‘Aboriginal’ or ‘First Peoples’ are umbrella terms commonly used in Canada that include Inuit, First Nations, and Métis.

‘Indigenous Peoples’ includes all of the Aboriginal or First Peoples of Canada and other countries.

‘First Peoples’ and ‘First Nations’ do not mean the same thing.

‘First Nations’ describes the peoples who were formerly given the exonym ‘Indians.’

‘Inuit’ means “people” in Inuktitut and is the correct way to describe people who were formerly given the exonym “eskimo.”

‘Mi’kmaq’ and ‘Innu’ are a ‘First Nations’ groups. ‘Inuit’ are not a ‘First Nations’ group. ‘Innu’ and ‘Inuit’ are separate Aboriginal groups with very different languages, cultures, and lineages.
The Inuit Land Claims Settlement Area in northern Labrador is called ‘Nunatsiavut,’ which means “our beautiful land”.

Inuittut [inottitot] is the language spoken by Inuit. The Nunatsiavut Government has been playing an active role in reviving the language. There are approx. 7,200 Nunatsiavummiut [nunatsiavummiut] (people of Nunatsiavut); approx. 1,500 living inside Nunatsiavut.

For more information, please visit: http://www.nunatsiavut.com

Of the 11 Innu communities, 9 are on the “Quebec” side of Nitassinan [ntəssinən] or ‘Innu homeland.’

The communities of Sheshatshiu [ʃeʃəʃu] & Natuashish [nɑːtwəʃiʃ] are located on the “Labrador” side and they have an approx. combined population of 2,200.

Innu-aimûn [innu/ejmun] is the Traditional language and English is most often a second language.

Innu operate their own private school board, Mamu Tshishkutamashutau Innu Education.

Innu are considered the last nomadic peoples of all of what is now known as Canada

For more information, please visit: http://www.innu.ca

There are 67 traditional Qalipu communities on the island of Newfoundland.

There are approximately 23,000 member of the Qalipu Mi‘kmaq Band.

Strong efforts are being made to preserve and promote the Qalipu culture including Traditional activities, crafts, and language.

Qalipu means Caribou in Mi‘kmaq (the Mi‘kmaq language); see detailed description at: http://qalipu.ca/about/background/

For more information, please visit: http://qalipu.ca

Approximate population [on-reserve]: 950 (842 status members and about 100 non status individuals).

Geographically located on the South Central Coast of the island of Newfoundland.

Miawpukek has been a member of the Grand Council since 1860 when the first district Chief was appointed in Newfoundland.

Miawpukek First Nation maintains historical connection to the land through hunting and trapping moose, caribou, and beaver.

Miawpukek First Nation is revitalizing the Mi‘kmaq language in the school curriculum and by offering community language sessions.

For more information, please visit: http://www.mfngov.ca/about-miawpukek/

NunatuKavut means “our ancient land” and is the traditional territory of the Southern Inuit, who reside primarily in southern and central Labrador.

English is the language of everyday use. Inuktutit [inoktitot] words and phrases are spoken and language revival is taking root.

For more information, please visit: http://www.nunatukavut.ca/home/

The Inuit, Innu, Mi‘kmaq are very distinct; however they do share some common qualities, such as:

- All have rich traditions that perpetuate strong values and complex knowledge systems.
- All have strong ties to the caribou which historically provided tools, food, and clothing.
- All demonstrate enduring ties to the land, sea, and ice.