

GETTING GOOD VIDEO



You can film on any standard phone, tablet or camera as long as it can record both video and sound. The four key things to keep in mind are:



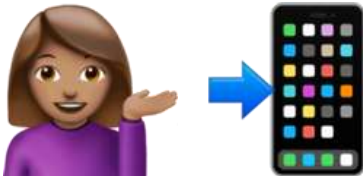
1. FILM HORIZONTALLY

Always film holding the phone on its side rather than upright.



2. KEEP IT STEADY

If you're filming something where you don't need to move, you can make a "tripod" by propping the phone up on something like some books, so it's not moving around when you're filming. If you are moving, a selfie stick can help keep it steady if you have one, or holding the phone close to your body can help reduce shake.



3. CHECK SOUND

When you're filming anything where people are speaking, they will need to be quite close to the phone so the microphone can hear them – normally no more than 1 or 2 meters away. Record a test and listen back to make sure you can hear the voice clearly.



4. THINK ABOUT LIGHT

Make sure who or whatever you're filming can be seen properly and is well lit – the easiest thing to do is to film with the light or sun behind you, so light is shining on who you're filming - but make sure you're not casting a big shadow onto your subject matter.

Other things you can bear in mind are:

- If you're using a phone to film, turn on airplane mode.
- When filming "b-roll", try to hold each shot for 10 seconds, and get lots of different angles – get some from far away, and so on.
- Try to film your interviews in quiet place away from lots of noise, and try to use different locations for different interviews so there's lots of variety.