

ARTWORK CONTEST FOR CANADIAN INDIGENOUS YOUTH

To celebrate the **rich cultural and heritage traditions of Indigenous people of BC**, FORED is sponsoring an 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 with shared prize.

Now accepting photography & video submissions to this contest! Interview a local elder or show off your homemade [salal tea](#) on video? Creativity of all kinds is welcomed.

Contest Details:

- **Deadline: May 19, 2023**
- 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 artwork relates to traditional knowledge and medicine.**
- All artistic mediums accepted: i.e. pencil, crayon, paint, mural, collage, photos, videos etc. **Entries may be mailed to the address below 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.**
- See how Indigenous volunteer mentors integrate traditional knowledge into natural resources practices on our [YouTube](#). Follow us on social media @ForedBC.
- Complimentary teacher & youth activities by age group on Indigenous culture available [here](#).

Please email or mail posters by May 19, 2023 to education@foredbc.org.

Traditional Knowledge/Medicine Example: **tul'mn**

Ochre was used for pictographs since time immemorial. It was crushed to a powder and mixed with water to make a paint mixture. Our people painted it on rocks or their faces. They would also mix sq'wuct which means grease. Tul'mn was in many stories/legends for example, stories about women going down to the lake and painting their faces.

– submitted by Omarah (Okanagan Indian Band), West Kelowna

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.

