

## Let's make Tasmania the happiest place on earth

**Monday 11 May - for immediate release**

During National Volunteer Week (11-17 May), Volunteering Tasmania is connecting the community through a 'Smile, it's National Volunteer Week' campaign.

"The theme for this year's National Volunteer Week is 'Give Happy, Live Happy'. We are using this opportunity to have real conversations with people in our community about how volunteering spreads happiness, both in the giving and the receiving," Said Adrienne Picone, CEO of Volunteering Tasmania.

"Just a few hours of volunteer work can make a huge difference, and create a lot of smiling faces, so we encourage Tasmanians to sign up to volunteer via our website," she said.

"There are a myriad of ways people can volunteer. You can commit long term, or just for a one-off event. You can even volunteer 'virtually', as 14% of Tasmanians did last year. There really is something for everyone, and we can help you find it," she said.

The common theme is that volunteering spreads happiness for everyone. Volunteering Tasmania is seeking stories from within in the community to spread the joy. To take part in the 'Smile, it's National Volunteer Week' campaign, volunteers can simply:

1. Go to [www.volunteeringtas.org.au](http://www.volunteeringtas.org.au), and follow the link to print out a smile prop and attach it to a straw or paddle pop stick.
2. Take a photo and write a few lines about how volunteering makes you happy.
3. Post it to Volunteering Tasmania's facebook page, or tag volunteering Tasmania on Instagram @volunteeringtas or Twitter @volunteertas.

The official launch event will be held in Launceston Mall from 10:30am on Monday 11 May, and all community members are invited to attend for morning tea and to take photos in the photo booth.

Tasmanians can find out more about National Volunteer Week events, or becoming a volunteer at [www.volunteeringtas.org.au](http://www.volunteeringtas.org.au).

**Words:** 292

**Images:** Some photos attached. More available upon request, or contact Bonnie on the details below for photo and moving picture opportunities.