

## Secondment Social Media Requirements

As part of your secondment commitment, you are required to provide material such as images, video, or audio for EDGES social media. Please send this material to [edgescomunica@gmail.com](mailto:edgescomunica@gmail.com).

As an investigator, you are free to create content that is appropriate to your academic activity. However, the project requires that for a 1-month secondment, you at least share the following:

- 3 images related to your secondment experience, which will be used to create two social media posts. The content of the images can include participation in events, research activity, sources and objects of research, and visits outside the university. Images must be accompanied by informative supporting text.
- 1 video with a duration of 60 seconds. The video should be related to an academic activity and/or the research topic you are participating in during your research stay. Try to explain how the secondment helps you carry out your research.

### Technical Guidelines for Image/Recording Video

#### 1. Appropriate environment:

Choose a suitable location for recording, one that is quiet and well-lit. Avoid dark or noisy environments.

#### 2. Proximity to the recording device:

Stay close to the recording device so that the microphone can capture your voice clearly in the audio.

#### 3. Lighting:

Avoid intense light behind you. Ideally, the strongest light should be on your face, coming from the front or side.

You can take advantage of natural light coming through windows or use a directed lamp.

If you're using a computer, the light from the screen itself can help with lighting.

#### 4. Background setting:

Choose an aesthetically pleasing background setting, preferably with objects of personal and/or academic relevance.

#### 5. Composition:



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Ideally, the image should show you from the chest up to the top of your head, with an appropriate margin between the top of your head and the upper limit of the frame.

Avoid positioning yourself too close to the wall or the background setting.

Maintain approximately 1 to 2 metres from the background, if possible.

Ensure that the camera angle is at your eye level (not looking up or down).

If possible, check the device's menu and settings to ensure that it is recording files in high quality.

*By following these technical guidelines, you can produce videos with good lighting, clear and intelligible audio, and visually pleasing surroundings. This will certainly contribute to conveying professionalism and providing a better experience for viewers of your videos and testimonials.*