JOIN THE RARE TRIBE!

Please send your story to Nomsa on patients@rarediseases.co.za

Please submit your story in either a written or video format.

WHAT SHOULD YOUR STORY ENTAIL?

1. INTRODUCE YOURSELF

   • Please give us a short introduction of yourself, your rare disease, and how you are coping with it.

2. TELL US

   • Why we have selected you

   • Why your story matters

3. EXPLAIN

   • How you have been impacted by your rare disease

4. BRIEFLY MENTION

   • How you overcame the difficulties you have encountered

SHARING YOUR STORY

Once we have received and uploaded your story, we will send you a brief on how you can help us take over social media this Rare Disease Day!

WE ALL CARE ABOUT RARE

A rare blue diamond ... worth millions

A rare discovery ... highly newsworthy

A rare species ... highly sought after

A rare experience ... highly desirable

By bringing awareness to rareness we hope to get more funding for the things, needs, and people that are considered a financial burden, are overlooked by society and forgotten by the media. The conditions don't define us, nor are they what sets us apart. We too have unique talents and rare abilities ... and this Rare Disease Day, we're putting them on display!

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HELP US RUN A SUCCESSFUL CAMPAIGN

Once your story is uploaded, you will be able to share it on your social media.

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Your story will be used to inspire others to share their stories.

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Written – To accompany your story, please submit 2 good quality photographs. Photos must be landscape/horizontal.

Video – Recording can be up to a minute in length. Please ensure it is recorded in landscape/horizontal. Make sure you are positioned in a well-lit area with minimal background noise.

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### WHY WE HAVE SELECTED YOU

You have a unique story to share with others experiencing similar challenges. Your story is going to make a difference in the life of someone who could be impacted by a rare disease. You are a positive example of someone who is living with a formidable health challenge. By sharing your positive experiences, you can help to demonstrate why Rare Diseases South Africa NPC and our network of ambassadors, supporters, doctors and groups has changed.