**VIDEO GUIDANCE**

Thank you so much to everyone willing to participate in documenting a bit of this year’s Global 6K! Below are two important shooting guidelines and a list of other shot and talking point suggestions. Feel free to capture only a couple items listed below or take on the challenge of capturing it all. Once you have your content captured, please email it to [ask6k@worldvision.org](mailto:ask6k@worldvision.org) or upload it to our Dropbox at http://bit.ly/G6KUGC.

**Shooting Guidelines**

1. Hold your phone vertically while shooting.
2. Have fun!

**Potential Shot List**

Outside of the suggestions below, please capture any of your Global 6K experience that you find inspiring. The more you have an active voice while shooting, the better. We want to hear from you!

* + - * Prepping for walk or run (putting on shoes, filling up water bottle, prepping your playlist etc.)
      * Getting yourself, your family or even your pet out the door. “Here we go!” “And we’re off!”
      * Selfie shot while running or walking.
      * Shots of anyone with you participating in Global 6K, (family, friends, pets etc.).
      * Shots of anyone cheering you on.
      * Making it to your finish line.
      * Any shots that give a picture of the Covid-19 world we are currently in.

**Self-Interview Questions**

*(These questions should be shot in selfie mode and ideally answered while prepping to start your walk or run or even answered while walking or running)*

* + - * What inspired you to be a part of the Global 6K?
      * Why is it still important to walk and run?
      * How is this year’s Global 6K different that previous years?
      * Anything you would like to say to your fellow participants?
      * (at the end of your walk or run) How was your experience?