

Guide to Covid-19 Reality Project: Video Stories from Working People

1. Who do we want video stories from?

Workers: We would be grateful if you could identify **two workers** to film and share their one-minute story. Each worker should film their story individually.

Union leaders: Elected leaders can also take part speaking about the impact of Covid-19 on their working life.

2. What is the content of the video?

What **three words** sum up your year living in a world with Covid-19 and why?

- At the start of the video **say your name, where you are, what you do, the name of your union.**
- In the video, please **sum up 'My year in a world with Covid-19' in THREE words.**
- Then, **explain in one minute why you chose these words.**
- Here is an example video: <https://youtu.be/vTqWwjuPQXk>
- Here is a sample **transcript** of another example:

'I'm Laura, a beauty therapist from Cumbria in the North of England.
The three words which sum up my year living in a world with Covid-19 are
Lockdown
Furlough
Social-distancing

Lockdown because we had to close everything down to stop the spread of the virus. That meant anything that wasn't essential for people.

Furlough because that's a word that we only started using this year. When treatment rooms closed, I didn't have any work or income. So I was put on a government scheme where they pay some of my wages. It's not enough and my family had to make big cut backs.

Social-distancing because we have to keep apart from people and wear masks. It helps stop the spread of the virus. But my job means I have to be close to people, so I can only hope we'll be out of this nightmare soon and I can earn some money.'

3. How do I record and send the video to the ITUC?

The video can be recorded by someone else, or self-recorded on a phone.

The video can be in any language, but please provide a **transcript if the video is not recorded in English, French or Spanish.** Please send the transcript to press@ituc-csi.org

If possible, please send us **photos** of the person in the video at work. Please send the photos to press@ituc-csi.org

The best format for the video is **mp4**, but we can use any standard, smartphone video file:

- Hold your smartphone **upright/vertical.**
- Please record or upload your video in **Vidoepeel:** <https://app.vidoepeel.com/view/kks0kdeb>

- If you cannot use Videopeel, you can send the video on **WhatsApp**: +32 471 618025.
- You can send photos of workers and transcripts to press@ituc-csi.org

Deadline:

Please send the videos by **1 March**.

Privacy:

By sending us your video you agree to us publishing the video on the ITUC website and ITUC social media channels (Facebook, Twitter and Instagram). You can find the ITUC privacy policy [here](#).