

# VIDEO RECORDING ON YOUR PHONE

## Room Setup

### Neutral Background

Think of something that doesn't give off too much light and make sure there isn't a lot of clutter, which is very distracting from the most important thing, you.

Depending on your phone, you might be able to shoot where a background is behind you five feet or so and out of focus - that always looks great too.

### Light

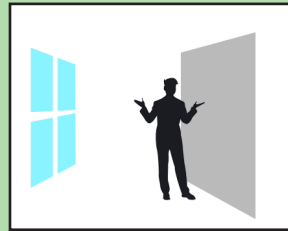
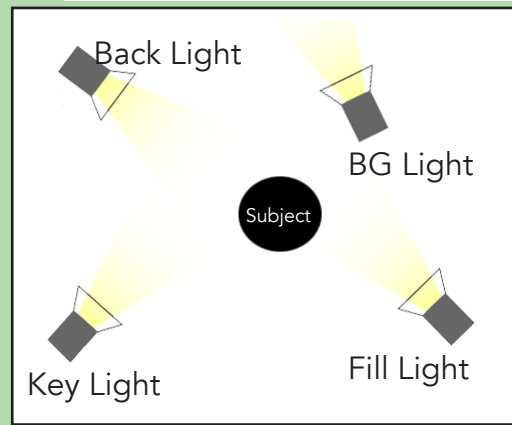
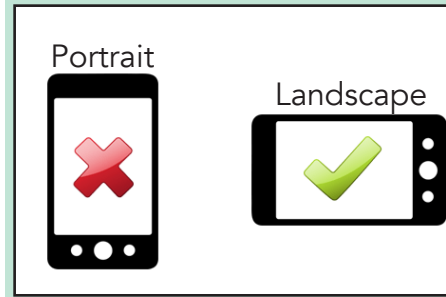
Make sure there is plenty of light on you. Shooting facing a window during the day is often the best light available. If you have a floor lights or even a ring light - you want plenty of light on your face and some light on your back and the background. This is called four-point lighting.

Again - facing a window with a neutral background is an easy and great alternative.

### Quiet Space

More than a great picture, solid audio is very important. Make sure you have a quiet space to record in. Windows should be shut if there's noise outside and if you have a loud appliance, it should be turned off temporarily.

It is always recommended you take a test clip and look at your audio and video.



## Camera Setup

Every phone will be a little bit different, if you can't find the settings it's always best to google - "how to change camera settings on <whatever phone you have>

Make sure your camera is set to the following:

- Highest video setting - this is usually 1080P or - even better - 4k
- 30 fps
- Stereo Sound if available

Please make sure you're shooting in landscape mode - having the phone sideways - as this is the aspect your TV and computers present in.

**CENTER FRAME** yourself. Your head and torso should be center of the shot with room on the sides and top. This might look weird when you're reviewing it, but this gives us the most options when we're editing everything.

When you're recording:

It's helpful to **SLATE** - say what scene or page you're doing, take a breath, start the scene.

## Sending Footage

When you text a video, your phone will automatically compress it and remove a lot of the quality. Please email full quality video or upload to a dropBox, google drive, or other cloud service. If you don't have access to this, please contact your production manager or video department and they will provide you one.

