



**Thank you for helping us celebrate our 10<sup>th</sup> Anniversary by recognizing the people and organizations who work tirelessly to end this disease.**

**This is your story** – as a patient, survivor, caregiver, advocate, patient advocacy organization, or corporate partner, you can share as much or as little as you'd like.

We welcome photos, your story in writing, a video, or all of the above. If you have a call to action – for example to encourage people to get screened, please feel free to include this.

Here are some ideas to get you started:

- I advocate for \_\_\_\_\_ (screening, clinical trials, biomarker testing, etc.) because...
- Colorectal cancer is personal, and I fight because...
- I work to end this disease because...
- I'm a part of the colorectal cancer community because...
- I volunteer because...

To submit a photo and written story, please email [info@globalcca.org](mailto:info@globalcca.org).

To submit a video, or other large files, please use [globalcca.wetransfer.com](https://globalcca.wetransfer.com). **You'll need to verify your email address in order to send the file(s), but there is no cost to you.**

Once you've sent your photos, story and/or video, GCCA will be in touch to discuss opportunities to share your story.

Questions? Contact GCCA at [info@globalcca.org](mailto:info@globalcca.org)

## **Tips for High Quality Recordings**

- Feel free to record yourself however is most comfortable for you (using your smartphone or your computer)
- **If using your smartphone:** film yourself in the **landscape orientation** (sideways).
- Have your webcam or phone at eye level. You may need to place a book under your phone, laptop, or computer to reach the right level for your webcams and to keep the video steady.
- Include your head and shoulders in the frame. Position yourself about two feet from the webcam/phone.
- Film yourself inside and in a **quiet space**.
- Silence your notifications while recording – any beeps or dings will be picked up in the recording.
- Check your background – do not film in front of a window if light is coming through.
- Press record and wait 5 seconds before beginning.
- Once you've finished, please wait a few seconds with you looking (smiling if appropriate) at the camera before you stop recording.
- If you make a mistake, no need to stop and re-record. If you are doing another take, please pause before speaking again.

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