



HAPPYCITY ON COMMUNITY VITALITY

HappyCity defines the vitality of a community by its interactions and relationships within and across its communities through its acts of giving, volunteering, social cohesion, trust and safety.

VOLUNTEERISM

Research shows that volunteering two hours per week (or 100 hours a year) of your talents for charitable, educational, or other cause related activities in one's community increases one's well-being, satisfaction, and self-esteem.

SAFETY & TRUST

In a study, higher well-being scores were shown for those people having trust in others and those that experiences a feeling of safety in their surroundings.

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