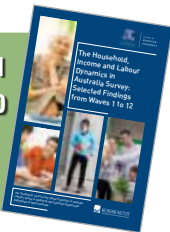


LIVING IN AUSTRALIA



**YOUR CASH
BONUS AND
TERRIFIC
OFFER**



**YOUR PRIVACY
EXPLAINED**

**Self Completion
Questionnaire
Prize Offer**



HILDA and the Institute for Social Science Research



Professor Janeen Baxter

*Director, ARC Centre of Excellence for
Children and Families over the Life Course*

Janeen Baxter is Director of the Australian Research Council Centre of Excellence for Children and Families over the Life Course in the Institute for Social Science Research. Janeen conducts research in the areas of gender, families, households, social disadvantage and the life course. Janeen is a Fellow of the Academy of Social Sciences in Australia and a member of its Executive Committee. She has recently held an Australian Research Council Professorial Fellowship and is a former Chair of the Social, Behavioural and Economic Sciences panel for the ARC College of Experts.

“Information collected in the HILDA survey provides invaluable information for community organisations, academic researchers and policy makers concerned with improving the lives of individuals and families in Australia. The data are extremely high quality, thanks to the dedication of the researchers designing the survey, the interviewers, and those of you who generously donate your time to complete the surveys.

As Director of a major new national research centre designed to understand the ways in which families experience and respond to social changes throughout their lives, I am very aware of the importance of collecting information from the same individuals over time.

We know that children who are born into families who experience social disadvantage are more likely to experience disadvantage themselves when they grow up. But we don't know very much about how this happens, or why some individuals break out of the cycle of disadvantage while others do not. It is only by collecting information from individuals as they experience life's ups and downs that we are really able to understand the opportunities and challenges that they face and how their experiences affect others in their families.

HILDA is a unique data source that has changed the face of Australian social research and will be vital for improving the lives of Australian families and children for years to come.”

What's new this year?

The Living in Australia Study, also known as the Household, Income and Labour Dynamics in Australia (HILDA) study, is Australia's largest and most significant study of its kind. Since 2001, HILDA data has helped policy makers create well-informed decisions about the future support of the Australian public.

Throughout our lives our decisions are shaped by our current situation and plans for the future. The priorities that we had four years ago may change, just as our life circumstances change. Are you starting a family? Are you planning for your retirement, even though it is decades away? What are your plans and dreams for the years to come?

This year, our interviewer will ask you some questions about relationships, family formation and retirement. In doing so, we hope to get a better understanding of how things change in your life over time to gain an insight into the issues that are important to you now, and insights into those issues that will become more important to you in the future.

Why are YOU so important to this study?

No matter what stage of life you are in, we want to hear from you! Whether you are 15 or 115, your opinions are important.

Your participation represents the voices of over 1,000 other Australians just like you. Without your help, your voice and the voices of those you represent will go unheard.

You are unique and special: strict statistical guidelines that the HILDA study adheres to mean that you cannot be replaced or represented by any other person.

Help us find out what is happening in Australia. Your participation in this one of a kind study will contribute to changing the lives of present and future Australians.

Our thanks to you

We would like to express our sincere thanks to you for the important contribution you make to this study. As a small gift for your participation we will give you \$35 cash at the end of your interview. When every eligible member in the household has taken part, your household will receive an additional \$35.

With your ongoing support and assistance, this important study will continue to be a valuable tool in helping shape our nation.

Our study is BIG NEWS



Stress cost of a new baby

Research using the HILDA data has put a dollar figure of \$85,000 on the time pressure and stress experienced by mothers in the baby's first year. "The \$85,000 figure reflects the extra earnings the mother would have to receive to reduce her financial stress by as much as the birth increases her time stress."

Heilke Buddelmeyer, from the University of Melbourne, stated that "the cost of a baby goes well beyond nappies and baby clothes" and therefore he sought to quantify some of the hidden costs, in this case, the increase in feeling pressed for time.



In addition, the research found that women are three times more time stressed than men in the first year of a baby's life.

Medical Xpress (online), 23 February 2015

Home workers do longer hours for less

Analysis of the HILDA data has "linked working from home with lower pay, a tendency to work longer hours and an intrusion of work into home life". Researchers have found that although some employees who work from home experience higher job satisfaction, others result in longer working days and a disturbed home life.

The analysis showed that the number of people working from home make up 16 per cent of employees - a decline of 2 per cent over the past decade, with only 6 per cent of those working at home for more than 8 hours per week.

Saturday Age, 1 November 2014

Eating fruits, vegetables boosts mental health, says study

Using the HILDA study, the University of Queensland has looked into the eating habits and reported happiness of 12,000 people aged between 15 and 93.

Overall, the research found that eating about five fruits and five vegetables per day makes us the happiest we can be. However, it was also found that less than 25 per cent of Australians are receiving the recommended level of fruits and vegetables daily.

International Business Times (online), 22 October 2014



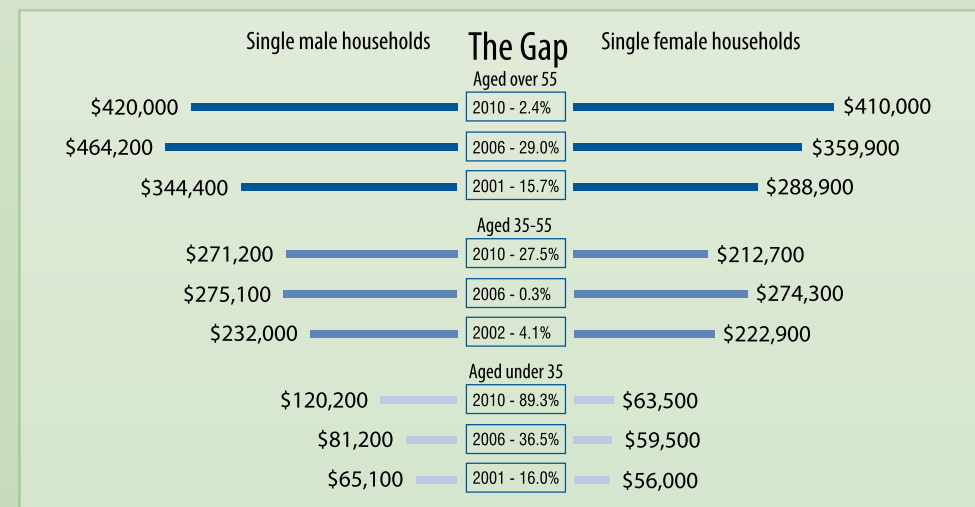
Gender wealth gulf grows

Researchers using HILDA data to compare the wealth of single male and single female households between 2002 and 2010 have found that Australian gender wealth gap has widened sharply. The research found that "the disparity in average wealth between single men and single women across all age groups grew from \$18,300 to \$47,000 between 2002 and 2010".

Researchers say that "despite young women now outnumbering young men in our universities quite substantially, we are not seeing a dramatic shift in the gender pay gap or the gender wealth gap". The biggest disparity is between single men and single women under the age of 35, with the former earning 89 per cent more than the average of their counterpart.

Sunday Age, 9 November 2014

Gap comparison between single male and single female households



Meet the TEAM

Just turned 15? This is why we need you!



Whether you are at school, doing an apprenticeship or trying to figure out your next steps, you can make sure the young people in Australia are represented in this important study by sharing your unique experience of living in Australia.

But how?

Believe it or not, your individual responses will represent 1,000 others who don't have the opportunity to share their experiences.

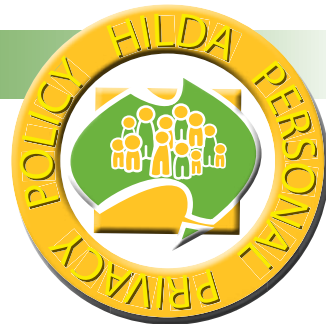
Plus, just for your participation, you will receive a \$35 cash gift once your interview is completed.

What about privacy?

Your information is protected.

The people involved in the study are committed to ethical research and legally bound to ensure your information is secure. All people involved in the project must comply with the Privacy Act 1988. Your rights are protected by Australian law.

Your identifying information is collected for the purpose of the Living in Australia study only. Access to your identifying information is restricted to only those who require it for the purpose of administering or conducting the study.



In the Living In Australia study there are approximately 150 interviewers conducting interviews in each state across Australia. We would like to introduce you to some of the interviewers from Roy Morgan Research who, like you, contribute to the Living in Australia study each year.



"I have been fortunate enough to be involved in the Living in Australia study since 2009. It quickly became my favourite project to work on.

I find it difficult not to be passionate about a study that provides such an important contribution to the understanding of the many facets of Australian life.

I am excited, year after year, with the opportunity to meet with people from a wide range of different life experiences. It is always a privilege to share in the positive and challenging experiences of the many households I interview. The best and most rewarding response from my respondents is when they ask "will we see you again next year?"

Andrew. New South Wales

"I've been working on the Living in Australia study for 3 years now and I really enjoy the flexibility of my job and being on the road, but most of all I enjoy the social side of it. I love meeting new people, catching up annually with all of the respondents and seeing and hearing about changes in their life.

Enjoying what I do makes my job so much easier. Due to all of my hard work last year, I received the award for 'most interviews completed in Victoria'. This was a massive achievement for me."

Zoe. Victoria



Information and Insight

Offer to all Living in Australia participants

We are pleased to offer a free printed copy of the most recent HILDA Statistical Report.

The report is full of interesting statistics about our nation.

If you would like to receive a printed copy of the report, simply call 1800 656 670.

The report is also available for free download from <http://www.melbourneinstitute.com/hilda/Reports/statreport.html>



Complete and return your Self Complete Questionnaire to win 1 of 10 prizes!

In exciting news, this year there will be 5 major and 5 minor prize draws. Our major prize winners will receive 1 of 5 iPad Mini 3's and the minor prize winners will receive 1 of 5 \$200 gift cards. Simply complete and return your Self Complete Questionnaire to be entered into the draw. For terms and conditions, you can visit www.livinginaustralia.org/scqprizedraw

Thinking of moving?

Your participation is critical to the success of the study, so please let us know if you are moving. Just freecall 1800 656 670 or email your new address to HILDA@roymorgan.com

More information about Living in Australia

If you have any questions, would like more information, or would like to contact your interviewer please freecall **1800 656 670** or visit us online at www.livinginaustralia.org. Your interviewer will also be able to help you with any queries you may have when he or she visits you.

If you should have any concerns about the conduct of this study, you are welcome to contact the Executive Officer, Human Research Ethics, The University of Melbourne by calling 03 8344 2073 or by sending a fax to 03 9347 6739.



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Research