

# Racism stops with me. The story of us.

Together  
we can make  
a difference

We are calling on community members and leaders to use their mobile phone to film an anti-racism message of 20 seconds or less to be made into a film for Refugee Week. The Refugee Council of Australia's theme for 2020 is Celebrating the Year of Welcome.

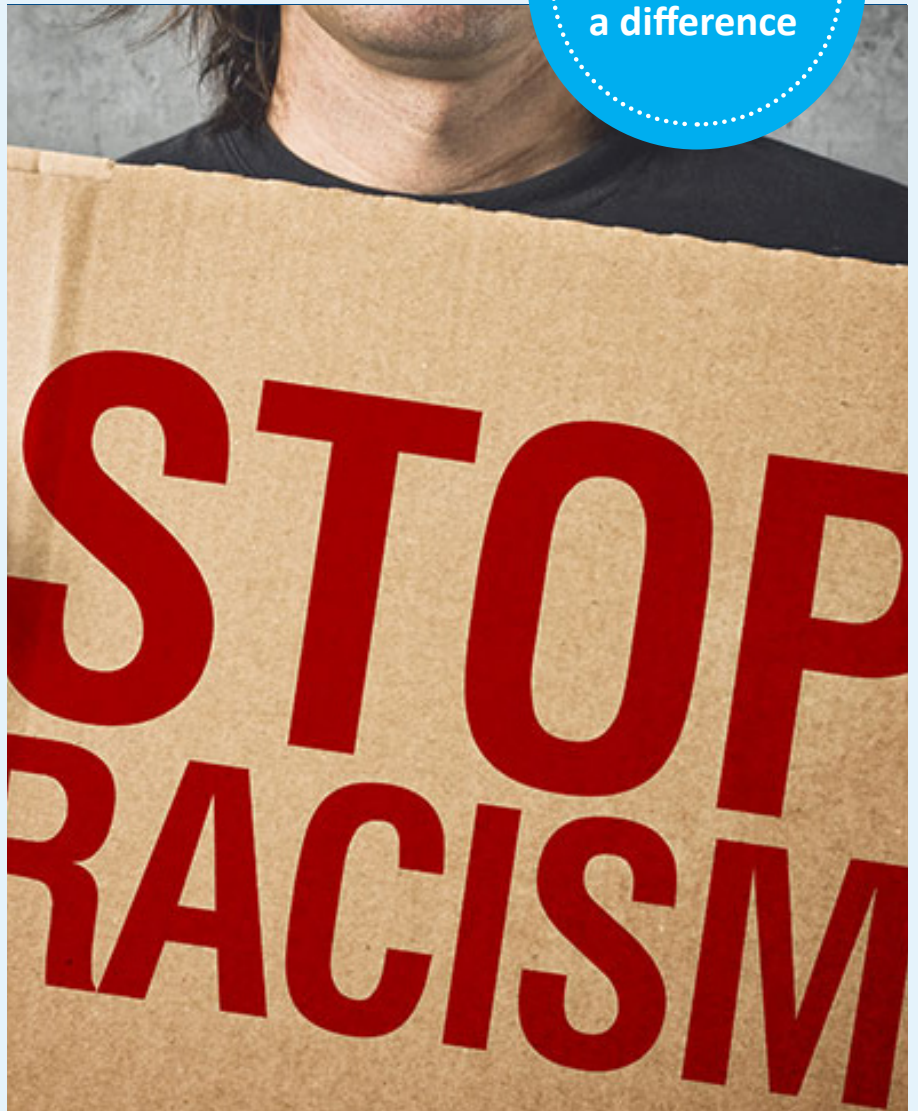
We invite you to celebrate our cultural diversity by sending us positive messages against racism. Keep your message short, be clever, inspire others to join in your anti-racism message. The film will be screened as part of our Refugee Week events via social media from Monday 22 to Friday 26 June.

Helpful tips:

- Keep it 20 seconds or less.
- Ask someone to film you.
- Speak slowly and clearly.

If you're not comfortable speaking, put your message in writing in large letters, hold it up to the camera and smile.

Turn over for detailed instructions and tips on how to record and submit.



Free telephone interpreter service



131 450

# Racism stops with me. The story of us.

## Helpful tips

- Where possible, get a friend to film you.
- Wear coloured clothing (avoid white).
- Choose a neutral background and make sure there aren't any objects behind you.
- Try and find a quiet location. Make sure there's no radio, television or other sounds in the background.
- To avoid shadowing on your face, try and film an hour either side of midday.
- Keep the sun, or your light source on either side of you. Don't face or stand behind your light source.
- The smartphone should be held horizontally. It should look cinematic and you should be framed in the centre.
- Make sure the camera is at eye level, the phone should be held steady, with both hands and elbows pressed against the body.
- To adjust the focus, tap your subject's face on the smartphone.

For more information on filming with your smartphone take a moment to watch this handy guide:  
How to make a better phone video - [https://youtu.be/Njb\\_Z3Ici-w](https://youtu.be/Njb_Z3Ici-w)

### **How do you submit your message?**

Email your video message to [andrewgarton62@gmail.com](mailto:andrewgarton62@gmail.com).

For any enquiries please call Maria Callipari on 0400 637 498.

If you wish to participate, but are unable to film yourself, we invite you to come along to our Council Offices and we can film your submission for you.

**When:** Thursday 4 June and Friday 5 June, 10am – 4pm.

**Where:** Council Chambers, 25 Ferres Boulevard, South Morang.

**Book:** To book in a time please contact Maria Callipari by emailing [multicultural@whittlesea.vic.gov.au](mailto:multicultural@whittlesea.vic.gov.au) or by phoning 0400 637 498.