



HIGHLIGHTING THE WORLD'S UNDERDOGS.

**RECORD YOUR STORY.**

## Format

- Record using your camera or smartphone
- Make sure we can see you
- Try to have the camera still
- Record yourself wherever you are comfortable but try to minimize background noise
- Maximum of 7 minutes

# Content

To make it easier for you, we recommend you to structure your video as shown below.

## **1. Introduction**

Your name (not last name) age and which country you live in.

## **2. Your story**

That time when you faced adversity but made it out in one piece!

## **3. Finish with your dream goal/what you're trying to achieve now**

We will tie up the story with that dream that you are now working towards achieving. Maybe you even have a message to others that are going through something heavy?