

ANNEX 2 - CALL FOR PARTICIPATION IN INTERNATIONAL MOBILITY PROGRAMS BILATERAL AGREEMENTS

Academic Year 2025-26

Indications for self-presentation videos:

Each student is required to record one short video in **either Italian or English** with a **maximum duration of 4 minutes for 1 destination or a maximum of 5 minutes for 2 destinations** including the following:

- name and last name,
- current study program,
- desired host university and department,
- a short self-presentation (study plans and relevant personal experiences),
- academic reasons with details about the study program you plan to attend at each partner university and how this integrates with your studies at UniTrento,
- personal motivations and expectations,
- other information relevant to the study abroad period at the university/universities you have chosen.

The video must be uploaded to the You Tube platform **in unlisted mode (unlisted videos can be seen and shared by anyone with the link)**. The link to the video must then be uploaded when filling out the on-line application.

Practical advice:

- We recommend that you use a neutral background, such as a single-color wall or bookcase.
- The frame should include only the upper torso with space above your head. An arm's length from the camera is fine. For portrait format orient the mobile phone or tablet vertically, or for landscape format place it horizontally to record.
- Pay attention to the lighting and try to avoid shadows on your face.
- Since the video should last 5 minutes or less, we suggest that you rehearse what you are going to say several times to make sure you finish in no more than 4 minutes and 45 seconds.
- Once the recording has started, you should silently count to 3 before starting to speak to give the camera's recording mechanism time to activate.
- Record the speech two or three times and choose the best version.
- Remember to look good and smile!