

European Gender Equality Week - Video guidelines for EU Local Councillors

As part of the **European Gender Equality Week (2–6 November 2026)**, the European Committee of the Regions is collecting short videos from EU Local Councillors showcasing concrete local actions that contribute to gender equality. Selected videos may be featured on the **CoR's social media channels**, showcasing concrete examples of gender equality initiatives from local communities across Europe.

Deadline: 18 October 2026

What should I talk about?

Please share **one concrete initiative, action or local solution** from your city or region that contributes to gender equality. You can, for example, talk about:

- an initiative promoting **gender equality at work or in political life**;
- a measure supporting **equal opportunities or inclusive leadership**; or
- a local solution helping to **prevent gender-based discrimination or combat violence against women**.

To guide your video, you can answer the following question:

“Can you share one concrete action you or your municipality have taken to promote gender equality in your local community?”

How should I record my video?

- **Length:** 15–20 seconds maximum
- **Format:** Vertical video, recorded with a smartphone
- **Quality:** High definition (4K or 1080p)
- **Sound:** Please ensure clear audio by recording in a quiet environment or using a microphone
- **Location:** If possible, record outdoors in a well-lit space and, where relevant, show your town or the initiative you are talking about
- **Framing:** Please avoid recording while seated behind a desk
- **Introduction:** No introduction is needed. Your **name and position will be added on screen** by the CoR

Language

You can record your video **in English or in your mother tongue**. If you record in your mother tongue, please provide **subtitles in English**.

Before sending your video

- Please send the video **unedited**. Do not add pictures or additional footage, music, text or graphics, or other editing. The CoR team will take care of the editing.
- Please upload your video using **SwissTransfer** or **WeTransfer** and send the link to: eu-councillors@cor.europa.eu together with your name and position. **In case of any difficulties please reach out to us.**
- Please submit your video by 18 October latest.