

KoHi Project Participation Guide

Hi, KoHi! Tell Your Story.
SMIDA Mission | English guide

Beginning on World Mental Health Day

October 10, 2026

KoHi is a mental health culture project that begins with understanding yourself. Explore your roots, reflect on your present balance, and shape your future one step at a time. We value gentle connections, warm community bonds and respect for each person's pace and boundaries.

Three stages of the KoHi project

1. My past: Myself in history. Explore your birthplace, family environment, language, culture and migration experiences. Discover what shaped you and what you want to carry forward or change.
2. My present: Myself here and now. Use metacognition to step back and reflect on your thoughts, feelings and actions. Consider where you are, your balance, and your need for growth or rest.
3. My future: Growing step by step. Set priorities, take small actions, reflect, adjust, grow and rest. Keep developing at your own pace, with respectful connections and a sense of belonging.

First story Myself in history

A piece of my roots: Korean culture across generations and borders, and my connection to it.

Tell us about a family recipe, your name, an old photograph, music, language, or another piece of Korean culture connected to your life. Culture changes as it moves across generations and countries. What does that story reveal about you?

Who can participate

Everyone is welcome, regardless of age, gender or nationality, wherever you live. You do not need to be Korean or fluent in Korean. Entries may be written in Korean or English.

Start with one photo and five sentences. Writing, artwork and short videos are also welcome. Share only the personal or family experiences you choose to share.

How to submit your entry

1. Download the entry form from smidamission.org under Hi, KoHis! The form is available in Word and PDF with Korean and English prompts.
2. Type in the Word form or print and complete the PDF. A clear scan or photo of a handwritten form is accepted. Add pages if you need more space.
3. Email the completed form and your work to arielhong316@gmail.com.
Subject: [KoHi Project Entry] Name or pen name / Entry title
Attach writing, photographs or artwork. For a large video, provide a sharing link that the organizers can open.

Five questions for your story

- What cultural piece did you choose?
- What person, place or memory connects with it?
- How has it changed across generations or countries?
- What did you discover about yourself?
- What would you carry forward or create?

Dates Selection and awards

Entry deadline: November 30, 2026

Final announcement: December 24, 2026, Christmas Eve

Selection: 12 shortlisted entrants → individual Zoom interviews of about 30 minutes → 5 final winners

Total prize money: US \$1,000

Award ceremony date, interview schedule and individual prize amounts: to be announced

Publication and participant support

All entries will be collected for publication with participant consent, whether or not they receive an award. Choose your real name or a pen name. Images and videos will be adapted for the book, with participants confirming their content before release. Contact details will not be published.

Every participant who requests it will receive a self introduction essay guide and career consultation. Select your preferences in the entry form. Delivery details and schedules will be shared separately.

KoHi leader opportunities

Active, consistent participants in the KoHi culture project will be considered for selection as KoHi leaders. Selected leaders receive vision trip expense support and scholarship benefits. This is separate from the first campaign's awards. Selection criteria, timing and support details will be announced later.

Contact: Ariel Hong | 571-598-2457 | arielhong316@gmail.com

Website: <https://smidamission.org/#kohi-project>

Q&A and announcements: <https://open.kakao.com/o/gid6xmHi>

Use the open chat for questions; submit entries by email.

KoHi is a culture and self-reflection project. It does not provide clinical assessment, diagnosis or treatment.