**The Limits to Growth testimonials**

**Submission details and technical information**

Please film a short recorded video message (circa 1 minute) outlining your thoughts on *The Limits to Growth*, how it influenced you personally and your career and its relevance to the world today.

If a video is not possible you may also submit a photo and quote (circa 100 words) that can be used in the campaign.

Please email your 60 second video in the highest possible quality, or your photo and quote, to pbaumgartner@clubofrome.org.

By submitting a video, photo, or quote you agree that the Club of Rome may use distribute the video recording or materials on the Club of Rome website, YouTube and social media channels.

**Tips for recording:**

- Film in landscape mode – not portrait.
- Using the industry standard ‘rule of thirds’, where the subject is slightly off center of the frame, will create a more interesting shot.
- Have the camera positioned so that the lens is at eye-level. Do a test and play back to make sure that the lighting and composition is correct.
- If wearing glasses be aware of potential reflection on the lenses
- Test video quality by doing a test shoot and clean your lens.
- Choose a background that is suitable and that is not too distracting. Avoid noisy environments and moving elements in the background.
- **If possible use a tripod.** If you don’t have a tripod, stabilize your phone on another surface at eye level where possible. (Avoid hand-held)
- If natural light is not available, use a ring light or other artificial light and indirectly shine it on the subject. Avoid overhead fluorescent lights and/or standing in front of light sources such as windows.
- If filming outdoors, use the morning or late afternoon sun for the best results. Make sure that the sun is behind the camera.