My Pride

Exchange Programs

#MyPride

A Photo & Video Campaign of the U.S. Department of State

Call for Submissions

This June, in honor of LGBTI Pride Month[1], the Department of State will launch the My Pride in Exchange Programs campaign. The Department invites current and former exchange participants to submit short videos and/or photos affirming their pride, sharing their successes, and explaining the personal importance of their exchange programs. Selected submissions will be featured on mypride.state.gov to support the expansion of a more inclusive community that embraces all sexual orientations and gender identities. If you are interested in submitting a video or photo, please follow the instructions below.

Deadline to submit photos and video: Wednesday, June 15, 2016, 11:59PM EDT

Video Submission Instructions

In your video, introduce yourself with your first name, where you are from, and the name of the program in which you participated (e.g., I am Jeremy from the United States, and I am a Fulbright English Teaching Assistant to Indonesia). We also encourage you to shape your answers around the hashtag of this campaign, #mypride (e.g., My pride in my exchange program comes from…)

Please answer one or more of the questions below in your video:

- What does having pride in your exchange experience mean to you?
- What would you recommend to someone who might be concerned how their sexual orientation or gender identity could affect their exchange program experience?
- Describe an important moment from your exchange program in relation to your sexual orientation or gender identity.
- If you have completed your exchange program, how have you shared your exchange experiences upon your return home?

NOTE

DO NOT add music or photos to your videos. Simply send your response.

The Department will add closed captions to all videos before posting.

Video Length

Please limit your video response to no longer than **45 seconds**.

How To Record

You can record via your built-in laptop camera, mobile phone camera or on a standard video camera (HD preferred by not required). If you do not have access to a video camera, you also have the option to submit a photo (see “Photo Submission Instructions” below).

Style/Framing

Record yourself looking directly into the camera. Try and place yourself in mid-frame, shoulders and above. It is best to place yourself in front of a non-busy background, such as the white background in the image to the left below. ****Please frame the video horizontally, NOT vertically. Note: If you record on your mobile phone, please rotate the phone to record horizontally like example below.**

Framing Examples:

Video File Format

We will accept .MOV, .MP4 and .WMV file formats. For audio, we can accept both .mp3 and .aiff audio file formats.

Video File Size Limit

The size of your video can be **NO LARGER THAN 500 MB.**

Continue >

Naming Your File

Please save your video file as your last name and first initial. For example, if your last name is Smith and your first name is Annie, your video file should be named **SmithA.mov or SmithA.mp4.**

Submission

Please send your file to ***mypride@state.gov***

If your video file is too large to send by email, you may send your video via ***www.WeTransfer.com***.
Follow the step-by-step instructions below to help guide you:

1. Go to ***www.WeTransfer.com***
2. Select "**+Add Files**." This will allow you to locate your movie file on your computer's hard-drive to attach to the email.
3. In the "**Friend's email**" field type in ***mypride@state.gov***
4. In the "**Your email**" field type in your primary email account.
5. In the message section please include your **FULL NAME**, your **EXCHANGE PROGRAM**, your **SPONSOR ORGANIZATION** and **DATE** of your exchange, **WHERE YOU ARE FROM** and **WHERE YOU WENT** for your exchange.
   For example: Smith, Annie, Dance Motion, Brooklyn Academy of Music,October 2013. US Citizen/Traveled to Tajikistan.
6. Click "Transfer."
7. That's it – you are all done! You will receive a confirmation that your video was sent to the ***mypride@state.gov.***

Photo Submission Instructions

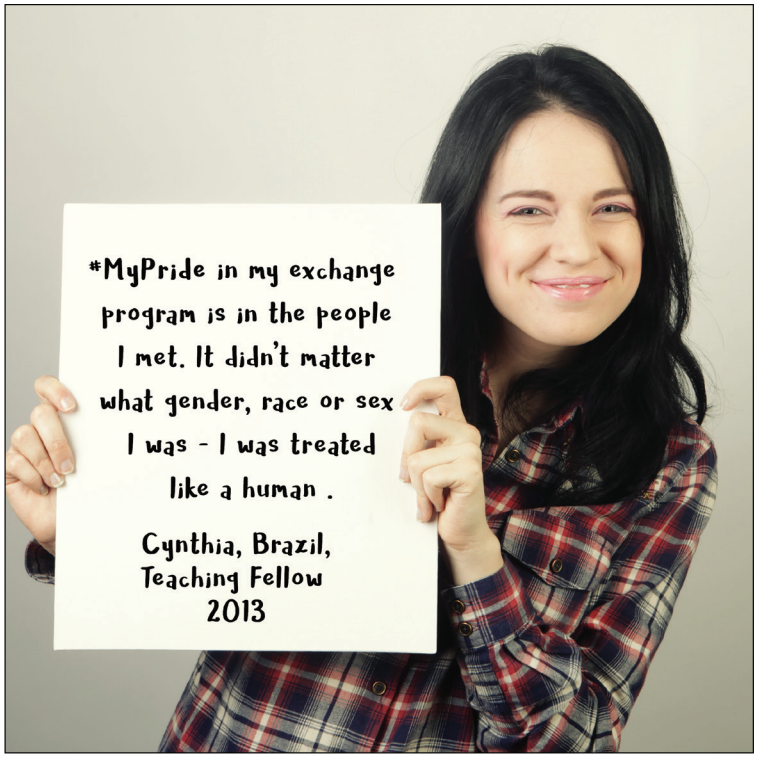
You can also submit photos for the My Pride in Exchange Programs Campaign.

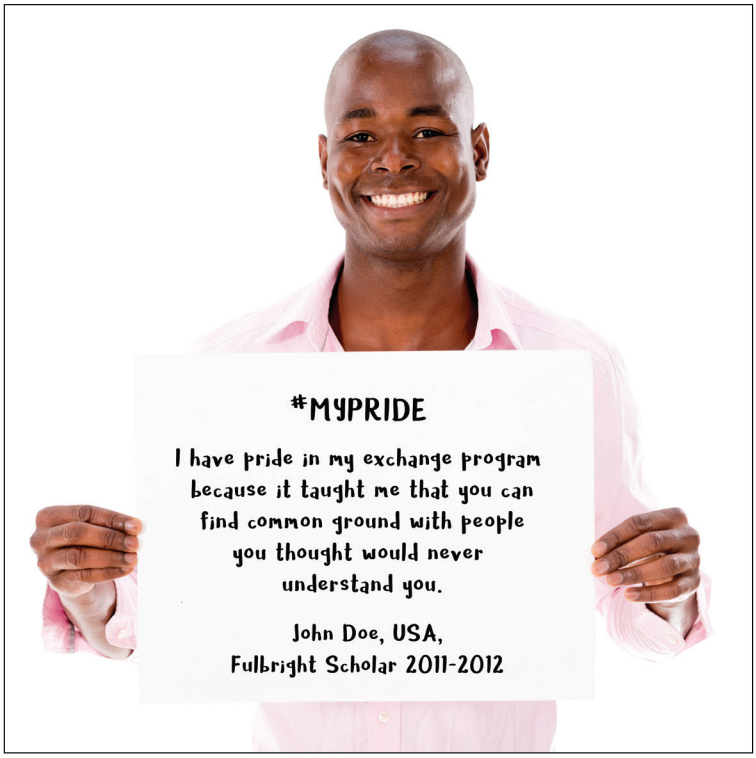
1. Write on a blank white sign why you have pride in your exchange program experience. Be sure to include the hashtag #MyPride, your name, country and exchange program you participated in. Take a photo of yourself holding this sign. (see examples below).

All photos should be submitted to ***mypride@state.gov***

Continue >

Example Photo Submissions:





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1. Lesbian, Gay, Bisexual and Transgender Pride Month (LGBT Pride Month) is currently celebrated each year in the month of June to honor the 1969 Stonewall riots in Manhattan. The Stonewall riots were a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as "Gay Pride Day," but the actual day was flexible. In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBT Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally.

(***www.loc.gov/lgbt/about.html***)