

CONTENT OF YOUR VIDEO

Here's what we're asking from you:

- Tell us your name!
- Share a story of your best Saturday night in around 40 seconds or less.

SHOOTING YOUR VIDEO

- A. Use your phone camera to video yourself. It might be helpful to have someone else hold the phone and record you.
- B. Shoot it LANDSCAPE (horizontally) using either the front or back camera.
- C. In general, you want to be (i) in good light and (ii) close to the camera so the microphone picks up your voice well.
- D. Speak loudly and clearly so we all can hear your great story!
- E. If you want a few extra tips on selfie videos you can watch this [YouTube video](#).

SENDING US YOUR VIDEO.

When you have filmed your video please click on the Submit Video button on the homepage. The link will take you to WeTransfer and from there it is a simple two step process.

1. On your phone or computer, upload the video by placing or “dropping” it in the designated spot.
2. Input your email where it asks for it.
3. In the “To” section, please input leif@vernonalliance.org.
4. Press send and you're good to go!

If you have any questions or issues sending your video please email leif@vernonalliance.org.