

documentar

a time capsule of NOW

Show us the **WORLD** through *your* eyes. The current pandemic has shaken us to our **core**. No matter how many *TikToks* we watch, we are still unsettled by our current situation. The experience we are living through is particularly unique, especially for youth. You might be thinking, what can *I* do? We want to know what the **WORLD** looks like through *your* eyes. What do you think is important to highlight? Add your story to **documentar**. Create your story through photos, words, art and tell the world what life is like for you during the pandemic. Share your story and find out what is happening for others.

Before you start, take a moment to BREATHE.

Think about where you are right now -- mind, body, spirit.

- What story do you want to tell?
- What words or images would best tell your story?
- What matters most to include?
- Are other people, animals, places or things part of your story?

Let your
imagination soar!

Document your story through photos, video, art, spoken word, poetry, or self-portrait.

Three ways to participate in *documentar*.

FREE STYLE – Submit a short essay, poem, artwork, photo(s) with a caption, video, spoken word (whatever medium works for you!) about **what life looks like now where you live**.

FILL IN THE BLANKS – Tell us (your choice what you respond to):

- Where are you now?
- How has your world changed?
- What worries you?
- What keeps you strong?

SHORTCUT – Take a photo that represents your life *right now*; challenge three friends to do the same.

When you submit, please also share 1-2 sentences to tell us what this means to you.

Options to Share Your Story

1. Post on Instagram/TikTok/Twitter: @documentar_ and #your location: #documentar[your city]
2. Upload here: [documentar Submission Form](#)

Every story matters. Tell your story. Be part of *documentar*.

American English: <u>document</u>	Italian: <u>documentare</u>
Brazilian Portuguese: <u>documentar</u>	Japanese: <u>記録する</u>
Chinese: <u>记录</u>	Korean: <u>기록하다</u>
European Spanish: <u>documentar</u>	European Portuguese: <u>documentar</u>
French: <u>décrire</u>	Spanish: <u>documentar</u>
German: <u>dokumentieren</u>	

Questions? Email cathy@cbkassociates.com



documentar_ is a program developed by the CBK Associates community to bring youth and adults together for conversation and connection. More at [cbkassociates.com](#).