



Rainforest Explorers

photography competition



Could you be the UK's best young rainforest photographer?





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Did you know we have temperate rainforests right here in the UK?

These incredible places are full of wildlife and hidden wonders, and they help us address climate change. That's why Aviva and The Wildlife Trusts are working together to help protect and restore them.

I'm inviting primary school children across the UK to grab a camera, get outdoors and show us the natural world through your eyes.

Whether you're exploring a rainforest or discovering wildlife closer to home, I can't wait to see your photographs.

Good luck, Rainforest Explorers!"

Hamza Yassin

What is a Temperate Rainforest?

Most people are familiar with tropical rainforests, but rainforests can also grow in cooler climates - these are known as temperate rainforests. Temperate rainforests are wet, wonderful places full of life.

They are famous for:

- Moss-covered trees
- Ferns and fungi
- Rare wildlife like pine martens
- Insects and slugs

Aviva has donated £38m to the Wildlife Trusts to help restore Britain's lost temperate rainforests. They are one of the UK's rarest habitats and they play an important role in helping nature to thrive and tackling climate change.



How the competition works

We're looking for amazing photography that showcases our natural world. So grab a camera and enter one of two categories:



Rainforest Explorers

**Visiting one of UK's rainforests?
Get ready to explore.**

Our Rainforest Explorers category is all about capturing the wildlife, plants and landscapes that make these rare habitats so special, such as:

- Moss-covered trees
- Ferns, fungi and lichens
- Streams, waterfalls or water on foliage
- Insects, birds and other rainforest wildlife



Urban Explorers

**Can't get to a rainforest?
Don't worry.**

Our Urban Explorers category is all about discovering the wildlife and nature on your doorstep, whether that's in a garden, park, woodland, pond or local green space such as:

- Water on foliage
- A habitat for wildlife
- Insects
- Moss and fungi



Within each photography category, there are two age categories:

4-7 years

8-11 years

Entries will be judged within each age category to ensure photographs are assessed fairly. There will be one winner from each age group in each photography category, with four winners in total.

What could you win?

Two winning photographers of the Rainforest Explorers competition

will be invited to take part in a special photography masterclass in a UK temperate rainforest with one of the UK's most talented young wildlife photographers: **Jamie Smart**.



Jamie Smart

Jamie is a multi award-winning wildlife photographer who picked up a camera at the age of 6 and has spent many hours out in the field photographing all manner of wildlife. She has a lot of fun creating shorts for Instagram and YouTube including all the bloopers!

Jamie will share some of her top tips for photographing wildlife and help you learn how to capture incredible images of the natural world.

You'll learn:

- How to spot great wildlife photography opportunities.
- Ways to improve your photographs.
- Tips for photographing nature and wildlife.
- What it's like to be a wildlife photographer.

Two winners of the Urban Explorers competition

will win a signed copy of Hamza Yassin's book. Hamza is a wildlife presenter known for his role as Ranger Hamza with CBeebies.

There will also be special recognition for runners-up and highly commended entries.

How to enter - Taking part is easy!

Step 1

Explore

Visit a UK rainforest with your family, friends or school.

Or discover nature closer to home and enter our Urban Explorer category.

Step 2

Take a photo

Get a camera, tablet or smartphone and take your favourite picture.

Step 3

Choose your favourite

Pick your very best photograph.

Step 4

Ask a parent or guardian to submit the photo

Your parent or guardian should upload your photograph and send it to RainforestExplorers@MHPGroup.com with the following details:

- Your name
- Your age
- Your school's name
- Competition category:
 - Rainforest Explorers (for photographs taken in a UK rainforest)
 - Urban Explorer (for photographs of nature on your doorstep)
- The location where the photograph was taken
- A short description (up to 50 words) telling us about your photograph and why you chose it
- Parent or guardian name
- Parent or guardian email address
- Parent or guardian telephone number

Your parent or guardian will also need to confirm that:

- The photograph was taken by the child entering the competition.
- The image submitted was not produced using AI.
- The child has permission to enter the competition.
- The parent or guardian agrees to the Competition Terms and Conditions.
- The child has submitted only one entry per category.
- Full terms and conditions can be found here: www.aviva.com/rainforest-explorers.



Hamza's top photography tips

People often say patience is the most important skill. I'd say it's knowledge. The more you understand the wildlife you're photographing, the better your pictures will be.

- Take time to observe.
- Learn about the wildlife around you.
- Stay curious.
- Look closely at the details nature has to offer.
- Focus on discovery, not perfection.

Key dates

Competition opens:
17 September 2026

Competition closes:
3 November 2026

Winners announced:
Within 30 days from competition close

Photography masterclass:
Spring 2027

If you would like further information in relation to how we process your personal data, please see our privacy notice www.aviva.com/rainforest-explorers.

Where are the UK's rainforests

Rainforests used to cover much more of the UK, but today only small areas remain. You can find them in parts of Wales, Scotland, England and Northern Ireland.



Don't have a rainforest close by? No problem!

Here's a list of local green spaces you could photograph instead (with parental supervision where needed):

- A local park
- A garden
- The zoo
- Church gardens
- A local nature reserve
- Reservoir or canal
- A greenhouse
- Allotments



Respect nature

When exploring, remember:

- Stay on marked paths where possible.
- Leave plants, flowers and fungi where you find them.
- Never disturb wildlife to get a photograph.
- Take your litter home.
- Always listen to your parent, guardian or teacher.

Some places to explore include:



Wales

- 1 Gwaun Valley (Pembrokeshire)
- 2 Coed Crafnant (North Wales)
- 3 Ceunant Llennyrch (North Wales)
- 4 Pengelli (South Wales)

Scotland

- 5 Ballachuan Hazelwood (Argyll)
- 6 Loch Lomond (Alexandria)

England

- 7 Borrowdale Woods (The Lake District, Cumbria)
- Dartmoor and Exmoor (Devon), including:
 - 8 Ausewell Wood
 - 9 Bovey Valley Woods
 - 10 Horner Wood
 - 11 Finglewoods
- 12 Marsland Nature Reserve (Devon/Cornwall border)
- 13 Fowey Valley (Cornwall)
- 14 The Looe River Valley (Cornwall)

Northern Ireland

- 15 Correl Glen Nature Reserve (Co. Fermanagh)
- 16 Breen Oakwood Nature Reserve (Co. Antrim)
- 17 Banagher Glen Nature Reserve (Co. Londonderry)
- 18 Glenarm and Straidkilly Nature Reserves (Co. Antrim)

Good Luck, Rainforest Explorers!

Whether you're exploring one of the UK's incredible rainforests or discovering the wildlife on your doorstep, we're excited to see the world through your eyes.

Aviva, The Wildlife Trusts and Hamza Yassin

