

Some postcard video advice:

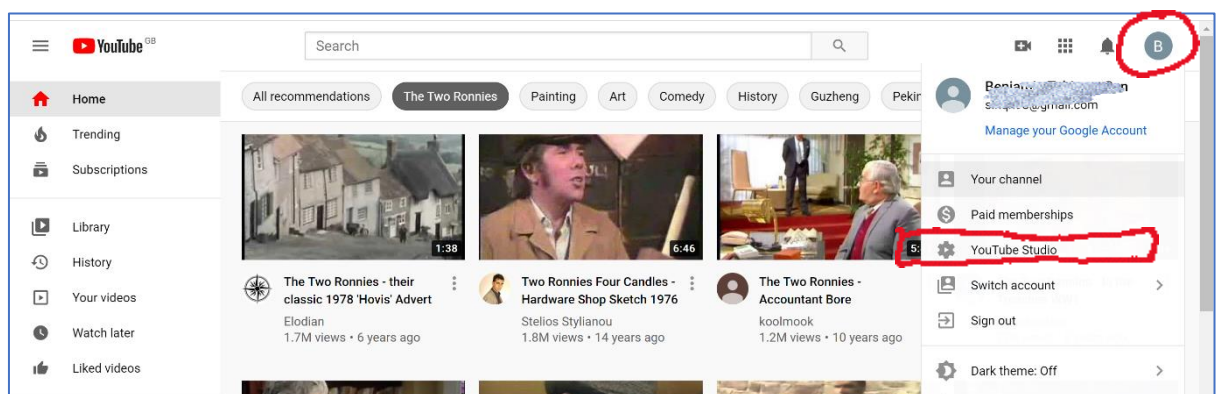
- **Aspect:** Film your video in landscape. This sometimes feels unnatural on a phone, but it makes for a much better video.
- **Expected length:** No more than two minutes (approx.).
- **What to say:** Share with us what you have been working on during lockdown. You could also simply introduce yourself and tell us about where you are and something interesting about your location.

Some example questions to help:

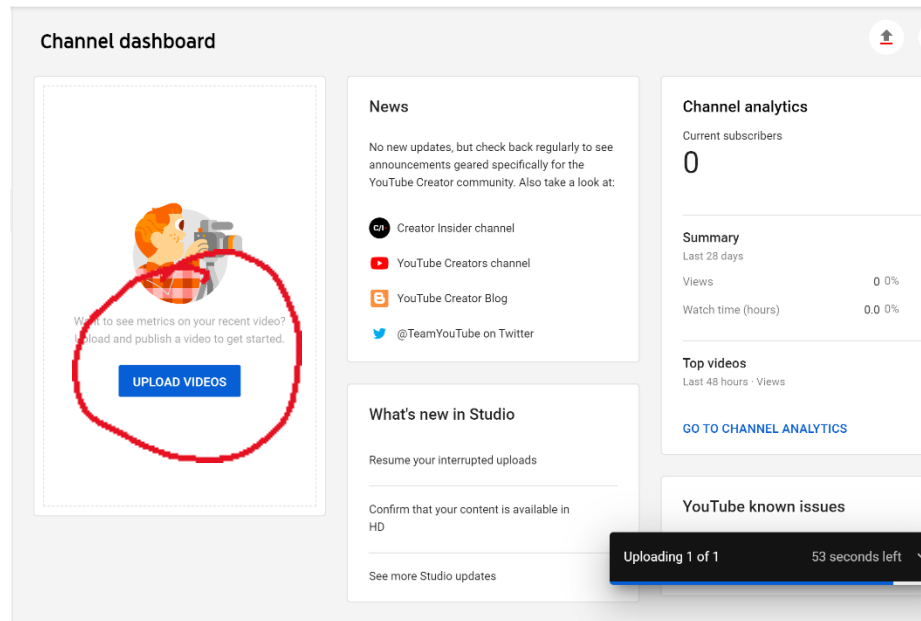
- Who are you?
 - Where are you?
 - What are you working on currently?
 - How has 2020 been for you?
 - And finally, (following our theme) what does the future hold for you?
- Find a suitable place for the recording (e.g. not too much noise nearby, not right in front of the window, etc.)
 - **After you've recorded:** We advise you to upload the postcard video to your personal YouTube Channel. You can set the video as "unlisted" thus only those who you share the link with will be able to access the video. (Please see following instructions for how to upload a video onto YouTube.)

Instructions for uploading videos to YouTube

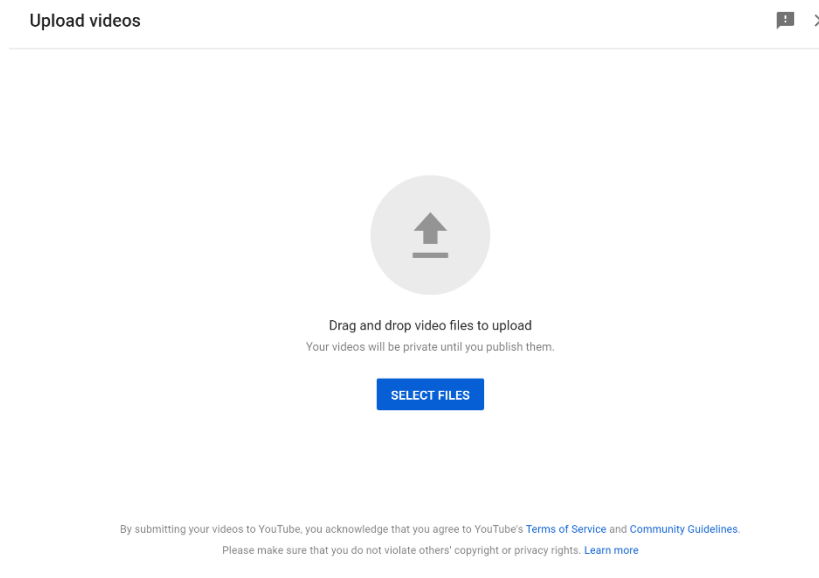
1. You will need a personal YouTube account.
2. Once you are on the Home page, click your profile on the upper right corner and choose 'Youtube Studio'



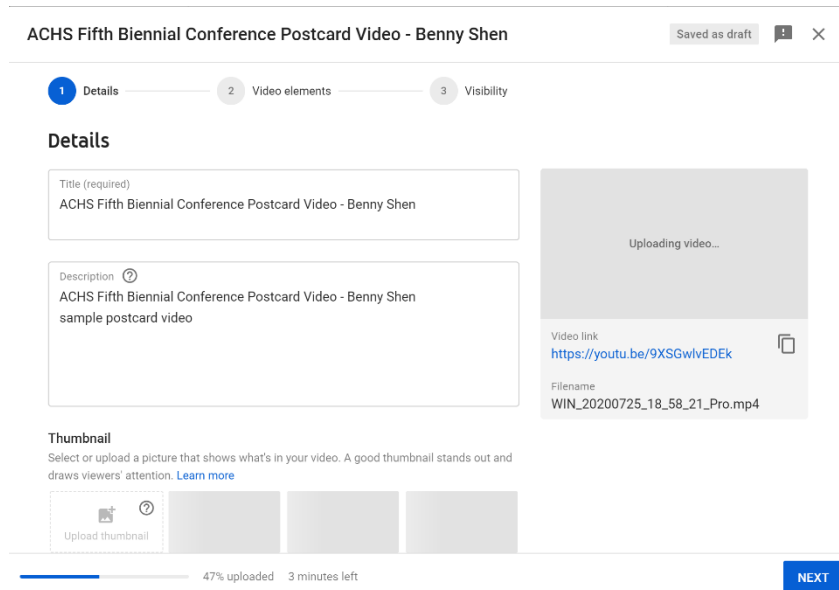
3. You will see your channel dashboard once you've clicked 'studio'. Now click 'upload videos'



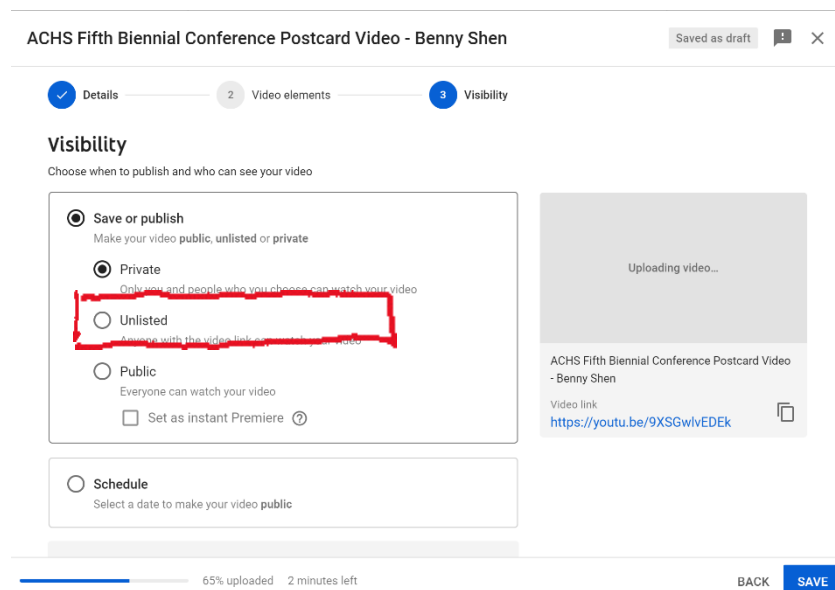
4. Now click 'select files'



5. Now you can put down the title and description for your video.



6. If you wish to, you can make the video 'unlisted' thus only those who you've shared the link with can access the video.



7. Copy the video link, and email it to achsconference2020@gmail.com along with your name and location (as specific as possible to avoid multiple pins in the same location) with the subject header '2020 Postcard'.