

Video Requirements

视频需求

Please film the video on your mobile phone in a HD landscape format, with brightly lit natural lighting (avoid night time).

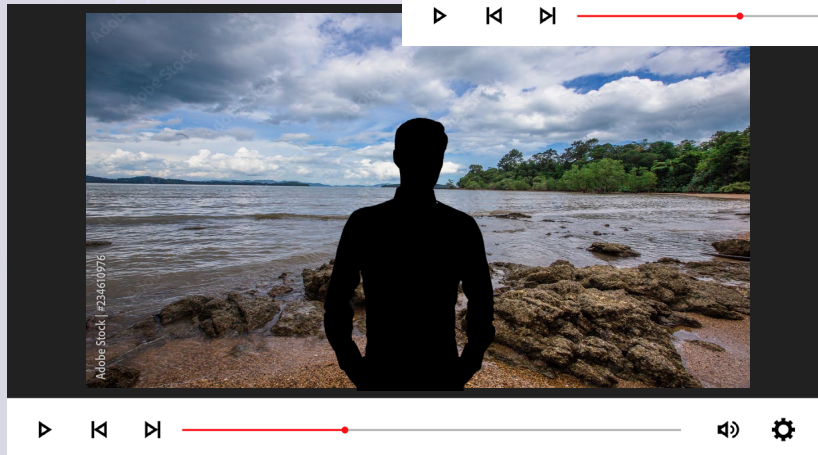
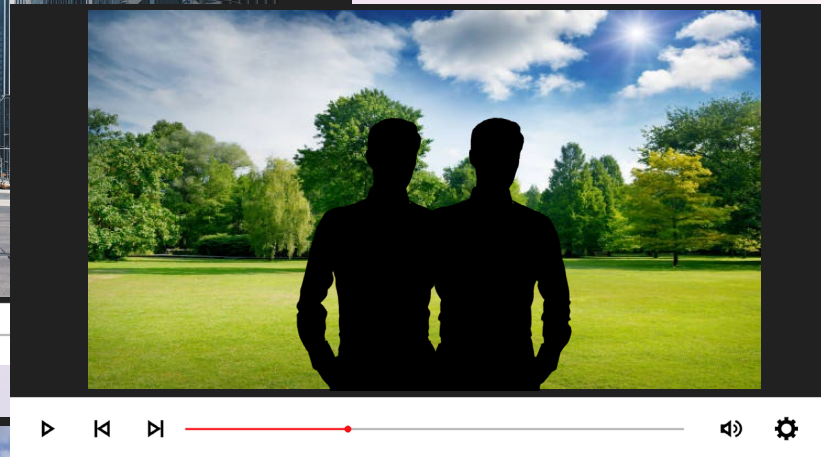
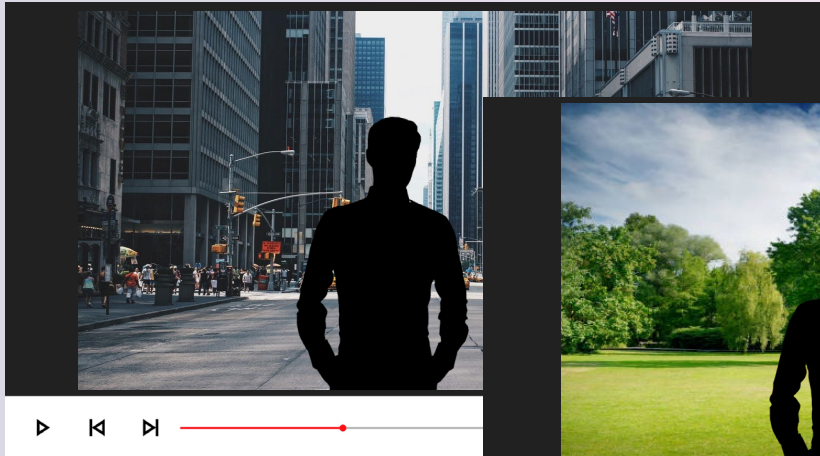
You can film the video together with your friends, family or team!

Film in a half-body shot, until just below the waist and allow ample head space. You can position yourself at center of the video.

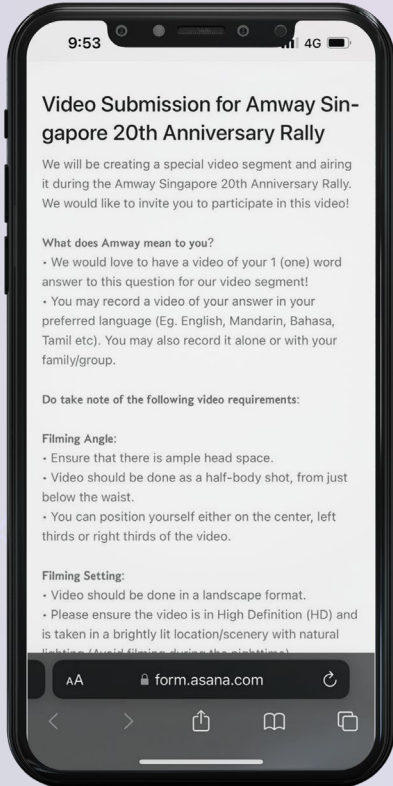
请使用手机拍摄高清风景格式的视频，并在明亮的自然光拍摄（请避免在夜间拍摄）。

您可以与您的朋友、家人或队友一起拍摄视频！

请进行半身拍摄（至大约腰部以下），然后留出足够的头部空间。您可以将自己定位于视频的中间。



How to submit your video? 该如何提交您的视频?

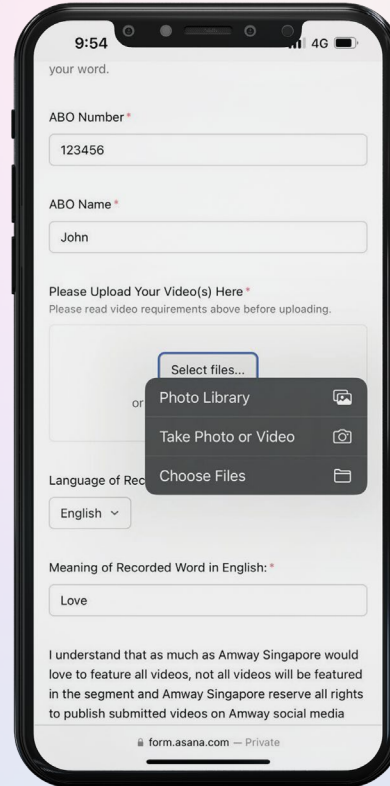


Step 1:

Enter the [form submission page](#) and read through the details carefully.

第一步:

进入[表格页面](#), 并仔细地看内容。



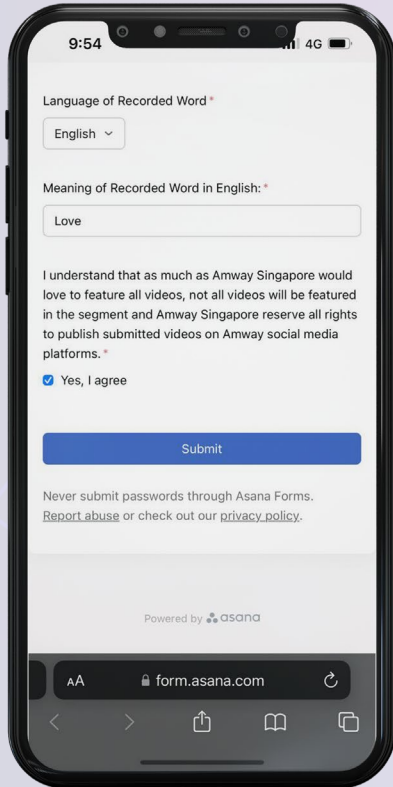
Step 2:

Fill in your details and click select files > Photo Library/Choose Files to select and upload your video. Do keep your video under 25MB.

第二步:

填入您的信息, 点击 Select Files > Photo Library/Choose Files 选择您的视频提交。请确保您的视频在 25MB 以下。

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Step 3:

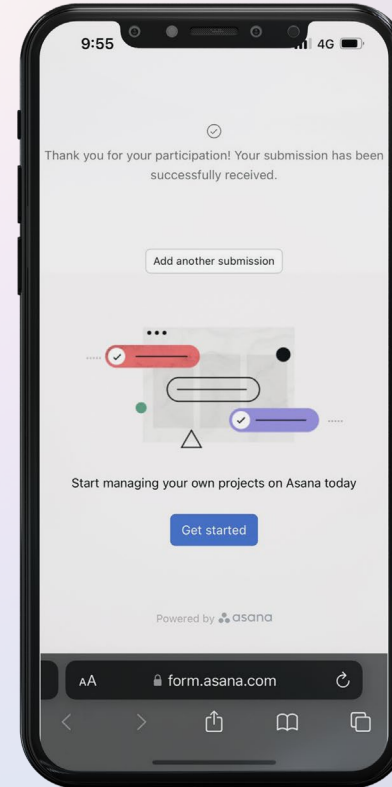
Let us know the language you used for the video and the meaning of your word in English.

Click “Yes, I agree” if you are agreeable to the terms and click “Submit” to submit your video!

第三步:

让我们知道您使用的语言，以及您的单词的英文含义。

如果您同意条款，请点击 “Yes, I agree” 然后点击 “Submit” 提交视频。



Step 4:

And you are done!
Thank you for your submission!

第四步:

完成了！感谢您的参与！

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Note:

Thank you for your participation!

As much as Amway Singapore would love to feature all videos, we will not be able to use all videos for the segment. However, Amway Singapore may publish submitted videos on Amway social media platforms instead!

注:

感谢您的参与!

虽然安利新加坡希望能使用大家的视频, 但是, 我们并不能把每个人提交的视频都包括在特别视频内。但是, 我们可能会把视频用于安利的社交媒体!