



How to get involved:

- ★ **Download the PDF from** the RARE Youth Revolution website and **print it** on A4 paper (21.0 x 29.7cm)
- ★ **Write a word or sentence** in the blank space that best **describes your feelings and emotions** about your rare disease/s and/or condition/s
Please only write in black pen or directly on the PDF document before you print
- ★ **Take a photo of yourself holding the printout** ensuring that your environment is well-lit with as much natural light as possible
- ★ Write a **short paragraph** about yourself and **why you chose your word/phrase**
- ★ Send your **image** with your **name, paragraph and handles** to hello@rareyouthrevolution.com. Use the subject line 'Rare Disease Day'.

The deadline is Monday 24 February. Your photo will be shared on our social media during Rare Disease Day

My rare disease makes