

# How to Prepare and Submit Your Work

There are four different categories for Project Hope submissions. Here are guidelines for each of the categories:

## Writing

Individual submissions may be in the form of: essay, personal memoir, journalism, short story, poem, comic strip or graphic story. Suggested word length for essay, personal memoir and journalism is 500 to 800 words. Suggested length for short story or graphic story submissions is two to five pages. Work may be submitted in hard copy or submitted at [holycrossbrothers.org](http://holycrossbrothers.org) (click on Project Hope). Be sure to label your work with your name, grade and high school.

## Art

Individual submissions may be two-dimensional or three-dimensional. This includes painting, drawing, photography (if digital it must be a minimum of 300 dpi in jpg format), collage, mixed media and sculpture. Students may submit work in the following formats: mail the actual piece of artwork (please do not mail anything larger than 11" x 17") or a CD-ROM containing a jpg of the image. Be sure to label the CD or the back of any mailed submission with your name, grade and high school. Art submissions may also be submitted at [holycrossbrothers.org](http://holycrossbrothers.org) (click on Project Hope). **Special instructions:** For all art submissions, be sure to include a brief description that explains how the piece of artwork relates to the theme of bringing hope.

## Film

Individual or group submissions (up to four Holy Cross students) may be in the format of documentary, short narrative film, commercial or animation with a length under 10 minutes. Works can be submitted on DVDs; be sure to label DVDs with participants' names, grades and high school. Entries may also be submitted at [holycrossbrothers.org](http://holycrossbrothers.org) (click on Project Hope). The Brothers of Holy Cross strongly encourage the use of original or public domain music.

## Music

Individual or group submissions (up to four Holy Cross students) may be an original song that conveys hope or an interpretation or cover version of an existing song. All submissions should be in mp3 format and can be mailed on a CD (be sure to label the CD with participants' names, grades and high school) or via the website at [holycrossbrothers.org](http://holycrossbrothers.org) (click on Project Hope).

## Where to Send Submissions

By regular mail to:

Project Hope  
Brothers of Holy Cross Eastern Province  
85 Overlook Circle  
New Rochelle, NY 10804-4501

All entries must be postmarked by April 15, 2010

By website:

[holycrossbrothers.org](http://holycrossbrothers.org)  
Click on Project Hope  
All entries must be received by April 15, 2010



**THE BROTHERS OF HOLY CROSS**  
EXTRAORDINARY LIVES, BRINGING HOPE TO OTHERS