

GUIDELINES TO FILM AT HOME



WHAT AND WHAT NOT TO WEAR

- Wear comfortable clothes
- Avoid loud or extremely small patterns, and logos
- Avoid shiny or jangly jewelry that might make noise during filming

WHERE TO FILM

- It's best to film in a small room with natural light and carpet or rugs. This helps to eliminate echo.

PHONE CAMERA SETTINGS

- Please use 1080p or 4K and 30 frames per second when possible. This setting can usually be found in Settings > Camera > Record Video
- Use the camera on the back of your phone. The quality is generally much better than the camera on the side of your screen. You may need someone to help you frame the shot since the screen will be facing away from you.
- VERY IMPORTANT: Record in landscape mode, that is, horizontally instead of vertically.
- Be sure to wipe off your camera lens before filming!

POSITIONING THE CAMERA

- The phone should be placed horizontally so the lens is just above eye level. This is a more flattering angle and will help keep your eyes and head in the correct position. Be sure to look at the lens when addressing the camera.
- You can pile up books, use a box, and place a bag of rice on top to give more flexibility when positioning the camera.
- Be sure to have the angle of the camera as close to parallel with the ground as possible. You may have to use something to keep it from falling forward since you want it as straight as possible.
- When possible, it's best to stay as far away from a wall as possible. Having more space behind you creates more depth and a more visually interesting shot. Here's an example of the difference it can make.



In this shot, the camera is positioned too low. We are seeing too much ceiling.



This is better positioning or could even be a little higher.



This is too close to the wall.



This is better with more depth in the background.

LIGHTING

- You will look best if your face is lit by a large, indirect source of light. That usually means a window with the blinds pulled up when it's a time of day when the sun isn't shining directly into the window.
- If that's not possible, be sure to turn the overhead light in a room on and put a lamp in front and to the side of you.
- You should avoid having lights in the background that are brighter than your face - don't position yourself in front of a window. Flip around and use it as your light source.



The window in the background is too bright. It's distracting and unflattering.



Standing directly under overhead lights creates harsh and unflattering shadows.



Flipping around to use the same window to light the face, and taking a step forward to get out from under the overhead light creates a much more flattering shot.

SOUND

- If you're able to film in a smaller space with carpet or rugs, that's ideal. It'll help with the echo.
- Be sure to turn off any nearby televisions, music, or fans.
- Try to position yourself as close as possible to the camera (while still framing properly) so the built-in microphone on your phone can pick up as much as possible.