DREAMER DAY 2026

STUDENT INFORMATION GUIDE

October 29th 2026 | 9:00am - 3:00pm | International Centre, Mississauga









INVEST MISSISSAUGA

BUILD A DREAM

ENBRIDGE
Life Takes Energy

WHAT TO EXPECT



Congratulations!
You've been invited by your school to attend Dreamer Day 2026

Explore Careers in Skilled Trades, STEAM, Emergency Response, Leadership & Entrepreneurship: Discover the endless possibilities in fields traditionally dominated by men. Learn about the skills and education needed to succeed.

Panel Discussion & Female Mentors: Meet trailblazing women who have built successful careers across a range of industries. Hear their stories, ask questions, and gain valuable insight into the many paths to success.

Exhibitors & Interactive Booths: Visit a variety of exhibitors who will showcase their industries, offer demonstrations, and provide valuable information about careers and opportunities.

Hands-On Activities & Live Demos: Get involved in interactive, hands-on experiences that bring real careers to life. From virtual reality simulations to trying on firefighter gear, explore a variety of professions in action.

Fuel up & Have Fun: Fuel your day with delicious eats from food vendors. Grab exclusive swag, and enjoy a high-energy atmosphere packed with music, photo ops, and unforgettable moments. There's something for everyone - come for the fun, and leave empowered with new knowledge.



This is an incredible opportunity to explore career options, uncover new possibilities, try exciting hands-on activities and meet inspiring female role models!

What's Happening & When

The Dreamer Day trade show floor is open all day, giving you plenty of time to explore hands-on activities, meet industry professionals, and discover career pathways that spark your interest. Plan your day around your scheduled Dream Maker Panel - you won't want to miss the chance to hear real stories, advice, and insights from professionals across all career pillars.

Use the schedule below to make the most of your Dreamer Day experience!









9:30am: Opening Remarks

To kickoff the day, our dynamic emcee will welcome everyone, introduce themselves, and walk you through how Dreamer Day will unfold. Then, get ready to be inspired as our incredible Founder & CEO, Nour Hachem, shares her powerful journey – showing us all what it means to dream big.

10:10am: Tradeshow Floor Opens

The Dreamer Day trade show floor is open all day and packed with opportunities to **explore**, **try, discover, and learn**.

Meet employers, industry professionals, training organizations, and mentors from skilled trades, STEAM, emergency response, entrepreneurship, and leadership—and get hands-on with interactive activities along the way.

Ask questions, try something new, and explore careers that you may have never considered. Your future might start with one conversation.

10:30am | 11:20am | 12:10pm: Dream Maker Panels Begin

Hear directly from **inspiring professionals** as they **share the real stories** behind their career journeys—the **choices** they made, the **challenges** they faced, the **lessons** they learned, and the **opportunities** that helped shape their paths.



Listen, ask questions, and take away advice that can help you think differently about what's possible for your own future.



1:00pm OPG Scholarships & Surveys

Join us as we officially announce the Watt Next Energy Leadership Scholarships, presented in partnership with Ontario Power Generation. After, share your feedback on the day with the Build a Dream Team!

1:15pm Live Entertainment

A true highlight of any Dreamer Day! Join us for a DJ Dance Party as we celebrate an incredible day of exploring careers, making connections, and discovering new possibilities.



2:00pm Final Trade Show Floor Discovery

Head back into the trade show floor for your final chance to explore, try, discover, and learn. Try any activity that you may have missed!

Explore The Trade Show Floor

The Dreamer Day Trade Show Floor is where you'll get to explore, try, ask questions and discover what's possible. The floor is organized into **seven career zones,** making it easy to explore different industries and pathways. Each zone brings together employers, industry leaders, unions, educators and community partners, with plenty of hands-on activities, demonstrations and opportunities to connect with women working in these fields.

Look for the **colour-coded zone signs** on the trade show floor to help you navigate, and **use the map in your Event Passport** on the day to find your way around.

Trade Show Zones

Innovate & Design

Discover how ideas become products through advanced manufacturing, machining, technology, robotics and design.

Protect & Serve

Explore careers focused on protecting, supporting and serving communities, including emergency response, public safety and defence.

Move & Explore

Get hands-on with careers that keep people and technology moving - from automotive and transportation to aviation and aerospace.

Build & Create

Explore the skilled trades that build the spaces and infrastructure around us, and meet the people turning plans into reality.

Power & Sustain

Discover careers that power our communities and explore the skilled trades, technologies and innovations shaping the future of energy.

Earth & Resource

Explore careers connected to Canada's natural resources, from mining and forestry to the technology and skilled trades supporting these industries.

Launch & Lead

Meet entrepreneurs, business leaders and organizations to discover how ideas, skills and passions can become businesses and careers.

Food Options

There are plenty of options for food and snacks throughout the day to keep you fueled while you explore Dreamer Day!

Dreamer Day Tip: Don't miss the action! **Grab your food when other groups are at their scheduled Dream Maker Panel**—you may find shorter lines and have more time to explore.

FAST FUEL LUNCHES

PRE-PURCHASED BY SCHOOL BOARDS

Quick pick up = more time to explore.

Fast Fuel lunches have been organized by participating school boards and will be available from a dedicated pickup area separate from the main concession lines.

If your school board has purchased Fast Fuel lunches, your teacher or chaperone will coordinate pick-up and distribution for your group - so be sure to check with them for details.

DIETARY RESTRICTIONS

Food options will be available to accommodate a variety of dietary needs and preferences, including celiac/gluten-free, vegetarian, vegan and halal options.

Students with specific dietary restrictions or allergies should speak directly with food vendors about ingredients and preparation practices before purchasing.

FOOD VENDORS

There will be a variety of food vendors available throughout the day to keep you fuelled. From light snacks and drinks to full meals, the vendors have something for everyone. Vendors accept all forms of payment, including debit, credit, and cash.

Craft Express All In One:
9:00AM - 2:00PM
Pizza and assorted wraps and sandwiches, samosas, patties, cookies, whole fruit,

Poutine Bar:
10:30AM - 2:00PM
See full menu on the next page

Nashville Style Chicken
10:30AM - 2:00PM
Chicken strips & fries

The Doghouse
10:30AM - 2:00PM
See full menu on the next page

IC Global Bowls & Premade Gourmet Salads
10:30AM - 2:00PM
Freshly Prepared Bowls with Chef's 3 Choices of Protein: See full menu on the next page

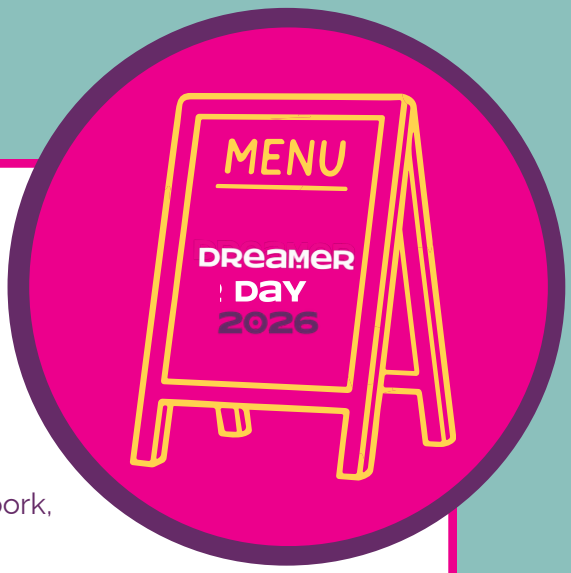
IC Sweet Corner
10:30AM - 2:00PM
Ice cream bars, popcorn, bags of candies

Pizza Pizza
10:30AM - 2:00PM

Taco Corner
10:30AM - 2:00PM
Authentic Mexican tacos, quesadillas and salads

Lemonade Counter
9:30AM - 2:00PM

Food Options



SPECIAL MENU ITEMS & PRICING

Poutine Bar Menu

CLASSIC QUEBEC POUTINE $9.25
Fresh cut fries, local cheddar cheese curds, beef gravy

PULLED PORK BBQ POUTINE $11.50
Fresh cut fries, local cheddar cheese curds, smoky BBQ pulled pork, chipotle aioli

IC Global Bowls & Premade Gourmet Salads

Hot Pre-Made Bowls

ASIAN BOWL $16.00
Teriyaki chicken or crispy tofu, lemon grass steamed jasmine rice, asian veggies with edamame and yellow beans, asian slaw

MEDITERRANEAN CHICKEN BOWL $16.00
Chicken souvlaki, lemon pepper roasted Yukon potatoes, greek rice with veggies/greek salad

Selection of Gourmet Salads

KALE CAESAR CHICKEN $ 13.95
Baby kale & hearts of romaine greens, chicken breast, parmesan and olive oil crostini, eggs, bacon bits, parmesan cheese, roasted garlic, heirloom grape tomatoes – lemon pepper vinaigrette

SOUTHWEST COBB SALAD (GF) $ 13.95
Grilled chicken breast, bacon bits, egg, grape tomato, cheddar cheese, roasted corn, pickled jalapeno, tricolour tortillas, haven greens – honey chipotle ranch

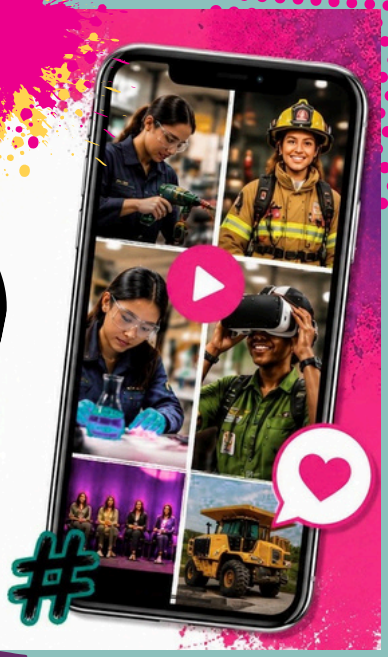
SUPER FOOD VEGAN SALAD (GF) $ 13.45
Mediterranean tri colour quinoa salad, garlic-oregano chic peas, roasted sunflower seeds, red beets, grape tomatoes, cucumber, kalamata olives (may contain pits), vegan cheddar, baby greens – citrus-hemp emulsion

THE DOGHOUSE

CLASSIC $6.50
Beef/chicken wiener mix on a bun, mustard, ketchup, relish

TEXAS CHILI DOG $8.95
Beef/chicken wiener mix on a bun, beef chili, cheddar cheese, jalapenos, crispy onions

FYP TIKTOK CHALLENGE!



IT'S YOUR TURN TO TELL THE STORY...

- Create a TikTok-style video that captures your learning, experiences, and discoveries throughout the day.
- Produce a 30–90 second vertical video that tells the story of **YOUR** Dreamer Day experience.
- Videos will be judged on creativity, storytelling, enthusiasm, and completion of the required challenge criteria.

PRIZES

Awards will be presented in the following categories:

Best Overall Video | Most Creative Edit | Best Storytelling

You MUST **tag @webuildadream** to qualify for awards.

VIDEO REQUIREMENTS

✔️ Show Us Where You Are
I'm at Dreamer Day at The International Centre in Mississauga!"
✔️ Explore Every Career Pathway
✔️ Meet the Dream Makers
✔️ Spotlight Our Partners
✔️ Get Hands-On
✔️ Make a Connection & Interview
✔️ Your Biggest Discovery
✔️ Hashtags: #DreamerDay2026 #FYPChallenge #findyourfuturebuildyourdream

SCAN ME



FYP CHALLENGE DETAILS:

To qualify for judging, every video must:

✔️ Show Us Where You Are:
State on camera: “I am at Dreamer Day at The International Centre in Mississauga!”



✔️ Explore Every Career Pathway:
Showcase at least one activity from each Dreamer Day pillar:

- Skilled Trades
- STEAM
- Emergency Response
- Entrepreneurship
- Leadership

✔️ Meet the Dream Makers:
Include footage from the Dream Maker Panel and share one key takeaway, quote, or lesson that inspired you.

✔️ Spotlight Our Partners:
Feature each of the following partners:

- Enbridge
- Invest Mississauga



Don’t simply record the booth:
Show what makes each experience interesting or engaging.

✔️ Get Hands-On:
Capture yourself participating in at least three interactive activities throughout the event.

✔️ Make a Connection:
Interview (or feature) at least one:

- Mentor
- Exhibitor
- Employer
- Volunteer
- Dream Maker

Ask a question such as:

- What inspired you to choose your career?
- What advice would you give someone my age?
- What do you love most about your job?
-



✔️ Share Your Biggest Discovery:
End your video by completing the sentence: **“Today I discovered that…”**

OPG's WATTNEXT™

FUTURE ENERGY LEADER SCHOLARSHIPS

OPG's WattNext Energy Leader Scholarship recognizes **five Ontario Grade 11 and Grade 12 students** who demonstrate initiative, leadership, and a commitment to building a brighter clean energy future through education, skilled trades, innovation, and community impact.



Scholarship recipients will be selected through a process that considers their experiences, aspirations, initiative, potential, and the perspectives that they bring to Ontario's future workforce.
Each recipient will receive a **$1000.00 award.**

LEARN MORE

Amirah



Co-op intern in Pickering Nuclear's Maintenance Strategies team.

"I hope to share my experiences and encourage more women to join this exciting industry, helping to shape a more diverse and inclusive future for energy.

Joelle



Intern in Pickering Nuclear's Refurbishment Component Engineering department.

"As I continue my journey at OPG, I hope to further develop my critical thinking and technical skills and am excited to contribute to a more sustainable future here and beyond.

Sam



Hydroelectric Operating Technician working in OPG's R.H. Saunders Generating Station.

"Starting something new can definitely be scary, but it's so fulfilling. It makes you feel good to accomplish what you set out to.

Event FAQ

Q: Can I choose my own activities at the event?
A: Yes! Dreamer Day is **yours to explore**. Students are free to discover the trade show floor, participate in hands-on activities, connect with exhibitors, explore different career pathways and take in event programming throughout the day. Doors open at 9:00 a.m., with the Main Stage program kicking off at 9:30 a.m. Students will also have a scheduled time to attend a Dream Maker Mentor Panel with their school group. Outside of these scheduled moments, you are free to explore and create your own Dreamer Day experience!

Q: What is a Dream Maker Mentor Panel?
A: Dream Maker Mentor Panels give students the opportunity to hear directly from women working in a variety of industries and career pathways. Mentors will share their experiences, answer questions and offer insight into what their careers are really like. Your school group will have a **scheduled panel time**, so be sure to follow the instructions provided by your teacher.

Q: Will I receive anything when I arrive at Dreamer Day?
A: Yes! Each student will be given a **swag bag** to use throughout the day. As you explore the event, exhibitors may also have giveaways, resources and other items available at their booths.

Q: What is the Student Passport and how does it work?
A: Each student will receive a Student Passport upon entering the venue. Your passport will help you navigate Dreamer Day, explore the different industry zones and discover activities and experiences throughout the event.

Q: Can I take photos and videos at Dreamer Day?
A: Absolutely — it's encouraged! There will be plenty of great opportunities throughout Dreamer Day to capture photos, videos and social content as you explore the event and participate in activities at exhibitor booths. You can also get involved in the **FYP TikTok Challenge** and share your Dreamer Day experience. When taking photos or videos, please be respectful of other attendees and exhibitors and make sure anyone featured in your content is comfortable being included.

Q: What if I do not want my photo or video taken at the event?
A: Students who have not given permission to have their image captured in photos or videos will r**eceive a sticker** to display prominently on your shirt, letting event photographers and videographers know that you do not want to be photographed or recorded.

Q: Can I purchase food at Dreamer Day?
A: Yes! Food vendors will be available throughout the event, with a variety of food and beverage options available for purchase. Vendors will accept **cash, debit and credit.**

Q: Are there food options available for dietary restrictions?
A: Yes! Food options will be available to accommodate a variety of dietary needs and preferences, including **celiac/gluten-free, vegetarian, vegan** and **halal** options. Students with specific dietary restrictions or allergies should speak directly with food vendors about ingredients and preparation practices before purchasing.

Q: What are Fast Fuel lunches?
A: Some school boards have pre-purchased Fast Fuel lunches for their students. Fast Fuel Lunches are designed to make lunch quick and easy, giving you more time to explore Dreamer Day.
Fast Fuel lunches will be organized by school or school board and available for pickup at designated times. Check with your teacher to find out whether your school board has purchased a Fast Fuel lunch for you and when your group is scheduled to pick it up.

DREAMER DAY 2026

SOME OF OUR 2026 EXHIBITORS & SPONSORS



HOSTED BY

BUILD A DREAM

PROUDLY PRESENTED BY

ENBRIDGE
Life Takes Energy™

IN PARTNERSHIP WITH

INVEST MISSISSAUGA

DREAMER DAY 2026

Readiness Checklist

- [ ] **Review the FYP TikTok Challenge:** Be sure to read the challenge details and requirements. Get ready to explore and to create the next viral post.
- [ ] **Bring Payment Methods:** Remember to bring a credit card, debit card or cash for food purchases
- [ ] **Pack your Essentials:** Bring a small bag for personal items such as your phone, phone charger, water bottle and notebook. Water stations will be available to re-fill your bottle.
- [ ] **Scan the QR code, and read about the OPG WattNext Scholarship**
- [ ] **Ask your Parent to sign our Photo Release Form and return a signed copy to your teacher.**

YOU'RE ALL SET!

Get ready to dream big and have an incredible day full of exploration, inspiration, and fun!

Visit us at: www.dreamerday.ca

Follow us on the socials! @webuildadream

FIND YOUR FUTURE. BUILD YOUR DREAM.