

## World Voice Day 2025

This public information leaflet has been jointly produced by The British Voice Association (BVA) and the Australian Voice Association (AVA) to celebrate World Voice Day (always 16th April).

The theme for 2025:  
“EMPOWER YOUR VOICE!”

The BVA and AVA understand the importance of care for the speaking and singing voice. As two major international organisations representing multidisciplinary voice professionals and researchers across the arts, medicine, and education, the BVA and AVA bring together the latest knowledge and expertise to help take better care of all voices, including yours.

With thanks to Ajhriahna Henshaw, Heather Fletcher, Anthony Rotman, Elissa Finn, Jane Oakshott, Rehab Awad and Louise Gibbs.

For more information:  
<https://britishvoiceassociation.org.uk/resources/>

<https://www.australianvoiceassociation.com/resources>

Your voice is a powerful communicator and an essential part of your social, emotional and physical identity. When your voice works well - with clarity and stamina - it gives you confidence AND inspires confidence in others.

 the british **voice** association

**The British Voice Association**  
Company no. 3873285  
Registered Charity no: 1078709  
Email: [adminstrator@britishvoiceassociation.org.uk](mailto:adminstrator@britishvoiceassociation.org.uk)

 Australian Voice Association Inc.

**Australian Voice Association Inc**  
Limited Liability Incorporated Association  
ABRN: 646 005 076  
Email: [ava@australianvoiceassociation.com.au](mailto:ava@australianvoiceassociation.com.au)

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# EMPOWER YOUR VOICE



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# EMPOWER

your speaking and your singing voice.

## ENGAGE YOUR VOICE

Think outside the box to expand your vocal imagination.

### ▪ Have fun with your voice

Take the pressure off yourself about sounding good. Imitate accents, character voices or bird song, take up yodeling, laugh more - join a comedy club, read with funny voices to children, sing in the car or the shower

### ▪ Find your voice community

Join a choir, a band or a debating club, try live poetry reading, amateur dramatics, sing karaoke, cheer for your sports team. Using your voice with others improves emotional connection, vocal presence and confidence.

Photo Credit: Ian Hodgson



## ENHANCE YOUR VOICE

Whether speaking or singing, any voice can be improved.

- Vocal warm-ups are not just for professionals – prepare your voice with humming, overtone singing, vocal sirens, and tongue-twisters
- Keep yourself active and fit – The voice involves the whole-body. Walk, run, dance and sing to music. Physical movement and flexibility promote vocal freedom and stamina
- Improve posture, breath management, and movement with practices like Yoga, Feldenkrais, Alexander Technique, & Tai Chi
- Find a reputable vocal teacher/coach to take you to that next level!

## CARE FOR YOUR VOICE

Love and accept your unique voice. It's irreplaceable.

- Keep hydrated!
- Take vocal rest after prolonged, energetic voice use (eg, shouting in a noisy bar, music festival or sports event)
- Reduce your exposure to air pollution – avoid smoking or vaping
- Take care of your hearing
- Notice the vocal 'red flags'



## HOW IT WORKS

Your voice is produced by the vocal folds that sit inside your larynx or voice-box. Vocal production is:

- Initiated by your intention to speak or sing
- Maintained by the flow of air leaving your lungs and through your vocal folds making them vibrate
- Modified by your tongue, lips, and nasal and oral cavity to form pitched sounds and words
- Influenced by social factors and your emotional state



## VOCAL 'RED FLAGS'

If you notice changes with your normal voice use or in your throat (lasting longer than six weeks) such as:

- ▶ Sounding and feeling persistently uncomfortable
- ▶ Throat clearing, coughing, or hoarseness
- ▶ Pain and/or bleeding

Seek professional support. Talk to your doctor and be referred to a throat (ENT) specialist.