



Fundação St. Paul's

Instructions for the video – Selection Process

Please find below some instructions for recording your video as part of the St. Paul's Foundation Scholarship Programme selection process:

- 1) The video must be up to 90 seconds.
- 2) Record your video on landscape orientation, holding your cell phone horizontally.
- 3) You can use a cell phone holder or record it as a video selfie.
- 4) You can choose to either record the video in a room or an open environment, but make sure the place isn't too noisy so we can hear you without disruptions.
- 5) Place yourself in a spot with a neutral background, that doesn't take the focus away from you.
- 6) Either way, we recommend this place to be related to your daily routine or personal taste.
- 7) There's no need to dress up or behave too formal during the shooting. The purpose of this video is for you to introduce yourself and talk about your preferences and talents you may have, so it's important that you just be yourself and try to feel as comfortable as possible.
- 8) You can hold and/or show and object you think it's relevant for the purpose of the video.