

**Montem Health and Wellness Scholarship**  
*(Information disponible seulement en Anglais)*

Montem Outdoor Gear understands the importance of learning and practicing healthy habits. We have created the Montem Health and Wellness Scholarship for high school, undergraduate, or postgraduate students who are committed to a lifetime of healthy habits to receive a \$1,500 award.

**Deadline: March 31<sup>st</sup>, 2019 & September 30<sup>th</sup>, 2019;**

**Amount: \$1,500;**

**Eligibility Criteria:**

- Students who are currently enrolled in a high school, college, university, or trade school are encouraged to submit their application;
- Passion for a healthy lifestyle is a must.

**Application Process:**

- To participate in this scholarship, you will have to create a piece of content between 500-1,000 words promoting a practical approach to a healthy lifestyle during high school, college, or university years (whichever is relevant to you) and how these habits can be sustained over a lifetime. Please demonstrate knowledge of health and wellness and discuss why healthy living is a lifetime endeavor;
- The word essay must be sent via email ([support@montemlife.com](mailto:support@montemlife.com)) with all of the details listed below:
  - “Scholarship Submission” as the email subject;
  - Personal Details (Full Name, Phone, Address, and Email);
  - School Name;
  - Area of Study;
  - Any document which can prove that you are a student.

For more information pertaining to this scholarship and the application process, please refer to the link below:

<https://montemlife.com/scholarship/>