



# 2020 GLOBAL VIRTUAL TORCH RUN

## VIDEO TIPS FOR SMARTPHONES



**1 Wipe the lens clean**  
Gently wipe the lens of your phone's camera with a microfiber cloth or the soft side of a t-shirt.



**2 Do not shoot vertical**  
Video clips are requested to be horizontal. If you are shooting video for Instagram or Snap Chat for another project use vertical.

**3 Plan your camera movement**  
Avoid moving your camera while filming if you can. Plan and rehearse any moves before recording. Remember before recording to hold the start frame a few seconds before having the person(s) speak.



**4 Do not use the "zoom" control**  
Camera phones lose quality zooming, stand closer to the person(s) you are filming to ensure that you are picking up their audio and they are in focus.

**5 Use light to your advantage**  
Pay attention to the lighting and the direction of the light. Try to have the sun off of one of your shoulders. When filming indoors seek more natural lighting near a window.



**6 Focus & Exposure**  
In the camera app tap and hold the screen to disable auto exposure and auto focus. On an iPhone hold until a yellow bar appears with AE/AF LOCK.



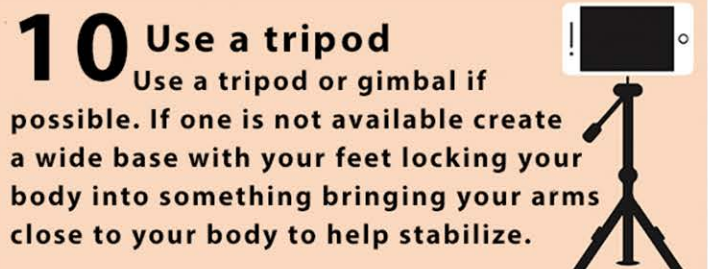
**7 Get microphone close**  
Have your phone close to the person. Be aware of background noise. If you have access to a microphone use it. If you do not ear buds in your hand are an option.



**8 Plan your shot**  
Plan your shot and what you want it to look like. Remember to shoot in thirds (divide the screen into three parts horizontal and vertical.) If using a torch grab off screen from the left and pass to your right off screen and pause.



**9 Use Airplane Mode**  
Prior to filming the interview go to your phones settings and set your phone to airplane mode. Messages & calls can disturb interview.



**10 Use a tripod**  
Use a tripod or gimbal if possible. If one is not available create a wide base with your feet locking your body into something bringing your arms close to your body to help stabilize.



#globaltorchrun