



Instructions for sharing your story for UICC's Antimicrobial Resistance (AMR) campaign

Thank you for sharing your experience of AMR and cancer! Below you will find some options on how to share your story. Please choose the option(s) you feel most comfortable with.

1) Video message (1-2 minutes):

- Describe your experience with cancer and how AMR has affected you.
- You can share your own perspective as a patient, caregiver, doctor, or any other relevant role.
- Include a message to others (general public, healthcare professionals)

2) A few sentences to camera:

- In one sentence, introduce yourself and your relation to cancer and AMR (e.g., "I am a cancer survivor", "I am an oncologist...")
- In one sentence, explain how AMR impacted your cancer experience or the treatment of cancer patients.
- In one word, share your emotional response to this impact (e.g., scared, angry).
- In one sentence, share a piece of advice/insight to others.

Technical aspects for video:

- Choose the language you're most comfortable speaking in.
- Find a quiet, well-lit space to record.
- Use your phone or camera to film.
- If using a phone, you can film yourself (front camera), ask a friend, or prop it up using a stand.
- Hold the camera vertically
- Speak loudly and clearly.

3) Written story (1 page):

- If you prefer not to speak on camera, you can write your story instead.
- Describe your experience with cancer and how AMR has affected you or those you care for.

- Highlight the challenges you faced due to AMR and your feelings about it.
- Conclude with a message for the audience, emphasising the significance of addressing AMR.
- You can write and submit your story directly [here](#)

4) Picture submission:

- Please provide a picture of yourself along with your story.
- This picture will be used alongside a quote from your story for promotional purposes.

How to Submit:

- Upload your video, written story, and picture here:
<https://uicc.resourcespace.com/?c=2036&k=5fdd022b14>
- By submitting your content, you consent to its use by UICC for promotional and educational purposes related to the AMR campaign.

Thank you for your willingness to contribute to this important cause. Your story has the power to inspire action and drive positive change working against AMR!