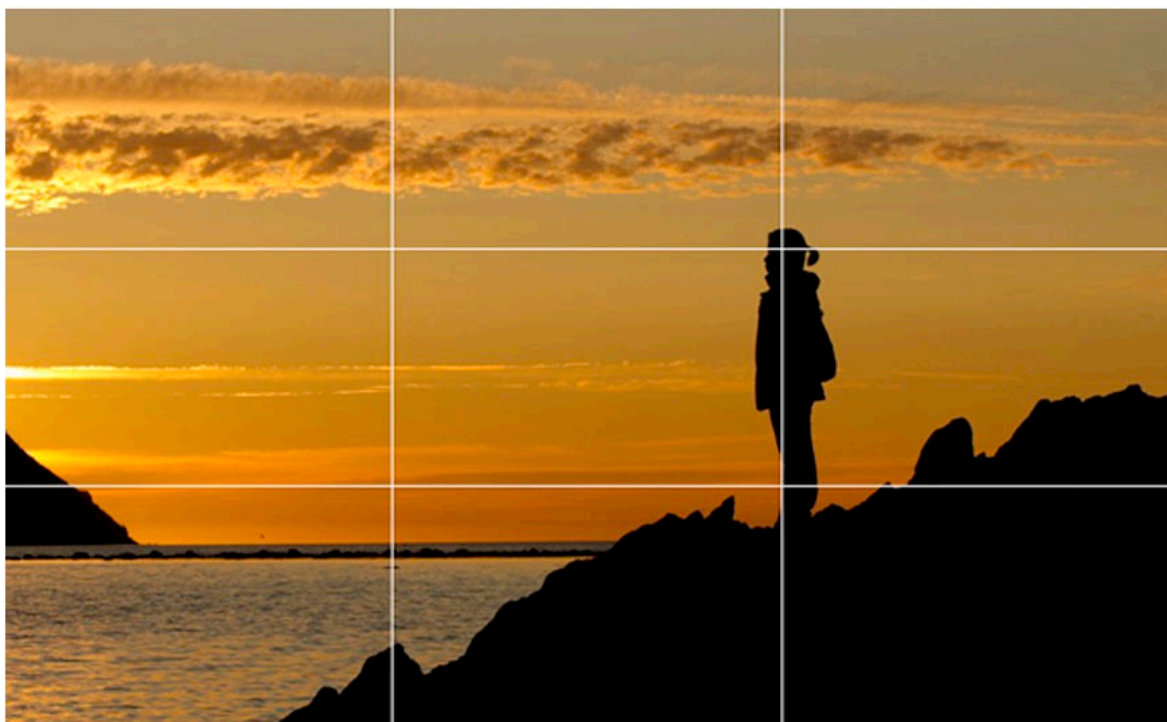
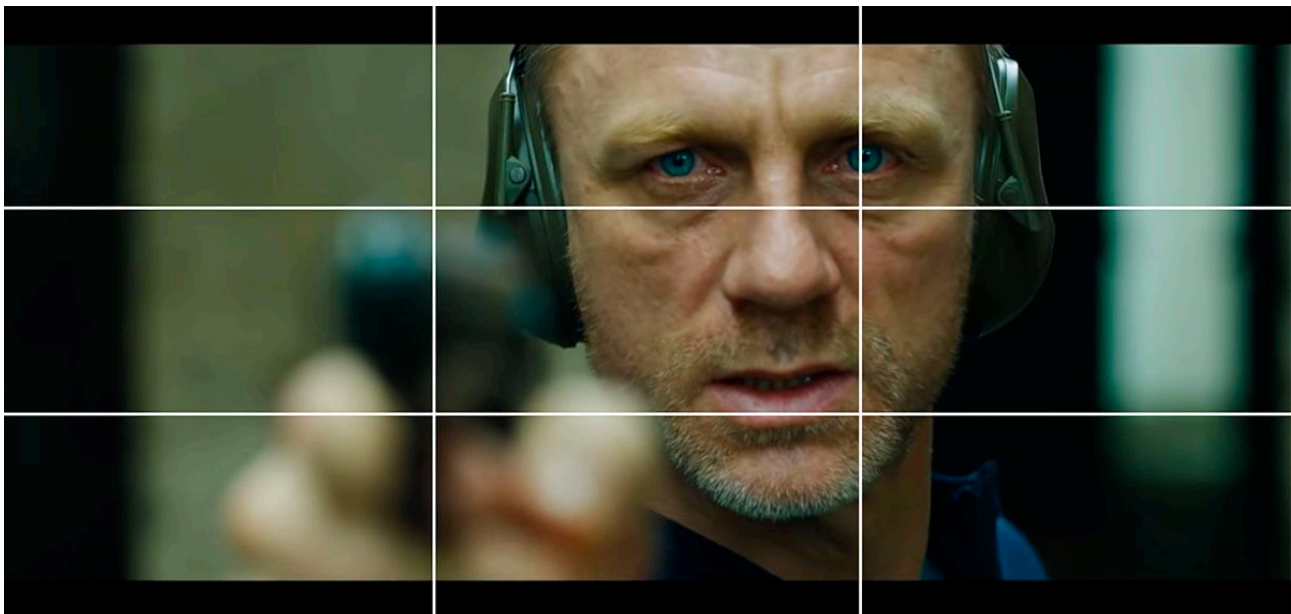
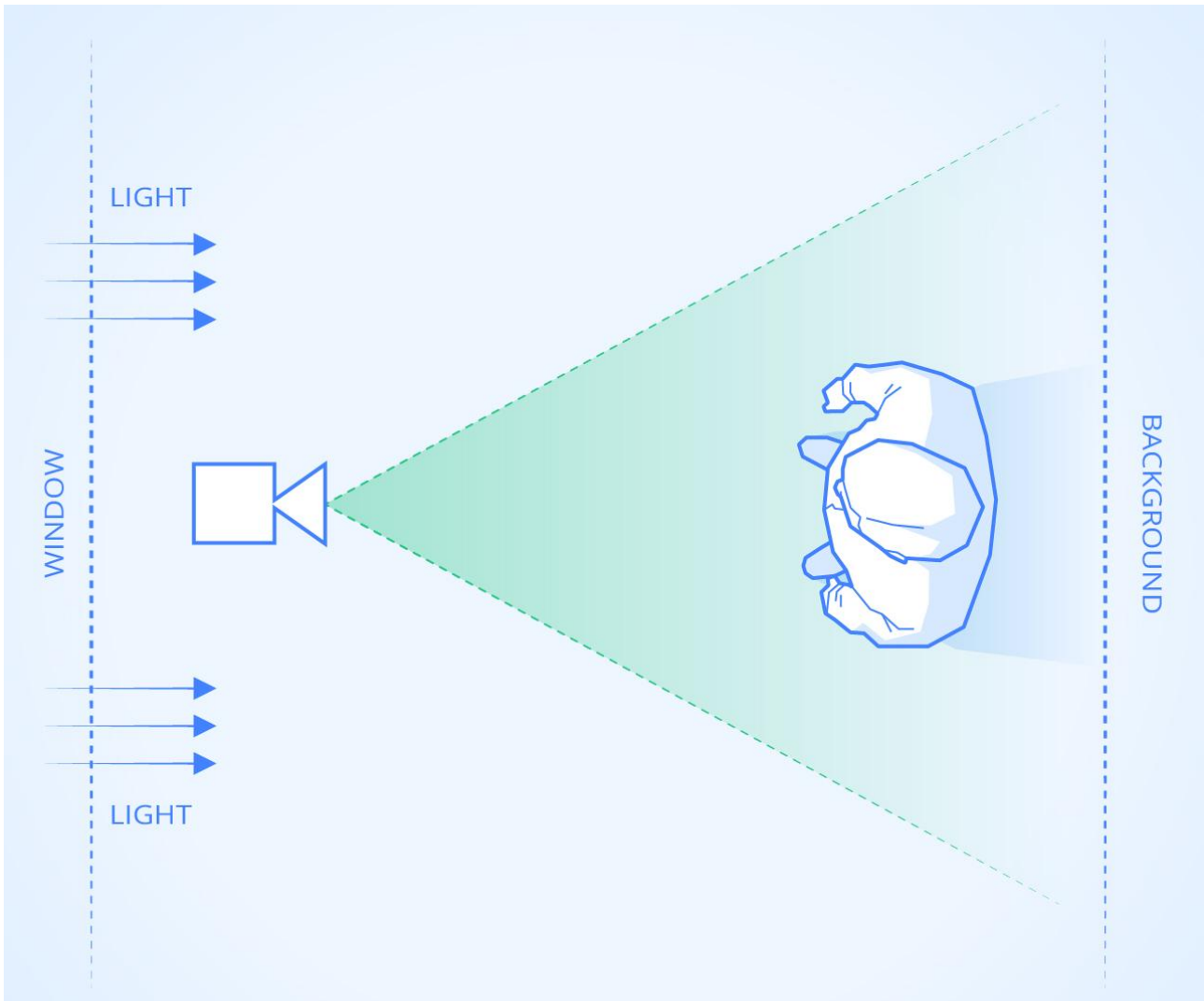


# Tips for shooting video on your phone.

- 1) Shoot in landscape format.
- 2) If you have them use a tripod and phone holder to keep the phone steady
- 3) Add 2-3 secs at the start and end of each clip to help with editing. i.e start the camera recording let it run while you count to 3 then record your piece, repeat the process at the end.
- 4) Framing - Allow plenty of space around your subject- don't stick them close to one side. Think about the frame being split into 3 and have either their eyes or the subject on one of the 1/3 lines - see images below



5) Lighting - natural light is the easiest and best source. An ideal scenario is to film your subject with a north or east facing window shining onto their face. If outdoors find a place in the shade where the light is not going to change during the filming (e.g. when it clouds over). Avoiding standing with bright sunlight shining straight into your face - it is very harsh and you will probably squint. This is even worse on days with sunshine and clouds as the light levels change dramatically when the sun goes behind a cloud.



## How to Look Your Best on Camera [Tip Sheet]

What Not to Wear 🚫	What to Wear 👍
 <p>Patterns</p>	 <p>Jewel Tones</p>
 <p>Black/Dark Colors</p>	 <p>Clean Lines</p>
 <p>Fancy Fabrics + Statement Jewelry</p>	 <p>Comfortable Pieces</p>
How to Prepare	
<b>1</b>	Practice in front of the mirror to visualize and streamline your delivery.
<b>2</b>	Take a few deep breaths and do some dry runs to identify areas where you get hung up.
<b>3</b>	Check your posture, don't forget to use your hands, and smile!

## Audio

- 1. Write down what you want to say and practice it a few times. Even the best actors in Hollywood have several takes!**
2. Don't worry about getting it wrong sometimes the out-takes make the best clips
3. Choose somewhere where there is no background noise - avoid fridges/ aircon / boilers etc. If recording outside make sure you are out of the wind and look around for any passers by / traffic / animals or other external noise sources that might interrupt you.
4. You can use a plug in mic/earphones - or even a second phone and record the speech as a voice note so it can be added separately - this is good practice if your video clip involves you doing something energetic where you might find it difficult to concentrate on what you are saying.
5. Be upbeat and enthusiastic in your speech - don't be afraid to over exaggerate your enthusiasm - it sounds much better than being quiet and flat.