How to upload a video

Video submission requirements & tips:

- Make sure you are not going over the X minute time limit.
- Your video can be filmed through any smartphone or computer.
- We do not expect or require applicants to use more elaborate digital tools to film their videos.
- However, please make sure to test your video quality and audio during the preparation step. Most smartphones or tablets can produce videos of suitable quality.
- You can take a selfie video from your phone or get a friend/family member to record you, making sure the video subject (you!) and content is clear to viewers.

Upload your video to maintain privacy but allow us access:

- Upload the video to an easily accessible website, such as YouTube or Vimeo, then provide the video URL in the application.
- Make sure you correctly configure the security and access settings for the video. For example with YouTube, you can use the upload option "Unlisted Video" setting during your upload so that only individuals who have the URL can view it (it cannot be found by anyone searching the YouTube website or by search engines). See this for help with Youtube privacy setting: https://www.youtube.com/watch?v=wuYrin1sEeo
- Test the URL with a trusted peer or family member to make sure it works from another computer.
- If you do submit your application and find an issue with your video privacy or connection settings, you may be able to adjust these on the video while keeping the same URL.
- If you are having trouble uploading your video because of connectivity problems, please note that there are other helpful tips to decrease video size and make uploads fasters (e.g: Youtube Help). If you are using your smartphone, please make sure your settings are not set to high resolution to keep the video size small.