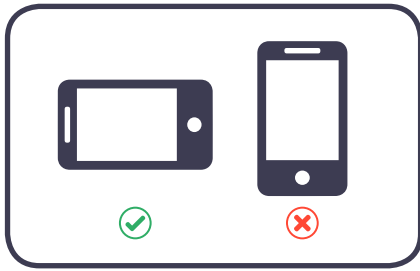
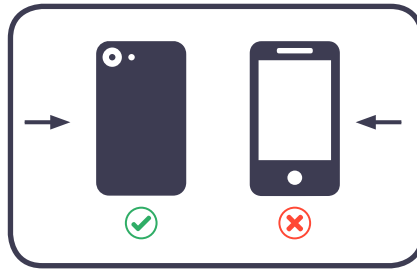




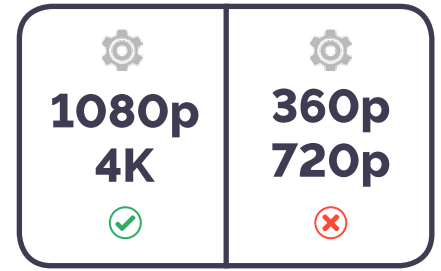
CAPTURING FOOTAGE ON A MOBILE PHONE



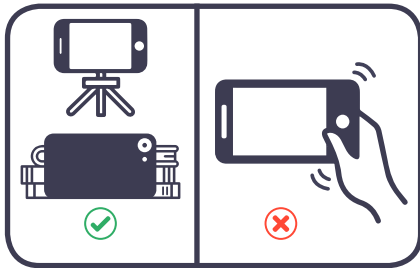
1 Always film in landscape, not portrait.



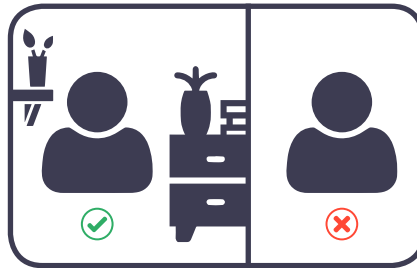
2 Where possible please use the camera on the back of the phone and not the front of the phone. 95% of phones have higher quality cameras on the back.



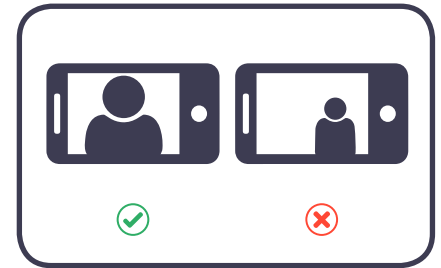
3 If you have the ability to change the resolution settings on your phone, please use the highest possible. Typically this will be 1080p or 4K.



4 Where possible use a tripod when filming. If you don't have access to a tripod, lean your phone against anything you can to keep it steady. If you need to film handheld at any point, please try and stay as steady as possible and use slow movements if panning around.



5 When filming yourself talking to camera, try to choose an interesting backdrop rather than a plain wall. Also make sure any light source is in front of you rather than behind you.



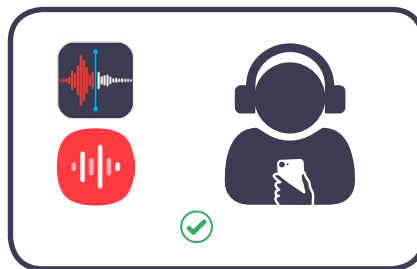
6 When filming yourself or others talking to camera, make sure your subject is centralised in the middle of the screen with a very small gap between the top of the head and the top of the frame. Shoulders and upper body should be in shot.



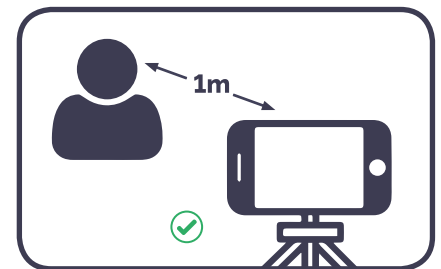
CAPTURING AUDIO ON A MOBILE PHONE



7 Wherever possible you should film in a quiet place. Any background noise will be picked up by the microphone on a mobile phone. Try to avoid filming when it's windy, near busy traffic areas or flight paths. It's worth testing shots in different locations to hear the difference in sound quality. When filming inside, avoid being near heating/air conditioning systems, strip lighting, fridges or anything else that makes low humming noises.



8 If you're not comfortable being on camera, you could record a voiceover with an app on your phone, to pair with footage later. If you choose to do this, hold the phone at the middle of your chest, with the in-built microphone facing your mouth. You could also choose this method if you are filming in a noisy place.



9 Keep the phone at about an arm's distance (1m) from your subject when recording voices.

10 If you can, it's worth investing in a cheap microphone that you can plug into a mobile phone, like one of these: podcastinsights.com/best-android-microphones/



11 Whichever method you use for capturing audio, you should make sure you record in a room with plenty of things in it. An empty room echoes a lot, a room with lots of things in, especially soft furnishings, will absorb the reflection of sounds.