



The Parliament Prize Student guide

Filming your Member's Statement

The Parliament Prize is a video competition, and while many students speak directly to the camera, there are a couple of important things to consider when filming.

- 1.** It's really important that we can clearly hear what you are saying.
 - Minimise background noise and project your voice or talk close to the microphone.
 - Do a couple of test runs to make sure the sound is clear before you start
 - Outside can look great, but the wind can make it really hard to hear even if it doesn't seem that windy.
 - Watch your video back to make sure you can understand everything.
- 2.** Think about how your background might be able to compliment what you are saying. If in doubt, filming against a plain wall can work.
- 3.** Practice a few times to make sure you can keep to the 90 second time limit.
- 4.** Film your Member's Statement a couple of times and then pick the best one.
- 5.** Check out the ACMI website. They have lots of information about filming that you might find helpful. There are lots of explanations on their [Film It page](#) that looks at shot types, camera angles, sound recording, and if you want to get creative, visual effects too.
- 6.** While a Member's Statement is usually an MP talking to the chamber, if you've got an idea to creatively produce your video that's good too. Bring your personality and just make sure your message is clear.