Your video for the EANM’20 Congress Opening Ceremony

You are invited to submit one (or more) short video(s). A compilation of selected videos will be presented during the Opening Ceremony. Therefore, a certain quality is required:

- **Filming Instructions** -

In order for your recordings to be able to be optimally used for the cut, please keep the advices below in mind.

**Before the video shoot:**
- Mobile phone fully charged?
- Is there enough storage space on the mobile phone?
- Best available video quality selected at your mobile phone?
- We aim for 15-30 seconds. So, keep it short and simple.
- Be clear: What do you want to say?

**During the video shoot:**
- Always hold the mobile phone **horizontally** (landscape).
- Try to film with the sun/source of **light in your back**.
- Hold the smartphone **steady** - no movements. If possible, place the phone on a tripod or similar.
- Interview / Statement: Try to record your statement in a **quiet** environment. Avoid reverberant places or rooms with echo. Get as close to the microphone as you can. Speak clearly and loudly. After recording, check your clip to make sure it is easily understandable.
- Make sure the video does not get too long as only videos up to 100 MB can be accepted.

**After the shoot:**
Check that the size of your video does not exceed 100 MB.
Upload your video via this link: [https://eanm20.eanm.org/compilation/](https://eanm20.eanm.org/compilation/)

Thank you very much and have fun with shooting your “movie”.

**Please note:**
By submitting a video, the submitter confirms that all persons in his/her video agree to the fact that the video (if selected) will be recorded and made available to the public via the EANM’20 Virtual Congress Platform and on the EANM youtube channel. EANM reserves the right to shorten the video, if necessary.