

Request for mini videos for the GWB Welcome Video

We are currently putting together a welcome video for the Global Women's Breakfast and we would like your participation and creativity.

We are seeking short videos of about 10 seconds in the format of "Your three words".

What does the IUPAC Global Women's Breakfast mean to you? In three words.

We ask that you personally or as a group hold up the three words using signs, showing the words one at a time. Please have fun with this exercise and Go for it! For example, you might select:

Creating

New

Leaders

Some examples of this format are shown on YouTube from Good Morning America:

<https://www.youtube.com/watch?v=xYRtFsf2IF8>



Please use your smart phone or other video recording device and upload the video to our shared folder (see instructions below). Please don't email the video to us because it will compress the file.

Groups who submit their video by Sunday February 2, will have the chance to be included in the official GWB welcome video. We will be selecting a variety of videos from different regions and who are creative and use interesting approaches to make their videos.

Please name your video file in the following format: Country_City_Institution_LastName, for example Netherlands_Terneuzen_Dow_Ribes

Don't worry if you can't make the Feb 2 deadline. We will also be accepting videos uploaded to the shared folder from now until one week after the GWB. We will compile them into a post event video which will be made available on the IUPAC YouTube channel.

So get together and make a fun video and be part of the celebration! We are looking forward to seeing them.

General Tips for Recording Video on your Smartphone

1. Hold the phone horizontally, in landscape mode, with the "home" button to the right (see example below). **Do NOT shoot in portrait mode** (vertical).



2. Make sure your subject is well-lit.
 - Shoot the video in a room with a large window, with the sunlight illuminating the subject's face.
 - However, do NOT place a window behind your subject.
3. Make sure your shot is steady.
 - There are tripods available for iPhones.

- Or hold the phone with both hands as your elbows rest on a table between you and the subject.
 - Having a second person acting as camera operator usually makes a superior recording than doing a “selfie” style recording.
4. The background should be visually interesting. Plants, artwork on the wall, etc.
 5. Do not zoom in on the subject; stay wide.
 - Position the camera so the subject is shown from elbows up. This will make sure you are close enough to get decent audio.
 6. **The video needs to be shot in a quiet place.** Controlled environments are best.
 - Video taken in a windy field or inside a greenhouse may be too loud. Do a take or two to test the sound first.
 - Try to get the subject as close to the microphone (usually on the phone) as possible while still framing a nice shot and not being too close.
 - If you have an external microphone you can plug into your phone the audio quality will be much better.
 7. Always record one person at a time, preferably with a different background.
 8. Wait a few seconds to begin speaking after you press record and wait a few seconds after you are done speaking before you stop recording.
 9. The file formats .mp4 or .mov are acceptable

Instructions for uploading the video from your smartphone to our shared folder

1. Save your video file in the naming format Country_City_Institution_LastName, for example Netherlands_Terneuzen_Dow_Ribes
2. On your phone, open the email from globabreakfast@iupac.org which has the link to the shared folder or open it from this document by clicking the link below.

[Link to GWB Welcome Video Shared File Folder](#)

Your phone screen should look something like the screenshots below. To add your file, click on the three dots and then click on upload – and then files. Then select the video file from your phone to upload.

