

## International Volunteer Day 2016

**Celebrate Canada's 150th Anniversary by giving back to your community and country and making a difference in the lives of Canadians.**

We are pleased to announce that **Volunteer Prince George** is joining Volunteer Ottawa, Volunteer Canada and Volunteer Centres across the country in the launch of the **Canada 150 for 150 Volunteer Challenge** – a nation-wide campaign to encourage Canadians to give 150 hours of volunteer time in 2017 in celebration of Canada's 150<sup>th</sup> Anniversary.

This announcement comes on International Volunteer Day on December 5th. International Volunteer Day (IVD) was designated by the United Nations in 1985 as an international observance day to celebrate the power and potential of volunteerism. This year, volunteer organizations are orchestrating a round of #GlobalApplause on social media to recognize all volunteers everywhere and the contribution they make. While “giving volunteers a hand”, we also encourage everyone who has not yet volunteered to join in and take part! For more information, please visit the UN Volunteers website at <https://www.unv.org/international-volunteer-day-2016>.

Volunteering offers vital assistance to people in need, worthwhile causes, and the community, transforming both the lives of the people who volunteer and those who benefit. Canadians volunteer an average of 154 hours per year – 59% of the population have volunteered at some point in their lives. The **Canada 150 for 150 Volunteer Challenge** will build on these numbers, engaging tens of thousands in making a difference in the lives of Canadians.

With a special focus on New Canadians, Aboriginals, seniors and youth, the Challenge will culminate in a ceremony in Ottawa to recognize those individuals who contributed the most hours in each province and territory, and the city that contributed the greatest number of volunteer hours.

**Volunteer Prince George** would like to invite all residents of **Prince George** to participate in the Challenge, give as many hours as they can to meet the 150 hour milestone, give back to the community in celebration of Canada's

150<sup>th</sup> Anniversary and make our city proud. Whether it is volunteering for a non-profit organization or informal volunteering that contributes to our community, be part of the 150 for 150 Volunteer movement!

How can you participate in the Challenge? To participate volunteers will be asked to register onto the **Canada 150 for 150 Volunteer Challenge** on-line and mobile platform to create their volunteer profile, track their volunteer hours and share their volunteer stories. The platform will be accessible in late December 2016 through our website at [www.volunteerpg.com](http://www.volunteerpg.com).

For more information on the Challenge, please call Volunteer Prince George at 250-564-0224, or email [info@volunteerpg.com](mailto:info@volunteerpg.com).

**For more information, please contact:**

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