

New Asia College/Yale University Student Exchange Program (YUNA) 2025-26

Guidelines on Video Submission

Please record an English short video in front of a camera. In the video, please (1) briefly introduce yourself; (2) tell us about your goals for this program; and (3) share your understanding and insights on the exchange theme “*Health and Wellness*”.

Notes for video recording and submission:

1. Video Length: The video should be within **3 minutes**.
2. Language: Communicate your thoughts and ideas in English, ensuring clear pronunciation and articulation. Speak naturally and confidently.
3. Video Quality: Record the video in high definition (HD) quality, preferably 720p or 1080p.
4. Video File Format: Check the specified video file format required for submission. Common formats include MP4, MOV, or AVI.
5. Audio Quality: Use a reliable microphone or ensure that the audio recording is clear and audible. Avoid background noise and speak loud enough to be easily understood.
6. Background and Setting: Choose a suitable location for recording that is well-lit, neat, and free from distractions.
7. Post-Editing and Effects: Submit an unedited video without any post-production alterations or special effects.
8. Submission Format: Provide a download link for the video file. You can use file-sharing services including Google Drive, OneDrive, or any other preferred platform. Ensure the link is accessible and remains active until the selection process is complete.
9. Video Naming Convention: Please use a clear and standardised naming convention for your video file: *Your Full Name & Nickname_ProgrammeYear* (e.g., *Chan Tai Man Peter_History3*).
10. Summary: Please write a brief summary (not exceeding **250 words**) of your video presentation for our reference.
11. Video Backup: Make backup copies of your video file and brief summary before submission.