

Application Guide

If you're reading this, you probably have an amazing project to submit to the Ingenious+ challenge. Woohoo! We are pumped for you and the incredible things you're doing in your community. Let's make sure your application hits the mark.

Step 1: Make Sure Your Innovation Qualifies

Your innovation can be a product, a service, a process, or a program that solves a problem or makes the world a better place. You might be thinking... "That could be almost anything!" And you're right. We are using a broad definition of innovation to capture the wide range of awesome things young Canadians are doing. Make sure your innovation fits into one of these five categories:

- Community and Civic Engagement
- Climate Change and the Environment
- Equity and Inclusion
- Health and Well-being
- Technology and Entrepreneurship

Ideally, your project should be advanced beyond the idea or concept stage. Can you demonstrate that you've started to put the solution into action? Check mark! Projects do not have to be complete inventions or something you can make money from to qualify. You must also:

- Be between 14 and 18 years old (you must have turned 14 but not yet turned 19 at the time of entry)
- Have the permission of a parent or legal guardian if you are under the age of majority in your province or territory
- Having reached your 14th birthday and not yet reached your 19th birthday at time of entry.
- Ensure your innovation project is led and created by youth
- Be a Canadian citizen or Permanent Resident

Decide whether you will submit on your own, or with collaborators who are part of your project. All collaborators must meet the above requirements.



Step 2: Gather your submission elements

Before you start filling out the application form, gather up everything you will need. Make your application process nice and smooth by noting all your information in a document before beginning the online form.

You can submit your project description in writing, in video, or both. You will need to answer these questions:

- Describe the problem or opportunity your innovation addresses. Why is this important? (Max 200 words) 10 points
- Describe your innovation in detail, including any relevant information as to how it came about. What are you doing to solve the problem in question one? (Max 200 words) 5 points
- Tell us about your Research and Design process. What sort of background research and/or consultation have you done to support the development of your idea (e.g., consulting with the audience your innovation will impact, consulting people in the field or industry)? If referencing published research, please add a citation in a valid format. (Max 200 words) 5 points
- How are you innovating for good and who does your innovation help and how? (Max 200 words) 10 points
- Current landscape: What is currently being done to address this problem or similar problems in your community or elsewhere? How is your project different or better than existing solutions? If no solutions exist, why might that be? (Max 100 words) 5 points
- How will you implement your innovation? Are there any potential barriers to implementing your solution? If so, how might you propose overcoming them? (Max 100 words) 5 points
- Explain who your collaborators or partners have been, or will be, as the innovation is brought to life. (Max 200 words) 5 points
- Describe how you would use the cash award to support your innovation. (Max 200 words) 5 points

If you're submitting in writing, stick to the word counts listed beside each question. Focus on the process and benefits of your project and try to avoid jargon or buzzwords. We want to know about you and your project!



Video submissions

Video submissions must be shorter than 10 minutes long.

Practice your answers to the questions above and record yourself speaking to the camera. Make sure:

- You answer every question.
- You introduce yourself and your team.
- Your face is well-lit with natural or artificial light—we want to see you!
- The video is capturing your audio clearly. Record in a quiet room and use a microphone if you have one.
- Show us your stuff! If it makes sense for the question, show us your innovation as you talk about it. Make sure we can see your project clearly in the video if you choose to include show and tell.

You can record your video in one long shot, or edit together each question. Upload your completed video to YouTube or Vimeo before beginning the online application. You will be asked to submit your video link in the application.

Relevant files and documents

All submissions need to include an image that represents your project. This could be:

- An image of you and your innovation, either a physical object or digital rendering
- A photo from an event associated with your project
- A team photo of you and your collaborators
- An image of the problem you are trying to solve

Images must be smaller than 5MB and in .jpeg or .png format. This is your chance to show off your stuff! If your project is a thing, make sure we can see it clearly in the image.

If there are other documents, pictures, drawings, recordings, presentations or videos you would like to include as part of your submission, please upload documents (Max file size 5MB) and/or share the link to Vimeo or YouTube (video should not exceed 2 minutes). Please use the title of your submission in the name of your attachments.



Step 3: Request an RHF Account

Start by creating your Ingenious+ account through the application portal.

When you request an account, our team will review your request during regular business hours (Monday to Friday, 9 a.m.– 5 p.m. ET). Once approved, you'll receive login credentials by email.

Please note it may take a few days to receive your credentials depending on the busy season. If you request an account during the holiday closure (December 19 to January 5), you'll receive access once offices reopen.

Step 4: Send us your stuff... and wait.

Don't be afraid to contact us (ingeniousplus@rhf-frh.ca) about the application process! We're here for you if you've got questions.

Once you're ready to submit, set aside one or two hours where you can focus in a quiet space and upload your answers and documents. We don't want you to miss anything, or mix up your responses.

After you submit your application through the portal, you'll receive an email the following day with your release form. If you're under the age of majority in your province or territory, your parent or guardian will also receive a copy to sign. Both forms must be completed for your application to remain eligible.

We take time to review each application carefully. Successful applicants will be notified by email. Regional award recipients are announced in Spring 2026. National award recipients are announced in June 2026.

Good luck!

Have questions?

Learn more at ingeniousplus.ca or [contact us!](#)

Question worksheet

1. Describe the problem or opportunity your innovation addresses. Why is this important? (Max 200 words) 10 points

2. Describe your innovation in detail, including any relevant information as to how it came about. What are you doing to solve the problem in question one? (Max 200 words) 5 points

3. Tell us about your Research and Design process. What sort of background research and/or consultation have you done to support the development of your idea (e.g., consulting with the audience your innovation will impact, consulting people in the field or industry)? If referencing published research, please add a citation in a valid format. (Max 200 words) 5 points



4. How are you innovating for good and who does your innovation help and how? (Max 200 words) 10 points

5. Current landscape: What is currently being done to address this problem or similar problems in your community or elsewhere? How is your project different or better than existing solutions? If no solutions exist, why might that be? (Max 100 words) 5 points

6. How will you implement your innovation? Are there any potential barriers to implementing your solution? If so, how might you propose overcoming them? (Max 100 words) 5 points



7. Explain who your collaborators or partners have been, or will be, as the innovation is brought to life. (Max 200 words) 5 points

8. Describe how you would use the cash award to support your innovation. (Max 200 words) 5 points

