



## Process for Attaching Files to Form

### How to Enter:

You can submit your story in one of the following ways:

#### 1. Written Submission

- Complete the entry form.
- Attach a text document (maximum 500 words) to your form or email it directly to [communities@re-turn.ie](mailto:communities@re-turn.ie).
- Accepted formats: Word Document (.doc/.docx) or PDF.

#### 2. Voice Note Submission

- Record a voice note (maximum 90 seconds).
- Ensure the audio is clear, easy to hear and free from background noise.
- Attach the voice note directly to the form on our webpage.
- Accepted format: **MP3**.

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### File Format Requirements:

- **Text:** .doc, .docx, or .pdf
- **Voice Note:** .mp3

Please double-check that your file is in the correct format before submitting to avoid any delays in processing your entry.

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### Need Help?

If you have any questions or issues submitting your file, please contact us at [communities@re-turn.ie](mailto:communities@re-turn.ie) and we'll be happy to assist you.