

Vitae Three Minute Thesis (3MT®) Competition

Video submission process 2026

Step 1: Institution's registration

To enter your institution in the 2026 3MT® competition, please [register](#). 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-finalist registration [form](#). The video entry should be provided to Vitae by **Friday 26 June 2026** (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 mid-July and the six finalists will be announced by the end of August.

Step 4: The final

The final will be broadcast on **Thursday 1 October 2026**. All six finalists will also need to be virtually available during a date to be advised in mid-August.

Step 5: Winners of the 3MT competition will be announced **Monday 5 October 2026**

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.

- Finally, please email us at events@vitae.ac.uk with notification that you have submitted via WeTransfer.

Please see the screenshot below from WeTransfer:

