



# The Commonwealth

## SUBMISSION GUIDELINES

**We look forward to receiving your video submission.**

Below are some questions you may wish to answer in your video:

- What does the ocean mean to you?
- What or who inspired you to study or work in the ocean sector?
- Tell us about your work and why it is important to promote gender equity and representation in this area?
- What is your advice to aspiring youth, particularly young women, who want to advance their career in ocean-related sectors?
- How can everyone advocate for women, particularly young women, in ocean science?

### Guidance for recording a video

- Film the video on your smartphone in landscape
- Centre yourself in the middle of the frame - ensure there is space on either side of you and above your head, and that you are in focus
- Keep the video to around 1-2 minutes
- Location - we would like to feature different bodies of water across the Commonwealth in the final video, so if possible please record your video next to a local waterway
- Audio - if you are filming outdoors, be mindful of background noise and try to film somewhere with minimal noise / wind. If you are next to the ocean, with waves and wind, please try to use an external mic with wind protection -a foam or furry cover.
- Stabilise your smartphone - ensure that it does not topple over or shake too much
- Check your lighting - ensure you are not backlit and that there is enough light to clearly see your face
- Don't zoom - ensure that you are close enough to the camera so that you don't have to zoom in
- Record a test video – recording a test video beforehand will help ensure the guidance is followed and the video looks and sounds good!
- We accept most file types but prefer MP4, MPG and AVI.

Please send your video submission via [WeTransfer](#) to [bluecharter@commonwealth.int](mailto:bluecharter@commonwealth.int) with the title **IWD video submission**. Please also provide your name, age, country and occupation.

If you have any questions or concerns, please email [bluecharter@commonwealth.int](mailto:bluecharter@commonwealth.int).