

OPEN MEDIA HUB

Supporting media professionals across the EU Neighbourhood area

STORY NAME:	Being 20: You can		
COPYRIGHT HOLDER:	Almasry Alyoum newspaper &TV / OPEN Media Hub		
COPYRIGHT NOTICE:	Ownership of content belongs to Almasry Alyoum newspaper& TV / OPEN Media Hub		
USAGE TERMS:	Share & Adapt - Attribution 4.0 International (CC BY 4.0) https://creativecommons.org/licenses/by/4.0/		
EDITOR'S NOTES:	N/A		
SOURCE:	https://www.facebook.com/watch/?extid=2Hmh21lgguUyT3G2&v=581819366038183 https://www.almasryalyoum.com/editor/details/1387 Open Media Hub – http://www.openmediahub.com <i>"This production was supported by OPEN Media Hub with funds provided by the European Union"</i>		
LANGUAGE:	Arabic	DURATION:	1:44
JOURNALIST:	Ibrahim Eltaib	EMAIL:	Free.press83@gmail.com
SLUGLINE:	Amr is a cancer survivor, and positive online trainer for cancer patients with his initiative tekdar or « you can »		
HEADLINE:	A positive model in society, especially amongst young people. Amr managed not only to overcome the difficult ordeal of his illness and the big challenge he faced, but he also created an initiative to provide support to other patients after recovering		
DATELINE:	Cairo, Egypt - July 2020		
SCRIPT:	<p>00:10 - 00:14 My name is Amr Shaarawi. I have 27 years old.</p> <p>00:14- 00:22 I had a trip with a difficult disease. A cancerous disease is lymphoma. The treatment lasted for about a year.</p> <p>00:23 - 00:28 My transformation from a person receiving health care, for a person who gives care</p> <p>00:29- 00:38 is the turning point in the whole story, for me it was: No, I do not want to continue to receive this care a lot, I need to do for people</p> <p>00:39- 00:49</p>		

	<p>and the form I know is change my work and keep my health in mind. And to talk about these issues with the people around me. I also became a fitness trainer</p> <p>57: 00 -- 1:02</p> <p>The form of support that I am trying to provide, that I decided a week after my cancer, to open my account on Instagram and started showing people what I was doing every day on the disease trip</p> <p>1:03</p> <p>and after a while I started making videos, I studied more about sports and about lifestyle and nutrition,</p> <p>1:12- 1:16</p> <p>and I started telling people what causes the specific one that leads to diseases</p> <p>1:21 - 1:29</p> <p>Certainly, I am afraid that the disease will return to me again, but the first thing if it comes back, is to declare war</p> <p>1:29- 1:44</p> <p>There is nothing else but a state of emergency, and there is only a solution out of two: either you win or you win.</p>
<p>SHOTLIST:</p>	<p>Starting with wide and medium shots for Amar decodarma shots</p> <p>On his room and bed to describe his trip with cancer</p> <p>-wide shots for Amar train sports</p> <p>-close and medium shots for Amar while leaving car and enter the gym</p> <p>-medium shots while Amar changed his clothes</p> <p>-close shot for his legs before starting train sports</p> <p>-medium and different angles for Amar with weight lifting</p> <p>Wide and close shots for legs training</p> <p>-medium shot while he is preparing the video content</p> <p>-close shot while he is fixing up his protein shake</p> <p>Close shots for video preparations</p> <p>-medium shot for presenting video</p> <p>-the video screen</p> <p>-feedback screenshots</p> <p>-medium close shots for Amar while training on the orbit spinner / track</p> <p>-wide shot of him using the wheel as a weight and training with it</p> <p>- medium close shot Amar removes his clown makeup and his face appears again</p>

SCRIPT: (Original language)	<p>00:10 بداية التقرير وحتى الثانية 00:10 مشاهد تمثيلية لعمر شعراوي، مع كتابة اسم التقرير (تقدر)</p> <p>(بايت 1) من 00:10 – 00:25 انا اسمي عمرو شعراوي عندي 27 سنة حصلي زي رحلة مع مع مرض صعب شوية مرض سرطان في الغدد الليمفاوية قعدت تقريبا بعدها سنة أتعالج.</p> <p>(بايت 2) من 00:25 – 00:50 تحولي من شخص يتلقى الرعاية الصحية لشخص يعطي الرعاية هي دي نقطة التحول في القصة كلها، بالنسبة لي كانت: لا أنا مش عايز استمر أتلقى الرعاية دي كتير، لازم ادي للناس / والشكل اللي انا اعرف عمله هو أني أغير شعلي وأخلي بالي من صحتي وصحة الناس اللي حوليا واتكلم في الموضوع ده وابقا مدرب لياقة بدنية أو مدرب أحمال.</p> <p>(انسرات من 00:50 – 00:57) مشاهد لعمر يمارس بعض التمارين الرياضية.</p> <p>(بايت 3) من 00:57 حتى 1:17 شكل الدعم اللي أنا بحاول أقدمه، أني قررت بعدها بأسبوع بالضبط فتحت الأكونت بتاعي على انستجرام وبدأت أوري للناس أنا بأعمل ايه كل يوم، بعدها بدأت بفترة الموضوع زاد شويه بدأت اعمل فيديوهات بدأت أذاكر شويه أكثر عن الرياضة وعن اللايف ستايل والتغذية، وبدأت أقول للناس ايه الأسباب المعينة اللي تؤدي الى الأمراض.</p> <p>(مشاهد توضح التفاعل على صفحاته على السوشيال ميديا من 1:17 – 1:23)</p> <p>(بايت 4) من 1:23 – 1:44 أكد خائف انه المرض ممكن يرجع لي ثاني بس أول ما يجي خلاص انت أعلنت الحرب، مفيش أي حالة غير حالة الطواري وبيقا عندك حل من الاثنين: تكسب أو تكسب.</p>
CAMERA OPERATOR:	Marola Magdy
VIDEO EDITOR:	Ibrahim Eltaib
MUSIC RIGHTS: (If applicable)	Faith. Free copying music from YouTube free music audio library.