



International Social Work Day 2024

"Respecting diversity through joint social action"

Video Project Guidelines

Completed and submitted by: February 1st, 2024

Best Practices:

- When submitting your work, make sure you include your full name, email and your university.
- Try and have your video well lit. Avoid backlighting (someone standing in front of a window) unless you are going for that look!
- Record clear audio. If you are recording your voice and want to add music, make sure we can hear what you're saying. Keep in mind if any fans or loud noises are nearby and seem distracting, change locations.
- Using a tripod when shooting is always helpful and encouraged!
- If panning a scene take your time
- Dimensions should be 1920 x 1080, High Quality 1080p HD, H.264 mp4 vs .mov or avi. frame rate can be 24 or 30. All videos should be compressed no larger than ten GB or smaller than 350 MB for best quality. Please no, 4K.
- Include a photo or shot of your home campus
- Total Running Time (TRT) per video: Five Minutes
- Be creative and have fun!
- Send to: https://drive.google.com/drive/folders/1giy_s7Bao-7LCITdAVb1JRypCINY0IKh?usp=drive_link

World Social Work Day takes place on 19 March 2024. This year's theme is 'Buen Vivir: Shared Future for Transformative Change', which is rooted in the **Global Agenda** and emphasizes the need for social workers to adopt innovative, community-led approaches that are grounded in indigenous wisdom and harmonious coexistence with nature.

