



HOW TO GUIDE

VIDEO GUIDELINES

RECORDING AT HOME

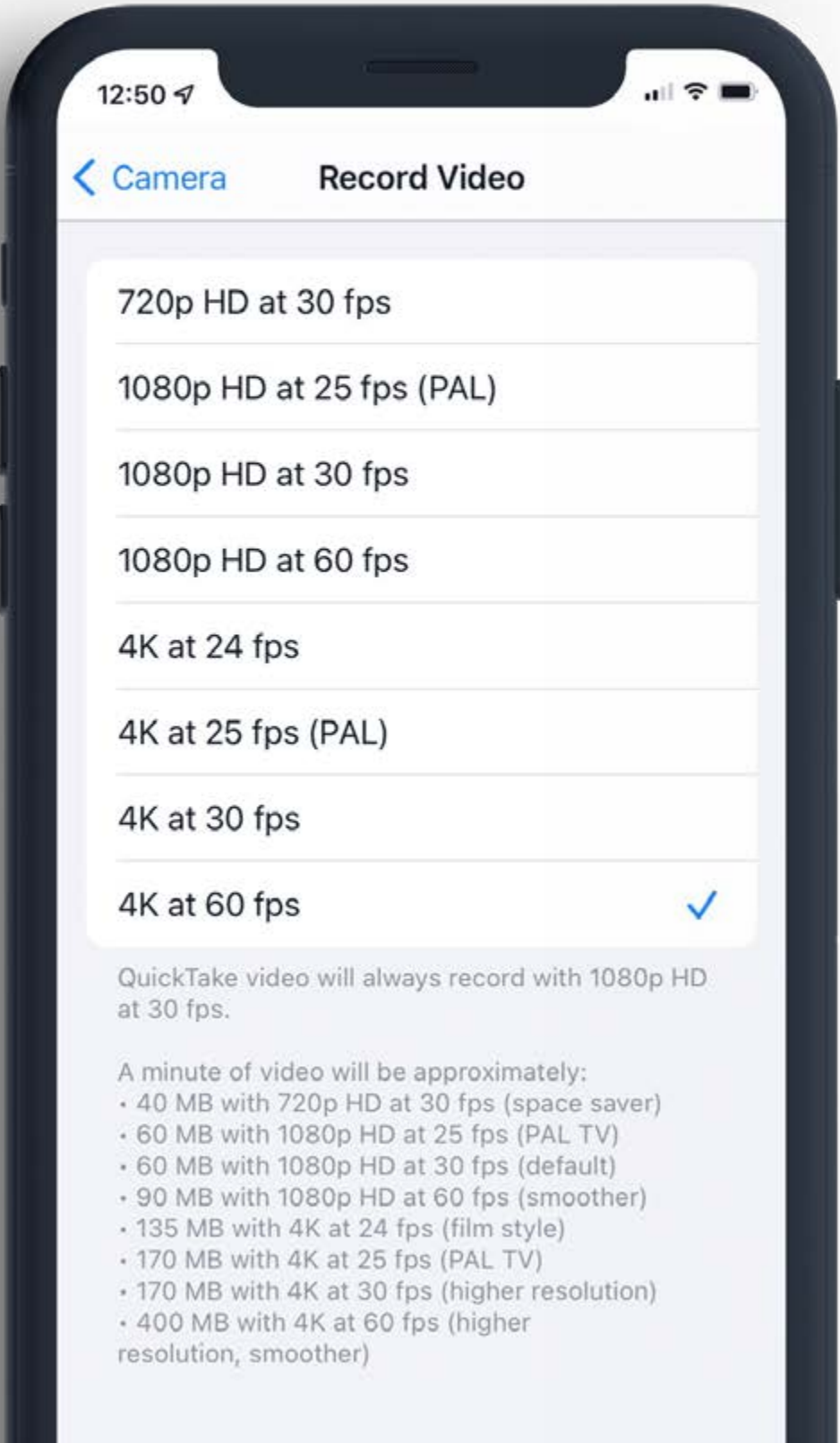
A step-by-step guide on how to record videos on your phone at home.
From planning and setting up the shot to adjusting the settings to
capture the perfect video.



PLANNING THE SHOT

Video Quality

Change your camera/phone settings to record at the best possible quality. Ideally HD 1080 at 60 FPS would be best. These options will be available in Settings > Camera.



Sound Check

Keep the volume up! Ensure the subject speaks louder than normal, they need to speak as if they were talking to someone 10 metres away!



Duration

The videos should be 30 seconds or less. Remember these are for social media, the message should be short and sweet.



SETUP AND SHOOTING

1. Shoot in landscape mode, **always**.
2. Hold the camera in both hands so it's **nice and steady**.
3. Keep some room above the head and below the chin, and **keep the subject in central**.
4. Place subject's face against a light source, so that the light falls fully onto the subject, **illuminating their face**.
5. Pick a **neutral background**.
6. Ask the person to speak **loud and clear**.
7. Make sure the subject is relaxed. Don't worry if it doesn't work first time round, delete and re-record. [Simple!](#)





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