



## 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.

**DEADLINE:**  
**MAY 23, 2025**

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



"Our ancestors and the elders have always said to thank the creator for providing us with nature's great medicines and knowledge. And when one is sick in our village who had a stroke we use stinging Nettle to get their feeling back into their body. Once we have taken from our land we always say thank you. And when I bless this medicine I am doing it to help my sick loved one."

Interview a local elder about homemade salal tea on video? Creativity of all kinds is welcomed.

Contest Details: Please submit entries via the easy entry form on our website. <https://www.foredbc.org/traditional-knowledge-contest>  
 Entries may also be mailed to the 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 address, parent & teacher contact, grade & school on [website entry form](#) or with mailed entries.
- Please include a brief description of how your artwork relates to traditional knowledge and medicine. **DEADLINE: May 23/25**

- All original artistic work accepted: i.e. pencil, crayon, paint, mural, 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, June 21, & 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.

