

Three Minute Thesis Competition process

Step 1: Institution's registration

To enter your institution in the 2022 3MT[®] competition, please register on the Vitae website [here](#). If your institution is new to the competition, please ensure you also register with the University of Queensland [here](#).

Step 2: Quarter-finalist registration

Once you have the winner of your institution's competition, please submit their details on the Vitae 3MT[®] quarter-final registration form [here](#). The video entry should be provided to Vitae by **Friday 1 July 2022** (Submission instructions below). Please ensure you have checked the [competition rules](#) before submitting the video to avoid any disqualifications.

Step 3: The online semi-final

The online semi-final will run from early July and the six finalists will be announced by the end of August.

Step 4: The final

The final will be broadcast on Thursday 15 September 2022. All six finalists will also need to be virtually available during a date to be advised in mid-August.

Quarter-final video transfer

Please send your winner's video via the free file sharing site: <https://www.wetransfer.com/>

You can send a file up to 2GB. If your files are over 2GB please zip them before transferring.

Supported video file formats include: MOV, MPEG4, AVI, WMV, MPEGPS, FLV, 3GPP, WebM

Once you have uploaded the file to WeTransfer, please enter the email address events@vitae.ac.uk in the email to field.

