

HIRAKU Three Minutes Competition 2025

Application Guideline

(For both the Japanese and English Divisions)

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1. Competition Outline

What's the HIRAKU Three Minutes Competition ?

The HIRAKU Three Minutes Competition is an exciting opportunity for doctoral students to effectively explain their research within a limited time-span of three minutes, using language that is accessible to a non-specialist audience. The Competition aims to develop the doctoral students' presentation and research communication skills, while also fostering greater public understanding and appreciation of doctoral research and researchers.

The Competition is held as a part of the initiatives of the consortium program, "[Home for Innovative Researchers and Academic Knowledge Users \(HIRAKU\)](#)", with the cooperation of national, public and private universities in Western Japan (mainly in the Chugoku / Shikoku regions), as well as various companies and public institutions. Since its inception in 2015, The Competition has been held annually, and this year being the 11th edition.

Planned Date Saturday, November 22, 2025

Venue HIROSHIMA Convention Hall 2F Main Hall
(Hiroshima city, Japan)

Eligibility

Doctoral students (from any research field) enrolled at any university in Japan as of Saturday, November 22, 2025

* Excluding students enrolled in master's courses and/or professional degree courses

Divisions Two (Japanese and English)

Competition Stages

There will be two judgement stages for each division (Japanese and English): the video presentation screening and the Final Stage (presentation judging).

All prospective entrants are required to first complete the Competition Entry.

1. Competition Entry

Start: Monday, June 2, 2025

Deadline: Tuesday, July 15, 2025, 17:00 JST

2. Video uploads

Start: Wednesday, July 16, 2025

Deadline: Friday, August 22, 2025, 17:00 JST

(**Video Presentation Screening:** Late August ~ Middle September, 2025)

3. Final Stage (presentation judging)

Saturday, November 22, 2025

- ❑ Please note that you can complete the Competition Entry for both the Japanese and English divisions, but if your presentation is selected for the Final Stage, the Video Judging Panel will decide which division you will compete in (as you cannot compete in both divisions during the Final Stage).
- ❑ Approximately ten presenters will be selected for the Final Stage of each division (10 for Japanese, and 10 for English).
- ❑ Finalists coming from outside Hiroshima Prefecture will be provided with travel expenses in accordance with Hiroshima University regulations.

Prizes

- Winner : The Winner of each division will receive a certificate and a ¥300,000 scholarship
- Runner-Up : The Runner-Up of each division will receive a certificate and a ¥150,000 scholarship
- People's Choice : The People's Choice (to be decided by the Audience Polls) of each division will receive a certificate and a ¥80,000 scholarship

* In addition to the above, several video presentations from the Video Presentation Screening stage will be selected for a Sponsor Award (these awards will be specifically titled after the Special Sponsor's names).

Host Organization

"[Home for Innovative Researchers and Academic Knowledge Users \(HIRAKU\)](#)" Operating Council Office
(Global Career Design Center, Hiroshima University)

Special Sponsors (TBC)

- Acaric Co. Ltd.
- Springer Nature
- DaikyoNishikawa Corporation
- Chugai Technos Corp.
- The Chugoku Electric Power Co., Inc. Energia Economic and Technical Research Institute
- The Japan Steel Works, Ltd.

Sponsors

- Nomura Research Institute, Ltd.

Cooperators

- Springer Nature

HIRAKU Three Minutes Official Competition Website

https://www.3mt.hiroshima-u.ac.jp/index_en.php

2. Competition Schedule

2025 Schedule

Saturday, November 22, 2025 :
Final Stage (presentation judging)
@ HIROSHIMA Convention Hall 2F Main Hall
Selection of Award Recipients & Award Ceremony

Late-September : Selection of the Finalists

Late-August : Video Presentation Screening

Wednesday, July 16 : Start of Video Upload
(Deadline : Friday, August 22, 17:00 JST)

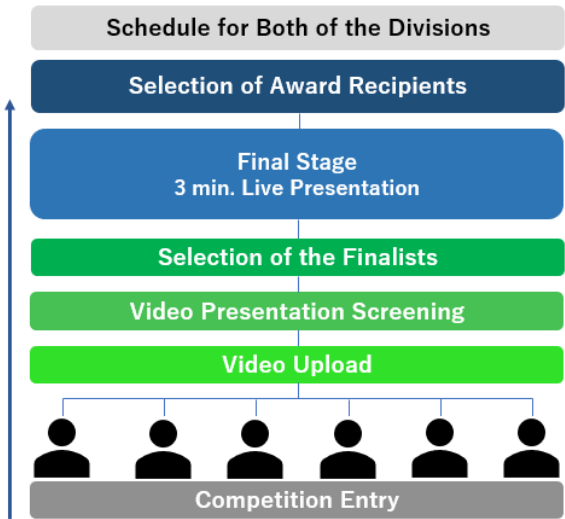
Monday, June 2 : Start of Competition Entry
(Deadline : Tuesday, July 15, 17:00 JST)

Video Presentation Screening

- Only those who complete the Competition Entry will be able to upload their presentation videos.
- The Video Judging Panel will conduct the screening of the video presentations in late-August in order to select the Finalists.
- The Competition Office will publish the list of Finalists on the official Competition website in late-September. The Competition Office will also convey the video presentation screening results via e-mail to all individuals who uploaded a video.
- The Competition Office will contact the selected recipients of a Sponsor Award in mid-October and invite them to the Award Ceremony, which will be held on Saturday, November 22, 2025.

Final Stage (presentation judging)

- Finalists will be divided into the Japanese and English divisions, and will undertake their presentations (3 minutes) according to the “4. Presentation Rules and Screening Processes”, “5. Judging criteria”, and “6. Creating Your Presentation Video” sections of this guideline.
- The spoken content of the presentation for the Final Stage can differ from the submitted video presentation, (i.e. it does not have to be the same presentation, word for word). However, the presentation title must be the same as the one registered during the video presentation screening. Also note that the contents of the slide cannot be altered significantly, but minor modifications are possible.
- The Final Stage Judging Panel (see”4. Presentation Rules and Screening Processes”) will select the Winner and Runner-Up for both the Japanese and English divisions. The People’s Choice for each division will be decided by the Audience Polls.



Final Stage Schedule (TBC)

* Time is Japan Standard Time

Saturday, November 22, 2025

- 13:00 Opening
- 13:05 Presentations (Japanese division)
- 14:00 Panel Talk (Japanese division)
- 14:45 Break
- 15:00 Presentations (English division)
- 15:55 Panel Talk (English division)
- 16:45 Closing Ceremony
- 17:30 End of Final Stage

* Details of this schedule are subject to change.

* A social gathering will be held after the Final Stage, in which the Finalists and Judges from both divisions will participate.

3. Application Procedure (1)

1. Competition Entry * Deadline for Competition Entry : July 15 (Tue) 17:00 (JST), 2025

Firstly, please choose a division (Japanese or English), and then fill in the appropriate Competition Entry Form within the link for each division below.

Please note that you can complete the Competition Entry for both divisions, but if your presentation is selected for the Final Stage, the Video Judging Panel will decide which division you will compete in (cannot compete in both divisions).

Japanese Division [Competition Entry Form](#)

English Division [Competition Entry Form](#)

* The Competition Office will send you an e-mail to confirm that your Competition Entry has been received. This e-mail may also be sent to your supervisor, whom you have listed within your Competition Entry Form, to confirm your institutional affiliation / graduate school, etc.

2. Video Upload * Deadline for Video Upload : Friday, August 22, 2025, 17:00 JST

Those who have completed and submitted the Competition Entry Form will receive the Video Upload Form via an e-mail from the Competition Office on around Wednesday, July 16.

* The Video Upload Form will only be available to those who complete and submit the Competition Entry Form.

* The videos of the selected Finalists and the Sponsor Award recipients will be uploaded onto the official Competition website, amongst others.

Presentation & Points to Note for the Video Upload

Please prepare the items below before you start filling-in the Video Upload Form.

- **Google Account** : You need to have a Google Account to access the link of the Video Upload Form. If you don't have a Google Account, please create one in advance.
- **Presentation Title** : Japanese → In around 25 characters / English → In around 12 words
- **Self-Promotion Statement** : Japanese → In around 300 characters / English → In around 150 words
 - * Please access [this link \(PDF file\)](#), if you would like to read the examples which were submitted by the presenters of the prior editions of the Competition.
- **Full-Face View Photo** : A clear, full-face view photo, JPEG file, width 228 x height 300 pixels or more.
- **Video** : For details on how to properly create your 3 minute presentation video, please refer to the “4. Presentation Rules and Screening Processes”, “5. Judging Criteria” and “6. Creating Your Presentation Video” sections within this guideline. Please upload your presentation video to YouTube first and then provide us with the link.
- **Single Static Slide** : A single static slide to explain the content of your presentation effectively (JPEG file, 16:9 (horizontal))
 - * Please note that the contents of the slide that is to be used during the Final Stage cannot be significantly altered from the slide which was initially submitted during the video presentation screening.
 - * All data and graphs cited must be from published sources, or permission to use them must be obtained from the source. When using illustrations or other images, be sure to purchase them if they are paid for, or download free illustrations.

3. Application Procedure (2)

Publication of your registration details within the official Competition website and the booklet for the Final Stage

* Only the details of the Finalists and the Sponsor Award recipients will be published.

The Competition Office will publish some of your registration information (detailed below) on the official Competition website and in the booklet for the Final Stage. This information will be submitted to the Competition Office when you complete the aforementioned Competition Entry (1) and Video Upload (2).

- | | |
|--|----------------------------|
| — Affiliation (University and Graduate School) | — Full-Face View Photo |
| — Name | — Presentation Title |
| — Grade | — Self-Promotion Statement |

4. Presentation Rules and Screening Processes

Presentation Rules

The Presentation Rules are for both the Video Presentation Screening stage and the Final Stage (presentation judging).

- Presentations are limited to 3 minutes. Presentations are considered to have commenced when a presenter starts to move their body / mouth in order to give the presentation. (Please note that for the Final Stage, presentations which exceed 3 minutes will be stopped.)
- No additional props (e.g. costumes, musical instruments, laboratory equipment, etc.) are permitted within the presentations.
- Presentations are to be spoken word (e.g. poems, raps, songs, etc. are not permitted.)
- Only a single static slide in 16:9 (width : height) is permitted in the presentation (e.g. slide transitions, animations, sounds / videos, 'movement' of any kind, etc. are not permitted).
- Please present using your own natural voice throughout the entire 3 minutes. Editing audio or using synthetic/AI-generated voices is not allowed.
- Please respect any copyrights and/or portrait rights of others when creating your slide. If necessary, please indicate the source of the materials.
- The Competition Office won't accept any replacement file/s for the slide after the appropriate deadline has passed. Therefore, please make sure to take care when submitting your slide.
- Please confirm to your academic supervisor or any other appropriate parties in advance whether the content of your slide can be shared and/or published or not. The Competition Office shall take no responsibility for any issues/problems which may arise as a result of the content outlined within the presentations.

Screening Processes

1. Video Presentation Screening

The Video Judging Panel will conduct the Video Presentation Screening to select the Finalists in each division for the Final Stage. Furthermore, the Special Sponsors will select several video presentations from this stage for a Sponsor Award.

2. Final Stage (presentation judging)

The Final Stage Judging Panel (detailed below) will select the Winner and Runner-Up for each division. The Audience Polls will select the recipient of the People's Choice in both the Japanese and English divisions. Each audience member must register beforehand to be able to observe the Final Stage and partake in the Audience Polls.

Final Stage Judging Panel

For each division (Japanese/English), there will be a Final Stage Judging Panel consisting of various experts. Details and the latest news on the respective Final Stage Judging Panels will be announced on the official Competition website below.

https://www.3mt.hiroshima-u.ac.jp/jury_en.php (This link will be available in September.)

5. Judging Criteria

1. Video Presentation Screening

For the Video Presentation Screening stage of the Competition, each presenter will be assessed by the Video Judging Panel according to the judging criteria listed below, which is based on the University of Queensland's Judging Criteria for the 2020 Virtual UQ 3MT Competition.

* About the 3MT : The Three Minute Thesis (3MT®) Competition was developed by the University of Queensland (UQ). Nowadays, the 3MT Competition is held at over 900 universities across more than 85 countries worldwide. To find out more about the 3MT Competition, please refer to UQ's official website below.

<https://threeminutethesis.uq.edu.au/>

< Attractiveness of Research Theme and Content >

- The presentation title and slide are clear and straightforward in describing the content of the presentation. Furthermore, their contents extract the attractiveness of the presentation itself.
- The presentation provides an understanding of the background and significance of the research question being addressed.
- The presentation conveys the enthusiasm of the presenter for their research and makes the audience want to know more about the research.
- The presentation clearly describes the impact and results of the research, including conclusions and outcomes.

< Communication >

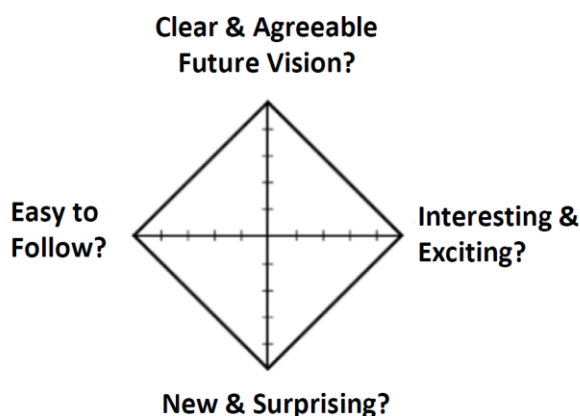
- The wording used for the presentation is understandable and proper for everybody, (avoiding the use of technical terms, etc.).
- The presentation is well structured and follows a clear and logical sequence.
- The presenter is careful not to trivialize or generalize their research.
- The presenter has sufficient stage presence, eye contact and vocal range ; maintains a steady pace, and has a confident stance.

2. Final Stage (presentation judging)

The Final Stage Judging Panel will use the aforementioned criteria to judge the presentations.

Moreover, the audience members (general public, university / enterprise officials, etc.) will poll each presenter according to the criteria below.

- The presentation describes the vision and the importance of the research. Also, the presentation develops a response from the audience towards the presenter and the content.
- The presenter intrigues and excites the audience with their presentation.
- The result and the approach of the research seems novel, and amazes.
- The presentation is easy to understand by everybody within the audience / general public.



6. Creating Your Presentation Video

Please refer to the “4. Presentation Rules and Screening Processes”, “5. Judging Criteria” and “6. Creating Your Presentation Video” sections within this guideline to help you to understand how to edit the video of your presentation. Feel free to use any video editing platform you are familiar with.

Good Examples

1. Using Zoom : Adjust your slide to be the background image (16:9 –widescreen) within Zoom’s settings (as a full screen image or only a part of the screen). Set up your shot so you are in a specific position within the display and record the video. Make sure that the contents of the slide are clearly viewable/readable when you adjust it for use as a background. Also, make sure that your face is clearly shown within the video.



2. Record the video, then edit the slide into it. Another option is to have a monitor/screen with your slide behind you and use it to record your presentation. Make sure that the contents of the slide are clearly viewable/readable when you adjust it for use as a background. Also, make sure that your face is clearly shown within the video.

<Some Examples of Video Editing Tools>

- [KAPWING](#)
- [VideoPad \(NCH\)](#)



Bad Example



- The slide is too small to be able to read the words and/or view the pictures/diagrams.
- Difficult to recognize facial expressions.

- Presentations are limited to 3 minutes. Presentations are considered to have commenced when a presenter starts to move their body/mouth in order to give the presentation.
- **The 3 minute presentation must be continuous with no video edits and/or breaks**, except when forming the beginning and ending of the video.
- The overall length of the video should be within 3 minutes and 5 seconds. If you submit a video which exceeds this, you may be excluded from the screening process.
- Image quality is not part of the judging criteria, but should be at a level that is visible.
- Adjust the size of your slide so that it takes up at least 25% of the full screen when using it as your background within the video. For further help in regard to creating your presentation video, please refer to the descriptions of the “Good Examples” and “Bad Example” on this page.
- The viewable space for the video, not including the slide, must be pattern-less and only contain any monochromatic color.
- Set up your shot so you are clearly in the frame, and not being cut off at the top (visible from the waist up) throughout your presentation. Make sure your face is in front of the camera and is clearly visible. Record your video in a bright room so that the audience can clearly see you.
- Set up your standing position in a way that secures the space needed for your slide.
- Adjust both the slide and the video in 16:9 widescreen, and save the video as an mp4 file.
- Upload your edited video onto YouTube. Set your video as “Unlisted”, and enter your video’s YouTube link within the Video Upload Form.

7. References / Other Points to Note

References

- Promotion Video for the HIRAKU Three Minutes Competition
<https://youtu.be/xTX8Yrvj4NQ>
- Past HIRAKU Three Minutes Winner's Presentation Videos (2015~2021)
https://hiraku.hiroshima-u.ac.jp/en/hiraku3mt_pastwinners/
- Three Minutes Training Videos : Presentation Training 2019 (Hiroshima & Tokushima Universities)
https://youtu.be/w2IjkHN5_G8?t=1491

Other Points to Note

Handling of Personal Information

- Personal information collected throughout the Competition Entry/Video Upload process shall be handled appropriately within the scope of the purposes of utilization set forth within the various privacy policies and rules concerning the handling of personal information at Hiroshima University. The Competition Office will take necessary measures to prevent the leakage, loss of or damage to information and shall otherwise manage such information appropriately.
- The Competition Office shall utilize the supplied information to communicate with applicants regarding their application/registration, to publicize the presenter's information within the official websites and/or brochures/booklets/other materials which are to be distributed throughout the Competition, in order to conduct the smooth operation of the HIRAKU Three Minutes Competition, including the screening processes and final announcement of results, as well as to send you information about events/seminars hosted by HIRAKU and others, in the future.
- Submitted video presentations will also be viewed by relevant enterprise officials/members of the Special Sponsors, and others who are involved with the Competition.
- Please also kindly note that a Sponsor Award recipient might be directly contacted by the sponsor, via the contact information held by the Competition Office. Also, recipients may be individually invited to join an internship program or an enterprise tour. In such a case, the Competition Office will contact the recipient.

Live-Streaming & Publication of Videos/Photographs Online

- Please note that the Competition Office is planning on recording and taking photos of the Final Stage (on November 22), in addition to the live-stream of the Competition. The video recordings and photos of the Final Stage are planned to be publicized at a later date within the official Competition website and other relevant outlets.

Others

- Please note that the Competition Office cannot respond to individual inquiries in regard to the screening results.
- The Competition Office may request presenters to kindly cooperate in helping to operate and/or develop future HIRAKU Three Minutes Competitions and/or other HIRAKU-related PR and other activities.

Inquiries/Contacts

HIRAKU Three Minutes Competition 2025 Operating Office

TEL: 082-424-6213 (Weekdays 9am-5pm)

E-mail: info@3mt.hiroshima-u.ac.jp