



PARTICIPANT BRIEFING

by Fresenius Kabi

Overview of *Expression Days*

Expression Days by Fresenius Kabi is a one-of-a-kind art exhibition that showcases people's thoughts and feelings on living life with an autoimmune disease.

- **Are you living with an autoimmune disease and want to share your experiences?**
- **Do you like to express yourself through art?**

Then consider submitting your artwork and taking part in *Expression Days*! Selected art will be displayed at various events across Europe.

Expression Days is organised by Fresenius Kabi, a global healthcare company that puts patients at the centre of everything that they do.

The Project

Selected art will be transferred onto larger-than-life figures. To choose the art that will be used on the figures, with your consent, selected art will be displayed on the *Expression Days* website, where there will be a public vote.

If your art is chosen as one of the top pieces, we will work with you to develop your art onto one of our figures. Once your figure has been created, you will have a chance to see it before it is revealed.

Art format and vision

- You may create the artwork in any form that you wish (this could be paint, pens, a collage, photography, poetry, etc.)
- Only your imagination is the limit! All we ask is that it is a **minimum size of one side of A4 paper**.
- When developing your piece of artwork, think about:
 - The symptoms that impact you the most
 - The parts of your body that are most affected
 - How your condition makes you feel
 - How it impacts your daily life

How to submit your art

1. Create your artwork!
2. Scan or take a good quality photo of your artwork (please keep your art safe, as we may ask you to send the original via post)
3. Go to **expressiondays.com**
4. Click on **'Submit your art'**
5. Read and complete each of the different tabs, which will include a short submission form and instructions on how to upload your art

Thanks for taking part in *Expression Days*.
We look forward to receiving your art!