Burnaby Mountain Secondary

We acknowledge and thank the Coast Salish Nations of Musqueam, Tsleil-Waututh and Squamish on whose traditional territories we teach, learn and live.

Student Bulletin

Date: Fri. Mar.13th, 2026

Student First Aid: Yuna Lee and Aveline Mah

Timeline	Messages
NEW	
Mar 13 Ms. Lam	Do you have any plastic bottles, milk jugs, or cans at home? If so, please consider supporting the POPB Bottle Drive! Come drop off your empty bottles, cans, and other refundable containers to the school commons any time until Friday. Every donation helps make a difference. All proceeds from the bottle drive will go toward supporting Indigenous water initiatives through Water First, an organization that works with Indigenous communities to help address water challenges and improve access to safe, clean water. Your small donation can have a big impact. Please consider bringing in your recyclables and encouraging your friends and family to donate as well. Thank you for supporting the POPB Bottle Drive!
Mar 13 Mr. Overes	**Portugal International Field Trip INFO SESSION for Spring Break 2027** The BMSS ADST Department is happy to announce an information session for our prospective Spring Break **2027** international field trip to Portugal taking place **Friday, March 13th.** We are very excited to offer this opportunity to all current and future Business, Foods, or Textiles students who will be in grades 10-12 next year! The meeting will be hosted **virtually on Teams at 5:30 PM** by Ellison Travel and will cover basic information regarding what to expect itinerary and pricing-wise. The information to join the Teams call next Friday is as follows: **Burnaby Mountain Portugal Tour** **Friday, March 13 at 5:30pm** **Microsoft Teams** **meeting Join:** https://teams.microsoft.com/meet/244788874088 91?p=W0jjxZ1QCAXFdw1agd **Meeting ID:** 244 788 874 088 91 **Passcode:** io77Li2m We hope to see as many of you online as possible! Come prepared with any questions you may have.
Mar 13 Mr. Rolph	**Lead the Way:** **Student Council Co-President Applications Now Open!** Are you ready to make a difference at BMSS? Applications are now available for next year's **Student Council Co-Presidents**! This is your chance to step up, lead, and shape student life in the **2026-2027 school year.** ✓ Work as a dynamic duo - run as a pair! ✓ Take on a leadership role that's both **challenging and rewarding.** ✓ Make a lasting impact on your school community. Pick up an application outside **Room 213**, and if you have questions, see **Mr. Rolph. Deadline: Thursday April 2nd, 2026.** Don't miss out on this opportunity to lead BMSS into the future!

SCHOOL GOALS:
Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.
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Apr 3 **Ms. Welsh**	"Tax season is here! Please bring your Income Tax slips and a piece of ID to room 318 on Thursdays and Fridays during lunch to get your taxes filed for free. Accounting students will also be available to teach you how to file your taxes yourself."
Apr 2	**VALEDICTORIAN SELECTION PROCESS 2026** Guidelines & Timeline If a successful candidate does not meet the guidelines, another candidate will be chosen. Nomination packages available in the office and accessible electronically in grade 12 Teams group. Will also be mentioned in the student bulletin, through PA announcements, and via Grade 12 teachers. **April 2nd Completed nomination packages returned to Ms. Binning in the office by 3:05pm**.

Work Experience Opportunities (gr. 11 & 12 only)

(Yes – these all count for work experience hours – make sure you get paperwork from the Career Centre BEFORE you go)

Origami at Coquitlam Public Libraries *Spring Break
The Auragami Club needs volunteers to teach children origami at the Coquitlam Public Library. Volunteers will need to learn 3-5 easy origami patterns to make alongside the kids. There are 4 days at 2 different library branches. City Centre Branch (March 17, 26) and Poirier Branch (March 18, 25). Shifts are 2:00 - 3:30PM for all days. Sign up via https://forms.office.com/r/HTv0S5xe6b or in the Career Centre.

UBC & St-Paul's Hospital Centre for Heart Lung Innovation Lab Work Experience:
Grade 11 & 12 students who would like work experience in a life science research lab, this opportunity is for you. Students will have the opportunity to explore microscopy, histology, protein & DNA analysis and careers in the life sciences area. This amazing opportunity will take place at St Paul's Hospital April 13-17, 2026. Come by the Career Centre for application instructions- deadline to apply is April 1st at Noon.

JOEY Coquitlam Restaurant BMSS Workshop
Are you interested in the culinary arts? Do you want to learn more about working front or back of house at JOEY Restaurants? The Regional Chef for JOEY Restaurants and the Sous-Chef at JOEY Coquitlam will be here at Burnaby Mountain Secondary School on Wednesday, April 1 at 3 pm in Room 120. Come learn more about their cuisine and work experience opportunities. Sign up in the Career Centre beforehand.

Vancouver Food Bank – Winston Street Location (near Costco)
Sign up to volunteer at the Winston Street warehouse – help sort the hundreds of donations that arrive at the foodbank every day. Students can assist with Produce Packing (Mon - Fri 5 – 8pm) and Food Distribution (Friday 3 – 8pm) The commitment period is March to September 2026. Minimum shifts: 2 per month. Accepted applicants will be invited to sign up for a orientation session – Date TBD. **Applications CLOSE soon!** https://foodbank.bc.ca/volunteer/individual-volunteers/

Shoppers Drug Mart – Pharmacy & Retail
Work Experience Opportunity at the Shoppers Drug Mart located on the corner of Cameron and North Road. Stop by the Career Centre for more details and to sign up.

PoMo Museum – Program, Event, Marketing, Landscaping, Collections & Maintenance Positions
The PoMo Museum is located near Rocky Point Park in Port Moody. The museum preserves and celebrates the heritage and historical town site of IOCO. Volunteers support the museum from cleaning and organizing gallery space, gardening & landscaping, assisting with programs & events, and promoting the museum. Volunteer positions include: birthday event assistant, museum event assistant, landscaping assistant, gardening assistant, content creator marketing, activity creation, event planning assistant, archives & collections assistant and museum maintenance. For more information go to : https://www.pomo.museum/volunteers-1 Click the Volunteer Package Information link for more details or pick up a handout in the Career Centre.

Bonsor Recreation Centre Easter Event
Bonsor's Easter Event is looking for passionate High School volunteers to help support our Family Fun Easter event on Friday, **April 3rd** from 11:30am - 2:00pm! Volunteers for the Easter Event are required to attend one of the in-person training sessions on either **March 20th** from 1:00pm-3:00pm or **March 23rd** from 12:30pm - 4:00pm at Bonsor Recreation Complex. Interested students will need to set up an account with BetterImpact and apply here: https://tinyurl.com/bdvrmtrt . Students will also have to fill out a waiver form and have it signed by their parent or guardian. Pick up a waiver form in the Career Centre.

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Bettie Allard YMCA

The Bettie Allard YMCA is a modern recreation centre located near the Burquitlam Skytrain Station. They run a variety of programs for children, youth and adults and they are look for dedicated volunteers to help with their community programs. Interested students can sign up in the Career Centre to attend the next orientation: Date TBD. Once you have completed an orientation you can sign up to volunteer for the classes and events that interest you and work for your schedule. There are afterschool and weekend programs and events, as well as Summer programs. Student must commit to completing a minimum of 50 hrs, but there is no timeline to complete the hours. Sign up in the Career Centre now.

Vancouver International Children's Festival

The Vancouver International Children's Festival, **May 25-31** at Granville Island, has been educating, entertaining, and inspiring young audiences since 1978. Whether you'd like to help kids with crafts or games, or work onsite with their admin or festival staff, or take on a more advanced role, this is a great opportunity. Sharpen your leadership skills, get Work Experience hours, meet great people, and have tons of FUN. Minimum two-shift commitment, sign up with a friend**.** Sign up in the Career Centre or online at https://app.betterimpact.com/Application?OrganizationGuid=fc7ac456-0bb1-42b0-9869-194498a46166&ApplicationFormNumber=1 (all links are clickable in Teams and the school bulletin)

Vancouver Sun Run

With over 40,000 participants, volunteers are needed to assist with every aspect of the race weekend from start to finish. This race would not be possible without the volunteers! Encourage your friends and family to join in the fun. Each volunteer will receive a special souvenir T-shirt and refreshments. Student volunteers will receive a letter of completed volunteer hours via email (one week after the race).With over 1,500 volunteers needed to make this incredible event happen, it wouldn't be hard to find a volunteer position that is just the right fit for you! Volunteer Roles Include: SUN RUN PACKAGE PICK UP: **April 17 & 18** at the Vancouver Convention Centre; INFORMATION SERVICES: **April 19** outside BC Place and WRAP PARTY: **April 19** inside BC Place. Pick up an information flyer in the Career Centre. To apply go to: **https://event.vansunrun.com/172858/volunteer**

Invasive Species Youth Environmental Program

Do you want to make an impact in your community, but don't know where to start? Join the Invasive Species Council of BC Youth Program and help prevent the spread of invasive species and help keep ecosystems healthy. Learn how to engage the public and build an effective team, gain experience in project management and budget building, get access to training opportunities in habitat restoration, invasive species management, leadership, and more! Design and lead your own community project or join another one and have your project funded – up to $5,000 available per project. Connect with youth across Canada and grow your network while gaining practical, hands-on work experience in a safe and inclusive space. To apply you must be 15-30 years old and have Canadian citizenship, permanent resident status, or refugee status. To apply go to: https://bcinvasives.ca/take-action/community-science/youth-team/

Burnaby Hospice Society Thrift Store

6843 Kingsway, Burnaby - Volunteers perform a wide range of duties from sorting and pricing donations and checking electronics and small appliances to helping customers or being a cashier or wrapper. To apply go to: https://www.burnabyhospice.org/form/thrift-store-volunteer-form

Place des Arts

Place des Arts is a not-for-profit arts education centre with a mission to inspire the artist in everyone. Place des Arts has many volunteer opportunities for youth and adults throughout the year. From providing classroom assistance in our arts education programs to helping out at events, we provide meaningful ways to get involved in the arts and contribute to the community. Afterschool, weekend, and Summer shifts are available. For more info and to apply go to : https://placedesarts.ca/volunteer/

Sprouting Chefs at Forest Grove Elementary

Sprouting Chefs Sprouting Chefs runs afterschool cooking and gardening class at Forest Grove Elementary and they are looking for volunteers. **Wednesdays Cooking Classes – 3:00 pm to 5:00 pm & Fridays Garden Club – 3 pm to 4:30 PM.** Garden Club duties include: Supervision and Support with children ranging from 7 to 13 yrs old; Ensuring children are using garden tools and kitchen tools properly; Helping with garden tasks such as planting, weeding, watering, and possibly building trellis structures. You will learn about what seeds need to grow, managing existing plants, and organic planting methods. As a holistic nutritional student, your knowledge of conscious eating habits and the health benefits of eating fresh foods will be highly valued. Cooking Classes duties include: washing dishes, supervising students while preparing and cooking food. Required Skills: Good English-speaking skills, strong work ethic, responsible and reliable with good time management. Volunteers must enjoy being outside in nature and being with children, leadership skills and or environmental awareness are strong assets. For more info & to apply:

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https://docs.google.com/forms/d/e/1FAIpQLScyAYosTRiep_Any8V7Nu-IJEfFRcC06ifmy56tPjL_y1DWYw/viewform

New Vista – Seniors Care Home
New Vista is a Seniors Care Home located in Burnaby (near Edmonds Community Centre). They are looking for volunteers Monday to Thursday evenings, and Sunday morning & afternoons, to help with their social and recreational programs. This is a fantastic work experience for anyone interested in health care. To sign up come to the Career Centre. *Specifically seeing volunteers who can speak Korean*

Port Moody Library – Teen Volunteer Programs
The Port Moody Public Library provides volunteer opportunities for teens to get experience, leadership skills, and volunteer hours working with kids. They are currently accepting applications for the following programs : Book Buddies: Share stories and books with kids to help them improve their reading skills / / Homework Help: Help kids with homework and gain valuable tutoring experience. For more info and to apply go to : https://www.portmoodylibrary.ca/en/programs-and-events/teen-volunteer-programs.aspx

Low Entropy Thrift Store – Burquitlam Plaza
We are looking for enthusiastic and friendly volunteers to support us in person to operate our thrift store. You will perform a wide range of duties from customer service to sorting donations and organizing the store. Most volunteers work one shift per week. To apply go to : https://app.betterimpact.com/PublicOrganization/4d580166-d7db-4d55-a867-aabdd6b15b6e/Gvi/72493870-bf25-4090-a5cc-7a927752e6bf/1

Vancouver Art Gallery
Are you interested in art? Are you curious about what goes on behind the scenes at the Vancouver Art Gallery? You can now join their friendly and dedicated team of Gallery Volunteers! Volunteers are an integral part of the visitor experience at the Vancouver Art Gallery. To register for an info session, visit https://www.vanartgallery.bc.ca/volunteer Volunteers must be 16 yrs+.

Lucky's Doggy Daycare
Do you like dogs? Would you like to work and play with LOTS of dogs? Lucky's Doggy Daycare is looking for volunteers. They are located a short walk from Gilmour Skytrain Station in Burnaby. Check out their website for more info: https://www.luckysdaycare.com/. They currently have weekday and weekend volunteer placements available (Monday to Friday 3:30 – 6:30pm / Saturday or Sunday 10am – 2pm or 2pm - 6pm). Students volunteer one day per week, for 6 – 8 weeks. You must be comfortable around large groups of dogs of all types and sizes. If you are interested, please stop by the Career Centre to sign up.

SUMMER Work Experience Opportunities (gr. 10 & 11 only)
(Yes – these all count for work experience hours – make sure you get paperwork from the Career Centre BEFORE you go)

Royal Soccer Day Camps *SUMMER
The Royal Soccer Club (RSC) is a non-profit, community organization who has hosted unique soccer camp experiences in Burnaby, New Westminster and Coquitlam. Camps operates Monday to Friday from June 29 until September 4, 2026. Volunteers can apply for: morning sessions 8:30am – 12:30pm, afternoon sessions 12:30pm – 4:30pm or full days sessions Mon-Fri, 8:30am – 4:30pm. Minimum volunteer time is one week. Volunteers at our summer day camps may assist staff with coaching and supervising children at camp and help with equipment collection and maintenance. For more info go to: https://royalsoccerclub.com/employment/jobs/british-columbia/. To apply go to : https://royalbc.campbrainstaff.com/ Pick up a handout in the Career Centre for more details.

BC Technology for Learning Society *SUMMER
Are you interesting in gaining some computer refurbishing experience at a local non-profit organization. For more information go to: https://reusetechbc.ca/. Come by the Career Centre if you are interested in a Summer volunteer placement there. Students complete one week of work experience with an 8am - 4pm schedule.

Port of Vancouver Business Leadership Internship * SUMMER
The Vancouver Fraser Port Authority Leadership Program offers grade 10 and 11 students the chance to gain meaningful work experience, build leadership and communication skills, and make new friends. Through this program, leadership students: GAIN hands-on work experience and an understanding of key workplace competencies BUILD leadership skills through team-building activities DEVELOP strong communication and presentation skills CREATE connections with peers and university student mentors EMERGE with increased confidence and greater self-awareness. The program begins with two mandatory training sessions on: Sunday, May 3 and Sunday, May 10. Both sessions run from approximately 9:00 a.m. to 3:00 p.m. Application deadline: Wednesday, April 1, 2026. Students must complete a minimum of 80 volunteer hours through both training and

volunteer work at community events across the Lower Mainland and at Canada Place. Upon completion of the program, students are eligible to receive a $1,000 honorarium. Sign up in the Career Centre today.

SFU Summer Camps *SUMMER
Volunteering for SFU Camps offers practical experience in a safe and fun environment. SFU Camps offers a range of educational, sports, and recreational camps. Volunteers will get an opportunity to work with children and youth, build leadership skills, meet new people and have a rewarding summer as part of SFU Camps & Youth Programs! The minimum commitment is 2 weeks, which can be consecutive or separate. Interviews will be scheduled for mid May. Volunteers must also commit one on-site training day in late June (Date TBD). To apply go to : https://www.sfu.ca/camps/opportunities/volunteer-opportunities.html Applications OPEN March 25th.

Theatre Under the Stars *SUMMER
Theatre Under the Stars (TUTS) is an outdoor summer theatre at Malkin Bowl in Stanley Park. TUTS has always depended on the hard work and dedication of our volunteer team! Over 200 members contribute their time, energy, and skills to make each season a great success! We require energetic, committed individuals to help in the front of house: ushering, taking tickets, greeting, and staffing the coffee bar and bar. We also recruit for our backstage crew, who work in costuming, lighting, sound, set, and props for the run of the shows. Backstage crew members are required to attend rehearsals in the later half of June, as well as all of the performances of the show to which they are assigned (every other night in July and August). Perks of volunteering include complimentary tickets to a TUTS production, work experience hours, weekly prizes, and a wonderful summer of fun in Stanley Park! For more info and to apply go to: https://tuts.ca/programs-and-rentals/volunteer/

Career Exploration Work Experience (Pay to attend Programs)
(Yes – these also count for work experience hours – make sure you get paperwork from the Career Centre BEFORE you go)

Preparation for Nursing Education at BCIT * SUMMER
The BCIT Preparation for Nursing Education Course is designed for students who have completed Grade 11 and are interested in pursuing a nursing career or other health-related programs. This course introduces the essential knowledge and academic skills required for success in future nursing studies. Students will be introduced to the profession of nursing and the healthcare environment while developing the academic skills that are necessary for post-secondary success. This course provides an introduction to professionalism and communication in healthcare, medical terminology, nursing care, the healthcare environment, and quality and safety. It also introduces concepts of respect, diversity, and inclusivity. This 36 hour course is delivered in person, at BCIT from **June 29 – July 3**. It offers hands-on experience in a lab/simulation setting. The cost for the program is $390.+taxes. For more info and to apply go to : https://www.bcit.ca/courses/preparation-for-nursing-education-nurs-1005/

RISE (REAL-WORLD INDUSTRY SKILLS AND EXPERIENCE) at LaSalle College *Spring Break
Explore creative career opportunities in our high school workshops as you learn to create project-based portfolio work with industry related technology and equipment. Be inspired! **March 23 to 26**– 8:45 a.m. to 5 p.m. Fee : $150. Participate in one of our hands-on workshops in the following areas and receive 30 hours of work experience: 3D Modeling & Animation| Digital Media Content Creation | Game Design | Professional Recording Arts | Culinary Arts and Baking & Pastry | Fashion Design | Jewellery Design | Graphic Design | Interior Design. To register visit: https://lasallecollegevancouver.lcieducation.com/en/news-and-events/events/2025/10/rise-2026

Vancouver Film School – Creative Break High School Camps *Spring Break
VFS is offering virtual programs over March Break. Each program explores related careers in the entertainment industry. Workshops are led by experienced professionals. Workshop titles include: Film Production – Cinematic Story Telling, Stop Motion & Design Magic, Acting, Design and Animate a Title Sequence, Animation - Visual Effects for Film, and Makeup for Stage and Screen, Visual Art & Design Fundamentals and Intro to Sound Design Sign up for the area you are interested in exploring**. March 16 -17** or **March 18-19** or **March 23-24** – 9am – 4pm daily. There is a cost to this program - $200 - $225. per workshop. To register for Creative Break go to: https://vfs.edu/content/creative-break-2026

Emily Carr University – Spring Break Art Camps *Spring Break
Our Spring Break Art Camp is designed to inspire creativity, provide space to explore and give opportunities to meet other young creatives. We've curated a range of courses so you can explore popular studio practices in art and design through hands-on classes taught by practicing professional artists, designers and educators. With a focus on foundational skills and creative process, courses are open to students at all experience levels. We want to make your Spring Break fun, memorable and inspirational! Camps run **March 16 – 20** and **March 23 –** 27 from 8:40am - 3:10pm. Sign up for one week or two! Cost per week is $736. To apply go to : https://www.ecuad.ca/academics/teen-programs/spring-break-art-camp

Science World – Future Science Leaders

Future Science Leaders, presented by Acuitas Therapeutics, is a 26-week after-school program which runs between September and April. It provides hands-on experience, expert mentorship, and access to leading-edge companies to explore STEAM (science, technology, engineering, art & design, and math) beyond the classroom. Over the course of 26 weekly sessions, participants dive into experiential STEAM learning, guided by expert mentors and surrounded by like-minded peers. The cost for the program is $1450 + GST. Participants explore STEAM through interactive workshops, industry field trips, and industry mentors. They'll present their projects at two Science World events, attend local conferences, and gain access to networking and alumni opportunities. With personalized reference letters and skill-building experiences, FSL is a powerful investment in curiosity, confidence, and a future in STEAM. For more info and to apply go to
: https://www.scienceworld.ca/futurescienceleaders/

Career Exploration and Leadership Development

(these also count for Work Experience Hours – but you MUST get paperwork from the Career Center BEFORE you go)

Arts Umbrella – Architecture Summer Intensive *SUMMER

In collaboration with Urbanarium, the Summer Architecture Intensive helps students gain a deeper understanding of architecture, as they explore creative approaches to building public spaces and discover new ways of seeing the built environment. In an immersive studio environment, they engage in research, critique, and making, drawing, and building models to highlight their ideas. A reception for family, friends, program partners, and donors is held at the end of the program to celebrate their experience. We encourage applications from youth that identify as members of underrepresented groups. The program is open to students ages 15-19 and runs August 4-14, 2026 at Arts Umbrella on Granville Island. This program is FREE as cost are covered by BTY Global. Applicants must submit a portfolio and letter of intent. For more info and to apply go to : https://www.artsumbrella.com/art-design/architecture-summer-intensive/ . Application deadline: Friday, May 29, 2026 at 8:00AM

Arts Umbrella –Contemporary Art Intensive *SUMMER

In this three-week intensive art program for teens, students advance their artistic skills and critical thinking with the support of professional Vancouver artists, curators, and educators. The Contemporary Art Practices Scholarship Summer Intensive program introduces students, ages 15-19 to creative approaches in art-making through a series of workshops and self-directed projects. Students explore a range of contemporary art practices, pushing the boundaries of their own art in a supportive studio environment. Throughout the program, they engage in critiques and discussions about how to develop their ideas and work with new materials and methods. An exhibition of student work in the Cassils | Henriquez Exhibition Gallery at Arts Umbrella caps off the program. We encourage applications from youth that identify as members of underrepresented groups. The program runs August 4-21, 2026 Monday-Friday, 1:00-4:00pm at Arts Umbrella on Granville Island. This program is FREE as cost are covered by Polygon Buschlen Mowatt Nichol Foundation. Applicants must submit a portfolio and letter of intent. For https://www.artsumbrella.com/art-design/contemporary-art-practices/. Application deadline: Friday, May 29, 2026 at 8:00AM

MINERVA – Future Ready - Essential Skills Workshops

Minerva BC is excited to invite young women and gender-diverse youth aged 17–25 to join Future Ready, a free, interactive program designed to help youth build confidence, strengthen real-world skills, and connect with an inspiring community. They'll learn from young leaders who have recently transitioned into the workplace, gain insights from senior leaders, and practice skills they can use right away in school, work, and life. All sessions will take place over Zoom on Tuesday evenings this spring (**March 10 – June 2**) from 6-7:30pm. For more info pick up a flyer in the Career Centre and to apply go to : https://www.surveymonkey.com/r/FutureReady26

UBC Medicine Youth Outreach Mentorship Program

This program connects high school students, especially those who come from equity deserving and underrepresented populations who have an interest in medicine, with UBC medical students to learn more about university life, self-care, and the application process for UBC medical school. Learn more at https://mdprogram.med.ubc.ca/admissions/before-you-apply/md-ambassador-outreach-program/. Students can apply at https://ubc.ca1.qualtrics.com/jfe/form/SV_cTsW47ErtAzYAyW

University of Calgary – Online Medical Lecture Series: The Hidden Virome

oin us on March 30th for an eye-opening hybrid public lecture that explores what the human virome is, how many viruses inhabit the body, and the important distinction between pathogenic and commensal viruses. We will examine bacteriophages — viruses that infect bacteria rather than human cells — and discuss how viruses shape our microbiome and influence immune function. By reframing viruses not simply as threats but as integral components of our internal ecosystem, this talk provides a new perspective on health, immunity, and the complex microbial world we carry within us. This lecture features Dr. Ann Gregory, a leading researcher from UCalgary's Snyder Institute. To register to join online: https://snyder.ucalgary.ca/mini-med/series-eleven

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Rise Up! Strengthening Food Systems and Environmental Stewardship Program

Are you interested in food, the environment, or making a real impact in your community? Through the Rise Up! Strengthening Food Systems and Environmental Stewardship program, you'll have the chance to discover and grow your passion for food systems, the planet, and your community. You don't need to be an expert or have prior experience, just bring your curiosity and willingness to learn! Rise Up! is funded in part by Canada Service Corps and is designed specifically for youth aged 15–30. Youth volunteers will be required to commit a total of 120 hours within 12 months, which will include the following: Hands-on volunteer service placement with host organization (40-60 hours); 1-day regional gathering in summer 2026, and a 4-day provincial retreat in fall 2026 (40-50 hours). There is no cost to you for accommodation, travel, and food. Self-paced learning modules, webinars, personal reflections, and check-ins (20-30 hours) Applications for the Spring 2026 cohort are currently accepted (until all placements have been filled). For more info and to apply go to : https://riseup-phabc.ca/youth-volunteers/

Burnaby Fire Department Youth Academy 2026

Are you interested in learning more about a career in firefighting? The Burnaby Fire Department is hosting a 4-day academy, May 4-7, 2026, where students will learn firefighting skills, fire hose operations, search & rescue and belay techniques and much more. Pick up an application in the Career Centre. Deadline to apply is March 13th.

S.U.C.C.E.S.S. Community Leadership Initiative

The Community Leadership Initiative (CLI) program empowers youth to design and lead their own civic engagement projects that promote inclusivity and reconciliation. We aim to support participants as they gain a better understanding of themselves and the needs of their communities through interactive workshops and field trips. Eligibility - Canadian Citizen, Permanent Resident or Refugee Status **/** Ages 15-30 **/** Commitment to the 10-month program. For more info and to apply go to : https://successbc.ca/cli/

MANifest - A free program for male identifying youth to prevent gender-based violence (GBV)

Through a series of interactive workshops, discussions, and activities, participants will delve into critical topics such as power dynamics, patriarchy, intersectionality, and their relationship to gender-based violence (GBV). Our program is dedicated to preventing GBV, supporting survivors, facilitating healing, and seeking justice through collaborative solutions. MANifest Change is a multi-session series project, consisting of five sessions per series. Each session spans two hours and involves discussion workshops facilitated by counselors, facilitators, and mentors. Participants are encouraged to step outside their comfort zones and engage in the learning process. Note that this program requires participants to take part in all five sessions (two hours each session). For more info and to sign up go to : https://www.burnabyfamilylife.org/manifest-program

CyberStart Canada: Free Cybersecurity Program for Youth

CyberStart Canada is a free, immersive, gamified learning experience that helps students develop cybersecurity skills while having fun. Supported by RBC and in collaboration with TryHackMe, CyberStart Canada allows young Canadians to dive into the world of cybersecurity through hands-on labs, challenges, and puzzles. You'll gain confidence, practical experience, and the skills to impress higher education institutions and future employers. Whether you're hacking machines, investigating attacks, or solving complex puzzles, CyberStart Canada will ignite your passion for cybersecurity. For more info and to register go to : https://cybersecurecatalyst.ca/cyberstart/

Lower Mainland Green Team

Looking for a constructive way to improve the health of our environment? Want to support your own health and be part of a community? Green Teams of Canada (GTC) invites community, particularly youth, to engage in hands-on environmental action projects to: Develop a sense of belonging to community and place, connect to nature, cultivate leadership skills, and learn about environmentally responsible actions. For more info about Green Team Lower Mainland, and to sign up for upcoming invasive species removals, park clean-ups, and other events, go to : https://greenteamscanada.ca/locations/lower-mainland-green-team/

Paid Work Opportunities

Playland is Hiring : 2026 PNE Summer Jobs - Playland & FIFA Fan Festival™

Come work for Vancouver's favourite entertainment destination! We are looking for over 1000+ enthusiastic and motivated individuals to join our 2026 season for the Playland Amusement Park (May - October) and support the delivery of the FIFA Fan Festival™ (June - July)! As a part of this experience, you'll have the opportunity to learn new skills, gain valuable work experience, and create lasting memories either as a part of the Playland or FIFA Fan Festival™ venue teams. A wide variety of positions are available, such as Food & Beverage, Guest Experience, Ticketing, Games, Rides, Public Safety, Parking, and Grounds Clean-Up. For more info pick up a handout in the Career Centre or go to : https://careers-pne.icims.com/jobs/2018/2026-pne-summer-jobs---playland-%26-fifa-fan-festival%e2%84%a2/job. Preference will be given to candidates who submit their resume before **March 9, 2026.**

Pedalheads Bike Camps for Kids: Summer Instructor

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It's that time of year again - Pedalheads is hiring Instructors for their Spring Break bike camps! Gain work and leadership experience, build up your resume, spend time outside, and help kids learn how to bike. Pedalheads offers programing for kids ages 2-12 where they learn about fundamental bike skills and develop a love for biking! We're looking for people to join our dynamic, high-energy team to create breakthrough, happy dancing, high-fiving, "I did it" moments by teaching kids all about biking. Camp locations include: Brentwood, Burnaby - Brentwood Park Alliance Church / South Burnaby New West - Location TBD / Como Lake, Coquitlam - Queen of All Saints School. To apply go to : https://tinyurl.com/2s3dxr4a

Pedalheads Soccer Camps for Kids: Spring Break & Summer Instructor
Do you have a passion for working with children and LOVE sports? We are looking for confident characters to teach foundational soccer skills to our 2–12 year old soccer stars. Pedalheads Soccer is a program like no other which requires our coaches to channel their inner child and put their imagination and creativity to the test. Our coaches use humor, songs and story-telling to make our little players fall in love with soccer. Experience in either playing or coaching sports is preferred though this does not have to be soccer specific, as full training will be given. Camp locations include: Brentwood, Burnaby, and Deer Lake, Burnaby. For more info and to apply go to : https://tinyurl.com/ynh2yduk

Post-Secondary Info Sessions

UBC (University of British Columbia) – In Person Campus Tours
Join us on our Vancouver campus for a guided walking tour with a UBC Student Ambassador. After the tour, an advisor will be available to answer your questions about our undergraduate programs, admissions, scholarship opportunities, and more. Tour happen Monday – Sunday at various times. To see the schedule and sign up go to : https://tinyurl.com/5bt6b6es

Douglas College Info Fair – In Person
Join us at the Douglas College Info Fair at our **Coquitlam location on March 11** and our **New Westminster location on March 12**, both are at 5pm. Explore the programs you're interested in, talk with instructors one-on-one and see our campuses. Each campus will showcase different programs, so you can join us for one or both nights, depending on your interests. For more info go to: https://www.douglascollege.ca/future-students/explore-douglas/information-sessions

Douglas College Health Care Career Fair
Join us at the Douglas College Health Care Career Fair! It takes place Wednesday, April 1, from 4–7pm at the Coquitlam Campus. Register to get a chance to hear from current students and grads studying and working in the health-care field, explore a simulation lab and tour our campus. Plus, if you register and attend the event, you will be entered in a draw to win a tuition fee voucher, which covers the cost of one course at Douglas!
Talk with instructors from the following programs at the Fair: Biology , Health Care Assisting , Health Information Management , Hearing Aid Sciences , Kinesiology , Medical Office Administration , Mental Health and Substance Use Work , Nursing , Opticianry , Psychiatric Nursing , Social Work and Therapeutic Recreation. For more info and to register go to: https://www.douglascollege.ca/future-students/explore-douglas/future-students-office/health-care-career-fair

UVic (University of Victoria) – Online Info Session
If you're thinking about applying for undergraduate studies at UVic, join us for an online Discover UVic event on **Tuesday March 17th at 5 pm** and learn what it really means to be a UVic student. More than just getting into university, we'll explore the possibilities and what your education can be. You'll hear about our co-op program and why hands-on learning is so important, how you can engage with your surroundings, and how our community can inspire you to succeed. Register at: https://tours.uvic.ca/details/399749/discover-uvic

BCIT (British Columbia Institute of Technology) – Online Info Sessions
March 10 - Marine Mechanical Technician
March 18 - Railway Training
To register go to: https://www.bcit.ca/events/category/infosession/online/list/