

Video Submission Technical Guidelines

To help you create a high-quality video, please follow these simple technical guidelines:

1. Lighting

- Record in a well-lit environment.
- Avoid backlighting (no strong light behind you like a window or the sun) – face the light so your face is clearly visible.

2. Sound

- Make sure we can hear you clearly.
- If you're outdoors, choose a quiet location and avoid windy conditions.
- Using earphones with a built-in microphone can help improve sound quality.
- Avoid background noise (TV, traffic, people talking, etc.).

3. Framing & Composition

- Hold your phone or camera *horizontally* (landscape format).
- Frame yourself from the chest up, with a bit of space above your head.
- Avoid being too close to the camera.
- Keep the camera at eye level, and make sure you're centered in the frame.

4. File format & Size

- Please send your video in MP4 (best), MKV or MOV format.
- Maximum file size: 2 GB
- If possible, record in full HD (1920 x 1080).

5. General Tips

- Speak naturally and clearly.
- Take your time – it's okay to do several takes!
- A short pause before and after you speak helps with editing.
- Try to keep the camera stable – use a tripod or rest your phone on a steady surface.

We're excited to see your video – thank you for taking the time!