

# INTERNATIONAL DAY OF HAPPINESS (2026) CONTEST

## OFFICIAL RULES

### NO PURCHASE NECESSARY

- 1. CONTEST:** The International Day of Happiness (2026) Contest (the “Contest”) is conducted by The Governors of the University of Alberta (the “University”) and administered on behalf of the University by Days of Action Committee, which is chaired by Wellness Supports Team, in the Dean of Students Office (“DAC-WST”). The Contest is to encourage participation in the International Day of Happiness Calendar Contest from March 1-31, 2026.
- 2. ELIGIBILITY:** To be eligible for the Contest (an “Eligible Entrant”) you must:
  - (a) Be Eighteen (18) years of age or older; and
  - (b) Attend a Campaign event or participate in the online community participation question.

You are not eligible for the Contest if you are a resident of Quebec or if you are an employee of DAC-WST, including a member of the immediate family (defined as mother, father, brothers, sisters, sons, daughters and husband or wife, regardless of where they reside) or household of any of the above persons, their respective affiliates, agents, licensors, associates or representatives. All decisions regarding eligibility to enter this Contest and the Entry Submissions will be determined by the University in its sole discretion. This Contest is void where prohibited by law.

- 3. NUMBER, APPROXIMATE VALUE OF PRIZE AND CHANCES OF WINNING:** There are four (4) prizes available to be won in this Contest (a “Prize”; collectively “the Prizes”). The Prizes are described in paragraph 9 below. The chances of winning a Prize will depend on the number of Eligible Entrants received in accordance with these Official Rules during the Entry Period as defined herein.
- 4. CONTEST SCHEDULE:** This Contest commences on Sunday, March 1, 2026 at 8:30 a.m. (Edmonton Time) and closes on Tuesday, March 31, 2026 at 11:59 p.m. (Edmonton Time) (the “Entry Period”). Entry Submissions must be received by DAC-WST before the contest closing time, which is Tuesday, March 31, 2026 at 11:59 p.m. (Edmonton Time) (the “Contest Closing Time”) to be eligible to win a Prize.
- 5. HOW TO ENTER:** No purchase is necessary to enter the Draw. To be entered into the Contest, Eligible Entrants must participate in one of the following events:

March 1	Rec Recess - VVC Lounge	12:00 - 3:00 pm
March 1	Identity & Academic Imposter Syndrome	12:30 - 1:30 pm
March 1	English Conversation Club	3:00 - 4:00 pm
March 1	Play Around the World Comedy Night	7:30 - 10:30 pm
March 2	Three Good Things - Gratitude Exercise	1x/day for a week
March 3	All Bodies Swim	6:30 - 8:00 pm
March 4	Yoga for Peace of Mind	11:00am - 12:00pm
March 5	Excelling Academically: A Deep Dive into 5 Essential Study Techniques	3:00 - 4:00 pm
March 5	Happiness Awards	Online
March 6	Rec Recess - Education North	12:00 - 3:00 pm
March 7	Yoga for Peace of Mind	3:00 - 4:00 pm
March 8	Rec Recess - CCIS	12:00 - 3:00 pm

March 8	English Conversation Club	3:00 - 4:00 pm
March 9	Savoring Walk Exercise	20 mins/day for a week
March 10	All Bodies Swim	6:30 - 8:00 pm
March 11	Yoga for Peace of Mind	11:00am - 12:00pm
March 11	BINGO	4:00 - 6:30 pm
March 12	ASSET x CCR: The Great Game Night with Alumni	5:00 - 8:00 pm
March 13	Rec Recess - Lister	12:00 - 3:00 pm
March 13	Pets n' Kidneys	5:00 - 6:00 pm
March 14	Learning to Relax	2:00 - 3:30 pm
March 14	Yoga for Peace of Mind	3:00 - 4:00 pm
March 15	Rec Recess - ETLC West Solarium	12:00 - 3:00 pm
March 15	Collective Tea Time: Connecting Through Smiles	1:30 - 2:30 pm
March 15	English Conversation Club	3:00 - 4:00 pm
March 16	Self-Compassion Worksheet	Daily
March 17	All Bodies Swim	6:30 - 8:00 pm
March 18	Yoga for Peace of Mind	3:00 - 4:00 pm
March 20	Podcast Launch	All day
March 21	Yoga for Peace of Mind	3:00 - 4:00 pm
March 22	Rec Recess - CCIS	12:00 - 3:00 pm
March 22	English Conversation Club	3:00 - 4:00 pm
March 23	Meaningful Photos Activity	15 mins/day for a week
March 24	Family Fun Sunday - Spring Has Sprung	12:00 - 3:00 pm
March 24	All Bodies Swim	6:30 - 8:00 pm
March 25	Yoga for Peace of Mind	3:00 - 4:00 pm
March 25	Collective Tea Time: Thinking Beyond Finals	12:00 - 1:00 pm
March 27	CAAWLS therapy Dogs - Take a Break	12:00 - 3:00 pm
March 27	Wellness Wednesday - Mindful March	12:00 - 1:00 pm
March 27	Title - TBD! (ASSET (Office of Alumni Relations) )	4:00 - 5:00 pm
March 28	Mindfulness: A Journey to Inner Peace and Happiness	11:00am - 12:30pm

March 28	Yoga for Peace of Mind	3:00 - 4:00 pm
March 28	UNITEA and ASSET: HAPPINESS Discussion	1:00 - 2:00 pm
March 29	English Conversation Club	3:00 - 4:00 pm
March 30	Give a Random Act of Kindness	Daily
March 31	All Bodies Swim	6:30 - 8:00 pm

An online submission form will be made available through a link on the digital calendar to promote the Contest and all events, via google form ("Entry Submission"). Each participant will be eligible to enter the Contest once per event for a total of forty-six (46) potential Entry Submissions. Personal information from the google form will not be shared, however, the responses will be publicized.

Once submitted, all Entry Submissions become the property of the University and will not be returned. All Entry Submissions will be reviewed, and any Entry Submissions which are deemed to be late, illegible, incomplete, inaccurate, inappropriate, offensive, plagiarized, subject to copyright or other intellectual property considerations, do not meet the Alberta *Protection of Privacy Act* ("POPA") or privacy considerations, as set out in paragraph 19 herein, and otherwise, or which are deemed to not enhance the reputation of the University, will be disqualified. The determination of whether an Entry Submission is illegible, incomplete, offensive, late, or deemed not to enhance the reputation of the University will be in the sole discretion of SSE-WST.

6. **PRIZE DRAW DETAILS:** The draw will take place on Thursday, April 2, 2026 at 11:00 a.m. (Edmonton Time). The Eligible Entrants whose Entry Submissions are drawn at random and have complied with these Official Rules, including without limitation the provisions of paragraph 8 will be declared the Winners. If necessary, should a Prize be unclaimed, or should a Winner be unwilling, unable or ineligible to win a Prize as set out in these Official Rules, the Prize will be forfeited and the University shall have the right, but not the obligation, to draw, as replacements only, an additional prize winner(s). All participants (including without limitation the Eligible Entrants and Winners) must comply with these Official Rules. The determination of the Winners by the University is final and binding. No communication with Eligible Entrants will be entered into except with the Winners, which will be selected in accordance with these Official Rules. All matters related to the Contest and the verification of the eligibility of the Eligible Entrants and Winners will be conducted by the University, or by persons designated by the University in its sole and absolute discretion. All decisions made by the University in this regard are final and binding and cannot be challenged.
7. **NOTIFICATION:** The University will notify the Winners via email on Thursday, April 2, 2026 at 12:00 p.m. (Edmonton Time). If the Winners do not contact DAC-WST by Thursday, April 9, 2026 at 4:30 p.m. (Edmonton Time), DAC-WST shall have the right, but not the obligation, to select alternative Winners.
8. **DECLARATION OF WINNER:** An Eligible Entrant will not be declared a winner in accordance with these Official Rules unless and until:
  - a. DAC-WST has verified that the winners are Eligible Entrants pursuant to these Official Rules; and
  - b. The Eligible Entrants correctly answer a skill-testing question as set out in these Official Rules.

Once these requirements have taken place, the Eligible Entrants will be declared the winners (the "Winners").

9. **PRIZE:** There will be four (4) Prize packages, each consisting of the following:
  - a. One (1) CCR branded Lululemon lunch bag, a stress ball and water bottle;
  - b. One (1) sticker from the Landing;
  - c. One (1) University of Alberta branded note book;
  - d. One (1) Unitea travel mug and one (1) tea bag; and
  - e. Two (2) movie vouchers.

Each Prize package has an approximate value of \$35.00 (CDN).

The Prizes are not transferable and must be accepted as awarded with no substitutions, except at the University's sole discretion. The University reserves the right to substitute a Prize of equivalent monetary value if the University is unable to award the Prizes as described. The University will not be responsible, however, if factors beyond the University's reasonable control prevents the Prizes from being fulfilled. In any such event, the Winners will not be provided with a substitute prize or cash equivalent. The Prizes will only be granted to the verified Winners. The Winners of the Prizes will be required to pick up the Prizes in person at the Wellness Supports Team Office, 2-89 CAB, Edmonton, Alberta between office hours of Monday to Friday from 8:30am-4:30pm by Thursday, April 16, 2026 at 4:30 p.m. (Edmonton Time).

- 10. SKILL TESTING QUESTION:** To win a Prize, the Eligible Entrants must correctly answer, unaided, the mathematical, time-limited, skill-testing question as follows:  $70 \text{ multiplied by } 3 \text{ divided by } 2 = \underline{\hspace{2cm}}$  prior to being declared a Winner.
- 11. CONTEST MODIFICATION OR CANCELLATION:** The University reserves the right, without prior notice and at any time, to delay, or terminate the Contest, in whole or in part, or modify, suspend, amend or extend the Contest in any way, in its sole discretion including without limitation if the University determines that the Contest is not practicable or is impaired or corrupted or that fraud or technical problems, failures or malfunctions (including without limitation, computer viruses, glitches or printing or production errors) have destroyed or severely undermined the proper conduct, integrity, and/or feasibility of the Contest. In the event DAC-WST is prevented from continuing with the Contest as contemplated herein by any event beyond its control, including but not limited to fire, flood, natural or man-made epidemic or health or other means, earthquake, explosion, labour dispute or strike, act of God or public enemy, riot or civil disturbance, terrorist threat or activity, war or any federal, provincial or local government law, order, or regulation, public health crisis, the order of any court or jurisdiction, or by any other cause not reasonably within the University's control (each a "Force Majeure" event), then subject to any governmental approval which may be required, the University shall have the right to modify, suspend, extend or terminate the Contest.
- 12. PARTICIPATION:** Participation in this Contest constitutes an agreement by each participant to comply with these Official Rules.
- 13. DISQUALIFICATION:** It is the participant's responsibility to ensure that he/she has complied in full with all of the conditions and requirements contained in these Official Rules. If any Eligible Entrant or Entry Submission is found to be ineligible, or if an Eligible Entrant has not complied with these Official Rules or declines the Prize for any reason prior to award, such Eligible Entrant or Entry Submission will be disqualified and, in the University's sole discretion, an alternate Winner may be selected. No mechanically reproduced, illegible, incomplete, forged, software generated or other automated multiple entries will be accepted. The University reserves the right, in its sole discretion, to disqualify any individual who is found to be tampering or attempting to tamper with the entry process or the operation of the Contest; to be acting in violation of these Official Rules; or to be acting in an unsportsmanlike or disruptive manner, or with the intent to disrupt or undermine the legitimate operation of this Contest, or to annoy, abuse, threaten or harass any other person.
- 14. RELEASE AND INDEMNIFICATION:** By entering the Contest, each participant: (a) releases and agrees to hold the University and its respective directors, officers, employees, and agents harmless from and against any and all costs, injuries, losses or damages of any kind, including, without limitation, bodily injury and property damage, or any other damage or loss, due in whole or in part, directly or indirectly, to participation in this Contest, any Contest related activity, or from acceptance, possession, use or misuse of any Prize, or participation in any Prize related activity; and (b) agrees to fully indemnify the University and its respective directors, officers, employees, and agents from any and all claims on the part of any third party or parties related in any way and for any reason to the Contest or the Prize including, without limitation, death, and personal or property damage or injury.
- 15. LIMITATION OF LIABILITY:** The University assumes no responsibility or liability for incorrect, damaged, illegible, incomplete, mutilated, spoiled, destroyed, stolen, misplaced, lost, late, misdirected or incomplete Entry Submissions, which may be judged void, any notifications, responses, replies, or for any computer, telephone, hardware, software or technical malfunctions that may occur. The University assumes no responsibility for any theft or destruction or unauthorized access to, or alteration of, Entry Submissions. The University is not responsible for any injury or damage to participants in this Contest.
- 16. PUBLICITY RELEASE:** By entering this Contest, each participant who submits an Entry Submission, hereby agrees and grants to the University, without further compensation, the unrestricted rights, but not the obligation, to use the entirety of the Entry Submission, as set out in these Official Rules and otherwise, and to use his/her name, picture, portrait, likeness, voice, along with his/her address (City and Province) and any statements made by or attributed to

such Eligible Entrants, or other individuals associated with an Entry Submission, in any and all media, now known or hereafter devised, without notice, review or approval, in perpetuity and throughout the universe, and for educational, advertising and promotional purposes in connection with the Contest, and any other promotions and programs, whatsoever, without further notice or compensation and hereby releases the University from any liability with respect thereto.

- 17. OFFICIAL RULES AND LAWS:** These are the official rules (the “Official Rules”). This Contest is governed by and construed and enforced in accordance with the laws of the Province of Alberta and federal laws of Canada applicable therein and the parties hereby attorn to the jurisdiction of the courts of the Province of Alberta. In the event a court determines that this Choice of Law clause is invalid or unenforceable as against an Entry Submission, such Entry Submission will be void. These Contest rules are subject to change without notice in order to comply with any applicable federal, provincial and municipal laws or the policy of any other entity having jurisdiction over the University. These Official Rules, as amended from time to time, will be posted on the Days of Action website ([uab.ca/daysofaction](http://uab.ca/daysofaction)).
- 18. CONSTRUCTION:** Words importing the singular shall include the plural and vice versa. The invalidity or unenforceability of any provision of these Official Rules shall not affect the validity or enforceability of any other provision. In the event that any provision is determined to be invalid or otherwise unenforceable or illegal, these Official Rules shall otherwise remain in effect and be construed in accordance with their terms as if the invalid or illegal provision were not contained in these Official Rules. Headings and captions are used in these Official Rules solely for ease of reference, and shall not be deemed to affect in any manner the meaning or intent of these Official Rules or any provision hereof. These Official Rules cannot be modified or amended in any way except in writing by a duly authorized representative of the University. Employees of the University are not authorized to modify, amend or waive these Contest Rules.
- 19. PRIVACY:** The personal information requested pursuant to these Official Rules is collected, used and disclosed under the authority of the Alberta *Protection of Privacy Act* (“*POPA*”) and will be protected in accordance with Part 1, Division 1 of that Act. It will be collected, used and disclosed for the purpose of administration of the Contest. All personal information collected for the purposes of administration of the Contest will be retained for two (2) years from the closing of the Contest. Direct any questions about this collection, use or disclosure to: Heather Ritz at [hritz@ualberta.ca](mailto:hritz@ualberta.ca).