



ARTWORK CONTEST FOR CANADIAN INDIGENOUS YOUTH

To celebrate the **rich cultural and heritage traditions of Indigenous people of BC**, FORED is sponsoring its annual contest with **cash prizes for Indigenous youth**.

Theme: *Traditional Knowledge & Medicine*

Prize: 3 BC winners and a National winner each collect a **\$150 prize**. Group work is eligible for a shared prize.

Original youth photography, video and artwork accepted. Interview a local elder or show off your homemade salal tea on video? Creativity of all kinds is welcomed.

Contest Details:

- **Deadline: May 19, 2024** *EMAIL or mail posters to education@foredbc.org.*
- Open to all **youths ages 5-18 with First Nations, Inuit, Metis, or self-declared ancestry**.
- Participants **must** include **their name, band affiliation or ancestry, home mailing address, phone & email address and grade, teacher & school** on the back of all entries or in covering emails.
- ***Please include a brief description of how your work relates to traditional knowledge & medicine. (example below)***
- All artistic mediums accepted: i.e. pencil, crayon, paint, mural, collage, photos, videos etc.
- **Entries may be mailed or submitted electronically** to education@foredbc.org as a photo or scanned (.jpg, .pdf, .png, .mp4, .MOV). Minimum image size 2MB. For large video files, use the free emailer [WeTransfer](#) (no sign-in required). Videos must be less than 3 min.
- By participating, winners agree that their names and posters can be published in local and social media, be displayed in BC Ministry of Education bulletin boards on Indigenous Day, June 21, and on our [website](#).
- All entrants qualify for complimentary, honorary youth membership.
- **Mailed entries cannot be returned. Only winners will be notified.**
- View Indigenous volunteer mentors use of traditional knowledge in natural resources practices on our [YouTube](#). Follow us on social media @ForedBC.
- Complimentary teacher & youth activities on Indigenous culture available [here](#).

Traditional Knowledge/Medicine Example: ***Cedar Tree Traditional Uses***

Medicinal uses for cedar: oils for cleansing and tea for healing. Wet bark can be made into baskets, spoons, & strips for baskets. The First Nations relied on cedar to be the main source for transportation as they built rafts, canoes. Cedar is used in weapons because it is sturdy and really strong, in the handle of an ax or an arrow body. – Louise, Boston Bar, BC

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FORED BC, short for **FOR ED**ucation about our environment & its natural Resources, is a charitable non-profit association established in 1925. We work with aligned groups and volunteers, on community-based sustainability projects. We thank our generous donors; the Province of BC & the Vancouver Foundation.



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on social:



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

