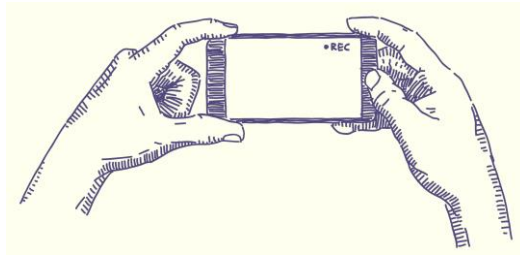


## The Global Health Network Video Competition Filming Guidelines



Here are a set of guidelines to help you create a high quality video which will give you the best chance at winning the competition.

1. Your video can be filmed on smartphone or a video camera
2. Turn your phone on its side and shoot in landscape mode (horizontal), not portrait mode (vertical)
3. Ask someone else to take the video for you and level the camera so that you are not looking up or looking down, just looking straight ahead
4. Position yourself at the centre of the video frame standing up and looking straight into the camera (not at the person holding the camera)
5. Choose creative background for your film such as a professional setting or a visually colourful setting
6. Make sure there filming location has enough bright light but not too much which can make your appear as a silhouette (this can happen if you stand in front of a window)
7. Make sure you shoot in a quiet environment, ideally not in an open office and avoid audio interruptions such as door opens, footsteps and phone ringing
8. At the start of the clip, please introduce yourself by stating your name, job title and location to the camera (if you're a student, please specify your course and level)
9. Leave a pause of a few seconds between introducing yourself and answering each question
10. Ensure that you answer questions in full sentences for example to answer the question "How has The Global Health Network helped you professionally?"

Incorrect way to answer: *"The Introduction to Clinical Research course, it was so helpful"*

Correct way to answer: *"I took the Introduction to Clinical Research course from The Global Health Network it was really helpful because..."*

11. At the end of the clip, please film yourself looking to the camera and smiling for five seconds
12. When submitting your film to Dropbox it is preferred that you use a computer rather than your phone to ensure the quality of the film is not lost.

We look forward to receiving your entry and wish the best of luck!!