Video Guidelines

1. **Video requirements resolution 720 P or 1080p** 
   1. Make sure you shoot the video at a higher resolution. If you are using a phone to shoot, use the back camera
2. **Shoot horizontally** 
   1. When shooting video or taking pictures use a landscape frame. This is possible by tilting your camera device in a horizontal position.
3. **Frame video centre**
   1. Make sure you frame the subject of interest in the center. Also always leave headroom in the frame.
4. **Higher resolution pictures**
   1. Make sure the pictures at a higher resolution and not to feel tired otherwise they will look pixelated in the videos. The images should be sharp.
5. **Bio** 
   1. The bios should be short and precise not more than 200 words and should include a summary of the purpose of your art, MEDIA used, and inspiration. Don’t forget to give a brief history about you and your art.
6. Avoid anything that promotes violence, religion, political biasness, discrimination of any kind and human rights abuses.
7. Please record videos for maximum 5 minutes and if you are planning to send a 15-minute video, please ensure to make 3 videos of 5 minutes each.
8. If would be greatly appreciated if you can mention about Artists and Artisans
9. Please do not share your video before the event and encourage your friends to attend the event by sharing and blogging on social media.
10. Always introduce yourself and share a bit about yourself before you perform or exhibit.

**For more informations**:

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