



## Video - Seeing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth - Alexander Anguttautauq

### Description

The NCCIH undertook a national digital storytelling project, *Seeing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth* to better understand what health and well-being mean to Indigenous young people. These resulted in eleven digital stories. The youth expressed multiple and intersecting topics in their digital stories related to their health and well-being.

### Bio

#### Alexander Anguttautauq



My name is Alexander Anguttautauq. I am from Sanirajak and Igloolik (NU). I am nineteen years old. I just graduated from an electrician program. My goal now is to work in a construction job to have more of an understanding of how things are made.

### Transcript

**Alexander Anguttautauq:** The story of Urban Inuuk.

When I was five, my grandpa and my dad decided to invite me to go walrus hunting. And it was the first time seeing how hunting is essential to living off the land, and it gave me a certain aspect of hunting and knowledge of the Inuit. Whenever my grandpa goes hunting, I always want to go with him so I can gain more knowledge and experience.



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When I turned nine, my mom and dad decided to move to Ottawa for a better living. And throughout the years, living down south, I realize I'm losing so much knowledge of the land and the culture where I once lived. And not knowing the language of the land, I felt embarrassed about it.

Last year, 2024, mid-August, my grandpa asked me if I wanted to go narwhal hunting, which I said yes because I wanted to see the wildlife and how we navigate the land and the sea. First, we went to the campground, and me and my family got there at midnight. So, we slept for the night till the morning. When we were on the land to look for the caribou, because it was low tide, the boat got stuck. When it was back to high tide again, we went to Naujaat after so we can get more supplies and gas. It was so beautiful going to Naujaat, which is 400 kilometers away from Hall Beach. So, it took us about 20 hours to get to Naujaat.

A few days later, we went to this campground, and you can see the narwhals and the caribou. Me and my family goes out hunting in the morning till dinner time to hunt caribou and narwhals. Sometimes there's so many boats trying to get the narwhals.

This is what health means to me. My spirit in my body feels healthiest when I go hunt with my family. I love to hear their stories and share their laughter and knowledge. I feel like it's important we stay connected to our culture, especially now when so many Inuit are lost.

*-Music-*

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