

# GUIDELINES

## GUIDELINES FOR SHOOTING VIDEOS

- The person should be facing the camera and speaking directly to it.
- The background behind the person being filmed will ideally be plain, and not too dark.
- Ideally the filming equipment will be placed on a tripod or table to ensure the video is stable. If there is no possibility of placing the camera somewhere stationary to film, then please ensure the person holding it remains as steady as possible.
- No shooting should be done directly in front of windows to avoid glare.
- Glasses and sunglasses should not be worn by the person being filmed.
- Shooting can be done outside, but efforts need to be made to ensure that background noise is kept to an absolute minimum and / or eliminated completely. The viewer's attention should be on the person speaking and nothing else.
- Videos can be shot in varying formats (AVCHD, MP4) as this can be adjusted in the editing phase before online publication.
- Videos should be shot in the highest quality possible, preferably HD. However, that doesn't mean lower quality videos will be excluded. Shooting on an iPhone or another smartphone, for example, is possible if no other option is at hand. The project aims to be as inclusive as possible and not disregard submissions from people who may not have access to more advanced technology.
- People can upload their videos via the Harm Reduction International conference website at this URL: <http://www.ihra.net/hr2015-videos>
- By sending us a video you are agreeing to participate in the project and to have your image uploaded to Vimeo and hosted on Harm Reduction International, TalkingDrugs, and other online forums where the project may be featured.

## VIDEO WORDING

- The first part of each video should follow the same format which is the following:
- "I'm [name] from [organisation (optional)] and I'm a harm reduction leader because ....."
- However, the reason given by each person can vary and should speak to what is most important to them. See the videos that are currently online for examples.
- Ideally, videos will not exceed 10-15 seconds in length.
- Videos should be submitted in the person's native language.

[WWW.IHRA.NET/CONFERENCE](http://WWW.IHRA.NET/CONFERENCE)

THE 24TH  
INTERNATIONAL  
**HARM REDUCTION  
CONFERENCE 2015**

**18-21  
OCTOBER**  
KUALA LUMPUR  
MALAYSIA



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**Release**  
Drugs, The Law & Human Rights

