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

September 2020