

THE INTERNATIONAL SOCIAL WORK DAY MARCH 20st 2018 : EASSW PUTS AN FOCUS ON PROMOTING COMMUNITY AND ENVIRONMENTAL SUSTAINABILITY

This is the seventh year that we are encouraging you to participate in a joint European action on World Social Work Day using social media. This year we are inviting all European countries to participate. It is easy: you just record a short clip and send to the EASSW (see specific instructions below). The EASSW puts the clips together in a film that will be publicised on YouTube and other social media. Last year's film can be found here:

<https://www.youtube.com/watch?v=0VjJk657nh0>

How to make a video clip: To make a video, you'll need to have a device that can capture digital movies—this could be a camcorder, digital camera, cell phone, etc. Copy the movies to your computer and send them to ronny.tikkanen@socwork.gu.se

Size: There is no limit to the number of videos I can upload to our account, but there is a file size limit of 100MB. But try to keep the size as small as possible without compromising the quality. Remember to zip large files before e-mailing to Ronny.

Format: Here is a list of some well-known formats that YouTube supports:

- WebM files - Vp8 video codec and Vorbis Audio codecs
- .MPEG4, 3GPP and MOV files - Typically supporting h264, mpeg4 video codecs, and AAC audio codec
- .AVI - Many cameras output this format - typically the video codec is MJPEG and audio is PCM
- .MPEGPS - Typically supporting MPEG2 video codec and MP2 audio
- .WMV

- .FLV - Adobe-FLV1 video codec, MP3 audio

If you are unsure if you are using the right format and size: Just record your film and send it to Ronny who can shrink and decode the video.

Audio: Try to improve the audio quality as much as possible by using external microphones or by talking near the built-in microphone.

Time: Maximum 1 minute!

Record horizontally and avoid the Vertical Video Syndrome ;-) Read more here: <https://www.youtube.com/watch?v=Bt9zSfinwFA>

Last day of submission: 13th of March 2018 to: ronny.tikkanen@socwork.gu.se

What to say in the clip:

- Include either social work educators, students or service users in your clip
- Say what country you are from
- Give an example on something in social work practice or education that is in line with the Global Agenda theme: "Promoting Community and Environmental Sustainability"
- End by sending your greeting for Social Work Day 2018.

//The EASSW through Ronny Tikkanen