

# Media Training Log

for The Upgrade! 4th Season

## Top tips for contestants

1. Be honest and open at all times.
2. Respond promptly to press enquiries: the way and speed with which you deal with them will affect the media's perception of you.
3. Always give a prompt answer, though not necessarily to the question.
4. Don't let anyone put words in your mouth.

## Things to ask the presumptive contestants

We ask these questions to prepare you for being in the spotlight. These questions relate to things in your personality that will most likely be exposed when you participate in a TV show. If you feel uneasy about these questions, please tell us.

1. Why did you want to participate in this show?
2. Can you see yourselves with other partners?
3. What is your view on "open" relationships?
4. How do you feel about long-term commitment?
5. Name three properties do you look for in a potential partner?
6. How many of the these properties does your current partner possess?
7. If you could improve one thing about your partner, what would it be?
8. If your partner could improve one thing about you, what do you think that would be? (Alternate: would your relationship survive infidelity, and what would you count as infidelity?)