



**DO YOU HAVE A CAMERA OR SMART DEVICE?
ARE YOU BETWEEN 11 – 18 YEARS OF AGE?
DO YOU LIVE IN THE SCENIC RIM?**

WoW YOUTH: PHOTOGRAPHY COMPETITION



**PRIZES FOR EACH CATEGORY:
\$85 GIFT CARD TOP ENTRY
\$40 GIFT CARD SECOND ENTRY**

**ENTRIES ARE JUDGED BY A PANEL OF
LOCAL SCENIC RIM REPS**

The *Wheel of Wellbeing (WOW)* has six pillars of wellness that promote health and happiness.

We challenge you to capture images and story tell about the things in life that inspire and improve your wellbeing

Step 1

Read the Wheel of Wellbeing Photography Competition Terms and conditions

Step 2

Get Snapping! Make sure your photo relates to a WOW category.

Step 3

Tell us in 25 words about how this promotes your health and happiness by completing the entry form on the back of the flyer

Step 4

Send your entry form and photography
finances@beaucare.org.au

It's that easy!

**Competition closes:
04 April 2019**

Proudly supported by:





**YOU ARE INVITED TO PARTICIPATE IN THE
WHEEL OF WELLBEING PHOTOGRAPHY COMPETITION
RECOGNISING YOUNG SCENIC RIM RESIDENTS IN
CELEBRATION OF NATIONAL YOUTH WEEK.**

As life becomes busier, it is important to look after our mental and physical health and wellbeing.

The Wheel of Wellbeing is a set of easy actions that can enhance wellbeing, and connect us to our environment.



Introducing the 6 pillars of Wheel of Wellbeing –

Regularly promoting these into your everyday life can positively contribute to overall wellbeing

Body: Be active- Being active improves physical health and can improve mood and wellbeing and can decrease stress, anxiety and depression

People: Connect- Strengthening relationships with others and feeling close to and valued, including at work is critical to boosting wellbeing

Spirit: Give- Carrying out acts of kindness, small or large, can increase happiness, life satisfaction and wellbeing

Place: Take notice- Paying more attention to the present moment, to thoughts and feelings to the world around us boosts wellbeing

Mind: Keep learning: Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.

Planet: Care: Caring for our planet with small positive changes is very satisfying and this positive process will increase our own wellbeing

We would like to see photos taken in the Scenic Rim community that reflect any one of the six WoW categories. Use your imagination. Themes can include natural flora, enjoying the company of loved ones, showing a new skill or hobby you are developing or displaying the beauty around us.

Abstract art is also welcome! Unleash your potential and Happy Snapping!!

For more WoW info <https://www.wheelofwellbeing.org/>

Terms and Conditions

1. Entrants must live, work or study in the Scenic Rim local government area
2. Entrants must be between 11-18 years of age
3. One entry per category, max 6 per entrant
4. All photographs must be original
5. Entrants will retain copyright to the photo and credit will be given to any publicly displayed photo
6. Photos should be no more than 20 megabytes and in jpeg format
7. Entrant is responsible for obtaining appropriate permissions, where required
8. Entries are to be emailed to finances@beaucare.org.au
9. The judging process will be completed by a panel of Scenic Rim stakeholders
10. Entrants give permission for their photograph to be used for publication, advertising or promotional purposes – These will be displayed at local NYW events
11. All entry forms and information submitted will be used exclusively for the purpose of running the competition
12. Winners will be advised via phone and prize collection will be arranged directly with winner