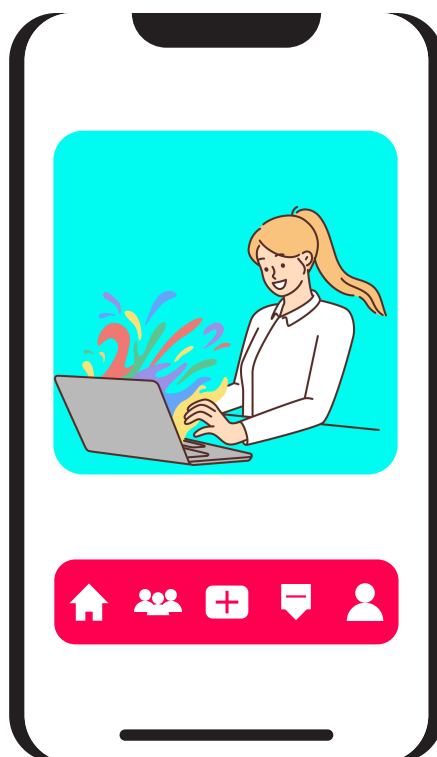





*July 31* is **National Intern Day!**

In honor of National Intern Day, the Women in Insurance Initiative (WII) is launching its **#InternDiaries** series!

We invite you to celebrate the day with creativity! Produce a “Day in the Life” TikTok video sharing what a typical (or extra special) day at your internship looks like.



## Before and while you film


- ✓ Search  **Intern day in the life** on TikTok or Reels for inspiration!
- ✓ Secure a signed media release from your company (if needed) and that your video complies with your organization's media policy
- ✓ Decide to record in TikTok or upload clips from your camera roll
- ✓ Plan what parts of your day you want to show
- ✓ Make sure your phone is charged
- ✓ Make sure you're in a well-lit room



### PRO TIP:

Keep each shot  
short and energetic!

## Editing and posting your TikTok

- ✓ Open TikTok and tap the  button to record or upload clips from your camera roll
- ✓ Cut clips to desired lengths and rearrange them in the correct order
- ✓ Apply transitions and filters if you'd like to enhance your video
- ✓ Choose music or sounds from TikTok's library and sync them with your video
- ✓ Add text and captions - overlay text, adjust timing, and include captions for emphasis
- ✓ Download the video to your camera before posting on LinkedIn
- ✓ Make sure to **tag the Women in Insurance Initiative** before you post and use the #InternDiaries hashtag