

ECPC Communications Team

Testimonial Recording Toolbox



European Cancer
Patient Coalition



You have something to say!

ECPC and **LEGACy** would like to invite you to share your experience with **Gastric Cancer** and let your voice be heard. Gastric Cancer is the third leading cause of cancer death in both sexes worldwide, and that is responsible for 783.000 deaths per year.

LEGACy will use a personalized approach that will improve gastric cancer treatment by improving the knowledge of which treatment will work best for each patient. Additionally, the project will identify and educate those with higher risk of getting gastric cancer earlier, as well as improve the early detection of gastric cancer when the prognosis is still higher.

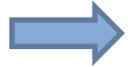
Through personalized medicine, gastric cancer treatment is chosen based on who the patient is, instead of the type of tumour, leading to an improved prognosis of gastric cancer.

Want to know more? Visit [LEGACy's website!](#)

Sharing your experience

- Sharing your experience means that you can help others understand that **nobody is alone!**
- Your testimony will encourage people to take action and look for help in case they are having symptoms related to Gastric Cancer.
- **Early detection saves lives!**

How do I share my message?



The best way to get your message across is by making a short video of yourself. It's a great opportunity to provide support, company, and relief.

What should I say?

To make things easier, we have designed these four questions:

- How has Gastric Cancer impacted your life?
- Is there any advice you would like to share with the public?
- Are you familiar with the LEGACy project?
- What are your expectations regarding the outcomes of the project?

How do I record myself?

- The best recipe for a good message is to keep it as short and concise as possible.
A video that **does not exceed one minute** in total will have more chances of being played fully.
- Sharing the videos through our **website and social media platforms** will be easier if you record yourself horizontally, when using your phone or tablet.
- When possible, **position the camera at your eyes' level**. You can rest your phone or tablet on top of a table and lean it against some books, for example.
- We want to see you! **Position yourself facing the source of light**, like a window.

If possible, show yourself in the frame, from your waist to the head.



I have the video ready, what should I do next?

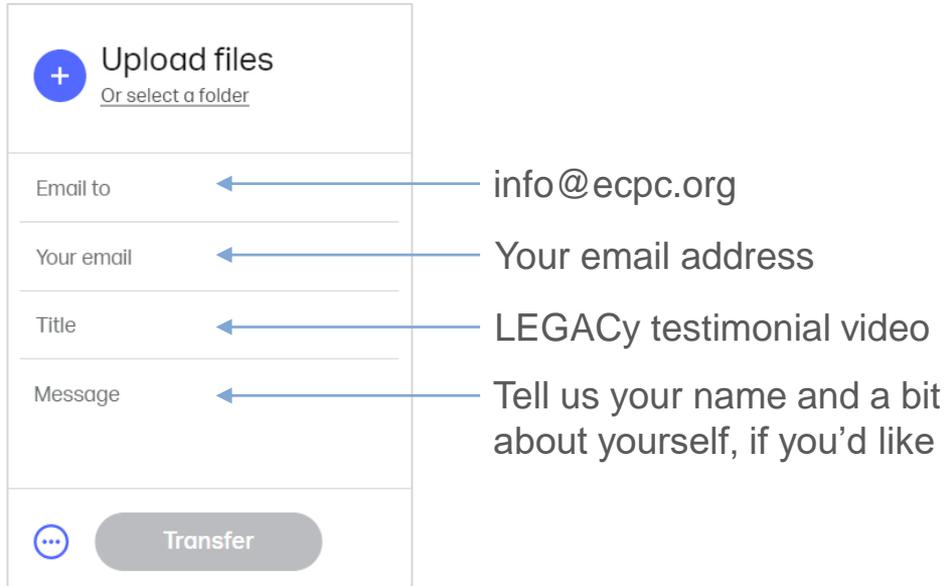
Now that you have recorded yourself, it's time to send us your video!

This type of files are usually large and cannot be sent over email. But there are other ways to share them! Here, you will find two:

- **Google Drive** – If you have a Gmail account, you have access to Google Drive, a cloud based storage system. You can go to <https://www.google.com/drive/>, log in, upload your video and share the file with info@ecpc.org

I have the video ready, what should I do next?

- **WeTransfer** – This is an online platform that will let you share large files with one or more people. Go to <https://wetransfer.com/>



The image shows a screenshot of the WeTransfer 'Upload files' form. The form has a header with a blue plus icon and the text 'Upload files' and 'Or select a folder'. Below this are four input fields: 'Email to', 'Your email', 'Title', and 'Message'. Each field has a blue arrow pointing to it from the right, with text explaining the required information. At the bottom of the form is a grey 'Transfer' button and a blue circle with three dots.

Field	Annotation
Email to	info@ecpc.org
Your email	Your email address
Title	LEGACy testimonial video
Message	Tell us your name and a bit about yourself, if you'd like

We are done!

Once we receive your video, we will edit it and share it on our social media channels!

Thank you!