

1) Blog post (text and image)

Once your post has been OKed, remember: engaging, conversational and interesting is the name of the game. Yep, just like your other favourite blogs. You don't have to jam-pack your article with technical terminology; use your natural writing style.

Send your text in a word doc attachment and please also provide:

- Your full name (the blog post will be attributed to you)
- Links to interesting tidbits referred to throughout the article
- Links to the websites of the people or organisations you may refer to
- Links to relevant / interesting YouTube clips.

We'd also like images to make your post colourful! Send images separately, credit them, and suggest a caption if you're extra inspired.

Remember, it's web, so we don't need anything high-res. But no copyright images please! Please see 'Images' below for a wealth of suggestions of places you can go for non-copyright images.

2) Video

We're dead keen on original video. We're not after anything professional just something fun and illustrative.

Don't forget how simple QuickTime Pro is to use if you have a Macbook, or simply use your webcam and mic to present your article on camera from the comfort of home! Or, you could use your digital camera to film snippets of events, or even a quick QnA. Just make sure you've got permission to publish.

Please upload video footage for 10daysofscience to YouTube and Vimeo (www.vimeo.com). We like these two sources, as they provide the embed code. If the video is hosted elsewhere, just send the link.

Oh, and 10daysofscience has its own YouTube channel – feel free to check it out: <http://www.youtube.com/user/10daysofscience>

3) Photographs (yours)

You've got a couple of options. Post your images related to National Science Week to our open Flickr group, here:

<http://www.flickr.com/groups/10daysofscience09/>

Or, send them to the editor at 10daysofscience@gmail.com.

The former is better if you have a whole bunch, the latter is probably if you want to share less than 10.

4) Twitter

We have a Guest Twitter feed on the 10 Days of Science homepage and would like to use this to feature new voices during August. Get in touch if you'd like to do some real-time reporting from an event so we can arrange to slot you in. Don't forget you can share pictures through Twitter too, using TwitPic.

5) Audio

Please email all audio as attachments. Audio should be in mp3 format, no longer than 5 minutes and no larger than 4Mb.