

Top-10 handy hints for videoing on your phone

1. Use plenty of light

- Lighting makes a huge difference! Natural light is best so sit facing a big window if you can. Morning and evening will give you the gentlest natural light.
- If you can't sit by a window, no worries – just think about the lighting around you. Pop 2 lamps, one on either side of your camera, to help soften the lighting. A further lamp behind you, but out of shot and shining on the background will help to reduce shadows.

2. Make sure we can hear you – we think what you're going to say is worth listening to!

- Record inside to avoid the background noises of outside.
- Make sure you are close enough to your phone that your voice is picked up clearly.

3. Orientation

- Record your video in a landscape orientation.
- Use the camera on the back on the phone as it's normally higher quality.

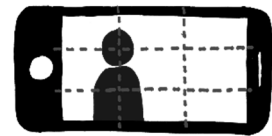


4. Have your camera steady

- Place your phone somewhere steady. If you have a tripod, brilliant! If not, don't worry....create one. Remember nobody can see the can of beans propping up your camera!
- Do not hold your phone in your hand while recording. Even with the steadiest hands this leads to wobble.

5. Framing

- Think about where your phone is placed compared to where you are. We don't want to be looking up at a giant or down at a dwarf! Imagine you are sitting talking face to face with a friend and pop your phone where they would be sitting.
- Aim for a head shot, or upper half of your body. Place yourself slightly to one side of centre. The rule of thirds helps here!



6. Background

- Keep this simple. No need to create a special background, but it is worth a quick tidy up to reduce distractions.
- Make sure there isn't a window, mirror or other reflective surface in the background. They will cause reflections and may make you appear in silhouette.

7. Start with a test clip

- Have a go, see how you feel, see how it looks, make any adjustments and then go for it!
- If you want some help, send us the test clip and we'll see if we can give you some suggestions

8. Relax! Be natural

- Make yourself comfortable – sit at a table so you have somewhere to put your notes and hands, or stand next to something you can lean on. Whatever makes you feel more comfortable.
- Don't worry if you make a mistake – we all do that! It's really normal. Just correct yourself and carry on! (If there is anything you really want cutting out, just let us know and we can edit it out.)

9. Keep is simple

- Look at the camera – this makes a huge difference to people watching.
- Remember there is no rush. Leave a brief pause at the beginning, end and in any natural breaks in what you're saying. This will give you time to think and us the opportunity to fade in/out any titles or questions.

10. Have fun!

- We would love you to enjoy this process and simply be yourself. So have fun as you go!