



How to Submit Video Testimonials

The Philanthropy Committee wants to hear from you! By following the steps below, you can easily record and send video documenting your progress in the Walk to 2010 Challenge.

Step 1: Get a video recording device. If you don't own one, borrow one from a friend, co-worker or Alpha Gam sister. (An internal camera on your computer will work as well.)

Step 2: Record yourself (or ask a friend to help!) talking about the Challenge.

Step 3: If applicable, connect the video recording device to your computer.

Step 4: Send your un-edited digital video files to walkto2010@alphagammadelta.org via a free website, like www.yousendit.com or www.sendspace.com.



Frequently Asked Questions

What should I talk about on camera?

We want to know about your success in the Challenge and if you have any helpful hints for sisters who may be struggling to stay motivated. General suggestions for discussion:

- Talk about where you were in your exercise efforts before the campaign to where you are now. (i.e. "Before starting the Walk to 2010 Challenge...Now, I have lost 10 pounds and am more energized throughout the day.")
- Why did you decide to take the Challenge?
- How difficult was it for you to start the Challenge?
- How do you stay motivated to keep walking? ("I stay motivated by...")
- Do you network with other Alpha Gams regarding the Challenge? How has this networking helped you continue the Challenge?
- What tips do you have for Alpha Gams who may be struggling to stay motivated?

What file format do I need to use to send my video?

.MPEG4, .AVI, .WMV and .MP3 are acceptable file formats. For questions regarding file formats, please e-mail walkto2010@alphagammadelta.org.

How do I send my files?

Video files are really large, so sending them through your university, Yahoo, Hotmail or Gmail e-mail account will not work. Please use a free website to send your video files, like www.yousendit.com or www.sendspace.com.

Who do I send my files to?

Files should be sent to walkto2010@alphagammadelta.org.

Should I edit my video?

Videos do not need to be edited. The Communications Department at International Headquarters will edit video using their video software.

Who will see my video?

Your video could be placed on Alpha Gam's YouTube channel (www.youtube.com/alphagamihq), the Fraternity website, an e-newsletter to Alpha Gams taking the Challenge or at special events like International Convention or TLC.

Please be advised that Alpha Gamma Delta International Headquarters reserves the right to edit video as deemed necessary.