



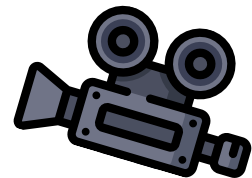
NHS Cadets video competition

We recently launched some brand new NHS Cadets pages on the St John website, and we need your help to make them exciting for young people considering the programme.

Your challenge is to create a short video about your time as an NHS Cadet so far. Think about the reasons you joined, and what others might want to know about your experience.

For example...

- Why did you join NHS Cadets?
- What do you like most about it? Did anything surprise you?
- What have you gained from being an NHS Cadet?



Get creative and make it your own. The best video will be featured on our website and the creators will win a prize! Results will be announced in a future 2022 edition of the NHS Cadet Gazette.

Send your videos to NHScadets@sj.a.org.uk via [WeTransfer](#) (free to use).

Check out [iDEA's Video Editing badge](#) for some extra advice!

Filming top tips

- Keep it to under 1 minute
- Choose somewhere well lit and quiet to film
- Stay as close to your phone/ camera as possible
- Hold your device steady or prop it up while filming

All Cadets who feature in the video should complete and return a **consent form**. Speak to your Project Lead for more details.

