

Video Statement Guidelines:

Candidates are invited to submit a short video clip, up to 3 minutes long, which will be uploaded on-line and can then be viewed alongside your written candidate statement and photo via a link on the online voting site.

The video clip will give you an opportunity to address voters in the contest in which you are standing for election and should be based on your nomination statement about why you wish to be elected and what you feel you can bring to the role.

If you do wish to include a video statement with your nomination please ensure that you follow these guidelines:

- To ensure fairness for all candidates the video must be a simple address to camera in a single shot.
- Videos should show you framed with your head and shoulders in view, looking into the camera.
- Ensure you choose an environment that is quiet and with good lighting to record your statement.
- Choose an appropriate backdrop/single colour backdrop for your recording, and think about what you are wearing – be aware that how you look and the backdrop could influence how viewers receive your statement.
- Prepare and rehearse what you want to say in advance
- Your video can be recorded from a laptop or hand held device so long as you ensure the camera is securely held still during the recording, either by another person or through use of a tripod.
- ‘Selfie’ style videos with a hand held device is **not recommended**.
- Check your video statement thoroughly before forwarding it. Make sure you are happy with how it looks and that what you say can be clearly heard.
- Be prepared to have a couple of takes of your video statement until you have a version you are happy to submit.
- **Ensure your video statement is no longer than 3 minutes** – statements longer than 3 minutes will **not** be accepted.



Where Videos are submitted then the following Video Specifications apply:

- Please note that videos need to be in one of the following formats:
 - WMV
 - AVI
 - MOV
 - 3GP
 - MPEG
 - MP4
 - FLV
 - SWF
 - WebM
 - MKV (h.264)

We recommend uploading videos in HD for quality playback, using one of the standard aspect ratios: 4:3 or 16:9. **File size should not exceed 50MB.**

Submitting a video file:

- If the video file is under 10MB it can be emailed to nutrition@uk-engage.org
- Alternatively, the video file can be transferred to a free file sharing website such as www.wetransfer.com or www.mailbigfile.com. These services * enable the upload of the file and have the download link sent directly to the following email address nutrition@uk-engage.org

NB: Video statements will not be accepted after the closing date at 5pm on Friday, 24 June 2022.

**Any charges for such 3rd party services are to be borne by the candidate*