1. 點擊程式中央的發佈按鈕:



2. 點擊「帖子(POST)」,並選擇要發佈的影片:



3. 預覽你的影片,並點選「繼續(Next)」:



4. 在「撰寫說明……」中加入你的影片描述及參賽資料, 並加入 Hashtag: "#2023 香港文化旅遊導賞員挑戰賽"



5. 點擊「標註人名(Tag people)」

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Ø	Tag people		>
	Save draft	Share	

6. 點擊「點按可標註人名(Tap to Tag People)」:



7. 輸入"hellohk_micee"標記籌委會官方帳號:



8. 檢查所有資料, 然後點選「分享(Share)」:

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#2023香港文化旅遊導賞員挑戰賽				
Your reel will be shared with your followers in their feeds and can be seen on your profile. It may also appear in places like Reels, where anyone can see it.				
() Tag people	hellohk_micee >			
Save draft	Share			