

Tips and tricks

- Video for socials: to do this, each video needs to be filmed vertically.
- There's no need for the video to be overproduced.
- Try to keep a steady hand whilst filming, include an interesting background or location and make sure it's not too windy or noisy if you're speaking to camera.
- Consider the background of the image or video as well as the subject.
- Storytelling is always effective - you can approach your videos as though you are talking to a friend.

Rules and restrictions

- Do not put your own safety at risk when sourcing material.
- No plagiarism.
- Respect local culture and customs.
- Avoid showing alcohol.
- Do not include children under 18, swearing, nudity, inappropriate behaviour etc.
- Don't include licensed music.
- Video requirements – introduce yourself by first name.
- Photo requirements - all need to be large, high-resolution pictures. Also need to include 1 landscape size photo of yourself on exchange.
- Testimonial requirements - word your answers like talking to a friend. Don't write your answers too short.

La Trobe Abroad reserves the right not to accept submissions that do not adhere to the rules and restrictions outlined above.