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HATS OFF TO YOU! AND EXCELLENCE IN SCIENCE CONTESTS 2025-2026

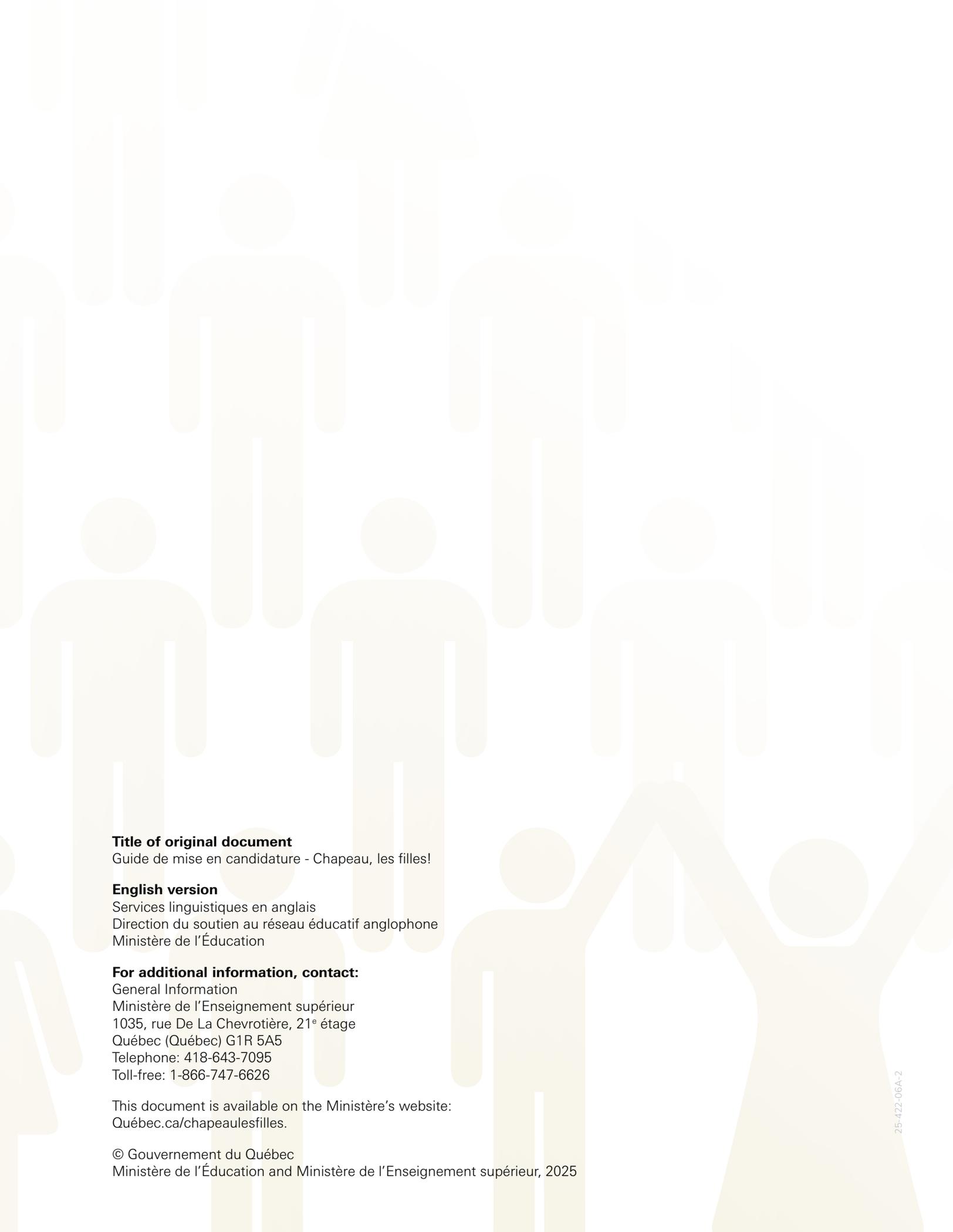
APPLICATION GUIDE

HATS OFF TO YOU!

SUBMISSION DEADLINE: FEBRUARY 13, 2026

MANY PRIZES WORTH BETWEEN \$2000 AND \$5000





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English version

Services linguistiques en anglais
Direction du soutien au réseau éducatif anglophone
Ministère de l'Éducation

For additional information, contact:

General Information
Ministère de l'Enseignement supérieur
1035, rue De La Chevrotière, 21^e étage
Québec (Québec) G1R 5A5
Telephone: 418-643-7095
Toll-free: 1-866-747-6626

This document is available on the Ministère's website:
Quebec.ca/chapeaulesfilles.

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*The Ministère de l'Éducation and the Ministère de l'Enseignement supérieur invites young women enrolled in a training program leading to a career in a traditionally male-dominated occupation to take part in the **Hats Off to You!** contest.*

The candidates are encouraged to talk about what motivates them and their future projects.

This contest is intended to showcase the diverse career opportunities available to young women and to support those who venture off the beaten track toward a diploma.

CONTEST ELIGIBILITY

- Candidates must be enrolled full-time in one of the eligible vocational training or technical training programs selected for the contest (see the List of programs eligible for the 2025-2026 Hats Off to You! contest at the end of this guide) and must not have failed in more than two subjects in their last school term.
- They must be enrolled in a vocational training centre, a CEGEP or a private educational institution in Québec.
- They must be Canadian citizens or permanent residents and have resided in Québec for more than a year.

Winners from the past three years are not eligible. A candidate who wishes to once again be eligible for the contest must have changed her program of study and over three years must have elapsed since she was last declared a winner.

Important! Certain prizes are reserved for graduates. Refer to the conditions of eligibility specific to each prize.

2025-2026 LIST OF PRIZES

Thanks to the contest's partners, 39 prizes ranging from \$2000 to \$5000, including a career development trip abroad, will be awarded.

These 39 prizes will be awarded in June 2026.

- Two prizes of \$5000: Hats Off to You! Grand Prize
- Two prizes of \$2500: Agriculture, Fisheries and Food Services
- Two prizes of \$2500: Indigenous and Cultural Communities
- One prize of \$2500: Networking Skills
- Two prizes of \$2500: Continuity
- Two prizes of \$2500: Creativity
- One prize of \$2000: Student in Vocational Training (English School Boards)
- One prize of \$2000: Student in Vocational Training (French School Service Centres)
- One prize of \$2500: Student in Technical Training
- Two prizes of \$2000: Environment
- Two prizes of \$2000: Equity
- Two prizes of \$2500: Showcase Your Region!
- Two prizes of \$2500: Employment Prospects
- Two prizes of \$2500: Workforce Integration
- Three prizes of \$2500: Construction Site Equality
- Two prizes of \$2500: Perseverance
- Two prizes of \$2500: Natural Resources and Forests
- Two prizes of \$2500: Occupational Health and Safety
- Two prizes of \$2500: Science and Technology
- One prize of \$2500: Fire Safety
- One Career Development Trip Abroad prize worth \$2000
- Two prizes of \$2000: Transportation

HOW TO PARTICIPATE

Candidates must register online at [Québec.ca](https://Quebec.ca) . The application package must contain the following documents:

- 1) the registration form
- 2) the answers to the general questions on their career choice
- 3) the answers to additional questions related to the prizes for which they are registered (candidates must select the prize(s) that best match their profile)
- 4) a copy of their transcript or report card
- 5) the recommendation from their educational institution

The *Documents to be provided* section outlines the details on submitting an application.

Deadline: February 13, 2026

TEN TIPS TO HELP YOU COMPLETE THE REGISTRATION FORM

1) Carefully read the instructions in the application guide

Make sure you fully understand all the questions and the conditions for each prize.

2) Be clear and concise

Provide well-structured answers using concise sentences. Be as specific as possible. Aim to write approximately **300 words** per question.

3) Include examples in your answers

Be sure to highlight your specific achievements and personal experiences, and describe projects that demonstrate your particular skills and commitment. You can use photos to enhance your application.

4) Highlight your involvement

Whether in your studies, teamwork or volunteer work, show how you stand out.

5) Personalize your answers

Tailor each answer to the objectives of the prize for which you are applying.

6) Proofread your answers

Check your answers for spelling, grammar and clarity. The presentation of answers is an important selection criterion.

7) Respect the formatting standards

Follow a consistent structure and use a separate page for each prize to facilitate the jury's review of your application. Include your name and program of study in the top right corner of each page. Make sure to number your answers.

8) Be yourself and be positive

Be sincere. Share your passions and motivation in order to leave a lasting impression on the jury.

9) Apply for multiple prizes

To increase your odds of gaining recognition and winning a prize, apply for all the prizes you are eligible for.

10) Prepare your application documents

Be sure to have your most recent transcript on hand to avoid any last-minute stress. Prepare your answers to the general questions as well as those for each additional prize you are applying for.

GENERAL QUESTIONS

(Answer each of the general questions in approximately 300 words.)

1) How did you become interested in or passionate about your field of study?

Give at least two reasons explaining your career choice. You can make connections with your interests, your abilities, your family context or with life experiences that showcase your passion.

2) As a female student in a traditionally male-dominated program of study, describe at least two techniques (strategies, methods, tips or tricks) that you used to integrate yourself and find your place in your program, your courses or your internships.

Give at least one example for each technique.

3) Over the course of your training, which project or achievement are you most proud of?

Briefly present your project or achievement.

Describe the greatest challenge you faced during this project or achievement.

Lastly, define the solutions you have implemented and the personal qualities you displayed. Explain why these make you proud.

4) After you complete your studies, what occupation would you like to pursue and why?

Outline the aspects of the occupation that interest you the most and describe what you would like to do specifically. You can mention the job you are considering in the short term, but also your plans for the future.

5) Which of your school mentor's characteristics has influenced you the most and what impact did they have on your educational path?¹

How does this person stand out? Describe their personal qualities and professional competencies by giving examples.

ADDITIONAL QUESTIONS

Refer to the additional questions related to the different prizes.

FORMATTING STANDARDS

The answers to the questions must comply with the following standards:

- The top right of each page must contain your first and last name, as well as your program of study.
- Answers must be numbered and given in separate paragraphs.
- Line spacing must be set at 1.5.
- The font must be 11-point Arial.
- Letter-size paper must be used.
- Answers must be approximately 300 words for each of the general questions and for the additional questions.
- There must be an additional page for the answers to the questions for each prize selected.

1. After candidates have answered this question, their mentors are eligible for a Mentorship prize. A mentor may be a teacher or a staff member of the institution the candidate is currently attending.

SELECTION CRITERIA

Application packages will be assessed according to the following criteria:

- quality of the presentation of answers (clarity, authenticity, persuasiveness)
- relevance of the candidate's reasons for entering the contest
- favourable recommendation from the educational institution

DOCUMENTS TO BE PROVIDED

Before submitting the application, make sure that all the following documents are in PDF, JPEG or PNG format:

- the answers to the five general questions
- the answers to all the additional questions relating to each of the prizes for which you are applying
- a copy of the most recent transcript or report card issued by the educational institution

RECOMMENDATION FROM THE EDUCATIONAL INSTITUTION

In addition, a mentor must support the candidate's application. The mentor could be a teacher or a staff member of the educational institution attended. The mentor's contact information must be included in the appropriate section of the online registration form. An automated email will be sent to the mentor in order to complete the recommendation process.

To this effect, the mentor will be asked to answer the following two statements:

- 1) Describe the candidate, taking into account her academic achievements (school marks, quality of work, etc.) and personal aptitudes (adaptability, creativity, team spirit, perseverance, etc.).**
- 2) Tell us how the candidate stands out or why you feel she merits an award in the Hats Off to You! contest, which promotes the role of women in traditionally male-dominated occupations.**

MENTORSHIP PRIZES FOR TEACHERS AND STAFF MEMBERS

In order to recognize the contribution of mentors who support students on their training path and help them prepare their applications, the MEQ and MES will award three prizes worth \$750 each (two for Hats Off to You! and one for Excellence in Science). The purpose is to highlight the importance of mentorship in schools and the effect it has on student success.

How to nominate someone for a Mentorship prize

Mentorship prizes are reserved for staff members. It is up to the candidates to nominate their mentor by answering General Question 5.

Mentorship prizes are worth \$750 each and are awarded to three mentors who recommended a candidate and who received a favourable review from them.

SUBMISSION OF THE APPLICATION PACKAGE

- 1) Candidates must submit their application package and all the required documents online by midnight on February 13, 2026.
- 2) The mentor, who must be a member of their school staff, must submit a recommendation online by midnight on February 17, 2026.

Confirmation of eligibility

Candidates will receive two automatic emails: one acknowledging receipt of their application, and another one confirming reception of the mentor's recommendation.

Personal information

By registering, you affirm that you have read and fully understood the information published on the contest's website as well as the information that appears below.

Photographs or footage taken of you during the provincial awards ceremony, as well as a short biography, will be published in the *Laureates* section of the website. These documents may also be used on various media, electronic or paper, to promote the event. Please note that only images showing you in a positive light will be used.

To this effect, you assign to the MEQ and MES, free of charge, all the exclusive rights, for a limited time of one year, to reproduce and publish these documents for the purposes of promoting the Hats Off to You! contest, and you renounce any and all related claims.

Your file will be transmitted to those responsible for awarding prizes in the relevant contest categories. Finally, please be advised that the contest coordinator at the Ministère de l'Enseignement supérieur will contact you first should a journalist or any other person wish to contact you.

Under the *Act respecting Access to documents held by public bodies and the Protection of personal information* , you can exercise your right to access personal information about you held by the MEQ and MES and to have it corrected.

HATS OFF TO YOU! GRAND PRIZES

(MEQ) (MES)

Are you committed to promoting traditionally male-dominated occupations to women?

The **Ministère de l'Éducation (MEQ)** and the **Ministère de l'Enseignement supérieur (MES)** award two cash prizes of \$5000, one to a graduating student enrolled in vocational training and the other to a graduating student enrolled in technical training.

Among other factors, the candidates will be assessed on the basis of their personal or occupational commitment to promoting traditionally male-dominated careers to women.

Specific condition

Candidates for these prizes must have completed their program of study before August 31, 2026.

Questions

In addition to the answers to the general questions, the candidate's application package must contain the answers to the following questions (approximately 300 words for each answer):

- 1) What activities have you initiated or participated in that have influenced other women to choose a career in a traditionally male-dominated occupation? Describe this influence and the means used to exert it.**

Name at least two activities promoting your program of study in which you have participated as an inspiring role model for other young women. This could be in-person events or promotion on social media. For each activity, describe your role.

- 2) As a female student in a traditionally male-dominated program of study, describe at least two of your personality traits that help you bring a different and/or unique vision and enable you to succeed in a male-dominated environment.**

Provide at least one example for each personality trait and explain how it can be a source of inspiration for your classmates or in your learning or working environment.

- 3) Why should you be selected to receive the \$5000 grand prize? What benefits would you derive from this recognition on an educational, personal, professional or social level?**

What benefits would you derive from this recognition on an educational, personal, professional or social level? Explain why you would make an excellent ambassador for this contest and why should you be selected to receive the \$5000 grand prize?

Additional information

To learn more about MEQ and MES, go to its website [🌐](#).

AGRICULTURE, FISHERIES AND FOOD SERVICES PRIZES

(MAPAQ)

Future agri-food specialist? Show how committed you are.

The **Ministère de l'Agriculture, des Pêcheries et de l'Alimentation (MAPAQ)** awards two cash prizes of \$2500, one to a student enrolled in vocational training and the other to a student enrolled in technical training.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

1) How will the competencies acquired during your training prepare you to work in the field of agriculture, fisheries and food services?

Choose at least two skills that you have developed in your training and explain clearly why each skill is essential in your future field.

2) How are you currently involved in the field?

Describe at least two actions that demonstrate your involvement in this field.

Eligible programs of study

- Farm Management and Technology (DCS)
- Grandes cultures (DVS)
- Mécanique agricole (DVS)
- Pêche professionnelle (DVS)
- Production acéricole (DVS)
- Production animale (DVS)
- Retail Butchery (DVS)
- Technologie de la transformation des produits aquatiques (DCS)
- Technologie du génie agromécanique (DCS)

Additional information

To learn more about MAPAQ, go to its website [🌐](#).

INDIGENOUS AND CULTURAL COMMUNITIES PRIZES

(CSN)

Are you a member of an Indigenous or cultural community? Tell us your story.

The **Confédération des syndicats nationaux (CSN)** in collaboration with the **Fédération nationale des enseignantes et des enseignants du Québec (FNEEQ)**, the **Fédération des employées et employés de services publics (FEESP)** and the **Fédération des professionnelles (FP)**, awards two cash prizes of \$2500 to women who are members of an Indigenous or cultural community and who have chosen to practise a traditionally male-dominated occupation.

One prize is awarded to a student enrolled in vocational training and the other to a student enrolled in technical training.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

1) As a member of an Indigenous or cultural community, what obstacles have you had to face?

Name at least two obstacles you had to face and explain the strategy or strategies you used to overcome them.

2) In what ways can coming from an Indigenous or cultural community be an asset or a strength in your studies or in your profession?

Describe how your culture or background helps you succeed in the classroom or workplace. You can also explain how this can be a source of inspiration in your working environment or for your classmates.

Additional information

To learn more about the CSN, go to its website [↗](#).

NETWORKING SKILLS PRIZE

(MEIE)

The importance of a professional network for your career in science and technology

The **Ministère de l'Économie, de l'Innovation et de l'Énergie (MEIE)** awards a cash prize of \$2500 to a student enrolled in vocational or technical training in the fields of science and technology. This person must be able to establish and maintain constructive and lasting connections with groups or associations that have a positive impact on their educational institution.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

- 1) To which organizations do you belong (type of group or association, mission, activities, commitments, etc.) and what motivates you to be involved?**

Name two organizations to which you belong. For each organization, describe at least one action or achievement that demonstrates your involvement.

- 2) What tangible effects and consequences does your involvement have on this group or these groups, on your educational institution, on student life, on the sector, on the community, etc.?**

Describe two tangible beneficial effects of your involvement in each organization to which you belong.

Eligible programs of study

- Aircraft Maintenance (DCS)
- Aircraft Mechanical Assembly (DVS)
- Aircraft Structural Assembly (DVS)
- Automated Systems Electromechanics (DVS)
- Building Systems Technology (DCS)
- Civil Engineering Technology (DCS)
- Computer Science Technology (DCS)
- Farm Management and Technology (DCS)
- Diemaking (AVS)
- Electrotechnology (DCS)
- Engineering Physics Technology (DCS)
- Fabrication de moules (AVS)
- Fabrication de pièces industrielles et aérospatiales en composite (DVS)
- Industrial Construction and Maintenance Mechanics (DVS)
- Industrial Maintenance Technology (DCS)
- Industrial Design Techniques (DCS)
- Information Technology Support (DVS)
- Installation and Repair of Telecommunications Equipment (DVS)
- Machining (DVS)
- Mécanique d'entretien en commandes industrielles (AVS)
- Mechanical Engineering Technology (DCS)
- Montage de câbles et de circuits (DVS)
- Moulding Machine Set-up and Operation (DVS)
- Moulding Machine Set-up and Operation (DVS)
- Numerical Control Machine Tool Operation (AVS)
- Precision Sheet Metal Work (DVS)
- Prehospital Emergency Care (DCS)
- Production Equipment Operation (DVS)
- Techniques d'avionique (DCS)
- Techniques de génie aérospatial (DCS)
- Techniques de génie mécanique de marine (DCS)
- Techniques de génie du plastique (DCS)
- Technologie de l'architecture navale (DCS)
- Technologie de l'électronique : Audiovisuel (DCS)
- Technologie du génie électrique : automatisation et contrôle (DCS)
- Technologie du génie électrique : électronique programmable (DCS)
- Technologie du génie électrique : réseaux et télécommunications (DCS)
- Technologie du génie des matériaux composites (DCS)
- Technologie du génie industriel (DCS)
- Technologie du génie métallurgique (DCS)
- Technologies sonores (DCS)
- Toolmaking (AVS)

Additional information

The MEIE jury reserves the right to transfer the prize to the Excellence in Science contest if any of the requirements of the Hats Off to You! contest are not met.

To learn more about MEIE, go to its website [✉](#).

CONTINUITY PRIZES

(MEQ) (MES)

For those who never interrupted their studies

The **Ministère de l'Éducation (MEQ)** and the **Ministère de l'Enseignement supérieur (MES)** award two cash prizes of \$2500, one to a student enrolled in vocational training and the other to a student enrolled in technical training.

Specific conditions

To be eligible for these prizes, candidates must be 19 years of age or under at the time of enrolment in their program of study and have never interrupted their studies.

To demonstrate “continuity in their studies,” candidates must have been enrolled, in the previous year, in general education in the youth or adult sector, in a vocational training program, in a pre-university program or in a technical training program at the college level.

The objective of these prizes is to provide encouragement to young women who have little experience in the job market by validating their decision to make vocational or technical training their first choice.

Questions

In addition to the answers to the general questions, the candidate’s application package must contain the answers to the following questions (approximately 300 words for each answer):

- 1) What were the various factors (educational, family-related and personal) or the tools that enabled you to stay in school and pursue your studies without interruption?**

Describe at least two strategies you have implemented to help you pursue your studies, and illustrate them with concrete examples. Ideally, these strategies should be transferable, meaning that other students can use them.

- 2) What advice would you give to young girls who plan on studying in your program of study or in a traditionally male-dominated field?**

Provide at least three pieces of advice that might convince other young women to study in a traditionally male-dominated field. Please make sure that they are applicable and realistic.

Additional information

To learn more about MEQ and MES, go to its website [↗](#).

CREATIVITY PRIZES

(MCC)

Did you create something that you're proud of?

The **Ministère de la Culture et des Communications (MCC)** is offering two prizes of \$2500 each, one to a woman who is enrolled as a student in vocational training and the other to a woman who is enrolled as a student in technical training. These students must have completed, as part of their program, an artistic or cultural project that they are especially proud of.

Question

In addition to the answers to the general questions, the candidate's submission must include a response to the following question (approximately 300 words):

- 1) **Describe an artistic or cultural project that you have completed. Explain your process and what made you proud to have accomplished this project. In completing your project, how did you use the training and skills you learned in your courses?**

Choose a project that demonstrates your creativity and explain what inspired you to complete it and why you are proud of it. What inspired your creative process? An idea? An encounter? A realization? An interest in a particular subject?

Describe at least two techniques or skills you acquired during your training that have added value to your artistic project.

Lastly, please be sure to include a visual or audio medium to illustrate your project.

Specific condition

Candidates for this prize must attach a photo, poster, audio recording, etc. to illustrate their project.

Additional information

To learn more about the MCC, go to its website [🔗](#).

PRIZE FOR A STUDENT IN VOCATIONAL TRAINING (ENGLISH SCHOOL BOARDS)

(QESBA)

What would you suggest to encourage women to choose a traditionally male-dominated trade?

The **Québec English School Boards Association (QESBA)** awards a cash prize of \$2000 to a student enrolled in a vocational training program offered within the English school boards network.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

- 1) **What steps do you think school boards should take to motivate young women to study in traditionally male-dominated fields?**

Describe at least two realistic steps applicable in school boards.

- 2) **In your opinion, how can Québec society (or your vocational training centre) help female graduates of vocational training programs integrate into employment sectors dominated by men?**

Provide at least two realistic steps. Explain why each of these steps provides real support for female graduates as they enter the job market.

Additional information

To learn more about the QESBA, go to its website [🔗](#).

PRIZE FOR A STUDENT IN VOCATIONAL TRAINING (FRENCH SCHOOL SERVICE CENTRES)

(FCSSQ)

What would you suggest to encourage women to choose a traditionally male-dominated trade?

The **Fédération des centres de services scolaires du Québec (FCSSQ)** awards a cash prize of \$2000 to a graduating student enrolled in a vocational training program offered within the French school service centres network.

Specific condition

Candidates for this prize must have completed their program of study before August 31, 2026.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

- 1) **What recommendations would you like to make to decision-makers about how to encourage women to enrol and stay in a traditionally male-dominated program of study?**

Provide at least two ways to encourage young women to enrol in a traditionally male-dominated field of study. Please make sure that these recommendations are realistic and original.

- 2) **What recommendations would you like to make to decision-makers about how to facilitate the integration and retention of female graduates in the labour market in a traditionally male-dominated field?**

Provide two recommendations on how to facilitate the integration of female graduates into the job market. These recommendations must be realistic and original.

Additional information

To learn more about the FCSSQ, go to its website [FCSSQ](#).

PRIZE FOR A STUDENT IN TECHNICAL TRAINING

(FÉDÉRATION DES CÉGEPS)

What would you suggest to encourage women to choose a traditionally male-dominated occupation?

The **Fédération des cégeps** awards a cash prize of \$2500 to a graduating student enrolled in a technical training program offered in a public college-level educational institution.

Specific condition

Candidates for this prize must have completed their program of study before August 31, 2026.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

1) What steps do you think colleges should take to motivate young women to study in traditionally male-dominated fields?

Provide at least two ways to encourage young women to enrol in a traditionally male-dominated field of study. Please make sure that these suggestions are realistic and original.

2) In your opinion, how can Québec society or your college, help female graduates of technical training programs integrate into employment sectors dominated by men?

Describe two ways to facilitate the integration of female graduates into the job market. These recommendations must be realistic and original.

Additional information

To learn more about the Fédération des cégeps, go to its website [🔗](#).

ENVIRONMENT PRIZES

(MELCCFP)

So it's important to you to care for the planet?

The **Ministère de l'Environnement, de la Lutte contre les changements climatiques, de la Faune et des Parcs (MELCCFP)** is offering two prizes of \$2000 each, one to a woman enrolled as a student in vocational training and the other to a woman enrolled as a student in technical training, who are working toward improving environmental practices and fighting climate change.

Questions

In addition to the answers to the general questions, the candidate's application package must contain the answers to the following questions (approximately 300 words for each answer):

- 1) In the last five years, what personal or professional projects did you complete in relation to protecting the environment, the fauna and parks or fighting against climate change?**

Highlight your personal or professional involvement by naming at least two of your achievements in your field of study. Describe two tangible beneficial effects of your involvement in each of your achievements.

- 2) Following your training, how do you think you will be able to contribute, in the practice of your chosen trade or occupation, to the evolution of work methods related to protecting the environment, the fauna and parks or fighting against climate change?**

Describe at least two contributions you would like to bring to your field.

Additional information

To learn more about the MELCCFP and its previous prizewinners, go to its website [🌐](#).

EQUITY PRIZES

(FTQ)

Tell us your story

The **Fédération des travailleurs et travailleuses du Québec (FTQ)** awards two cash prizes of \$2000, one to a vocational training student and one to a technical training student, each of whom has chosen a traditionally male-dominated occupation and is involved in her community.

Questions

In addition to the answers to the general questions, the candidate's application package must contain the answers to the following questions (approximately 300 words for each answer):

1) What is the nature of your community involvement, and how important is it to you?

Name two organizations to which you belong (group, association, organization, activities, commitments, etc.). For each organization, explain your motivation to become involved, and describe at least one action or achievement that illustrates your commitment.

2) In your opinion, what obstacles will you face in taking your place in a traditionally male-dominated occupation? How do you intend to overcome them?

Describe at least two obstacles you might face. Then outline the strategy or strategies you plan to implement to overcome each obstacle, illustrating them with concrete means you could use or actions you could take.

3) In your opinion, what can unions do to support female employees working in traditionally male-dominated fields or to help them remain in these jobs?

Propose at least two concrete ways in which unions could facilitate the integration of young women in your field. Provide examples that illustrate how your ideas could have a positive impact on the integration of women.

Additional information

To learn more about the FTQ, go to its website [FTQ](#).

SHOWCASE YOUR REGION! PRIZES

(MAMH)

Do you want to help raise the profile of your region?

The **Ministère des Affaires municipales et de l'Habitation (MAMH)** awards two cash prizes of \$2500, one to a student enrolled in vocational training and the other to a student enrolled in technical training. Prizes will be awarded to those who have best demonstrated how their involvement in their community, training and future career could help promote their municipality or region.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

- 1) How will the competencies you acquired during your training enable you to contribute to the social and/or economic development of your region?**

Explain how the competencies you acquired in your program of study will help the economy or social development of your region. Provide one or more examples of tangible applications of these competencies that could make a real difference locally.

- 2) What is motivating you to contribute to promoting your region? Share some examples of your involvement in your community.**

Provide one or more examples of your involvement in your community (group or association, mission, activities, commitments, etc.). For each example, describe at least one action or achievement that demonstrates your involvement.

Additional information

To find out more about the MAMH, go to its website (in French only) [🔗](#).

EMPLOYMENT PROSPECTS PRIZES

(MEQ) (MES)

Have you chosen a program that focuses on the future?

The **Ministère de l'Éducation (MEQ)** and the **Ministère de l'Enseignement supérieur (MES)** award two cash prizes of \$2500, one to a student enrolled in a traditionally male-dominated vocational training program and the other to a student enrolled in a traditionally male-dominated technical training program that offers the best employment prospects and in which an increase in enrolment is advisable in order to fill the available jobs.

Question

In addition to the answers to the general questions, the candidate's application package must include the answer to the following questions (approximately 300 words for each answer):

1) What do you think are the best promotional tools to encourage women to choose a traditionally male-dominated program of study that offers the best employment prospects?

Name at least two ways to encourage women to enrol in a promising sector. Please make sure that these recommendations are realistic and original.

2) What are the personal aptitudes that you developed that will help you take your place in your field when you enter the job market after completing your studies?

Identify at least two personal aptitudes and explain how they can be a source of inspiration for your workplace and the future of your profession.

Eligible programs of study²

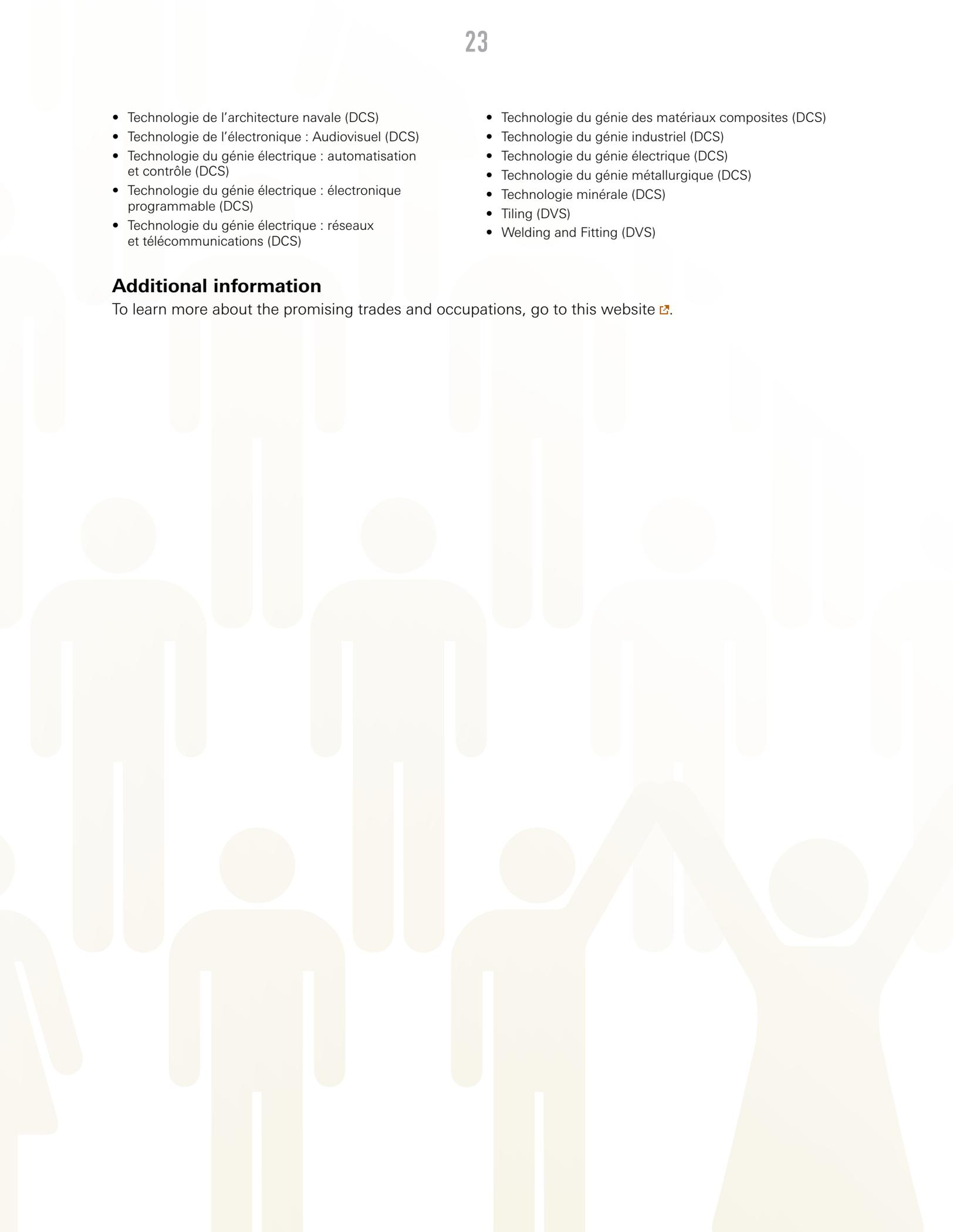
- Arpentage et topographie (DVS)
- Building Systems Technology (DCS)
- Calorifugeage (DVS)
- Carpentry (DVS)
- Chaudronnerie (DVS)
- Civil Engineering Technology (DCS)
- Commercial and Residential Painting (DVS)
- Computer Engineering Technology (DCS)
- Computer Science Technology (DCS)
- Conduite de grues (DVS)
- Conduite d'engins de chantier (DVS)
- Construction Equipment Mechanics (DVS)
- Electricity (DVS)
- Electrotechnology (DCS)
- Elevator Mechanics (DVS)
- Engineering Physics Technology (DCS)
- Ferblanterie (DVS)
- Forage et dynamitage (DVS)
- High-Pressure Welding (AVS)
- Industrial Construction and Maintenance Mechanics (DVS)
- Industrial Electronics Technology (DCS)
- Installation de revêtements souples (DVS)
- Installation et entretien de systèmes de sécurité (DVS)
- Installation et fabrication de produits verriers (DVS)
- Installation of Concrete Reinforcement (DVS)
- Masonry: Bricklaying (DVS)
- Mechanical Engineering Technology (DCS)
- Mécanique de protection contre les incendies (DVS)
- Montage de lignes électriques et de télécommunications (DVS)
- Montage structural et architectural (DVS)
- Plastering (DVS)
- Plumbing and Heating (DVS)
- Pose de revêtements de toiture (DVS)
- Pose de systèmes intérieurs (DVS)
- Preparing and Finishing Concrete (DVS)
- Refrigeration (DVS)
- Soudage-assemblage (DVS)
- Techniques d'intégration multimédia (DCS)
- Techniques de génie aérospatial (DCS)
- Techniques de génie du plastique (DCS)
- Technologie de la géomatique (DCS)
- Technologie de la transformation des produits forestiers (DCS)
- Techniques du génie des matériaux composites (DCS)
- Technologie de l'électronique : Audiovisuel (DCS)
- Technologie du génie électrique : automatisation et contrôle (DCS)
- Technologie du génie électrique : électronique programmable (DCS)
- Technologie du génie électrique : réseaux et télécommunications (DCS)

2. Please note that the selected programs of study are those leading to the practice of a trade or occupation prioritized by the Québec government as part of Opération main-d'oeuvre..

- Technologie de l'architecture navale (DCS)
- Technologie de l'électronique : Audiovisuel (DCS)
- Technologie du génie électrique : automatisation et contrôle (DCS)
- Technologie du génie électrique : électronique programmable (DCS)
- Technologie du génie électrique : réseaux et télécommunications (DCS)
- Technologie du génie des matériaux composites (DCS)
- Technologie du génie industriel (DCS)
- Technologie du génie électrique (DCS)
- Technologie du génie métallurgique (DCS)
- Technologie minérale (DCS)
- Tiling (DVS)
- Welding and Fitting (DVS)

Additional information

To learn more about the promising trades and occupations, go to this website [🌐](#).



WORKFORCE INTEGRATION PRIZES

(MESS)

For students who choose an occupation with great job prospects

The **Ministère de l'Emploi et de la Solidarité sociale (MESS)** awards two cash prizes of \$2500, one to a graduating student enrolled in vocational training and one to a graduating student enrolled in technical training who have returned to school in traditionally male-dominated programs that offer good job prospects.

Specific condition

Candidates for these prizes must have completed their program of study before August 31, 2026.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

1) What working conditions could help facilitate your integration and remaining employed in a male-dominated profession or trade?

Name at least two working conditions that facilitate the integration and retention of women in male-dominated workplaces. Several perspectives can be taken into account, for example: personal life, safety at work, professional relationships. Make sure your suggestions are tangible, applicable, realistic and original.

2) If you were to encounter obstacles (e.g. isolation, gender inequality in tasks to be performed, harassment) that impeded your integration or remaining employed in a male-dominated profession or trade, what strategies would you adopt.

Identify at least two obstacles you have encountered or could face in a male-dominated profession. For each obstacle, describe at least two concrete strategies or ways in which you could persevere in this profession.

Additional information

To encourage women to explore non traditional careers and inform the public about non traditional careers for men and women, please visit the Exploring Trades and Occupations and Choosing a Non-Traditional Trade or Occupation: Toward Gender Diversity in Employment web pages [↗](#).

CONSTRUCTION SITE EQUALITY PRIZES

(CCQ)

Are you a future construction worker or entrepreneur?

The **Commission de la construction du Québec (CCQ)** awards three cash prizes of \$2500 to students enrolled in a program of study leading to a trade or occupation in the construction industry and who would like to have a job in construction.

The CCQ and its partners aim to promote equality on construction sites through various action plans that encourage the inclusion of under represented groups: women, First Nations and Inuit, members of visible or ethnic minorities, immigrants and people with disabilities.

Candidates may apply for more than one of the following prizes:

- Construction Site Equality Prize – Future Inspiring Worker component
- Construction Site Equality Prize – Future Inspiring Worker component – Diversity, First Nations and Inuit
- Construction Site Equality Prize – Innovative and Sustainable Practices component

Specific condition

The prizes will be presented to candidates who want to pursue a trade or occupation in the construction industry.

First Nations and Inuit candidates, members of visible or ethnic minorities, immigrants and people with disabilities are encouraged to apply to the Future Inspiring Worker component – Diversity, First Nations and Inuit.

Questions

In addition to the answers to general questions, the candidate's submission must include answers to the following questions relating to one of the two components (approximately 300 words for each answer):

Construction Site Equality Prize – Future Inspiring Worker component

This prize aims to shine a spotlight on a passionate future worker who wants to get a job on a construction site.

Construction Site Equality Prize – Future Inspiring Worker component – Diversity, First Nations and Inuit

This prize aims to recognize First Nations and Inuit women, women from visible or ethnic minorities, immigrant women and women with disabilities who want to work on a construction site.

- 1) What means will you use to get a job on a construction site AND to facilitate your integration into a male-dominated work crew?**

Suggest at least two concrete, innovative ways you could use to get a job on a construction site and facilitate your integration. Provide some examples to illustrate these ways.

- 2) How will you contribute to changing the culture in favour of greater inclusion in the construction industry? How will you be an inspiring role model in this respect?**

Describe at least two concrete actions you could take to contribute to greater gender diversity in the construction industry. Be sure to provide examples of how you would act as a role model.

Construction Site Equality Prize – Innovative and Sustainable Practices component

This prize recognizes a woman who promotes innovative practices to support sustainable development in the construction industry (circular economy, adaptation to climate change, social responsibility, etc.).

1) What actions have you taken or are you currently taking, on a personal, academic or professional level, to support innovative practices in sustainable development?

Identify at least two concrete, innovative actions that you have taken or are taking in this regard. Describe two tangible beneficial effects of your involvement in each of your achievements.

2) How will you integrate innovative sustainable development practices into your daily work on a construction site?

Identify at least two concrete, innovative actions that you can take in this regard. Describe two tangible beneficial effects of your involvement in each of your achievements.

Eligible programs of study

- Arpentage et topographie (DVS)
- Calorifugeage (DVS)
- Carpentry (DVS)
- Chaudronnerie (DVS)
- Civil Engineering Technology (DCS)
- Commercial and Residential Painting (DVS)
- Conduite d'engins de chantier (DVS)
- Conduite de grues (DVS)
- Electricity (DVS)
- Elevator Mechanics (DVS)
- Ferblanterie (DVS)
- Forage et dynamitage (DVS)
- High-Pressure Welding (AVS)
- Industrial Construction and Maintenance Mechanics (DVS)
- Installation de revêtements souples (DVS)
- Installation et entretien de systèmes de sécurité (DVS)
- Installation et fabrication de produits verriers (DVS)
- Masonry: Bricklaying (DVS)
- Mécanique d'engins de chantier (DVS)
- Mécanique de protection contre les incendies (DVS)
- Montage de lignes électriques et de télécommunication (DVS)
- Montage structural et architectural (DVS)
- Plastering (DVS)
- Plongée professionnelle (ACS)
- Plumbing and Heating (DVS)
- Pose d'armature du béton (DVS)
- Pose de revêtements de toiture (DVS)
- Pose de systèmes intérieurs (DVS)
- Precision Sheet Metal Work (DVS)
- Preparing and Finishing Concrete (DVS)
- Refrigeration (DVS)
- Restauration de maçonnerie (AVS)
- Soudage-assemblage (DVS)
- Tiling (DVS)
- Welding and Fitting (DVS)

Additional information

To learn more about the CCQ, go to its website [🔗](#).

PERSEVERANCE PRIZES

(CSQ)

For those who never gave up

The **Centrale des syndicats du Québec (CSQ)** awards two cash prizes of \$2500, one to a graduating student enrolled in vocational training and the other to a graduating student enrolled in technical training for their exceptional perseverance in learning a traditionally male-dominated occupation.

This award recognizes perseverance in the achievement of career goals. (Note that it is not designed to reward those who have overcome physical or social handicaps.) Candidates must demonstrate their perseverance by describing what they had to do to overcome the obstacles related to the chosen traditionally male-dominated occupation.

Specific condition

Candidates for these prizes must have completed their program of study before August 31, 2026.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

1) What measures should be put in place to encourage young women to stay in male-dominated programs?

Identify at least two realistic and applicable measures. For each measure, describe what you think would help young women to stay in male-dominated programs.

2) Female role models in male-dominated trades and occupations often influence other women in their career choice. Your own example of perseverance could one day become a source of inspiration. Has the idea of becoming such a role model ever crossed your mind?

Propose at least two concrete ways you could encourage other young women to persevere in their studies. Provide examples to illustrate how these ways could help them.

Additional information

To learn more about the CSQ, go to its website [🔗](#).

NATURAL RESOURCES AND FORESTS PRIZES

(MRNF)

Are you passionate about natural resources and forests?

The **Ministère des Ressources naturelles et des Forêts (MRNF)** is offering two prizes of \$2500 each, one to a woman who is enrolled as a student in vocational training and the other to a woman who is enrolled as a student in technical training. They must be enrolled in one of the eligible programs of study listed below.

Questions

In addition to the answers to general questions, the candidate's submission must include answers to the following questions (approximately 300 words for each answer):

1) How will the competencies acquired in your training prepare you to work in the field of natural resources and forests?

Choose at least two skills that you have developed in your training and explain clearly why each skill is essential in your future field.

2) How are you currently involved in these fields?

Describe at least two actions that demonstrate your involvement in these fields.

3) In your opinion, what issues will you face in your field after you complete your training?

In connection with your field, identify an issue our society is facing. Propose tangible solutions that can be applied to your future field.

Eligible programs of study

- Abattage et façonnage des bois (DVS)
- Abattage manuel et débardage forestier (DVS)
- Affûtage (DVS)
- Aménagement de la forêt (DVS)
- Arpentage et topographie (DVS)
- Carpentry (DVS)
- Civil Engineering Technology (DVS)
- Classement des bois débités (DVS)
- Conduite de grues (DVS)
- Conduite de machinerie lourde en voirie forestière (DVS)
- Construction Equipment Operation (DVS)
- Diamond Drilling (DVS)
- Électromécanique des systèmes automatisés (DVS)
- Forage et dynamitage (DVS)
- Forest Technology (DCS)
- Industrial Maintenance Technology (DCS)
- Machine Operations, Mineral and Metal Processing (DVS)
- Mécanique agricole (DVS)
- Montage de lignes électriques et de télécommunication (DVS)
- Northern Heavy Equipment Operations (DVS)
- Ore Extraction (DVS)
- Protection et exploitation de territoires fauniques (DVS)
- Pulp and Paper – Operations (DVS)
- Sciage (DVS)
- Techniques d'aménagement et d'urbanisme (DCS)
- Technologie de la géomatique (DEC)
- Technologie de la transformation des produits forestiers (DCS)
- Techniques du milieu naturel (DCS)
- Technologie minérale (DCS)
- Travail sylvicole (DVS)
- Tree Pruning (DVS)

Additional information

To learn more about the MRNF, go to its website [🌐](#).

OCCUPATIONAL HEALTH AND SAFETY PRIZES

(CNESST)

Are you concerned with preventing work-related injuries? Explain your vision.

The **Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST)** awards two cash prizes of \$2500, one to a graduating student enrolled in vocational training and the other to a graduating student enrolled in technical training who have demonstrated an interest in occupational health and safety, and want to improve practices in their chosen occupation or trade.

Specific condition

Candidates for these prizes must have completed their program of study before August 31, 2026.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

- 1) **In your opinion, what are the main health and safety risks in your occupation or trade? What actions will you take to protect yourself from those risks?**

Describe these risks using concrete examples. For each risk, explain how you will ensure your health and safety.

- 2) **If, while working in your occupation or trade, you are in a new work environment and are given a hazardous task to complete, what would you do to ensure your health and safety?**

Illustrate your ideas with concrete examples.

- 3) **How do you think you can contribute to the improvement of health and safety procedures in the occupation or trade you have chosen?**

Describe your contribution to the evolution of health and safety procedures. This contribution must be innovative and related to your field.

Additional information

To learn more about the CNESST, go to its website [↗](#).

SCIENCE AND TECHNOLOGIES PRIZES

(MEIE)

For technologists and other scientists

The **Ministère de l'Économie, de l'Innovation et de l'Énergie (MEIE)** awards two cash prizes of \$2500, one to a student enrolled in vocational training and one to a student enrolled in technical training.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

- 1) Describe a job, a project or an event in which you are involved or that you completed outside of your program of study that shows your interest and passion for science and technology.**

Describe in detail at least one science and technology-related activity in which you are involved outside your program of study. Provide examples of concrete actions you have taken that demonstrate your passion for this field.

- 2) In your opinion, what are the most effective actions to take to get girls interested in science and technology?**

Provide at least two ways to encourage young women to take an interest in science, technology or engineering. Please make sure that these recommendations are realistic and original.

Eligible programs of study

- Aircraft Maintenance (DCS)
- Aircraft Mechanical Assembly (DVS)
- Aircraft Structural Assembly (DVS)
- Automated Systems Electromechanics (DVS)
- Building Systems Technology (DCS)
- Civil Engineering Technology (DCS)
- Computer Science Technology (DCS)
- Diemaking (AVS)
- Electrical Engineering Technology (DCS)
- Electrotechnology (DCS)
- Engineering Physics Technology (DCS)
- Fabrication de moules (AVS)
- Fabrication de pièces industrielles et aérospatiales en composite (DVS)
- Industrial Construction and Maintenance Mechanics (DVS)
- Industrial Maintenance Technology (DCS)
- Industrial Design Techniques (DCS)
- Information Technology Support (DVS)
- Installation and Repair of Telecommunications Equipment (DVS)
- Machining (DVS)
- Mécanique d'entretien en commandes industrielles (AVS)
- Mechanical Engineering Technology (DCS)
- Montage de câbles et de circuits (DVS)
- Moulding Machine Set-up and Operation (DVS)
- Numerical Control Machine Tool Operation (AVS)
- Precision Sheet Metal Work (DVS)
- Prehospital Emergency Care (DCS)
- Production Equipment Operation (DVS)
- Techniques d'avionique (DCS)
- Techniques de génie aérospatial (DCS)
- Techniques de génie mécanique de marine (DCS)
- Techniques de génie du plastique (DCS)
- Techniques de transformation des matériaux composites (DCS)
- Technologie de l'architecture navale (DCS)
- Technologie de l'électronique : Audiovisuel (DCS)
- Technologie du génie électrique : automatisation et contrôle (DCS)
- Technologie du génie électrique : électronique programmable (DCS)
- Technologie du génie électrique : réseaux et télécommunications (DCS)
- Technologie du génie industriel (DCS)
- Technologie du génie des matériaux composites (DCS)
- Technologie du génie métallurgique (DCS)
- Technologies sonores (DCS)
- Toolmaking (AVS)

Additional information

To learn more about MEIE, go to its website [🌐](#).

FIRE SAFETY PRIZE

(MSP)

Do you get fired up about fire safety?

The **Ministère de la Sécurité publique (MSP)** awards a cash prize of \$2500 to a student enrolled in one of the following programs: *Fire Safety Techniques* (vocational training) or *Techniques de sécurité incendie* (technical training).

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

1) What aspects of fire safety are you most passionate about?

Identify at least two aspects that you find particularly interesting in your training or in your future career in fire safety. Explain why you are passionate about each aspect.

2) In your opinion, what is the best way to encourage girls to opt for a career in fire safety?

Provide at least two ways to encourage young women to enrol in fire safety training. Please make sure that these recommendations are realistic and original.

Additional information

To learn more about the MSP and fire safety, go to Quebec.ca .

CAREER DEVELOPMENT TRIP ABROAD

(LOJIQ)

Travel broadens your horizons!

The **Offices jeunesse internationaux du Québec (LOJIQ)** awards a career development trip abroad to a student enrolled in vocational or technical training. The winning candidate will have access to a guidance service to help her find a work placement related to her field of study.

To assist the winner in taking her career development trip abroad, LOJIQ will also provide a travel grant of \$2000 to offset the following expenses:

- round-trip air transportation (to and from Québec)
- travel medical insurance and emergency medical care for her entire stay abroad
- living expenses

If applicable, the winner may also receive:

- a flat-rate allowance to enable participants from remote regions to travel to the nearest airport in Québec to take their flight
- civil liability insurance obtained and paid for by LOJIQ

Specific conditions

The winning candidate will have to complete the trip within a year from the date on which the prize was awarded, that is, by June 2027.

In order to be eligible for this prize, candidates must meet the following conditions:

- be between 18 and 35 years of age at the time of the career development trip abroad
- have graduated (by June 30, 2026) from one of the programs eligible for the contest
- be Canadian citizens or permanent residents
- have resided in Québec for at least one year
- hold a valid Québec health insurance card (RAMQ)

The winner must join the Fondation LOJIQ and pay the \$25 fee, which will enable her to enjoy a number of benefits (excess baggage on the airplane, insurance, etc.). Payment of this fee is mandatory in order to receive the travel grant.

Questions

In addition to the answers to the general questions, the candidate's application package must contain the answers to the following questions (approximately 300 words for each answer):

1) What does your career development plan abroad look like? What are your reasons for wanting to travel abroad to enrich your career path?

Describe your project to be carried out abroad and provide at least two reasons to explain your motivation to do this project.

2) What do you think you will learn from this experience that relates to your future trade or occupation?

How will this international project be an asset? Justify your answer by giving two reasons on a personal level and two on a professional level.

3) Describe the ideal work placement context in which you would like to have this experience.

Describe your ideal work placement, specifying the field you are interested in and what you would like to learn there.

Additional information

To learn more about LOJIQ, go to its website [🔗](#).

TRANSPORTATION PRIZES

(MTMD)

Do you have a driving passion?

The **Ministère des Transports et de la Mobilité durable (MTMD)** awards two cash prizes of \$2000, one to a student enrolled in vocational training and one to a student enrolled in technical training.

Questions

In addition to the answers to the general questions, the candidate's application package must include the answers to the following questions (approximately 300 words for each answer):

1) In your opinion, what is the main challenge related to sustainable transit in the transportation sector today?

Describe a real, present-day challenge in sustainable transit, specifying the social, economic or environmental issues involved.

2) How has your training prepared you to meet this challenge?

Choose at least two competencies that you have developed in your training and explain how using each of them will help you meet the challenge you have identified.

Eligible programs of study

- Arpentage et topographie (DVS)
- Automobile Mechanics (DVS)
- Civil Engineering Technology (DCS)
- Conduite de grues (DVS)
- Conduite d'engins de chantier (DVS)
- Construction Equipment Mechanics (DVS)
- Matelotage (DVS)
- Mécanique de véhicules de loisir et d'équipement (DVS)
- Mécanique de véhicules lourds routiers (DVS)
- Navigation (DCS)
- Northern Heavy Equipment Operations (DVS)
- Régulation de vol (DCS)
- Techniques d'aménagement cynégétique et halieutique (DCS)
- Techniques d'aménagement et d'urbanisme (DCS)
- Techniques de pilotage d'aéronefs (DCS)
- Technologie de la géomatique (DCS)
- Trucking (DVS)

Additional information

To learn more about the MTMD, go to its website [🔗](#).

LIST OF PROGRAMS ELIGIBLE FOR THE 2025-2026 HATS OFF TO YOU! CONTEST

• Administration, Commerce and Computer Technology

- Construction Business Management (AVS)
- Computer Science Technology (DCS)
- Information Technology Support (DVS)

• Agriculture and Fisheries

- Farm Management and Technology (DCS)
- Grandes cultures (DVS)
- Landscaping Operations (DVS)
- Paysage et commercialisation en horticulture ornementale (DCS)
- Pêche professionnelle (DVS)
- Production acéricole (DVS)
- Production animale (DVS)
- Technologie de la transformation des produits aquatique (DCS)
- Technologie du génie agromécanique (DCS)
- Tree Pruning (DVS)

• Arts

- Industrial Design Techniques (DCS)
- Taille de pierre (DVS)
- Technologies sonores (DCS)

• Buildings and Public Works

- Arpentage et topographie (DVS)
- Building Systems Technology (DCS)
- Calorifugeage (DVS)
- Carpentry (DVS)
- Civil Engineering Technology (DCS)
- Commercial and Residential Painting (DVS)
- Fire Safety Techniques (DVS)
- General Building Maintenance (DVS)
- Installation de revêtements souples (DVS)
- Installation et fabrication de produits verriers (DVS)
- Masonry: Bricklaying (DVS)
- Mécanique de protection contre les incendies (DVS)
- Northern Building Maintenance (DVS)
- Plastering (DVS)
- Plongée professionnelle (ACS)
- Plumbing and Heating (DVS)
- Pose de revêtements de toiture (DVS)
- Pose de systèmes intérieurs (DVS)
- Preparing and Finishing Concrete (DVS)
- Refrigeration (DVS)
- Réparation d'appareils au gaz naturel (AVS)
- Restauration de maçonnerie (AVS)
- Stationary Engine Mechanics (DVS)
- Techniques de sécurité incendie (DCS)

- Technologie de l'estimation et de l'évaluation en bâtiment (DCS)
- Technologie de la géomatique (DCS)
- Tiling (DVS)

• Chemistry and Biology

- Conduite de procédés de traitement de l'eau (DVS)
- Technologie de l'eau (DCS)

• Communications and Documentation

- Printing (DVS)
- Techniques d'intégration multimédia (DCS)

• Electrotechnology

- Automated Systems Electromechanics (DVS)
- Electricity (DVS)
- Engineering Physics Technology (DCS)
- Installation and Repair of Telecommunications Equipment (DVS)
- Installation et entretien de systèmes de sécurité (DVS)
- Montage de lignes électriques et de télécommunication (DVS)
- Réparation d'appareils électroménagers (DVS)
- Réparation et services en électronique (DVS)
- Techniques d'avionique (DCS)
- Technologie de l'électronique : Audiovisuel (DCS)
- Technologie du génie électrique : automatisation et contrôle (DCS)
- Technologie du génie électrique : électronique programmable (DCS)
- Technologie du génie électrique : réseaux et télécommunications (DCS)
- Technologie du génie électrique (DCS)

• Food Services and Tourism

- Retail Butchery (DVS)
- Adventure Tourism (DCS)

• Forestry and Pulp and Paper

- Abattage et façonnage des bois (DVS)
- Abattage manuel et débardage forestier (DVS)
- Affûtage (DVS)
- Aménagement de la forêt (DVS)
- Classement des bois débités (DVS)
- Forest Technology (DCS)
- Pulp and Paper – Operations (DVS)
- Sciage (DVS)
- Technologie de la transformation des produits forestiers (DCS)
- Travail sylvicole (DVS)

- **Health Services**
 - Prehospital Emergency Care (DCS)
- **Land Use Planning and the Environment**
 - Protection and Development of Wildlife Habitats (DVS)
 - Techniques d'aménagement cynégétique et halieutique (DCS)
 - Techniques d'aménagement et d'urbanisme (DCS)
 - Natural Environment Technology (DCS)
- **Maintenance Mechanics**
 - Elevator Mechanics (DVS)
 - Industrial Construction and Maintenance Mechanics (DVS)
 - Industrial Maintenance Technology (DCS)
 - Mécanique d'entretien en commandes industrielles (AVS)
 - Serrurerie (DVS)
- **Mechanical Manufacturing**
 - Aircraft Mechanical Assembly (DVS)
 - Aircraft Structural Assembly (DVS)
 - Cable and Circuit Assembly (DVS)
 - Diemaking (AVS)
 - Fabrication de moules (AVS)
 - Fabrication de pièces industrielles et aérospatiales en composite (DVS)
 - Industrial Drafting (DVS)
 - Machining (DVS)
 - Mechanical Engineering Technology (DCS)
 - Moulding Machine Set-up and Operation (DVS)
 - Precision Sheet Metal Work (DVS)
 - Production Equipment Operation (DVS)
 - Techniques de génie aérospatial (DCS)
 - Techniques de génie du plastique (DCS)
 - Technologie de l'architecture navale (DCS)
 - Technologie du génie des matériaux composites (DCS)
 - Technologie du génie industriel (DCS)
 - Toolmaking (AVS)
- **Metallurgical Technology**
 - Chaudronnerie (DVS)
 - Fabrication de structures métalliques et de métaux ouvrés (DVS)
 - High-Pressure Welding (AVS)
 - Installation of Concrete Reinforcement (DVS)
 - Technologie du génie métallurgique (DCS)
 - Structural and Architectural Assembly (DVS)
 - Tinsmithing (DVS)
 - Traitement de surface (DVS)
 - Transformation des métaux en fusion (DCS)
 - Welding and Fitting (DVS)
 - Welding and Assembly (DVS)
- **Mining and Site Operations**
 - Conduite de grues (DVS)
 - Conduite de machinerie lourde en voirie forestière (DVS)
 - Constuction Equipment Operation (DVS)
 - Diamond Drilling (DVS)
 - Forage et dynamitage (DVS)
 - Machine Operations, Mineral and Metal Processing (DVS)
 - Northern Heavy Equipment Operations (DVS)
 - Ore Extraction (DVS)
 - Technologie minérale (DCS)
- **Motorized Equipment Maintenance**
 - Aircraft Maintenance (DCS)
 - Auto Bodywork (DVS)
 - Automobile Mechanics (DVS)
 - Conseil et vente de pièces d'équipement motorisé (DVS)
 - Conseil technique en entretien et en réparation de véhicules (DVS)
 - Construction Equipment Mechanics (DVS)
 - Heavy Vehicles Mechanics (DVS)
 - Marine Mechanics (DVS)
 - Mécanique agricole (DVS)
 - Mécanique spécialisée d'équipement lourd (AVS)
 - Powersport Vehicle and Outdoor Power Equipment Mechanics (DVS)
 - Techniques de génie mécanique de marine (DCS)
- **Social, Educational and Legal Services**
 - Police Technology (DCS)
- **Transportation**
 - Matelotage (DVS)
 - Navigation (DCS)
 - Régulation de vol (DVS)
 - Techniques de pilotage d'aéronefs (DCS)
 - Transport ferroviaire – Chefs de train (ACS)
 - Trucking (DVS)
- **Woodworking and Furniture Making**
 - Cabinetmaking (DVS)
 - Furniture Finishing (DVS)
 - Rembourrage artisanal (DVS)
 - Rembourrage industriel (DVS)
 - Techniques du meuble et d'ébénisterie (DCS)

QUESTIONS? – HATS OFF TO YOU!

When does the contest close?

February 13, 2026.

How can I submit an application package?

The application package must be submitted by completing the online registration form.

Am I eligible for the 2025-2026 contest if I graduated in fall 2025?

Candidates can enter the 2025-2026 contest if they are registered as full-time students during the current school year (fall 2025 and winter 2026). For example, a student who obtained a diploma in December 2025 can submit her application.

Can I fail in one or more subjects and still take part in the contest?

Candidates who have failed in more than two subjects during their last school term are not eligible for the contest. However, failure on an initial examination and success on the make-up examination does not constitute failure for the purposes of the contest.

Can I participate in the contest if I am a previous winner?

In order to become eligible once again, candidates must have changed programs of study and at least three years must have gone by since they won.

Can I apply for several prizes?

Yes, provided that all the additional questions specific to each prize are answered.

Can I have someone help me answer the five general questions?

Yes. In fact, it is recommended that candidates have someone read over their text. We often underestimate our ability to talk about ourselves. But it's worth taking a risk to reap the rewards of your perseverance!

What criteria is used to select the winners?

Application packages will be assessed according to the following criteria:

- submission of a complete application package
- quality of the presentation
- clarity of the answers provided
- authenticity and persuasiveness of the answers
- relevance of the candidate's reasons for entering the contest
- favourable recommendation from the educational institution
- academic performance (a candidate cannot have failed more than two subjects in their last school term)

Can a jury change the way in which a prize is awarded?

The members of the jury reserve the right to transfer the prizes announced in the Hats Off to You! contest or the Excellence in Science contest if the applications submitted do not meet the stated criteria.

Who selects the winners?

The winners are chosen by committees made up of contest partners from the education, work and business communities, under the responsibility of the Ministère de l'Éducation and the Ministère de l'Enseignement supérieur.

When are the prizes awarded?

Provincial prizes will be awarded in June 2026.

Legend

AVS: Attestation of Vocational Specialization

DVS: Diploma of Vocational Studies

DCS: Diploma of College Studies

ACS: Attestation of College Studies

Note

A program of study is eligible if, according to the National Occupational Classification (NOC), women represent less than 33 1/3% of the workforce in the corresponding trade or occupation.

For more information

Go to Quebec.ca 

or email chapeaulesfilles@education.gouv.qc.ca.

2025-2026 PARTNERS

Centrale des syndicats du Québec (CSQ) 

Commission de la construction du Québec (CCQ) 

Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST) 

Confédération des syndicats nationaux (CSN) , in collaboration with
the Fédération nationale des enseignantes et des enseignants du Québec (FNEEQ) ,
the Fédération des professionnèles (FP) 
and the Fédération des employées et employés de services publics (FEESP) 

Fédération des cégeps 

Fédération des centres de services scolaires du Québec (FCSSQ) 

Fédération des travailleurs et travailleuses du Québec (FTQ) 

Les Offices jeunesse internationaux du Québec (LOJIQ) 

Ministère de la Culture et des Communications (MCC) 

Ministère de l'Agriculture, des Pêcheries et de l'Alimentation (MAPAQ) 

Ministère de la Sécurité publique (MSP) 

Ministère de l'Économie, de l'Innovation et de l'Énergie (MEIE) 

Ministère des Ressources naturelles et des Forêts (MRNF) 

Ministère de l'Environnement, de la Lutte contre les changements climatiques,
de la Faune et des Parcs (MELCCFP) 

Ministère des Affaires municipales et de l'Habitation (MAMH) 

Ministère des Transports et de la Mobilité durable (MTMD) 

Ministère de l'Emploi et de la Solidarité sociale (MESS) 

Québec English School Boards Association (QESBA) 



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