# Video

## Shoot it

Record video of your Paramedic Services Week events and activities. It doesn’t have to be perfect. Here are some specs and tips as a guide.

Framing your video: Clips from speeches, events, activities, your own reporting….we want it!

Recording: Set your device to the highest quality setting. 1080p video is preferred.

Shooting with a DSLR or pro camera? Most file types are ok.

Shooting with a smartphone? Look [here](http://www.linkedin.com/today/post/article/20121113131235-5214630-6-tips-for-shooting-great-video-with-your-smartphone), [here](http://www.popularmechanics.com/technology/how-to/tips/how-to-shoot-great-video-with-your-smartphone), and [here](http://athomewithtech.com/2013/10/13/12-tips-to-shooting-smartphone-videos-like-a-pro/) for some tips to get good results.

## Send it

Send us your videos, please!

1. Browse to <http://torontoems.ca/emsfiles/>
2. Select the files to share “Choose File”. You can upload 2000MB at a time. Feel free to upload in multiple segments
3. Be sure to enter a short description of your video so we can caption it appropriately
4. Please use paramedicchiefs@gmail.com in the “Send a message too…” box so your submission goes to the right place.
5. We’ll download the submissions daily at 23:00 EDT

## Share it

Every night after 23:00 EDT, we’ll download them and edit the best clips together into a short segment for posting to the [Paramedic Chiefs of Canada YouTube channel](http://www.youtube.com/user/ParamedicChiefs). A summary edit of the clips will be posted the following day to YouTube, and shared via [Twitter](https://twitter.com/ParamedicChiefs) and [Facebook](https://www.facebook.com/ParamedicChiefs). Look for the [#PSweek2014](https://twitter.com/search?q=%23PSweek2014) tag.

Help is spread the message by sharing the posts.

# Photos

## Shoot it

Give it your best shot. Look to [Flickr for tips on formats](https://www.flickr.com/help/photos/#150488231).

## Share it

Join our [Flickr pool](https://www.flickr.com/groups/paramedicchiefs)!

Upload your photos and post them to the group. Don’t forget to tag your posts with #PSweek2014.