

## PHOTO, VIDEO & ART CONTEST FOR CANADIAN INDIGENOUS YOUTH

Celebrating the rich cultural & heritage traditions of Indigenous people, FORED sponsors this annual contest with cash prizes for Indigenous youth.

Theme: **Traditional Knowledge & Medicine** Prize: **4 x \$150 prizes** with at least one national winner. *Group work shares prize.* 💰

**DEADLINE:**  
**MAY 22, 2026**

Interview a local elder about homemade salal tea on video? All creativity is welcomed.



Contest Details: Use our easy [website entry form](#). Entries may be mailed to address at bottom.

- Eligibility: **youths aged 5-18 of First Nations, Inuit, Métis, or self-declared ancestry.**
- Participants must include their name, band affiliation/ancestry, home address, phone & email, parent & teacher contact, grade & school on [website entry form](#) or by mail.
- Please include a brief description of how your artwork relates to traditional knowledge and medicine.
- **DEADLINE: May 22/26**
- All original work accepted: i.e. crayon, paint, collage, photos, animations, videos etc. (.jpg, .pdf, .png, .mp4, .MOV). **Minimum image size 2MB.** Videos must be less than 3 min. **Please have someone take a photo of you with your artwork if possible.**
- By entering, winners agree their names & entries can be published in local & social media, or displayed on BC Ministry of Education sites for Indigenous People's Day & our [website](#).
- All entrants qualify for complimentary, honorary youth membership. No commercial use of entries.
- **Mailed entries won't be returned. Only winners will be notified.**
- See how Indigenous volunteer mentors integrate traditional knowledge into natural resources practices on our [YouTube](#). **Follow us on social @foredbc.**
- Complimentary teacher & youth activities by age group on Indigenous culture available [here](#).

**Questions? Email [education@foredbc.org](mailto:education@foredbc.org).**

**FORED BC** is a charitable association established in 1925. We work with volunteers on community-based sustainability projects. We thank our generous donors; the Province of BC & the Vancouver Foundation.



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Support balanced **education** about our **environment** & sustainable **natural resources**. Trusted since 1925.

