

Instructions for the submission of your VIDEO SELFIE for the 61st Batch

Video selfie

To help us get to know you better, we kindly ask you to submit a short personal introduction video. This is your opportunity to present yourself authentically and tell us what motivates you to apply.

Requirements

- **Length:** max. 1 minute
- **File size:** Compress your video to 50MB maximum (you can use an online video compressor or send the video to someone via a messenger app like WhatsApp, which compresses videos automatically).
- **File type:** mov., mpg., mp4; your video can be recorded with our mobile phone.
- **Sound:** Make sure your voice is clearly audible and that you have a quiet background.
- **Submission:** Upload your video directly through the online application form.

Content:

- Who are you? (Name, country of origin)
- What is your current professional situation?
- What experiences or goals inspire your application?
- What are your strengths, interests, etc.
- How do you plan to make use of the scholarship?

Best regards,

Your ITH Team