

Here are some tips and tricks for filming!

Location

- Pick a quiet room to record your video. Ideally the location will have a neutral background, free of distractions. You may wish to remove items in the shot that you don't want in the video.
- Please use a smart phone to record your video and make sure your camera lens is free of smudges.

Lighting

- A light source should be coming from behind the camera and falling on your face. Natural light from a window usually works best.
- Your face should not be in the shadows and/or darker than the area behind you.

Framing

- It would be ideal if you are able to prop up your smartphone as close to eye level as possible or you can ask someone to take the video for you.
- Ensure that you are recording in **portrait mode** on your smartphone (**vertically**) and **NOT** landscape mode (horizontally).
- Avoid holding the phone too close to your face.
- Please make sure you are in the centre of the video frame.
- Try to remain within one meter of your phone to ensure good audio quality.

Example:



Recording

- Use the default camera app on your phone.
- Start the recording.
- Turn off notifications.

- You can use a teleprompter app on your smartphone to record your video. This will allow you to read any notes you have directly off your phone while recording, rather than trying to memorize everything you want to say.
 - In the teleprompter app, upload the text that you want to say in your video.
 - Click record and begin speaking (your text will appear on your smartphone screen).
 - Try to sound as natural as possible so it doesn't seem like you're reading a script.
- Speak loudly (but without shouting), slowly, and clearly.
- Click the record button again to end the video (wait a few seconds after you're done speaking to do this, so the video doesn't end abruptly).

Teleprompter Options

IOS:

[Teleprompter](#)

[Teleprompter for Video](#)

Google Play:

[Teleprompter for Video](#)

[Teleprompter with Video Audio](#)

Additional Notes

- You can film more than one version and then piece clips together.
- Take some deep breaths beforehand and pretend you're talking to a friend or family member to help keep things natural and comfortable on your end.