

## VISUAL ART COMPETITION FOR MIDDLE AND HIGH SCHOOL STUDENTS

"If I were Poseidon for a day?"

The Hellenic Marine Environment Protection Association – HELMEPA, one of Greece's most historic environmental organizations advocating for clean and healthy seas, invites **middle and high school** students to participate in the 4<sup>th</sup> Nationwide Visual Art Competition themed: **"If I were Poseidon for a day?"**

Through this competition, participants are inspired by the vastness of the sea and create works of art that promote environmental awareness, cultivate environmental consciousness, and mobilize the public to take action to save our seas.

Two (2) artworks will be selected:

- **One artwork from a high school student** will be featured on HELMEPA's new thermos bottle, along with the artist's full name.
- **One artwork from a middle school student** will be featured on HELMEPA's new reusable tote bag, along with the artist's full name.

Both items will be distributed to HELMEPA's network of members, institutions, partners, and supporters. It should be noted that any proceeds from their disposal will be used exclusively for the purposes of the Union.

### EVALUATION COMMITTEE

The judging committee is composed of **distinguished and well-established figures in the field of art and culture** (listed alphabetically):

1. CATTUI Micha, Visual Artist
2. FILOPOULOU Maria, Painter
3. KARAKOSTANOGLU Nikomachi, Visual Artist
4. KOUROUMALI Marina, Educator
5. MAVROMICHALI Elena, Cultural Strategy Consultant
6. OIKONOMOPOULOS Timos, Art Expertise
7. PAPAPOPOULOU Christina, Gagosian Gallery
8. THEODORIDIS Filippos, Painter
9. TSGRI Aiki, Visual Artist



MARITIME TRAINING CENTER  
for Pollution Prevention  
Safety at Sea and  
Environmental Awareness





All artworks meeting the competition's criteria may be included in a group exhibition titled "Ocean Aware Through Artivism" and showcased on HELMEPA's social media channels and website.

### COMPETITION DURATION & SUBMISSION OF ENTRIES

Participants must submit their entries both electronically and in physical form by **Tuesday, March 31, 2026**:

- Electronic submission: A scanned version (JPEG format) of the artwork, along with the appropriate declaration form (for participants under or over 18), must be uploaded [here](#) .
- Physical submission: The original artwork must be sent to HELMEPA's offices at the following address: HELMEPA, 7 Ymittou Street, 17564 Palaio Faliro – Athens, Greece, with a postmark no later than 31/03/2026.

### ELIGIBILITY & TECHNICAL SPECIFICATIONS

To be eligible, entries must meet the following requirements:

- They must have been created by middle school or high school students.
- The message of the project must be positive, inspire hope, and motivate action to protect the seas.
- May include painting, photography, collage, slogans, or any medium that supports HELMEPA's mission to protect the seas.
- Must be individual entries (one entry per participant).
- Must be in horizontal A3 format (42x29.7 cm).
- The artist's name must not appear on the artwork in its digital format.
- Scanned file: high-quality JPG or PNG image (not PDFs), ideally at least 1200px on the longest side.
- Must be accompanied by the appropriate declaration form via [gov.gr](#):
  - a) Declaration text for [participants UNDER 18](#) (completed by a parent/guardian), or
  - b) Declaration text for [participants OVER 18](#) (completed by the student)

Entries that violate third-party rights or contain any illegal, offensive, or defamatory content will not be accepted.

HELMEPA's Secretariat reserves the right to reject entries that are off-topic, incomplete, or contain inappropriate material.



## BE INSPIRED BY THE SEA

The sea is full of fascinating, delicate, and colorful creatures and plants—many of which remain unknown but must be protected. It is a source of life, freshness, health, rejuvenation, playfulness, joy, relaxation, and holds many hidden mysteries. By diving into the sea's depths, we can discover a world filled with colors, aromas, tranquility, adventure, and diverse patterns and textures.

Imagine that for one day you are Poseidon holding the trident: you have the power to make the sea cleaner, more alive, and brighter—just as it should be. What optimistic, hopeful message would you like to send to all of us about the future of the oceans? Create your artwork (painting, photography, or collage) and share with us your own image of the sea as you dream it.

You may find the following ocean facts and links useful.

### **The ocean:**

- Covers over **70%** of the Earth's surface
- Gives us **1 out of every 2 breaths**
- Provides food and supports the water cycle
- Contains **97%** of all water on Earth
- Absorbs about **25%** of all CO<sub>2</sub> emissions we produce
- Absorbs **90%** of the excess heat due to climate change
- Regulates the planet's climate through ocean currents
- Supports over **80%** of global trade
- Is the largest habitat and hosts up to **~80%** of life
- Supports the livelihoods of over **3 billion** people

[Link-1](#) [Link-2](#), [Link-3](#), [Link-4](#), [Link-5](#), [Link-6](#), [Link-7](#), [Link-8](#), [Link-9](#)

The competition is conducted by HELMEPA's New Generation Division, particularly within the framework of the YOUTH AMBASSADORS program, which aims to empower youth, highlight the value of volunteerism, and support future leaders by providing them with the necessary tools to address environmental challenges. **Participants in the competition automatically become members of the YOUTH AMBASSADORS program (if they choose) and receive a Volunteer Certificate.**

Participation in the competition is free of charge, voluntary, and requires parental/guardian consent for participants under 18.



HELMEPA is responsible for the entire competition process and ensures the protection of participants' personal data and intellectual property rights in accordance with applicable laws.

**INFORMATION**

For more information, interested parties may contact HELMEPA's New Generation Manager, Dimitris Kazas, at [dkazas@helmepa.gr](mailto:dkazas@helmepa.gr) or call +30 210 9343088.