

## **#ThrivingWithThal Video Submission Guidelines**

Thank you for participating in the CAF #ThrivingWithThal video campaign! We applaud you for sharing your story and serving as inspiration for the thalassemia community. Now it's time to put on your directing hat—just follow the guidelines below to create your cinema masterpiece! When you are finished, please email the video to [mary@thalassemia.org](mailto:mary@thalassemia.org).

### **Setting up**

1. Select a location with good lighting. If you are shooting indoors it would be best to face a window for beautiful natural lighting from the sun.
2. Use a tripod if available to avoid shaky or jittery images, or set the camera on a solid surface.
3. Shoot your video horizontally (wide shot).
4. Avoid zooming in when recording to avoid pixelated images.
5. If you are using an iPhone, put on your exposure lock by holding onto the screen on your camera app until you see AE/AF lock. This will keep your camera from constantly refocusing and allow a still frame.
6. Speak loudly and clearly. Eliminate any background noise.

### **Content**

1. In the beginning of the video, **state your name, where you are from, age (only if you feel comfortable), and type of thalassemia.**
2. Answer these questions, restating the question to respond in full sentences:
  - a. **What is one challenge you have faced on your journey with thalassemia?**  
*Example: The biggest challenge of living with thalassemia is missing school and activities to go to the hospital.*
  - b. **How did you overcome this challenge?**  
*Example: I overcome this challenge by making sure I spend time when I'm not at the hospital doing things I love, like playing soccer with my friends.*
  - c. **What is your favorite thing in the world to do?**  
*Example: My favorite thing in the world is spending time with my family and reading!*
3. **At the end of the video, state your name and I am thriving with thal.**  
*Example: My name is Alex and I am thriving with thal!*

*\*Please limit the video to 5 minutes or less.*