World Cancer Research Day – Share Your Story

In support of [World Cancer Research Day](), please join the National Cancer Institute and partners from around the world in sharing *your cancer research story*.

Tell the world Why…

"Why I do cancer research"
"Why I participate in cancer research"
"Why I support cancer research"

World Cancer Research Day organizers are encouraging people from all around the world to take selfie videos or post testimonials with a photo, and share their cancer research story on their personal social media accounts.

General Video Guidelines:
- Keep the videos short, simple, and conversational
- Tag videos using #WorldCancerResearchDay
- Make sure to have good internet connection when recording and uploading the video
- Record video vertically (not sideways)

How to take and upload your cancer research selfie video to:

Facebook	Twitter	Instagram
1. Click 📷**Photo/Video** at the top of your News Feed or Timeline 2. Choose a video 3. Click **Post**	1. Tap the **Tweet** icon 🖊 then tap the **photo** icon 🖼 2. Tap the **video** icon 📹 to access video mode 3. Record a video by holding down the **record** icon 🔴 To add more to your video, simply press and hold again 4. When you are done recording, tap **Done**	1. To upload a video or record a new one, first tap ⊕ at the bottom of the screen 2. To upload a video from your phone's library, tap **Library** at the bottom of the screen and select the video you'd like to share 3. To record a video, tap **Video** at the bottom of the screen. Tap and hold ○ to start recording, and lift your finger to stop. You can tap and hold again to record multiple video clips and tap 🔄 to switch between cameras
Recommended length: 60 - 90 seconds	**Recommended length:** 140 seconds or less	**Maximum length:** 60 seconds