

Sounds:

<http://www.freesound.org/whatIsFreesound.php>

Images:

<http://www.bbcmotiongallery.com/Customer/index.aspx>

<http://search.creativecommons.org/>

then there's the creative commons site

<http://search.creativecommons.org/>

which has a video or for more information see

http://wiki.creativecommons.org/Content_Curators

Also the internet archive

<http://www.archive.org/index.php>

which specialises in moving image but both have image, sound text and video

for photography also see stock.xchng

<http://www.sxc.hu/home>