



## Trailblazer Challenge: Challenge filming and upload instructions

Thank you for your contribution to the Trailblazer Challenge to support adults like yourself living with SMA!

We are launching this hackathon to find innovative and practical solutions which could help make everyday life easier for the adult SMA community. This is your opportunity to share the practical challenges that you need help with.

### What should my Challenge video include?

We know that living with SMA can be difficult, but no one understands the daily challenges like you do, which is why we'll be using the videos you submit to design the hackathon to create practical and tangible solutions to these challenges.

We'd like you to film a video of yourself talking about the challenges that you face on a day-to-day basis. This can be for example, grabbing something from a high shelf, getting ready in the morning, or getting to and from work.

Is there a task you wish you had a solution for to make life just a little bit easier?

### How do I create my 30 second video?

You can use your smart phone or your computer to film your challenge.

#### Tips for success

- If you are going to use your phone, filming the video in landscape is best!
- Your camera should be as close to eye-level as possible, if you have a laptop you may find better results by putting it on a stand, or a stack of papers.
- Try to film your video in a room with the door shut and away from other people. This will minimise the background noise.
- If you can, film in a room that has plenty of natural light or a bright artificial light so we can clearly see you. However, try not to record your video with a light or window directly behind you, this will create a silhouette and we won't be able to see you. Try to position yourself with a window to one side or in front of you.

If you are unable to film yourself or need some help or tips, you can also contact our partners SenateSHJ who can work with you to record the filming. You can email them on [trailblazerchallenge@senateshj.com.au](mailto:trailblazerchallenge@senateshj.com.au)

### How do I upload my video?

Once you're happy with your video, [click here](#) to fill out the consent form and upload your video file.

The selected challenge will be announced shortly, so stay tuned for more on the hackathon in the coming weeks on Biogen, and SMA Australia's websites and social channels.

**Where will my video be used?**

Your video will be shared with experts who we will work with to create the Trailblazer Challenge. Your video may also be published on Biogen's and other organisations associated with the Trailblazer Challenge digital channels (i.e. website, social media).

When you upload your video, you'll also be given the option to participate in media interviews and be contacted about other educational opportunities about SMA.

For any questions you can email [trailblazerchallenge@senateshj.com.au](mailto:trailblazerchallenge@senateshj.com.au)

Thanks for taking part and good luck!