

Let's Sing for Mental Health – Registration Form

Join us for Let's Sing for Mental Health, an inspiring singing competition organized by Respaldo in honor of *World Mental Health Day*. This event combines music and awareness to promote mental health in a creative and powerful way.

Date: Saturday, October 11, 2025

Time: 8:00 PM – 12:00 AM

Location: Hilton Hotel Aruba Ballroom

Prizes per Category (Amateur & Professional)

- 1st Prize: AWG 1,500
- 2nd Prize: AWG 1,000
- 3rd Prize: AWG 500

Categories

- Amateur: Participants who have never sung in a band or been active in the music industry.
- Professional: Experienced singers.

Why We Do This

World Mental Health Day is observed on October 10 every year, with events and campaigns organized worldwide to raise awareness around mental health. With Let's Sing for Mental Health, Respaldo aims to show how music can foster connection, relaxation, and emotional well-being.

The benefits of singing for mental health:

- Reduces stress: Singing lowers the stress hormone cortisol
- Builds social connection: Singing together strengthens group bonds
- Encourages self-expression: Safely express your emotions through music
- Boosts endorphins: Singing releases "feel-good" hormones
- Improves breathing & focus: Singing promotes calmness and concentration

Registration

- Participation is free of charge
- Only the first 10 amateurs and first 10 professionals will be selected (*limited spots – first come, first served*)
- Each participant will receive 10 tickets to sell
- Registration deadline: September 5, 2025
- Complete the registration form and email it to info@respaldo.aw

Registration Form

Welcome to the registration form for *Let's Sing for Mental Health*, a singing competition dedicated to raising awareness about the importance of mental well-being through the power of music.

- **Please note:** We will accept only the first 10 amateur and 10 professional participants who complete this form. Spaces are limited and will be confirmed in the order registrations are received (*first come, first served*).
- Amateur: Has not previously sung in a band or been active in the music industry.
- Professional: Singers with experience.
- Deadline to register: All forms must be submitted by September 5, 2025.
- Participation is free of charge and includes 10 tickets for each selected participant to sell.
- Complete the form and email it to info@respaldo.aw
- You will receive a confirmation email once your registration has been processed and your spot is secured.
- Note: The first 10 registrations per category will be automatically selected!
- Limited spots available — first come, first served!

Name: _____

Last Name: _____

Date of Birth (must be 18+): _____

Phone Number: _____

Email: _____

Organization (write the name of the organization you are representing, if you have one)

Category

☐

Amateur (Has not previously sung in a band or been active in the music industry.)

☐

Professional (Singers with experience.)

Song title

(Please specify the exact title of the song, the original artist and the genre (e.g., "Amor Eterno" by Rocio Durcal, Ranchera, she has the same song in bolero/ballad), so the live band can accurately prepare your performance.

Agreement

Please confirm the following:

- ☒ I confirm that I am 18 years of age or older and agree to perform on October 11, 2025, if selected.
- ☒ I understand that I must submit my selected song and materials by the given deadline.
- ☒ I agree to sell 10 assigned tickets at AWG 25 each.
- ☒ If I am unable to sell all tickets, I understand that I am still responsible for handing in the total amount (AWG 250) no later than one week prior to the event.
- ☒ I acknowledge that tickets will not be taken back by the organization once issued.
- ☒ If I wish to request additional tickets, I may do so depending on availability.
- ☒ Signature required below

Name: _____

Date: _____

Signature: _____