Media Release
Let's make Australia the happiest place on earth: Give Happy, Live Happy

5 December 2014

Each year on December 5 the world stops to celebrate the social glue of society – volunteers. Founded in 1985 by the United Nations General Assembly, International Volunteer Day (5 December) honours the generous service of over 6 million volunteers in Australia and many more around the world, for enriching our quality of life and social cohesion.

Volunteers contribute $290 billion to the Australian economy each year. If it were an industry it would be the largest in Australia. Today we thank each and every volunteer around the country for their commitment and service; those in emergency services, sports, arts, health and in every community activity in every region around Australia.

'Not only are volunteers helping make the lives of everyone around them happier, they too are happier as a result. Research tells us that just a few hours of volunteer work makes a difference in people's happiness. It's proven that volunteers are happier, healthier and even sleep better than those who don't volunteer.

Volunteering Australia is very excited to announce the theme for National Volunteer Week 2015: **Give Happy, Live Happy**. *From 11 – 17 of May next year we* **want to make Australia the happiest place on earth** *by asking every Australian to give as much time as they can. What better way to kick off the campaign than on International Volunteer Day!'* said Brett Williamson, CEO, Volunteering Australia.

If you are interested in volunteering go to www.volunteeringaustralia.org to search over 10 000 vacant volunteering positions and find the perfect role in your region.

Volunteering Australia will be releasing more information about the 2015 National Volunteer Week campaign over the coming months (keep an eye on their website and social media platforms to stay up to date).

See Media Backgrounder: Volunteering and Happiness – The Facts for more information.

Media Contact:

Rikki Blacka
0447 841 126
r.blacka@volunteeringact.org.au
Twitter: @VolunteeringAus