


Overseas Internship Sharing Video – Content & Production Guidelines

INTRO SEQUENCE (*Quick Cuts + Flashy Transitions*)

Use stock footage or your own clips for a cinematic start.

Suggested Shots (3–5 sec each):

- ✈ Airplane takeoff
- 🧳 Luggage moving along an airport belt
- 👁 Close-up shot of your eyes opening (symbolic of discovery)


 We'll handle this segment. No need to shoot unless you have high-quality footage to contribute.

MAIN VIDEO CONTENT: INTERN'S FOOTAGE (*B-roll & Interview*)

B-ROLL FOOTAGE TO CAPTURE

Please shoot horizontal (landscape) format at highest quality possible.

- 👤 **Daily commute** to your internship site (walking, train, bus, bike, etc.)
- 🏠 **Interesting places** around your city (landmarks, scenery, cultural spots)
- 🍽 **Food scenes** — meals you've tried, local specialties, or market visits
- 🏢 **Office/work environment** (if permitted)

 **Preferred Equipment:** DSLR/Mirrorless, GoPro, or any camera with HD quality or etc.

Do inform us the equipment you have so that we can plan the shot accordingly. You can record as many as you can.

You can refer to sample video for the composition and camera movement here:

<https://www.instagram.com/reel/DGbF1sOzWx7/?igsh=bWMYdW5iZm53OTRt>

<https://www.instagram.com/reel/DGLqjc2MTyf/?igsh=YnRuaWgxYW5hYzBr>

https://www.instagram.com/reel/DKkLuqDR_ev/?igsh=djZ3Ymg0MmZudTRu

SCREEN INTERVIEW (*Primary Message Delivery*)

Record yourself speaking directly to the camera, either seated or standing in a quiet, well-lit environment. Suggested backdrop: a nice city view, your internship site, or a clean indoor space.

Interview Prompts (Answer clearly, 1–2 mins total):

- Brief intro with name, program. Where are you interning?** (Company/University & Country)
- Why did you choose this company or University for your internship?**
- How has this experience benefited you?** (You can touch on...)
 - Resume/Career advantage
 - Global networking
 - Confidence building

- Cultural immersion and unforgettable memories

4. **Would you recommend overseas internships to other students? Why?**

5. **Any advice** for students planning to intern abroad?

 *Pro Tip:* Write a few notes before recording, but speak naturally. Be yourself!

SUBMISSION DEADLINE:

July 4, 2025

Please send your footage via this link: <https://forms.office.com/r/aak6WTfNFD>

Final Notes:

- Use **natural light** if possible.
- Clean audio is important — use a mic or avoid windy/outdoor noise during interviews.
- If you're unsure about a shot, **send a sample** and we'll give feedback!