



"There's no way a Nation can be competitive without developing the inherent capabilities, stimulating the creativity and increasing the skills of her youth."

Esteemed Bloggers

Dear Sir,

Request to Upload our Cooking Contest

Less than 23% of Nigerians are self employed. Research has shown that a lot of people desire to own their own business but don't have the means to do so. So, Young and Cerebral, a Movement for Expressing & Encouraging Passion especially in youths is about to make someone's wish come true!

At Young & Cerebral, we believe that everyone is talented and everyone has a special gift so if cooking is your talent, this is for you. Cook and win an opportunity to become not only self employed but an employer of labor.

Starting from **June 8th – July 31st**, we dare you to compete for **Honour, Respect and Financial Freedom** as you Unlock your Cooking Skills & Slice your way through to the Finals in the **1st Young & Cerebral Cooking Contest**

3 cooks with sterling performances will get kitchen equipment and utensils worth a Million Naira. Fridges, Cooker Ovens, Burners, Gas Cylinders, Sets of Cutlery, Pots and other cooking utensils will be won.

You also stand a chance to win an Internship placement in a big restaurant plus access to a unique business development program.

To Participate in this Cooking Contest, Here are the Rules:

You must be a Nigerian living in Nigeria between the ages of 18-35 years.

Record a Five Minute Video of you preparing any dish of your choice and get a friend to objectively critic it.

Upload on Youtube and tag the video (Y & C Cooking contest).

Send your details, recipes used and link to the Youtube video to youngandcerebral2010@gmail.com

The meal must be a unique one that has not been submitted anywhere before.

YOUNG & CEREBRAL

7th Floor, Senate Building, University of Lagos, Akoka, Lagos

01-8973564, 0809 394 5102

info@youngandcerebral.com

www.youngandcerebral.com

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Get Family, Friends & Frenemies to comment & like your YouTube video.

Like & Follow Young & Cerebral pages for updates.

Facebook: <http://on.fb.me/1Cik4UH>

Twitter: <http://bit.ly/Rzo7W3>

Instagram: bit.ly/1LOy4Yj

Winners will be Judged based on Food Preparation, Presentation, WOW Factor, Objective Criticism from Friend, General Appearance, Neatness Eye for Detail and Artistic Quality.

Confirmed Judges are Chef Daniel Olurin//DML, Chef Abiola Akanji//@RedDishCulinary Busayo Oderinde//Food Enthusiasts

This Competition is Proudly Sponsored by Young & Cerebral, Resource Intermediaries limited, Yemi Electronics, DML, Folaice, Knight & Bishop, Addosser Microfinance Bank, Carmudi Nigeria, ZeroFinance.ng & Reddish Chronicles.

For more Details, Call the Organizers on 08133038749 or send a mail to youngandcerebral2010@gmail.com

This is a Young & Cerebral Initiative

Thank You.

Sincerely,

FRANK JAMES Head, Content & Strategy

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