

Video recording guidelines

Based on the evaluation criteria guideline, submitted video recordings will be used to evaluate commitment, attitude, and motivation of the candidates.

- Content we expect:

Besides a **short presentation of yourself**, evaluation members expect to find an answer to question 8 of the project proposal form:

- **Why should Re-FREAM support your idea/project?**
- **How does the project fit with your strategy? How will you benefit from this project ? E.g. new skills, increase profits, expand in new markets.**

- Specifications:

The video should be no longer than 3 minutes.

The video file should be no larger than 200 MB. If the file exceeds the permitted size, please upload the video on YouTube or Vimeo and provide the link on your profile.

Provide a video in any format compatible with “VLC media player” such as .mov, .avi or .mp4.

- Some other tips:

- Take the opportunity to be outstanding from the other proposals; try to transmit your ideas and your personality so we can get to know you better.
- Tell the jury if the project will start from zero or if you have already reached a previous development stage. If the project will not start from zero, explain how Re-FREAM will help you to move forward onto the next stage.
- Why is your project innovative? Will you apply a cutting-edge technology or any relevant crafting technique?
- The video should focus on explaining the idea concepts, including what and how you want to develop your Re-FREAM project.