

My #QuarantineLife

VIDEO TUTORIAL English

In **My #QuarantineLife** you can share your videos about your everyday life in quarantine. Stay at home, travel with your stories.

What is the age limit?

- The story should be about anyone **Under 18** and you can include anyone around you, as long as they agree to be in the video

Who can make the video?

- You (for instance as a selfie)
- Someone else makes it about you
- You and more people all together

What can you show and tell?

- You can begin your film with who you are and showing where you are and sit / stand / lay / run / jump / dance / sport etc.
- Then you can show with whom you are staying, but only the ones that agree to be in the video

And the rest of the video is up to you, with respect to others, to:

- Show what you want to show
- Tell what you have to tell
- Do what you want to do

Can you film with cellphone?

- Yes you can film with any device and in your own language

IMPORTANT

- No video can contain explicit publicity of any brand, company or institution

How long can the video be?

- Between **60 – 90** seconds
- Mention your name and country in the video or in the video file

Where can you upload the video?

- We collect all the videos, before we put them on our YouTube channel, via the 'Free Press Unlimited MediaLab' by using this link:

<https://bit.ly/2QADyyF>

- Go down the web page and click on **OK** in the right corner. Then drag and drop the file on the **pink arrow**

Thank you for sharing your video story!

"You're isolated, but not alone. There are millions like you. Stay at home, travel with your stories" Here you can share your stories from your quarantine.

Upload your videos via: <https://bit.ly/2QADyyF>

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YouTube channel: <https://bit.ly/2vHitKM4>