



**NOT OUR
Culture!**

The 4 Ds

AHL's Tackling Indigenous Smoking Art Competition

2013

Competition Handbook



Better Lives, Better Futures... safe, comfortable, culturally appropriate and affordable accommodation for Indigenous Australians who must live away from home to access services and economic opportunity.

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Guidelines

Background

Tackling Indigenous Smoking at Aboriginal Hostels Limited (AHL) invites Aboriginal and Torres Strait Islander Young People between the ages of 8-18 to participate in the summer art competition "The 4 Ds". The 4 Ds- Delay, Deep Breathe, Distract and Drink Water- are strategies which can assist people to stay in control of their cigarette cravings while on their quit journey. Participants are asked to illustrate an activity a person can engage in to distract them when they have an urge to smoke. There are a wide range of activities a person can partake in. Participants might like to draw a person going swimming, setting up camp, painting a picture or playing football.

Whatever the drawing the picture needs to be visually attractive and get people thinking about all the activities they can engage in and make the most out of life.

There are some fantastic prizes up for grabs, including dinner for you and a friend with the National Rugby League (NRL) Indigenous All Stars Women's Team!

Aim

The competition aims to encourage young people to think about an activity a person can engage in instead of smoking. Ideas stimulated through this competition may assist to distract people when they are experiencing cravings for cigarettes.

How to Enter

1. Draw a picture
2. Fill in the application form, clearly indicating your name, the name of the activity you have drawn, your name and contact details.
3. Send your entries to

AHL Delay, Deep Breathe, Do Something Else Competition

PO Box 30

Woden ACT 2606

By 2 February 2013

For more information on this competition, please contact Samara on samara.rahman@ahl.gov.au or phone 02 6212 2063.

Eligibility and Criteria

1. Participants must identify as Aboriginal and/or Torres Strait Islander.
2. Participants must complete the Application Form.
3. Participants must sign and agree to the Terms and Conditions listed overleaf.
4. The picture must depict one or more activities.

5. The drawing must not contain any information which may be considered derogatory, offensive or culturally inappropriate.
6. The drawing must be your original work and must never have been published in any format, except for the purposes of school work or school publications.
7. All entries will be judged on the visual appeal of the picture and the thought behind the activities presented. Although not compulsory, participants are recommended to provide a short written rationale on why they chose to illustrate that particular activity in particular.

Prizes

Major Prize Winner

- Dinner for two people with the Indigenous NRL All Stars Women's Team. Transport and/or accommodation will be provided for winners who live outside a 50km radius of the dinner venue.

Second Prize

- 2 tickets to the NRL Indigenous All Stars games plus a framed and autographed picture of the team. Flights and/or accommodation will be provided for winners who live outside the Brisbane metro area.

Third Prize

- 2 tickets to the NRL Indigenous All Stars games

Application Form

1. Name of the Activity: _____

2. Given/Preferred Name: _____

3. Surname: _____

4. Age: _____

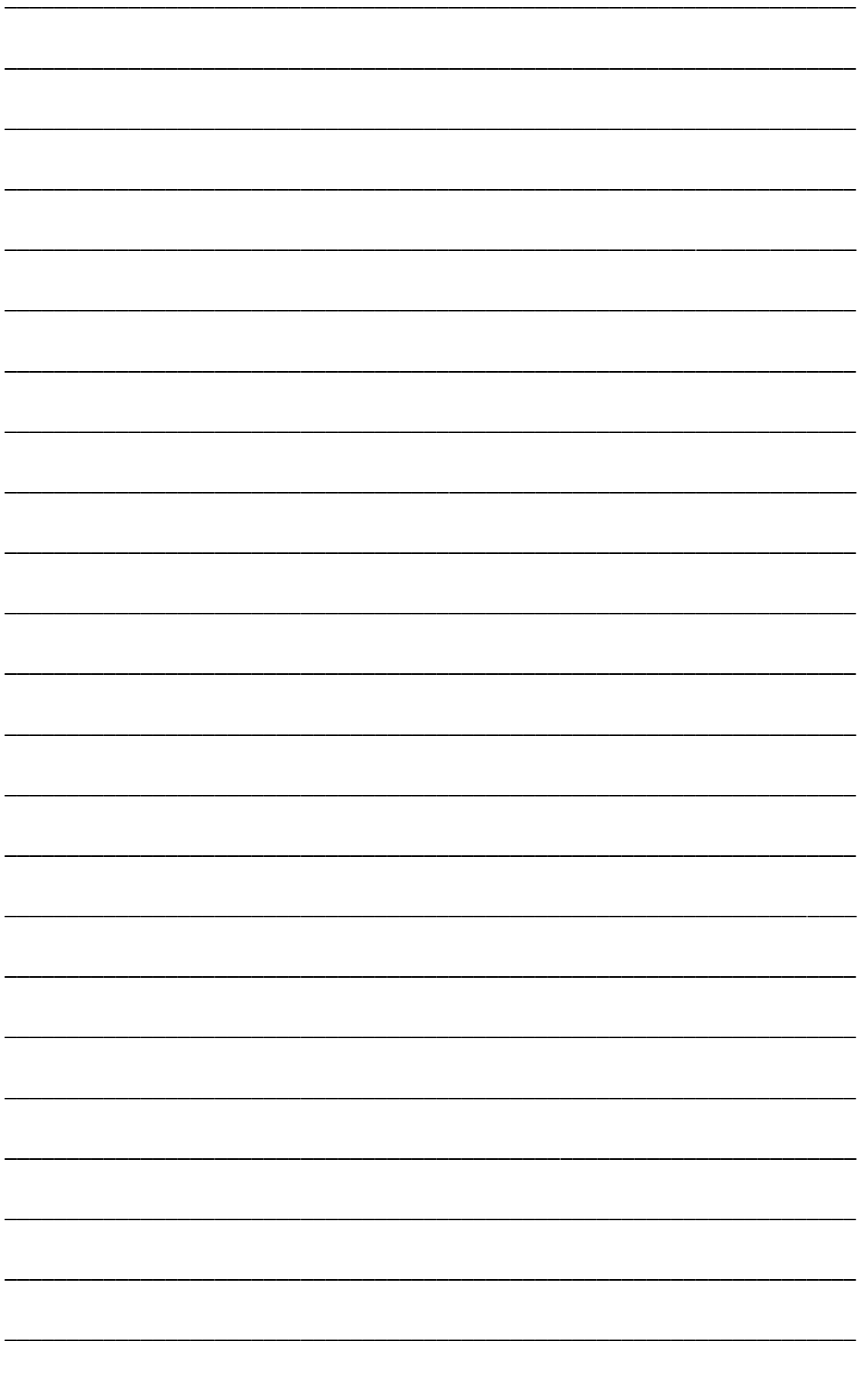
5. Address: _____

6. Phone number: _____

7. Email: _____

8. In 50 words or less, please tell us why you drew this activity for your entry

(optional) _____



Full Terms and Conditions

- This competition is conducted by Aboriginal Hostels Limited.
- By participating in the competition and submitting your entry you are deemed to accept these Terms and Conditions of the Competition.
- The competition is open to Aboriginal and/or Torres Strait Islander people between 8 and 18 years.
- Entries must be submitted by mail and received in Canberra by 2 February 2013. Any entry received after this date will be deemed invalid.
- You are able to enter more than once.
- By entering this competition you represent and agree that your entry is original and your own work and it does not infringe the rights of any third party.
- By entering this competition, you assign all intellectual property rights (including but not limited to full copyright) to Aboriginal Hostels Limited. You agree that your design may be used by AHL agencies for promotion, advertising, education, teaching and research purposes. You agree that your design may be published in whole or in part and agree that in using or publishing it Aboriginal Hostels Limited does not have to acknowledge you as the contributor.
- You represent and agree that your design is not sexually explicit, offensive, defamatory or in breach of the confidentiality or privacy of any third party in any way.
- You agree that prizes must be accepted as awarded and no fee will be payable to you for the use of your entry.
- This is a competition of creativity and skill; chance plays no part in determining the winner. Each entry will be individually judged based on merit. The judges' decision is final and no correspondence will be entered into. Entries will not be returned. Shortlisted entrants will be notified via the details provided on the entry form.
- Entrants are responsible for ensuring all personal information entered is correct and complete. No responsibility will be taken for any failure to contact a shortlisted entrant as a result of incorrect information. If shortlisted entrants cannot be contacted within two weeks of the judges final decision another entry will be selected.
- Shortlisted entrants may need to provide proof of identity, proof of age and/or proof of entry validity in order to claim a prize. Proof considered suitable for verification is at the discretion of the competition organisers. In the event that a winner cannot provide suitable proof, the winner will forfeit any prize offered in whole and no substitute will be offered.
- The prizes are NOT transferable or exchangeable and cannot be taken as cash. Any taxes which may be payable as a consequence of a winner receiving a prize are the sole responsibility of the winner.
- Aboriginal Hostels Limited is not liable for any costs associated with entering the competition.
- To the extent permitted by law, Aboriginal Hostels Limited makes no representations or warranties as to the quality, suitability of any prize awarded nor will it be liable for any loss or damage whatsoever which is suffered (including but not limited to indirect or consequential loss), or personal injury which is suffered or sustained in relation to this promotion, except for any liability which cannot be excluded by law.

- Entries which do not comply with these Terms and Conditions will not be eligible for the competition.

Privacy Notice

• Personal information collected from you in connection with this competition is limited to the items on the submission form and whatever personal information about yourself or other persons that you choose to provide with your entry. Personal information obtained from you via the submission form will be used solely for the purposes of running the competition. The names of winners and any award recipients and their home state or territory may be published on the Aboriginal Hostels Ltd and the Commonwealth Department of Health and Ageing's websites and in other promotional material.

• If you advise the competition organisers that you do **not** wish to have your name published and/ or do not wish to be contacted for promotional or website development purposes, your name will not be published.

I agree to the above terms and conditions:

Print Name: _____

Signature: _____ Date: _____

Parent or guardian signature is required if under 18:

Print Name: _____

Sign: _____ Date: _____