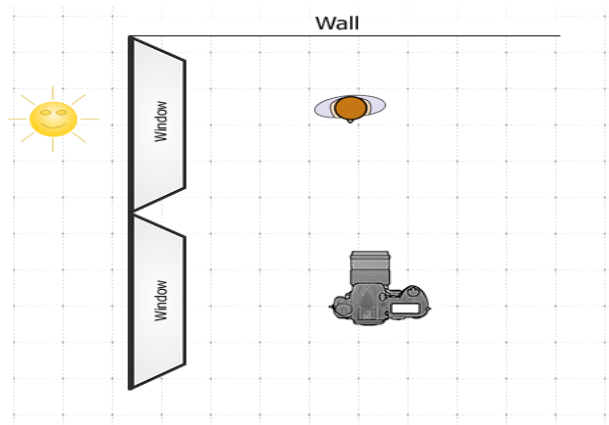
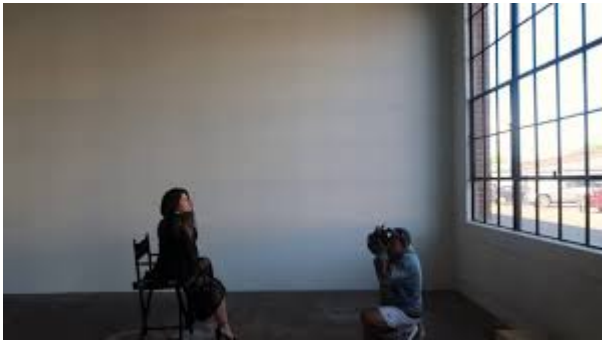


How to get the most out of a phone recording.

1. Set up the phone so it is laying horizontally.
-Holding the camera vertically limits the size of the video and adds black bars on each side of the final image.
2. Set the phone to airplane mode so there are no unnecessary interruptions while recording.
3. Position the subject at least three feet away from the background.
4. Position the subject with natural light, i.e a window, to their front or side. This would mean that the window is behind or to the side of the camera. See diagram.



5. Set the camera three feet or full arm length away.
6. Make sure that the camera is eye level. The camera may need to be set up on some books or boxes to get it to the right height. Do not set the camera lower or higher than the subject's eyeline.
7. Position the subject in the center of the screen with a bit of space between the top of their head and the top of the frame. See the example below.



8. Shoot multiple takes. Even if you are confident in the first one.
9. This is important. When you are finished recording re-watch the recording before leaving. Listen for audio or content errors as well as issues with the image. This could include something in the background that you don't want to see that went unnoticed before recording.