



Tell Your Mobility Story TYMS



RULES FOR PARTICIPATION

Hi!

Thank you for participating in Arqus TYMS!

We can't wait to watch your video (or videos) and get to know more about you and your experience abroad.

Creativity is totally in your hands and we want you to feel free to express yourself. For organizational and ethical reasons we nevertheless invite you to take note of the following **rules** when filming your video(s):

- Respect **intellectual property**
- Make sure you have the **permissions** from people appearing in the video and for filming in the chosen area/location
- No **violent, controversial and discriminative** contents are accepted
- Maximum length of each video: **90 seconds**
- **Vertical** format
- Use **English** or one of the **official languages** spoken in Arqus related countries, but with English **editable subtitles**

You have the opportunity to participate with a **maximum of 3 videos**, showing the most amazing or challenging aspects of your stay abroad (you have some inspirational tips in the next paragraphs).

Once you are ready, please send your masterpiece via [We Transfer](mailto:mobility-hub@arqus-alliance.eu) to mobility-hub@arqus-alliance.eu by **31 May 2025** at the latest, indicating which of the following is the category that each video fits into: **Mobility Stories** or **Green Travelling**.

Our staff will make sure the videos comply with the rules above and will publish them on the Arqus official YouTube channel right after the deadline.

In June 2025 videos will be voted by viewers with a "like". The **most-voted video makers** will be awarded as **Arqus mobility testimonials** and their best videos will become part of the Alliance's promotional campaign on international exchanges!!!

MOBILITY STORIES

Here are some possible themes you can explore through your video:

- everyday routines;
- parts of the city you prefer/you hang out at the most;
- moments of your free time as a student;
- something about your uni department/class/library;
- something that is very different from your life at home;
- differences in the teaching methods

These are just suggestions to help you come up with topics but feel free to add your own ideas and takes!

Most voted creators will be awarded a gift box of Arqus gadgets!

GREEN TRAVELLING

If you are an expert in sustainable practices, or if you simply own some useful tips that could be shared with other mobile students to help them make their mobility less impactful for the environment, you can candidate your videos in the **Green Mobility category**¹.

Show us how you made your stay abroad an eco-friendly experience and how you opted for less impactful travel solutions to get to your host university: your most-voted video will compete for the award of a **Eurail pass**!

• TECHNICAL RECOMMENDATIONS

Whether you are using your own smartphone or borrowing some good equipment from your friends, here are some guidelines for the quality shooting of your videos.

The equipment:

If you can, use a camera, and shoot in 1920x1080 (or Full HD) format. If not, you can

¹ Videos in this case will undergo a further check, to make sure that contents are consistent with the topic.

use a cell phone, which offers a sufficient definition (below 720p, it becomes complicated!).

In both cases, you might consider getting a tripod (or something to put your device on) so that the image is stable. Keep in mind that if you walk while filming the result could be shaky, filming movement is great for the end result but make sure it is not too shaky. Sometimes it's better if the camera is still and the subject moves than the other way around.

The setting:

You can shoot outdoors or indoors, but it's anyway better to avoid filming the subject in front of a plain wall. Prefer a backdrop, with depth if possible (you must have a certain distance between the back of the subject and the background of the room). Also, beware of interfering elements in the frame (trash can, sign, etc.).

The light:

The subject must be well-lighted. Obviously, avoid backlighting (unless you do mean using it): if you film with the subject's back to the light, the subject will be underexposed at worst, or even in the dark in the image. If the light is too strong, and the subject is overexposed in the image, two solutions: 1) move the subject back so that it takes a little less light, making sure that the background remains visible; 2) reduce the light from the window by drawing a curtain or placing a diffuser, such as tracing paper, in front of it.

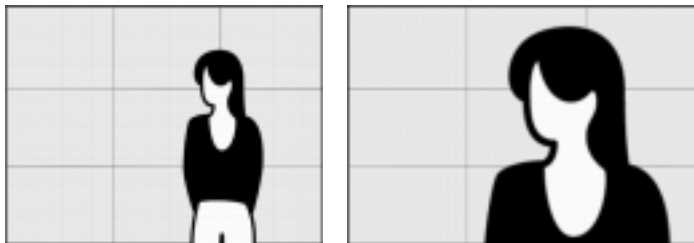
The frame

If you are filming a stationary person, you can use the rule of thirds: the subject should be either in the left or right third of the image, and his or her eyes should be about one-third of the way up to the frame.



The person's gaze must also cross the frame, from left to right if you have framed him/her in the left third of the image, or from right to left if you have framed him/her in the right third of the image. To do this, you must be on one side or the other of the camera or smartphone so that the person is looking at you, and not behind the screen, otherwise the person will look at the lens.

Ideally, shoot two different shot values, for example, a waist shot and a chest shot, as in the example below:



This will also allow you to have several takes in case there is a sound problem, a word you don't understand etc.

The sound

For recording a voice, it's best to use a lapel microphone. If you are filming in public spaces try to find a quiet time for filming. Sometimes you can use the voice memo app on a second phone to record the audio if the filming device is picking up too much noise and you don't have a proper microphone.

If you are using music in the background, please make sure it's copyright-free.