Terms and Conditions for submissions to the *Postcards from the North* Competition

1. General

1.1. *The Postcards from the North* Competition is facilitated and owned by Women's Health In the North. Young adults from Omnia Community Health programs provided consulting support to the design competition and are part of the judging panel.

1.2. The competition starts at 3pm (AEST) on 30 October 2026 and closes at 11:59pm (AEST) on 10 December 2026.

1.3. The competition theme is 'An Equal, Safe, Thriving North'.

1.4. To submit a design, entrants will submit an A6 postcard design.

1.5. Entrants will be asked to submit an action they will take today to make tomorrow safer for all. These actions will not be judged.

1.6. There will be three winning entries. There will be a first prize, second prize and a third prize.

1.7. Women's Health in the North reserves the right to not accept submissions if they deem them to be:

1.7.1. Created using artificial intelligence (AI).

1.7.2. Inconsistent with the competition's purpose.

1.7.3. Offensive.

1.7.4. Not reflecting the values of the competition or organisation.

1.7.5. Including personal information (including their image) without consent from the person depicted.

1.7.6. Submitted by ineligible persons.

1.7.7. Submitted after the submission deadline.

1.7.8. Plagiarising another's work.

1.8. Women's Health in the North reserves the right to take any action to cancel, modify, suspend or amend the submission process and these terms and conditions.

1.9. Women's Health in the North accepts no liability for any loss, damage, or expense incurred by entrants as a result of participation, technical failures, or competition changes or cancellation.

1.10. By submitting an entry, entrants grant Women's Health in the North a non-exclusive, royalty-free licence to reproduce, publish, and adapt their design for promotional and educational purposes.

2. Eligibility

2.1. Submissions must be made by people who are:

2.1.1. Aged 18 – 25 years of age, on 11:59pm 10 December 2026, AND

2.1.2. Live, work, volunteer, play, or have some connection to the north metro Melbourne region, which includes the Local Government Areas of Hume, Merri-Bek, Yarra, Darebin, Banyule, Nillumbik and Whittlesea.

2.2. A maximum of three submissions are permitted per person.

3. Entry

3.1. To enter the competition, entrants must:

3.1.1. Submit an entry via the online form on the Postcards from the North page on the WHIN Website at www.whin.org.au/postcards-from-the-north

3.1.2. Complete the entry form in full, including registering your full name, and email address.

3.1.3. Upload their postcard design.

3.2. To enter the competition on behalf of a young adult:

3.2.1. Ensure you have the young adult's consent to enter the competition on their behalf.

3.2.2. Submit an entry via the online form on the Postcards from the North page on the WHIN Website at www.whin.org.au/postcards-from-the-north

3.2.3. Complete the entry form in full, including registering the young person's full name, and email address.

3.2.4. Upload the young adult's postcard design.

4. Winning Entry

4.1. Decisions regarding the three winning designs will be made by the Women's Health In the North Health Promotion Team, Omnia Community Health and young adults involved in developing the competition.

4.2. Decisions will be made based on four criteria. The criteria are: Relevance to theme, creativity and originality, clarity and strength of message, visual Impact ('vibes').

4.3. Project team decisions are final and cannot be challenged.

4.4. The three winners will be decided and notified by 5.00pm (AEST) on 21 December 2026.

5. Prize

5.1. Submitting a design does not automatically mean you will receive remuneration.

5.2. Each of the three winning entries selected by the judging panel will receive a prize. First prize is a $500 pre-paid gift card, second prize is a $200 pre-paid gift card, and third prize is a $100 pre-paid gift card.

5.3. The pre-paid gift card will be distributed by post.

5.4. Each prize is awarded to the relevant winner only and is not transferable, exchangeable or redeemable for cash. The prizes are not employment remuneration. If a stated prize component is unavailable, Women's Health in the North may substitute an item of equal or greater value.

6. Publication and Sharing

6.1. The three winning designs may be:

6.1.1. Printed and publicly distributed in physical form.
6.1.2. Published and publicly distributed in digital formats.
6.1.3. Used to develop promotional materials for future events and activities by Women's Health in The North.
6.1.4. Used to develop social media content.

6.2. Entrants consent to Women's Health in the North making reasonable edits or adaptations to their work for formatting or promotional purposes.
6.3. When used in any format, the submissions will always be credited to the contributor in the way they have indicated (e.g., full name, anonymous, with social media account).
6.4. If a contributor does not want their submission used in the ways outlined above, they are able to contact Women's Health in the North to discuss usage.
6.5. Entrants retain copyright in their designs but grant WHIN permission to reproduce, publish, and adapt the work as described above.

7. **Submission specifications**

7.1. Submissions are not limited to specific creative types, however, must be submitted as a PNG, JPEG or PDF for consideration.
7.2. Files must not exceed 10MB.
7.3. Image submissions must be provided as JPEG or PNG format at 300 DPI to ensure high quality printing.
7.4. All submissions (i.e., the file attachment) must be labelled with the contributor's full name and title of the submission.