1 Find a hormone-related story in the news
   It can be anything: from endocrine-disrupting chemicals in food, the obesity crisis, doping in sports, innovations in healthcare or research or any other related story that you find interesting.

2 Make a 1-2 minute video
   Target your video at the general public. Cover the science involved as well as the impact of the related research. Use any style you like: presenter led, vlogging or animation.

3 Submit your video by **26 April 2023**
   To apply, upload your video at endocrinology.org/video

**PRIZES:**
- **1st** £300
- **2nd** £200
- **3rd** £100

For full details please visit endocrinology.org/video