

“Sustainability Through Your Lens” Application Guidelines







Short Film Contest by Sophia University

1. Entry Theme

“Sustainability through your lens”

This contest invites young people to share their personal perspective on sustainability through a 90-second video. Rather than focusing on technical expertise or polished production, we’re looking for authentic, creative stories that reflect your real-life experiences, thoughts, and emotions. Whether it's about climate change, diversity, or everyday challenges, we want to hear what sustainability means to ***you***. Let your voice inspire others and help shape the future.

2. Submission Guidelines

Video Length:	Originality	Recording equipment	Video Format	Language & Text
 90 seconds	 Original work	 Any device is OK	 Both formats accepted	  No use of text and voiceovers

Video Lengths : Around 90 seconds

Originality: Animations and photographs from external sources may be used, provided that copyright is properly respected.

Video Format: Both vertical and horizontal formats are acceptable.

Language and Text: The use of spoken language or text, including subtitles and voiceovers, is not permitted.

3. Application Requirements

- **Eligibility:**

Applicants must be **undergraduate or graduate students** currently enrolled at **Sophia University** or one of its **partner institutions abroad**.

(Both full-time and exchange/non-degree students are eligible.)

- **Age Requirement:**

Applicants must be **under 25 years old** at the time of the submission deadline.

(This contest aims to promote sustainability awareness among young people.)

- **Group Submissions:**

Entries may be submitted by individuals or groups of up to **6 members**.

- **Number of Entries:**

Each applicant may submit **up to 3 entries**.

4. How to enter

A) **Submit your original video** via Dropbox (mp4)

Submit Here: <https://www.dropbox.com/request/StLwXUvoBPHJdcaeh1t3>

Title your video as follows. When submitting multiple videos, number them.

“University_LastName(Video#).mp4”

e.g. “Sophia_Smith(2).mp4”

B) **Fill out the required information** (e.g., personal details and video title) via the designated form.

Submit here: <https://forms.office.com/r/211SKG25VN>

5. Schedule

Application Period: July 1, 2025 ~ September 30, 2025

Top 10 Finalists Announced: October 24, 2025

(Voting: October 24 ~ November 4, 2025)

Awardees Announced: November 28, 2025

Award Ceremony: January, 2026

Important Notes:

- **Sequential video publication:**

Submitted videos will be **published in the order they are received**.

(This aligns with our goal of increasing outreach and providing inspiration for others who may be considering applying.)

Contact Information:

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