



# How-to share your story

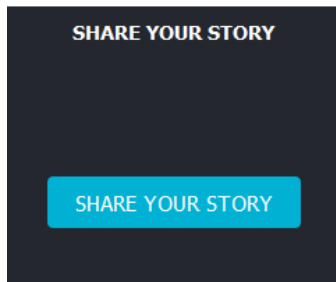
Thank you for your interest in sharing your story! We can't wait to see what you share. To upload your picture, video or text-only story, just follow these steps below.

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# Sharing a photo

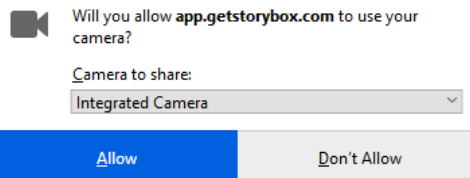
1. Select the blue “SHARE YOUR STORY” button.



2. Select the middle blue button “Share a Photo.”
3. You will see four different options. Choose where you’d like to upload your photos from:

- a. To take a photo directly from your computer, select “Capture a Photo.”

- An image will appear in the left-hand corner of your computer. Select “Allow.”



- You should be able to see yourself on the screen. Select the white button and it will give you a “3-2-1” count down. After that, it will take the photo.
- If you’re happy with the photo, select the green circle check mark. If you’d like to re-do the photo, select the circle arrow button.
- Once you’re happy with the photo and you’ve selected the green button, your photo will appear on the left with a text box on the right. Type, or copy and paste your message where it says, “Share your story” (remember the 750-character count!). Once you’re done, hit the “LOOKS GOOD” button.
- Type your contact information in (first name, last name, email) and check the “Terms of Service and Privacy Policy” after you’ve read it over.
- Once you’re done, select “SUBMIT.”
- All done!

**b. To upload a picture from your computer, select “Upload a Photo.”**

- Select the blue “Choose File” button.
- A file folder will open on your computer. On the left side panel, select where your photo is located (pictures, documents, downloads, etc.)
- Select the photo you want and then select “Open” on the bottom right-hand corner.
- Select the blue “UPLOAD” button.
- Your photo will appear on the left with a text box on the right. Type, or copy and paste your message where it says, “Share your story” (remember the 750-character count!). Once you’re done, hit the “LOOKS GOOD” button.
- Type your contact information in (first name, last name, email) and check the “Terms of Service and Privacy Policy” once you’ve read it over.
- Once you’re done, select “SUBMIT.”
- All done!

**c. To upload a photo from your Instagram profile, select “Instagram.”**

- Photos should appear from your Instagram account.
- Pick the photo you want to share and select the blue “Select Photo” button.
- Your photo will appear on the left with a text box on the right. Type, or copy and paste your message where it says, “Share your story” (remember the 750-character count!). Once you’re done, hit the “LOOKS GOOD” button.
- Type your contact information in (first name, last name, email) and check the “Terms of Service and Privacy Policy” once you’ve read it over.
- Once you’re done, select “SUBMIT.”
- All done!

**d. To upload a photo from your Facebook album, select “Facebook.”**

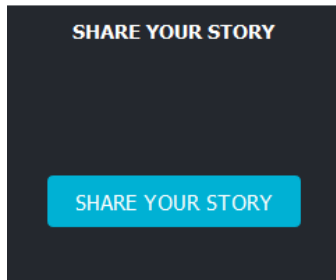
- Choose “Select Album” in the drop-down menu.
- Photos from the album will appear below the drop-down menu. Select the photo you want to share and select the blue button “Select Photo.”
- Your photo will appear on the left with a text box on the right. Type, or copy and paste your message where it says, “Share your story”

(remember the 750-character count!). Once you're done, hit the "LOOKS GOOD" button.

- Type your contact information in (First name, Last name, email) and check the "Terms of Service and Privacy Policy" once you've read it over.
- Once you're done, select "SUBMIT."
- All done!

# Sharing a video

1. Select the blue “SHARE YOUR STORY” button



2. Select the left blue button “Share a Video.”

3. Choose where you’d like to upload your video from:

- a. To take a video directly from your computer, select the far-left blue square “Record a Video.”

- Please note: You must be using a **Chrome browser** for this function to work.
- Hit the red circle button. If the Adobe Flash Player settings window pop up, select “allow.”
- You should see yourself on the screen. Select “record.” After the “3-2-1” countdown, begin sharing your story into your computer microphone.
- When you’re done, click the red “stop” button.
- Click on one of the boxes to review your video. If you’d like to redo your video, click the red ‘redo’ button. If you’re happy with this video, select “next.”
- Your video will appear on the left with a text box on the right. Type, or copy and paste your message where it says, “Share your story” (remember the 750-character count!). Once you’re done, hit the “LOOKS GOOD” button.
- Type your contact information in (first name, last name, email) and check the “Terms of Service and Privacy Policy” once you’ve read it over.
- Once you’re done, select “SUBMIT.”
- All done!

- b. To upload a video from your computer, select the middle blue square “Upload a Video.”

- Select the blue “Choose File” button.

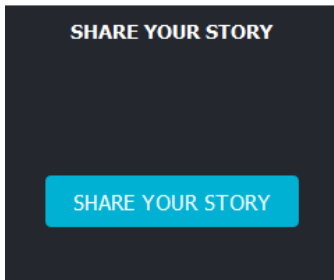
- A file folder will open on your computer. On the left side panel, select where your video is located (pictures, documents, downloads, etc.).
- Select the video you want and then select “Open” on the bottom right-hand corner.
- Select the blue “UPLOAD” button.
- Your video will appear on the left with a text box on the right. Type, or copy and paste your message where it says, “Share your story” (remember the 750-character count!). Once you’re done, hit the “LOOKS GOOD” button.
- Type your contact information in (first name, last name, email) and check the “Terms of Service and Privacy Policy” once you’ve read it over.
- Once you’re done, select “SUBMIT.”
- All done!

**c. To upload a video from YouTube, select the far-right blue square “YouTube Video.”**

- In a new window, go to youtube.com and find the YouTube video you’d like to use.
- Copy the URL and come back to the “Share your Story” page.
- Paste the URL into the white box.
- Select the blue “SUBMIT” button.
- Your video will appear on the left with a text box on the right. Type, or copy and paste your message where it says, “Share your story” (remember the 750-character count!). Once you’re done, hit the “LOOKS GOOD” button.
- Type your contact information in (first name, last name, email) and check the “Terms of Service and Privacy Policy.”
- Once you’re done, select “SUBMIT.”
- All done!

# Text only submission

1. Select the blue “SHARE YOUR STORY” button



2. Select the far-right square that says, “Text Only.”
3. A text box will appear. Type, or copy and paste your message where it says, “Share your story” (remember the 750-character count!). Once you’re done, hit the “SUBMIT” button.
4. Type your contact information in (first name, last name, email) and check the “Terms of Service and Privacy Policy.”
5. Once you’re done, select “SUBMIT.”
6. All done! Our team will add a stock photo to your text box, so your video may take a couple days to process.

## **If you’d like to submit a longer text than the 750-character count:**

Email us a copy of your story, and any additional photos, to [centennial@mcccanada.ca](mailto:centennial@mcccanada.ca). After reading your story, we may be in contact with you about further uses for your story.