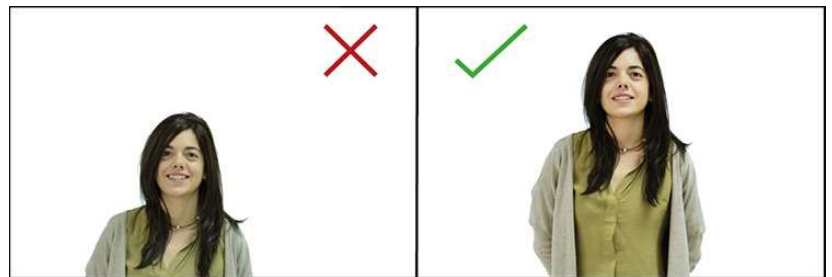
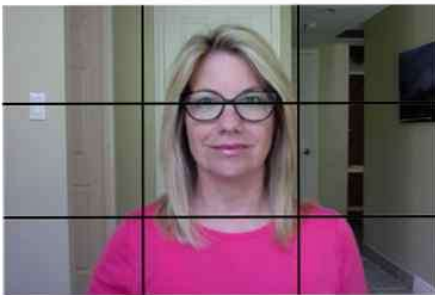


Recording Recommendations

1. Video duration time: Under 60 seconds.
2. Use a **plain or white background** preferably (without pictures and other objects that can distract the view).
3. Find a bright place and avoid being against the light, to prevent your face from looking dark.
4. Frame your face without leaving too much space above or to your side, as per the following examples:



5. **Try to record the message in a closed room to avoid any background noise** (music, people talking, any sounds of pets, etc.).
6. **IMPORTANT: RECORD with the camera IN HORIZONTAL, DO NOT record in portrait format.**
7. The camera should be in a fixed place and at eye level, do not record with a hand camera.
8. **Allow 10 seconds before speaking and 10 seconds after speaking (to have entry and exit time in editing).**
9. Talk as **loudly and clearly as possible** but without shouting, as if you would present to a room full of people.
10. The video should be made in **English**.
11. It is important for the recording to look natural, avoid reading from notes and look into the camera (reading will be noticeable in your eyes).
12. Try to record the video in high definition and in the best possible resolution.
13. Videos should be provided to karla@iaf.nu prior to **10 February 2025**.