



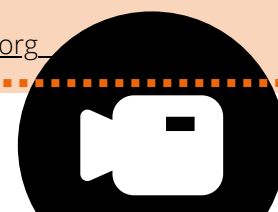
At this year's Youth at the Top 2023, we encourage organizers and youngsters to discover the Alps and the Carpathians with all your senses – including camera lenses – by organizing the Youth at the Top video contest for the first time! How exciting! 😊 Youngsters will learn to discover the beauty of nature by filming and capturing it with a smartphone camera. In small groups, the children and teenagers will learn to produce short videos - like real professionals. Youngsters will produce their **short films** either individually or in big groups with the assistance of the organizer with a length of no more than **120 seconds** on this year's YAT theme **Forest - The Almighty**. After the event, the best 5 videos will be selected by a jury and awarded a prize.



To allow a smooth realization of this video contest, please read the instructions below carefully. It's worth it!

To Enter the Video Contest **EACH ORGANIZER SHOULD** provide **AFTER THE EVENT and BEFORE AUGUST 8th**:

- The video should be handed in in a MP4 Format with the name "YAT2023_NamePark_Contest.mp4" for videos of groups and "YAT2023_NamePark_FirstName_Contest.mp4" for individually shot films.
- Attach one excel document per protected area / park indicating information on your group video and / or the individually filmed videos including the title of the movie, the names of all kids in the group (or individual) and the name(s) of the movie (including the title(s) of the video(s) in mp4 format). The Excel list shall be named "YAT2023_TitleVideo_NamePark_Contest.xls"
- Create a WeTransfer and send it to Daniel.meister@alparc.org and Michelle.geringer@alparc.org.



Format of the Video

Format	.mp4, preferably landscape format
Size	Maximal 1 GB
Duration	Short videos with max length of 120 sec. shorter videos are fine, but the length of the video shall not exceed 2 minutes, otherwise it will be excluded from the prize-giving.
Quality	The image quality must be in High Definition (HD) or in Standard Definition (SD). Both are common image quality standards, which are usually provided in cameras and smartphones after the year 2000.
Editing	Filming technique may vary among participants thus some of them don't need editing. There is no technique preferred it's up to you (and/or with the youngsters) to decide whether you or they will edit the movie or if you go for a one- shot video. We would suggest that either you or the young people (depending on the age) will edit the video afterwards, which basically means to bring together the different shots. For more info, please check the Annex "Filming like professionals – Some filming basics".
Theme of the Video	<i>Forest – the Almighty! People have been using the forest in various ways since ancient times and are sometimes even depending on it. Climate change is putting the forest under pressure. It is therefore important as ever to take care of the forest with its beauty and its important functions for humans. Imagine you are a ranger / manager / forester responsible for a protected area or parc and have the task to produce a short video that aims to motivate people to better take care or protect the forest.</i> The video can explore the theme from any perspective and "genre". It can have audio or be silent.
Evaluation Criteria	The jury will evaluate the following aspects: <ul style="list-style-type: none"> - Consistency of the video with the chosen theme - Artistic value - Originality - Creativity - Additional technical features
Categories	<ol style="list-style-type: none"> 1) Group: Divide the youngsters in small groups of 5 –7 kids. We suggest not to make the video in bigger groups as not all can participate. 2) Individual Organizers choose the category they will participate either small groups or individual. Please note that is possible to submit several videos per each category.
Jury	The jury is composed of ALPARC staff and members of the CA



Some tips: Each organizer is invited to help the young people of their group kids to make a video during their adventure in the mountains. To help the young people, you can maybe show some examples of videos such as Youth at the Top - Best of 2020, YAT 2019: Best of Switzerland YAT 2019: Best of Italy or much more on the ALPARC YouTube Channel

It always helps to get some inspiration 😊

In the end ALPARC will bring together the achievements of the different groups and put together a best of video. It will be great! The video will be available on the YouTube channel of ALPARC and it will of course be shared with all participants after its finalization.

To go further: We love creativity! Feel free to think out of the box! You're free to make any sort of videos. You can make interviews, make some narrow shots about something particular you want to highlight or whatever you have in mind. The Sky is the limit!

Thank you all for your participation! Compliance with these guidelines will allow creating a unique memory of this beautiful event for the young people!

Please note: There is no obligation to participate in this video contest, if you would rather just film throughout the day, that's great too and we encourage you to do so and look forward to this!

So, how does it work? Video Contest - Suggestion for the activity

The activity of taking the video should last for around 1-hour so it can be integrated into the day and complement the other Annex with Suggestions of activities. Of course, if you wish to extend this part, you can dedicate more time to it. We suggest the organizers to already think about a good place where you want to shoot the video.

Possible procedure of the activity

Please note that the format may also be adapted depending on the age of the kids.

Step 1 0-10 minutes

The organizer explains to the youngsters the suggested theme for the filming: "Imagine you are a ranger / manager / forester responsible for a protected area or park and have the task to produce a short video that aims to motivate people to better take care or protect the forest"

Step 2 10-20 minutes

The organizer explains to the kids some basic advice about filming and video (see Annex Filming like professionals – Some filming basics below). If possible, you may also think about showing to the kids some video tutorials like these (unfortunately they are only available in German)

Step 3 20-25 Minutes

Depending on the age, you decide in which category the youngsters should participate (divided into small groups (5-7 kids) or individually) and they will make their videos under the selected theme.

Step 4 25-50 Minutes

The participants try to shoot "Five Shots" in small groups (I would recommend a maximum of 20 seconds per sequence). Also, they can think about filming their video in the "one-shot" method. Please don't exceed the maximum of 120 seconds for the final video. If it's longer it will be excluded from the contest.

Step 5 50-60 Minutes

If you have time, you can now edit directly on your smartphone the video and/or show to the participants the different videos produced.

RECAP

Requirements:

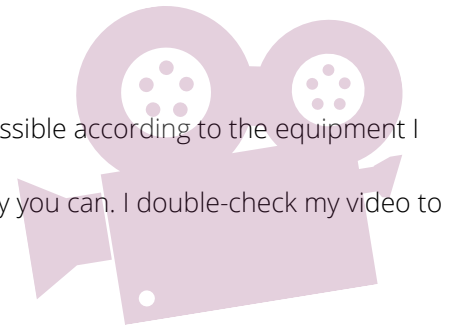
- Per 5-7 young people a video of max. 120 sec
- HD quality, landscape format
- Video named "YAT2023_NamePark_Contest.mp4."
- Make sure you include a title slide at the beginning with the organization name /country, title of video (optional)
- Provide (per each video) excel list with the names of the young people
- Any technique 😊



Don't forget to collect the videos and the names of the kids for each group!



Filming like professionals – Some filming basics



If I Produce a video:

- I favour the video format 1920 x 1080 (or similar), Full HD or the best quality possible according to the equipment I have.
- With my smartphone, I film in landscape mode and use the highest video quality you can. I double-check my video to make sure that everyone speaking can be easily understood.
- I don't change the orientation from landscape to portrait mode while filming

If I interview someone, I remember to:

- Not to move
- Well protect me from external factors (for instance: wind, rain, torrent noise...) to get the best sound possible
- Put the microphone close to the interviewed person
- Ask the persons not to speak at the same time
- Speak slowly and clearly so that viewers can understand what you're saying, and be sure to enunciate your words
- Be very careful with the background

Tips to make a good video

Stability

- Both hands on the phone, this provides image stability
- Always have your arms close to your body
- And if possible lean somewhere for stability
- Use a tripod

Further :

- Always film in landscape format
- Limit the use of the zoom as the quality gets worse
- To film undisturbed, set the phone to flight mode

Light

- Smartphones: best to use the manual focus of the smartphone, with it you can touch the screen and decide which section / object will be in focus.
- Manually use the lens aperture, to determine how much light is reached through the camera lens through the smartphone sensor.
- Never film directly against the light

Tricks for exciting pictures

Most phones come equipped with the option to enable gridlines on the camera, which help you to frame the shot. The most popular framing tool is the "rule of thirds", so if you enable a 3x3 grid on your camera app, you can line up the subject with one of the vertical lines or use the horizontal lines to align the horizon in the desired position.

The rule of thumb five shots

If you want to tell a story, your images should be shot in such a way that they create a context and clarify the story. With the help of the Five-Shots, that is five shots, any scene can be shot in a comprehensible way and then edited well and then cut together coherently in almost any order.

You can memorize them with the five W-questions, that's all it takes. These are questions that cameramen ask themselves when they see a situation:

- WHO? WHO plays the leading role here?
- WHAT? WHAT is being done here?
- WHERE? Where are we?
- HOW? and So HOW is there the relationship between WHO and WHAT?

Perspective :

At eye level, Bird's eye view(from above), Frog perspective (from below)

Sound

- If speaking, then close to the cell phone / microphone
- If it's going to be windy, we can recommend you use a microphone
- Avoid sources of noise - Think about the place, try to stay away from noisy places.

Editing

[7 Free Smartphone Apps for Easy Video Editing.](#)

There are no limits to creativity and imagination!

