

FOREMOST LITHIUM ANNOUNCES IMMEDIATE APPROVAL TO BE UPGRADED TO THE OTCQB VENTURE MARKET IN THE UNITED STATES AND CEO ROADSHOW TO ENGAGE WITH GERMAN AND SWISS INSTITUTIONAL INVESTORS.

Highlands Ranch, Colorado, February 14, 2022, Foremost Lithium Resource & Technology Ltd. (CSE: FAT) (OTCQB: [FRRSF](#)) (FSE: F0R0 | WKN: A3DCC8) ("FAT" or the "Company") (www.foremostlithium.com), is pleased to announce it has been successfully up-listed from the OTC Pink Sheets to the OTCQB Venture Market (the "OTCQB"). Foremost Lithium's symbol will remain unchanged on the OTCQB and will continue to trade under the symbol "[FRRSF](#)". The Company's common shares will continue to trade on the Canadian Securities Exchange under the symbol "[FAT](#)" and the Frankfurt Stock Exchange under the symbol "[F0R0](#)", and WKN: "[A3DCC8](#)".

The OTCQB Venture Market, is recognized by the US Securities and Exchange Commission as an established public market providing public information for analysis and value of securities designed for developing and entrepreneurial companies in the U.S. and abroad. Companies must be current in their financial reporting and undergo an annual verification and management certification process, including meeting a minimum bid price and other financial conditions. With more compliance and quality standards, the OTCQB provides investors improved transparency to make informed investment decisions.

Scott Taylor, President and CEO of Foremost is travelling throughout Germany and Switzerland starting February 17th until February 28th to engage with strategic European institutional investors focused on hard rock lithium mining and strategic battery metals.

Scott Taylor, President and CEO of Foremost Lithium states: "One of the new management team's first corporate priorities was to clean Foremost up from the OTC Pink to the OTCQB Venture Market. This process was successfully accomplished in 58 days since taking over as President and CEO of Foremost. Trading on the OTCQB improves our Company's reputation, provides credible market transparency, and opens a new and extensive class of long-term institutional and retail US investors. We shall now continue to mature the Company and pursue a subsequent upgrade to the OTCQX Best Market. OTCQX Best Market Companies meet higher financial standards, follow best practice corporate governance, demonstrate compliance with U.S. securities laws, have a professional third-party sponsor introduction, and are one tier below a NASDAQ listing."

Scott Taylor continues: "The Swiss and German roadshow is essential to connect Foremost to the European institutional investment community which is highly focused on long term strategic investments in hard rock lithium in secure jurisdictions like the Snow Lake District of Manitoba, Canada. These two actions will improve shareholder value by systematically increasing the shareholder base to be primarily composed of long term, strategically focused investors."

About Foremost Lithium Resource & Technology Ltd.

Foremost Lithium is an energy technology company focused and committed to become one of the first North American Companies to produce high quality battery-grade lithium hydroxide. Lithium hydroxide is a strategic battery mineral mainly consumed in the production of cathode materials for lithium ion batteries. Lithium-based batteries power our daily use of consumer electronics, enable electrification of the transportation sector, and provide stationary grid storage, critical to developing the clean-energy economy. The Company is prudently and systematically exploring and building tonnage on its four lithium properties, Jean Lake, Grass River, and Zoro located in Snow Lake, Manitoba, and Hidden Lake in the Northwest Territories. Foremost Lithium also holds assets in precious commodities with its Winston Gold/Silver Project in New Mexico, USA.

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Forward Looking Statements

All statements in this press release, other than statements of historical fact, are "forward-looking information" with respect to Foremost within the meaning of applicable securities laws. Foremost provides forward-looking statements for the purpose of conveying information about current expectations and plans relating to the future and readers are cautioned that such statements may not be appropriate for other purposes. By its nature, this information is subject to inherent risks and uncertainties that may be general or specific and which give rise to the possibility that expectations, forecasts, predictions, projections or conclusions will not prove to be accurate, that assumptions may not be correct, and that objectives, strategic goals and priorities will not be achieved. These risks and uncertainties include but are not limited to market conditions, exploration findings, results, and recommendations, as well as those risks and uncertainties identified and reported in Foremost's public filings under Foremost's SEDAR profile at www.sedar.com. Although Foremost has attempted to identify important factors that could cause actual actions, events or results to differ materially from those described in forward-looking information, there may be other factors that cause actions, events or results not to be as anticipated, estimated or intended. There can be no assurance that such information will prove to be accurate as actual results and future events could differ materially from those anticipated in such statements. Foremost disclaims any intention or obligation to update or revise any forward-looking information, whether as a result of new information, future events or otherwise unless required by law.