



Burnaby Mountain Secondary



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

Student Bulletin

Date: Fri. May 29th, 2026

Student First Aid: Reina Fung and Taerim Kim

Work Experience Opportunities (gr. 10 - 12 only)

Volunteer Babysitting

We are looking for 2-3 volunteers to provide childcare during a parent meeting at Cameron Elementary School on Thursday May 21st from 6:45 – 9:00pm. Sign up in the Career Centre.

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 June to September 2026. Minimum shifts: 2 per month. Accepted applicants will be invited to sign up for a orientation session – Date TBD. Applications open June 1st. <https://foodbank.bc.ca/volunteer/individual-volunteers/>

2026 Vancouver MS Walk

The 2026 Vancouver MS Walk is taking place Sunday, May 31st at Rocky Point Park, Port Moody (2800 Murray St, Port Moody, BC) The MS Walk is a community-driven event for people living with or affected by Multiple Sclerosis as well as those who want to support our vision of creating a world free of MS. Tens of thousands of Canadians come together in their communities every May to participate in an MS Walk to help find the cause and cure for this disease. These events would not be possible without the support of hundreds of dedicated volunteers given their time. There are various areas where volunteer help is needed to ensure that this event runs smoothly. For more info and to apply go to : <https://tinyurl.com/22235jaw>

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>

Hats Off Day Event

Hats Off Day returns to Hastings Street in Burnaby this year on June 6th, 2026! Volunteer Burnaby is seeking youth volunteers (teens under 19) to participate in the event in various roles. These positions lend themselves well to those who enjoy teamwork, helping others, and working in a fast-paced environment. Shifts will be confirmed closer to the event date. Roles depend on availability and interests. Interview required; mandatory orientation: 45 minutes. Shifts will be 6-7 hours long max, with breaks in between. Available roles are: June 5 - Lunch Packer / June 6 - Set up crew, Photographer Assistant, Parade Banner Crew, Recycling Volunteer, HMA Info Booth, Inflatable playground assistant and Survey Canvassers. For more info and to apply go to : <https://burnaby.bcvolunteer.ca/positions/hats-off-day-youth-volunteer> Once you are accepted as a volunteer come to the Career centre to pick up paperwork. You must have paperwork BEFORE you volunteer.

Burnaby Central Railway

The Burnaby Central Railway is one of Burnaby's most popular and beloved attractions, offering miniature train rides to the public. The railway is open to the public from Easter to Thanksgiving on weekends and stat holidays. We are looking for student volunteers aged 14 +. Previous experience not required, but a positive attitude is a must. A second language is an asset. Learn more at bcsme.org. Shifts may be half day or full day,

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10am – 5:30pm. Volunteer tasks include marshalling the passenger maze and loading trains, crossing guard attendant, general help at the garden railway and non-operating day help with grounds maintenance and site operations. Upcoming orientation on April 11 9:45 – 10:45am. If you can't make the April 11th orientation ask if there is another orientation date.

Tip apply email : communications@bcsmc.org. Send you first and last name, school name, and ask when the next orientation will take place.

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 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)

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.

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*

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. We also have one week summer placements available. 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.

Invasive Species Council of Metro Vancouver (ISCMV) Invasive Plant Removal – Burnaby

Join us and help protect and restore Burnaby's beautiful Burnaby Mountain and other Burnaby Parks! Volunteers are needed to remove invasive species. This event is free and open to all community members, including families & youth. Participants do not need to be City of Burnaby residents. No experience is necessary. The event will be led by an experts from the Invasive Species Council of Metro Vancouver. Volunteers will be provided with instruction, gloves, refreshments, and all the required tools. Upcoming invasive plant removals and Native Species Planting date and locations : Burnaby Mountain: July 3, 10am-12pm / Central Park: May 23, June 13, August 29, September 19, October 3, November 7 10am – 12pm / Deer Lake Park: May 30 10am – 2pm, June 12 & July 31 6pm – 8pm / Robert Burnaby Park: July 24, September 18 & November 14, 10am-12pm. For more info go to: <https://iscmv.ca/events/> To sign up go to : <https://tinyurl.com/4tctjukp>

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>

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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/>

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+.

The Madison & Lakeshore – Seniors Care Homes

The Madison & Lakeshore are Seniors Care Homes located in Coquitlam (just off Como Lake Ave). They are looking for volunteers weekends at Lakeshore and weekdays during the summer at The Madison. Volunteers attend one day a week for a minimum of 12 weeks. This is a fantastic work experience for anyone interested in health care. To sign up come to the Career Centre.

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)

Bettie Allard YMCA *SUMMER

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 looking for dedicated volunteers to help with their kids summer camp programs. Camps run July 6 – August 21. Volunteers must commit to a minimum of 2 weeks. Interested students can sign up in the Career Centre to attend the next orientation: (Date TBD.) Sign up in the Career Centre now.

Christine Sinclair *SUMMER

Volunteers are needed for the City of Burnaby kids summer camps at Christine Sinclair Community Centre. Camps run Monday - Friday from 9am-3:00pm daily. Shift times: Monday 8:15am-3:15pm. Tuesday-Friday 8:30am-3:15pm. Camps run July 6 – September 4th. All placements are one week – Monday to Friday. Duties include : Help the Day Camp Leader set up and take down crafts and games. • Greet children as they arrive at camp. • Encourage and include all children who need help to participate in activities • Help the leaders on out-trips and with other camp activities. • Contribute to activity planning and evaluation by suggesting ideas for activities and giving feedback to the Camp Leader. • Sign in and sign out so that your volunteer hours will be counted. • Participate in volunteer performance evaluation. For more info and to sign up come to the Career Centre.

Code Ninja's *SUMMER

Code Ninjas Coquitlam (1130 Austin Ave) is looking for volunteers for their "Learn to Code" program for kids. This is a great opportunity to get experience in a computer science industry. Afterschool, Saturday, and Summer shift are available. The next orientation will be on June 3rd at 5:30pm at Code Ninja's. For more info and to sign up come by the Career Centre.

Coquitlam & Port Moody Summer Farmers Market*SUMMER

The Coquitlam and Port Moody Farmers Markets are currently looking to fill all volunteer positions for the 2026 Farmers Market season (May – October) including Set up, Take down, Kid's Power of Produce tent and our Kid's Craft Tent. Please go to the volunteer application, linked below, and indicate your availability and the position(s) you are interested in. We will be in touch if we have volunteer shifts to offer you. To apply go to: <https://www.makebakegrow.com/volunteer-application>

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Belcarra Beachkeepers *SUMMER

Beachkeepers is a fun stewardship program that runs June 26 – September 6 on weekends and holidays. We meet at the Belcarra Regional Park picnic area. This volunteer position involves four main activities: Scientific crab study (measuring and sexing crabs and recording any injuries), answering questions and educating park visitors about intertidal creatures, explaining fishing regulations and beach etiquette to park visitors and caring for live ocean animals (animal handling). A minimum of 6 weekend shifts (approximately 30 hours) throughout the summer, from the last weekend in June to Labour Day. No previous knowledge of marine life or fishing regulations is required, as training is provided. To apply go to

: <https://metrovancover.org/services/regional-parks/volunteer-opportunities> Applications close May 31.

PedalHeads *SUMMER

Our Junior Instructor program (volunteer program) accepts applicants who are interested in gaining experience in children's recreation by volunteering at our spring break bike camps. There are camp locations in Burnaby (Brentwood Park Alliance Church) Coquitlam (Como Lake Queen of All Saints School and Pinetree – Robson Park) and more. Our bike camps concentrate on bike safety and skills for kids ages 2 -12. We have 6 levels teaching everything from training wheels to trail riding. Each level includes 5 learning categories: safety knowledge, safety skills, trail riding, street riding, and bike maintenance. Volunteers will be paired up with an experienced instructor. For more information pick up a handout in the Career Centre. To apply go to: <https://www.jotform.com/253527193926263>. Please note that applying does not guarantee a spot. We will email you to confirm your application to be a volunteer.

Place des Arts – Summer Fun Program *SUMMER

Place des Arts is seeking summer work experience students for our visual and performing arts camps: Our Summer Fun! program runs for six weeks from July 6 – August 14, 2026, and offers a variety of visual and performing arts camps. We are seeking responsible, caring, and committed volunteers with an interest in working with children, ages 5-12 years. Experience working with children 5-12 years old, (for example babysitting, daycare, volunteering with elementary schools, day camps and other children's programs) is preferred. Shifts are daily (Monday-Friday) and you can choose between: 8:30am-12:50pm / 11:45am-4:00pm / 8:30am-4:00pm. Minimum 2 week commitment. For more info pick up a handout in the Career Centre, and apply at: <https://placedesarts.ca/volunteer/summer-volunteers/> Deadline to apply is June 20th.

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 operate 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.

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/>

Burnaby Farmers Market*SUMMER

We want YOU! Exciting volunteer opportunities await! The AFMS is a non-profit organization with a plan to provide local communities with locally grown foods, farm products, and other locally made products. We host markets to facilitate a direct producer-to-consumer relationship. Come hang out with us! We stand by the three F's- Fun, Friends and Food! :) Burnaby Farmers Market - Saturdays, May 10th - Oct 18th 9am - 2pm - 4949 Canada Way (Parking lot of Burnaby City Hall) Shift #1) 7:15am - 11:30am - Set Up Shift (You'll set up

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signage, tents, table, chairs and manage traffic flow. Other duties as assigned) Shift #2) 11:30am - 3pm - Tear down Shift (You'll start out at the Info Tent and engage with the public and then help with the dismantle of the event taking down signage, tents, tables and chairs and directing traffic out of the site.). To apply go to : <https://tinyurl.com/337ann7d>

Arts Assistants for BAG's (Burnaby Art Gallery) Summer Camps 2025! *SUMMER

Students that have an interest working in an art gallery, supporting professional artists, and working with children would be best suited for this opportunity. Duties include: Support and assist art instructor deliver art programs; Support printmaking in the classroom and manage the printing press (training will be provided). Utilize public speaking skills to lead a group of children and maintain their attention; Help with set up, clean up and general tidying of the programming space. Applicants should have experience and/or enjoy fine arts and crafts.

We are accepting 2 volunteers per week and have 12 positions available. Applicants must commit to a full week. Placements available July 6 – August 14th. Pick up an application in the Career Center ASAP.

Camp Madawaska*SUMMER

Volunteers needed for City of Burnaby summer camp for kids at Warner Loat Park in Burnaby (near Government Rd). Minimum 1 week commitment – July or August. Camp runs Monday to Thursday. Volunteers will assist with games and activities at this outdoor camp. For more info and to sign up come to the Career Centre.

Charles Rummel *SUMMER

Volunteers are needed for the City of Burnaby kids summer camps at Charles Rummel Centre (near Seaforth Elementary School). Volunteers will assist the camp leaders with set up, clean up, running of activities, crafts and events, and interacting with the kids. Volunteer placements are one week – Monday to Friday, 8:30am – 3:30pm. Dates available are July 6 – September 4. To sign up come to the Career Centre.

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 August 10 – 14. 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/>

Healthcare Horizons – BCIT ONLINE Virtual Program* SUMMER

Healthcare Horizons: Career Exploration is a first-of-its-kind, fully online, healthcare career exploration course for BC high school students. This competency-based course introduces students in grades 10 to 12 to diverse healthcare career pathways while building foundational knowledge of Canada's healthcare system and essential workplace skills. Through guided self-assessment, exploration of five healthcare career clusters, and interactive learning activities, students develop career clarity alongside core competencies in patient-centred care, professionalism, communication, clinical safety, health information literacy, and healthcare technology, culminating in a personalized education and career action plan. An optional one-day immersive experience will be offered at BCIT's Health Sciences Centre in Burnaby, where students will tour state-of-the-art facilities, participate in hands-on activities, and connect with instructors and current students. The program runs June 29 - July 6. Cost for the program is \$298.46 + taxes. For more info and to apply go to : <https://www.bcit.ca/courses/healthcare-horizons-career-exploration-hlth-1000/>

Geneskool Summer Science Program* SUMMER

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Join us for hands-on molecular biology and biochemistry experiments, exciting guest speakers and more at Geneskool's summer program for high school students. This year the program will run August 17 – 21 at Capilano University. Students can gain hands-on lab experience investigating a scientific marvel turned mystery using biotechnology, genomics, fibre, blood typing, microbiology and microscopy. Fellow scientists, grab your lab coat and join us! Spaces are limited. Register today! Registration fee: \$350 (bursaries available) to apply go to : <https://events.genomebc.ca/geneskool-ssp2026>

Emily Carr University –Summer Institute for Teens * SUMMER

Summer Institute for Teens (SIT) is an immersive, month-long art and design program that provides unique, hands-on learning experiences for young creatives. Each student selects a studio concentration, from painting and illustration to animation, industrial design and more, and develops their practice through four weeks of immersive, creative learning. With expert guidance, students expand their portfolios, connect with peers and celebrate their achievements in a public exhibition. Tuition cost \$2,713.20. For more info and to apply go to : <https://ecuad.ca/youth-programs/summer-teen-programs/summer-institute-for-teens/#SIT-Courses>

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. 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 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/>

Vancouver Film School –Summer Intensive*SUMMER

Join us on-campus in Vancouver this summer for five-day intensive workshops in Film, Animation, Acting, Game Design, Digital Design, Writing, and Makeup Design. You'll enhance your technical & creative skillset, begin crafting your career portfolio, get a taste of our full-time creative arts programs, and try something new in a true studio environment. Vancouver Film School summer workshops are taught by experienced professionals who are actively working in and shaping the creative industries. Sign up for the area you are interested in exploring. Price varies per workshop – see specific workshops for prices. Dates: July 6 – August 14, 2026, 9 a.m. – 4 p.m. each day. To register go to: <https://vfs.edu/programs/summer-intensives>

Career Exploration and Leadership Development

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

UBC Women in Orthopaedics (WORTH) Workshop

The Department of Orthopaedic Surgery at BC Children's Hospital and Department of Orthopaedics at UBC invite interested female students in grades 10-12, (including women-identifying individuals and non-binary and gender non-conforming students) to attend the Women In Orthopaedics (WORTH) workshop on Saturday, June 6th, from 8:30 am to 3:30 pm at BC Children's Hospital. This workshop is open to all young women interested in pursuing a career in healthcare. Register at: https://ubc.ca1.qualtrics.com/jfe/form/SV_1XJPwIPVpcUuytU

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

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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 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 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

Camp Ignite – Firefighting Program for Females *SUMMER

Camp Ignite is a three-night, three-day camp (August 7 – 9, 2026) that educates and inspires young women to follow their dreams. We aim to show our campers a future of limitless opportunities and demonstrate that anything is possible. The camp is open to girls currently in grade 12 or entering grade 12 in 2026, who are currently living in British Columbia. Our camp offers an introduction to the exciting world of firefighting, along with fitness, nutrition, health and teamwork. We are a not-for-profit society and strive to keep the camp affordable and accessible to those interested. We offer our campers the chance to explore the many aspects and specialties associated with firefighting. They will have an opportunity to learn about the various tools and skills needed to be successful in the fire service including auto-extrication, hazmat operations, and technical rope rescue operations To apply go to : <https://forms.gle/MRcSiyVvAnLWpDyw8>

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/>

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/>

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

MINERVA – Rise and Shine Mental Health Program

Rise and Shine is an online program designed for self-identifying girls and gender-diverse youth ages 15-24. Participants learn and practice strategies to strengthen their mental and emotional wellness and shine their brightest.

This program consists of five sessions developed by mental health experts, giving participants the opportunity to connect with supportive peers and mentors in a safe, non-judgmental space. Throughout the program,

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youth will explore topics related to mental and emotional wellness, develop resilience, and build meaningful connections.

The program runs virtually over zoom from 10 – 11:30am on the following dates: July 27 – 31, 2026. Our youth program is free of cost to participants thanks to our generous funders who believe in empowering youth wellness.

To apply go to : <https://minervabc.ca/brochure/rise-and-shine-summer-2026/>

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/>

Paid Work Opportunities

Pedalheads Bike Camps for Kids: Summer Instructor

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 [programming 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/2s3dxx4a>

Pedalheads Soccer Camps for Kids: 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>

Paraspace Landscaping Summer Internship

No Experience required! Looking for a fun summer job where you can work with friends, earn great pay, and gain real-world experience? Para Space Landscaping is hiring high school students for paid internships—no experience required! Compensation: \$24.53/ hr + 4% paid vacation. Weekends & holidays off. Free training on the job. All safety gear provided. Access to free in-house education. Opportunity to return every summer with us—or start a career! What You'll Do: Work outdoors with local crews; Stay active while learning new skills; Join a diverse, supportive team and Enjoy beautiful job sites around the city. We're looking for reliable, hardworking students who are positive team players and the ability to fulfill physically demanding, hands-on work in all weather conditions. Start off working part time, 3 days per week with the opportunity to work full time hours, 5 days per week if comfortable! Learn about different plants on the job through our knowledgeable Landscape Supervisors on a weekly basis! For more info and to apply: <https://paraspaceinc.bamboohr.com/careers/87>

City of Burnaby – General Election

To ensure the success of the 2026 General Local Election, the City of Burnaby is hiring for a variety of election worker positions on General Voting Day (October 17) and during Advance Voting (October 3, 7, 10) . You do not need to live in Burnaby to apply, although preference will be given to Burnaby residents. All applications must be submitted online and applicants are required to complete and pass an online test. A resume is not required, but may be uploaded and will be considered an asset. You must legally able to work in Canada and be 16 years of age or older. Due to the volume of applications, only successful candidates will be contacted. Please have voicemail activated.

To apply go to : <https://www.burnaby.ca/our-city/mayor-and-council/elections/election-workers>

Post-Secondary Info Sessions

SCHOOL GOALS:

Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.

Goal 2: To increase student awareness, understanding and practice of healthy living.

Douglas College - Online Info Sessions

Douglas College virtual info sessions provide important details such as admissions requirements, co-op opportunities, career pathways, university transfer options, curriculum guidelines and more. Plus, each program-specific information session is led by a faculty member from that program so you get to interact and converse with your future instructor(s). Upcoming virtual info session May 21st at 5pm. See our information session page to find out which programs will be present. For more info and to register go to : <https://www.douglascollege.ca/future-students/explore-douglas/information-sessions>

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 May 12th 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>

SCHOOL GOALS:

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Goal 2: To increase student awareness, understanding and practice of healthy living.