

HOW TO RECORD YOURSELF

Recording Devices? You can record via your built-in laptop camera via Quicktime Player, iPhone, or your own personally owned standard video camera.



Lighting? Try and work with natural light. Sit near or in front of window so your face is fully illuminated.

Audio? Be conscious of your surroundings. Try to record in a quiet space and get as close to your built-in mic as possible. If you have an external microphone, such a lavalier mic or a USB condenser mic you can use, even better! But it is not required.

Style/Framing? Record yourself looking directly into the camera. Try and place yourself in the middle of the frame, shoulders and above. We highly suggest placing yourself in front of a non-busy background, such as the white background or a clean background with a plant or another prop. **If you are using your phone, please rotate your phone to record horizontally.*

Acceptable Video Formats: .MOV, .MP4

Video File Size Limit: 2GB max.

How to send your video? Send your videos to submit@state.gov via WeTransfer.com WeTransfer allows you to send files up to 2GB. Include your full name, exchange program (if applicable), where you are from and where you went on the exchange.

Questions? Email submit@state.gov

