric for judging includes Content, Clarity, Delivery (variety of pace, proper pausing), Voice Quality (pleasant, clear enunciation, expression), Body Language (natural, meaningful, appropriate use of gestures), Interpretation (interesting, varied, appropriate), Memory, and meeting the 2-minute time frame.

Post an unlisted link on YouTube and share that unlisted link at the email provided.
**A 500-word essay:**

Ramadan Essay Contest; Word Limit:  500 words

Your document should state your first and last name, which school you attend, and your current grade. Please include a title. Essays will be judged on ideas and content, grammar and conventions, your fluency, and your voice.

**Topic: What Ramadan Means to Me**

Explore the meaning of Ramadan in the context of your everyday life. You may explore ideas about how you practice Ramadan spiritually in the context of your specific ethnicity and/or how living as a young Muslim American in United States impacts how you and your family observe this sacred month. You can expound upon Quranic verses, hadiths of the Prophet (peace and blessings be upon him), family rituals, what you find strength in, what you hope to accomplish or any other things that’s meaningful for you as a Muslim observing the month of Ramadan.

**An Art Project:**

The sky is the limit. Get creative and put your artistic heart and mind to work, and make something awesome that reflects what Ramadan means to you! Whether on a poster, a canvas, a drawing, pottery, art, architecture, calligraphy, show us what the holy month means to you and how you strive to live it to the fullest. Rubric includes content, creativity, voice, and Ramadan-related accents.

Please email a picture to RamadanContest@metpdx.org, and bring your art project to the MET Center at 10330 SW Scholls Ferry Road, Tigard, OR. Call the office at (503) 579-6621 to schedule a drop-off time.

**A 2-3 minute STEM Video:**

STEM Science of Fasting

What are the benefits of fasting: medically and spiritually? and how does the Quran supports fasting and nutrition? Make a 2-3 minutes video that explains the Science of Fasting through the lens of Islam and science.

**RUBRIC:**

1. Time: 2-3 minutes
2. Clarity of content
3. The connection between Science and Islam
4. Use of 2 ayahs from the Quran
5. Science of Fasting: How does fasting affect medically, mentally, and scientifically

Post an unlisted link on YouTube and share that unlisted link in the email provided.

**Questions?** Please email RamadanContest@metpdx.org

Ramadan Mubarak to you and yours!