

Self Submitted Video Interview Instructions

One in three working American are part of the “Gig Economy” as freelancers, independent contractors, and workers for companies like Uber and Instacart. Many outside of the freelance economy are oblivious to its difficulties. To educate and invoke change, we are asking for real stories - *your story*.

Instructions:

1. Choose a location with decent light and minimal noise. We know many participants are at home with family. Just do your best - it's more important that we get your story!
2. The video can be a selfie on **phone, laptop, camera**, or whatever you have at your disposal.
3. Tell us about how COVID-19 has affected you as a worker in the gig economy in **5-10 minutes**.
4. **Please no TV or music in background, and no logos or brands (that includes on clothes, hats, posters, etc)**

Questions:

1. Tell us about yourself.
 - a. What is your name? (fake names are fine)
 - b. What city/state/region do you live in?
 - c. What is your occupation? (No need to name your employer unless you want to)
2. Tell us about your work (pre-Covid-19)
 - a. How long have you been working in the gig market?
 - b. Tell us about your day to day as a worker in the gig economy.
 - c. What are the highs and lows of the job?
 - d. What prompted you to do this type of work?
 - e. Tell us about some of your previous experiences.
3. Let's talk about now
 - a. How have you and your work been affected by COVID-19?
 - b. What are some of your fears?
 - c. What are your hopes for the future?

Please upload your video at gigthedoc.com/submit or email us at gigthedoc@gmail.com if you have any other questions. Thank you!