

Students' guide to Video-based self-presentation

General aspects

Your final video should catch interest. Therefore:

- make it short – no longer than 2 minutes
- produce short takes; they are easier than long ones
- be yourself – the camera should be like a friend
- mind your body language and posture
- be well-dressed and well-prepared



Good preparation

The main aim is to create a good SCREENPLAY!

A few questions which might give you some ideas:

Who are you?	Greet and tell your name and your age. Speak to the camera.
Where do you live?	Tell the name of your home country and the city or village you live in. Describe it with some words and show a picture/video.
What is your family like?	Show a picture/video.
What is your education?	Tell what you study and what you like most about it.
What kind of work experience do you have?	Tell about the companies you have worked in and your tasks there.
What kind of skills do you have?	Tell about your professional skills, language and ICT skills.
What kind of job would you like to do in the future?	You can show pictures here, too.
What are your hobbies?	Show pictures or a short video.
What are your strengths?	What am I good at? No idea at all? Interview and film your friends, family members, chiefs and teachers.

Internships

If you are happy to do an internship

- ask for permission to film within the company, that means you have to ask every colleague that is filmed for her/his agreement (collect signatures!)
- show your working environment and you at work telling what you are doing.
- let your colleagues and chiefs tell about your work and your strenghts at work.

Some questions to reflect on afterwards:

- What did you learn about working in a multicultural environment?
(team-working skills, professional skills, efficiency, problem-solving, creativity and cultural practices)
- What kinds of working methods or ICT skills did you use during your training period?
- Did you learn new good practices? What are they?
- How can you benefit from your new skills in the job you are applying for in future?

Production



Choose a smart phone with
a good quality camera



Choose a good setting and good weather
conditions when filming outside



Take a good friend or your teacher with you
as a "director"



Choose a good software tool for the final
editing

Have fun and good luck!