

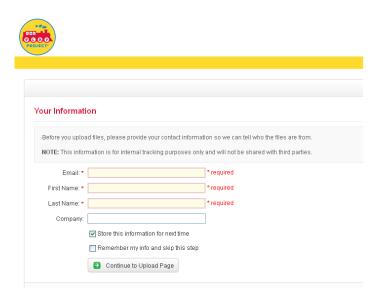
Instructions for uploading application video files

Guidelines for video submission:

- Video should be a total of 10-15 minutes long
- Up to 3 video files can be submitted, totaling no more than 15 minutes
- Videos should be recorded indoors
- You (the trainee) should be visible in the video
- Please review your video prior to submission to ensure it is of good audio/visual quality
- Label your video: "YourLastName_YourFirstName_Clip#"

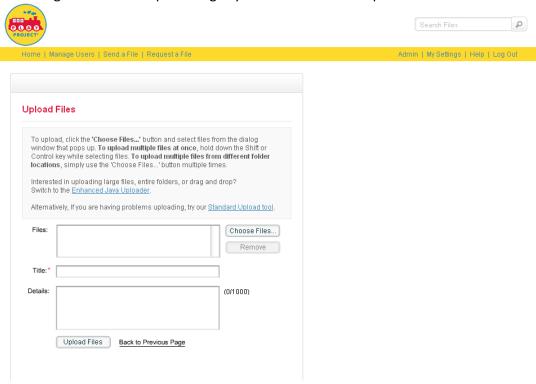
Instructions for uploading application video files:

1. Follow the link provided to you via email. Enter your email address and name when prompted:

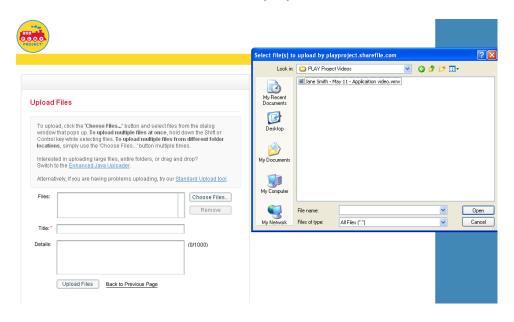




2. After clicking "continue to Upload Page" you will come to the upload screen:



- 3. Click "choose files" and select the video file from its location on your computer*
- * if it is located on a external drive or CD, select the file from that location



The P.L.A.Y. Project ● 1601 Briarwood Circle, Suite 500 ● Ann Arbor, Michigan 48108
Phone (734) 585-5333 ● Fax (734) 997-9211 ● info@playproject.org ● www.playproject.org



- 4. Label the file "YourLastName_YourFirstName_Clip#"
 - Example: "Smith_Jane_Clip1"
 - If you have more than one clip # the clips "Smith_Jane_Clip1" and "Smith_Jane_Clip2"
- 5. Click "upload files"
- 6. Once complete you will get the following confirmation:

