World Voice Day
April 16 2015

About

World Voice Day is a worldwide annual event that takes place on April 16 to celebrate the phenomenon of voice. The aim is to demonstrate to the general public the enormous importance of the voice in our daily lives, as a tool of communication, and as an application of a large number of sciences, such as physics, psychology, phonetics, art and biology. It was initiated in 1999 as a combined effort of American and European otolaryngologists and speech and language pathologists with celebrations now reaching all areas of the globe.

2015’s theme is “Voice Matters”. In this edition we touch on the importance of caring for your voice, how throat conditions impact voice production and the health and wellbeing benefits of singing.

Disclaimer: Optimal SP (OSP) is pleased to provide resource links for our readers. OSP expressly disclaims any and all liability in respect for use of these resources.
Our Favourites
Have a read below for some useful information

Throat Clearing

Is your throat clearing trying to tell you something? Many of our voice clients complain of constant, often tiring, throat clearing. Step One – Look for a reason.

Dr Christopher Chang from Fauquier Ear Nose & Throat Consultants of Virginia, USA, gives some useful insights into this common problem.

Please follow this link for more information.

Warm Up Exercises

We’re celebrating the wonders of the human voice. Are you caring for yours?

Follow this link to get World Voice Day’s official website’s sample of some great voice warm up exercises.

Warm up Exercises

Blowing bubbles is not just for children. There’s quite an art to it and it is one of the most commonly used vocal warm-up techniques. It belongs to a stable of techniques based on semi-occluded vocal tracts.

But is there more to a lip trill than we think? Watch this youtube video here to find out.
The human voice is the most beautiful instrument of all, but it the most difficult to play.

Richard Strauss, German Composer

Voice Production

Don’t feel the burn. Here is some interesting reading about the impact of reflux on voice production.

Courtesy of Fauquier Ear Nose & Throat Consultants of Virginia, USA here is some suggested lifestyle tips that may assist you.

A Clinician’s viewpoint

An interesting read from the Journal of Voice Foundation looking with a systematic review of evidence behind laryngeal palpation techniques in muscle tension dysphonia.

Follow this link

Emotion of Voice

One for lovers of fine voices looking for a bit of distraction.

How good are you at judging the emotion in singing voices?

Test your ability now by following this link
Singing is like a celebration of oxygen

Bjork, Musician

WVD Events

Sound Advice - A Celebration of Singing

Sunday April 26, 2015 - 9.30am - 4.00pm

JMC Academy
561 Harris Street, Sydney

A full day dedicated to the celebration of voice, learning and sharing ideas, as well as fundraising to support ‘up and coming’ vocalists to achieve their dreams.

Phil Evans - Musician, Vocalist & Composer will lead the morning workshops on stage presence, how to increase performance confidence and achieve the most from your sound equipment. The afternoon will be a showcase of vocal performances.

For full details please follow this link.

Benefits of Singing

Singing is good for you.

Thanks to our colleagues at the British Voice Association (BVA) for this great overview of the health and well-being benefits of singing. Follow this link.

The BVA website also has some brilliant handouts on muscle tension dysphonia, vocal nodules and voice care. These are all downloadable here.