



AMBASSADOR FOR A DAY

COMPETITION FOR
INTERNATIONAL
WOMEN'S DAY



What is Ambassador for a Day ?

Ambassador for a Day is a unique programme organised by British Embassies around the world which offers girls aged 15 to 18 an exceptional opportunity to discover the fascinating world of diplomacy.

For the 2026 edition, we're launching a new format! With the arrival of our new **Ambassador to France, Sir Thomas Drew**, the programme is evolving: this year, eight participants will be selected to experience an unforgettable day at the heart of the diplomatic world.

You will experience an action-packed day where you will:

- meet Sir Thomas Drew, British Ambassador to France
- have conversations with other ambassadors and diplomats
- get a behind-the-scenes look at British diplomacy: how does it really work?



Get ready for a fantastic day of meeting inspiring people and discovering the world of diplomacy!

Who can participate?

Girls aged 15 to 18, of all nationalities and backgrounds, residing in metropolitan France.

How to participate:

It's simple, just fill out the form on our website and attach a video of maximum 2 minutes answering the following question:

How could the power of girls supporting girls - through generosity, collaboration and lifting each other up - help achieve gender equality?

Good news: you have the choice between English and French (or a mix!) to express yourself, language will not be a selection criterion.

What is the timeline?

You have until **Sunday 4 January 2026 at 23:59 to apply**. The jury will decide on the eight selected candidates by the end of January 2026, and the programme will take place in March 2026, around International Women's Day.

Need more information?

Don't hesitate to visit our website by [clicking here](#) or scanning the QR code below for all information about the programme and testimonials from previous winners!

For any questions, please contact us: france.publicdiplomacy@fcdo.gov.uk

Access our website





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General Terms and Conditions of Participation

1. The competition is open to candidates who will be aged 15 to 18 before 31 March 2026, reside in metropolitan France– with the exception of close relatives of employees of the British Embassy in Paris and any other person connected to the evaluation of the competition.
2. There is no registration fee.
3. The British Embassy in Paris will cover travel and accommodation costs for the winners and their chaperone.
4. The competition registration process and participation requirements are as follows: • All candidates must answer the following question: " How could the power of girls supporting girls - through generosity, collaboration and lifting each other up - help achieve gender equality?" • Applications must be submitted in video format. The video must not exceed two minutes. The video can be made in English or French, this will not affect the selection of winners. • Registrations must be sent via the application form available by [clicking here](#). In addition to the video, each candidate must provide the following information: surname, first names, date and place of birth, email address and telephone number. This information will be used to inform candidates of the competition results. • Candidates must participate in the competition with videos that have not been published online before the announcement of the Ambassador for a Day competition and that have not been used to apply for similar initiatives. The content of the videos must be original and related to the campaign theme.
5. Only one application per person will be accepted. Multiple applications from the same person will be disqualified.
6. The registration deadline is set for 4 January 2026 at 11:59pm. After this date, no further participation in the competition will be allowed.
7. No responsibility can be accepted for entries not received for any reason whatsoever.
8. Winners will be selected anonymously based on their video by a jury composed of British Embassy employees and independent members. The number of winners will be three.
9. Winners will be notified by email before 31 January 2026. If a winner cannot be contacted within four working days following notification, the British Embassy reserves the right to withdraw the prize from the winner and choose a replacement winner from among the other contestants.
10. The winners' prize consists of: • Experiencing one day at the British Embassy in Paris and meeting with the Ambassador and other diplomats • Opportunity to visit the British Ambassador's Residence in Paris
11. The rules for participating in the Ambassador for a Day campaign are as follows: • Winners must have written parental consent in order to travel to Paris in March 2026. The exact date will be communicated later. An overnight stay may be necessary depending on the participant's city of origin. • Winners must be available to travel to Paris on one day during the week of 8 March (the date will be specified later) as part of International Women's Rights Day to spend the day with at the British Embassy Paris. • Winners must be accompanied by a person over 18 years old (parent, teacher, guardian) in order to travel to Paris in March 2026 and spend a day with an Ambassador. • Winners and their chaperones must have valid identification and/or passport. • Winners agree to be photographed and/or filmed during public engagements as part of the Ambassador for a Day campaign to promote the initiative, provided that the photos/videos do not harm their dignity and reputation.
12. The decision of the British Embassy in Paris regarding all matters relating to the competition, including but not limited to the evaluation of participants, organisation of the competition proceedings and awarding of winners' prizes will be final and no correspondence will be entered into. The authority has the right to modify dates and the order of prize-giving and participants will be informed.
13. By registering for this competition, the participant and their legal representative indicate that they agree to be bound by these general terms and conditions.