

Firstly a huge thank you in advance for taking part! Rest assured, you don't need to be an expert to film a video for us, we've listed everything you need to know below. All you need is your phone, a quiet spot and some time to think.

Who are these videos for?

The Video Hub is aimed at girls around the world aged 10-15 years old, to inspire them to learn more about different career options, grow their confidence, and aim high.

Keep the following in mind when filming:

- The age of the girls watching the video
- Using language and terminology that will be accessible to young women
- Try to focus on your personal story and specific anecdotes. Maybe even think about what you wish you had known at the beginning of your career?

Two main areas to focus on in your talk:

What is your job?

- Explain the key elements of your role
- Explain the sector you work in
- What are the best and worst bits of your job?

How did you get there?

- What did you study at school or university?
- What skills or experience helped you to get the job you have today?
- What would you say to girls interested in working in your sector?

PRACTICAL
TIPS FOR
FILMING:

- We recommend filming continuously for about **2-3 minutes**
- Please film **horizontally (landscape)** and at your **eye-line looking down the lense of the camera**
- Place your **camera or phone on a tripod or stable surface** for filming rather than holding it or using a selfie stick
- Try to film in a **quiet and brightly lit area** with no music
- Check that there is **no personal information** in the background when you are filming
- There is no rush, **please take your time** to articulate your ideas
- Using written prompts is absolutely fine but try to **avoid looking down too much**
- Check your video back to ensure the **sound quality is clear**
- **Have fun and be you!**

Once you're happy upload your video to videohub.inspiring-girls.com

If you need any further assistance please email videos@inspiring-girls.com.

For full T&Cs [click here](#).