

Filming Guidelines for the video profile

Framing

You should be seated at a desk or on a chair / sofa. You may also be standing, but be sure to control your posture (no swaying).

Your upper body (down to your waist), as well as your face, should appear on the screen so that your gestures and facial expressions are clearly visible.

Zoom in : filming the whole of your body is not essential. Do not leave too much empty space around you.

The background should be visually neutral, without too many “distractors” (objects, people...)

Duration

Strictly between 1:00 and 2:00 minutes.

Video editing

You may edit your video and insert animations, transitions, etc.

Video and sound quality

Sound quality must be excellent, without any interference or background noise.

Before recording the video, adjust the video quality to a high-quality (HQ) in your camera settings.

Examples: 1280 x 720p, 1920 x 1080p, 1440 x 1080p

Ratio : 16/9 or 4/3

Submission

Accepted formats: MP4, MPEG, MPG

File name: FAMILYNAME_FirstName_VideoProfile

Upload onto the Celene repository dedicated to your group (max 50 MB).

You may also send in a text file pointing to a download link.