



## United we stand in our fight against IBD

Worldwide, five million people live with Crohn's disease and ulcerative colitis, conditions known as inflammatory bowel diseases (IBD). World IBD Day is marked on 19 May each year and is led by patient organisation representing 35 countries on four continents from Argentina, Australia, Brazil, Canada, 28 European nations through the umbrella organisation EFCCA, Israel, Japan, New Zealand to the United States of America.

Become involved this year and help us to raise awareness and join our fight against IBD!!!!

### How to get involved?

Make a small video recording of yourself and post it on YouTube including in the title the tagline **#UnitedWeStand2015**. Your video should be no longer than 15-30 seconds. It should include your first name, your city and country, two sentences about how IBD has impacted your life and end with the message "**united we stand in our fight against IBD**".

### For example

*"I'm Marjorie (use first name only) from New York in the US. My best friend has IBD but it hasn't kept us from traveling together. "United we stand in our fight against IBD"*

*"I'm Lucy (use first name only) from Geelong, Australia – I just had a trip to Thailand and although I had to watch the food I ate I still had a great time. I wasn't embarrassed to tell my friends about my IBD so they understood when I couldn't always eat and do the same things they did. "United we stand in our fight against IBD"*

Your video will be added to our World IBD Day playlist, which will be made public on **19 May 2015**. The playlist can be viewed on YouTube and the World IBD Day website ([www.worldibdday.org](http://www.worldibdday.org)).

### Instructions:

You can record your video by using your mobile phone, camera, computer etc. To upload it on YouTube you will need to set up a YouTube account. It's easy to do and will take you no more than 5 minutes. Here some basic instructions: [how to create a youtube account](#)

Once you have uploaded your video please make sure to add the keyword **#UnitedWeStand2015** to your video's title so that we can find your video and add it to the playlist. You can also send us a message with the link to the video at: [bella.haaf@efcca.org](mailto:bella.haaf@efcca.org)

If you can, please record your message in English. If you feel more comfortable in your own language please add some subtitles in English, which is easy to do. [How to add subtitles to youtube videos](#)

**Show the world how IBD has impacted your life! Join others in their daily fight against IBD.**

World IBD Day – 19 May

[www.worldibdday.org](http://www.worldibdday.org)

[info@efcca.org](mailto:info@efcca.org)