



Fundação St. Paul's

Instructions for the video – Selection Process

St. Paul's Foundation Scholarship Programme

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

- 1) The video must be up to 90 seconds and be recorded in English.
- 2) The purpose of this video is for you to introduce yourself, explain why you wish to be granted a St. Paul's Foundation full scholarship and talk about your preferences and talents you may have.
- 3) Record your video preferably on landscape orientation, holding your cell phone horizontally.
- 4) You can use a cell phone holder or record it as a video selfie.
- 5) 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 any disruptions.
- 6) Place yourself in a spot with a neutral background, that doesn't take the focus away from you.
 - a. 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. It's important that you just be yourself and try to feel as comfortable as possible.
- 8) You can hold and/or show an object or skill you think it's relevant for the purpose of the video.