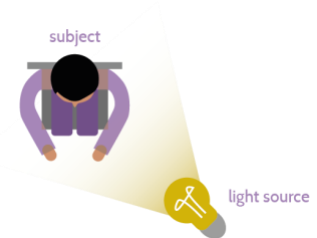


Guide for filming from a phone

Set up

Where to film

- **Find a light source** – this could be a window or a light. Natural light is best but a bit unreliable so if it's dark outside or if the lighting keeps on changing.
- **Find a quiet place** – wherever possible acoustically dead spaces, studies with filled tall bookcases are the best makeshift home studios from an audio perspective.
- **Set the scene** - decide if you would like your subject to stand or sit. Choose a pleasant and clean background. Take your time to move and reposition items to create your set.
- The light source should ideally be at a two or ten o'clock position of your subject (see image to the left) and brighter than any light source that may be behind them – best not to have a window behind you.



Equipment

- Set up your phone on a tripod or a makeshift 'tripod' (stacked books, shelf, etc.) for a steady shot and check the positioning. You will want to use the rear-facing camera if possible as this often is better quality.
- Set the video quality to the highest option - usually 4K on most iPhones and Android phones – this can help with editing if needed.
- If you don't have an external microphone, choose somewhere quiet to film, to get the best possible results.
- If your film will be posted on YouTube, Twitter or shown on a screen in church, record in landscape orientation (so place your phone horizontally).
- If the purpose of the video is for Instagram or Facebook stories, or the Facebook and Instagram newsfeeds portrait mode is more appropriate.

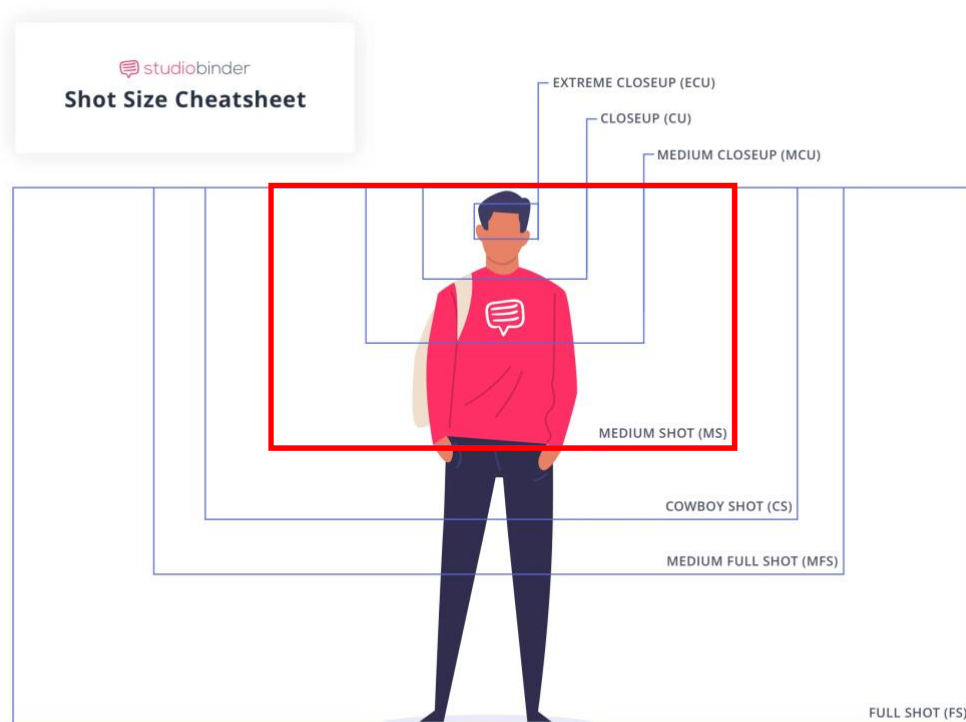


Filming tips and tricks

- Remember that your subject is what the audience wants to see and they are often looking at the video from a small device, so don't be afraid to be close and show your

expressions. Arm movements/gestures might feel restricted but will have more impact as they will take up more of the screen.

- We can see when somebody is reading something, and it creates a barrier between you and the audience. Try using Post-it notes with 1-word points to remind you what to talk about.
- Allow the recording to run for a couple of seconds and smile at the camera (if appropriate for the mood) before jumping into the delivery and the same at the end, before stopping the recording. This can help with smoother edits in post-production.
- Ask your subject to practice and give them time to refilm a couple of times if needs be.
- Think about the composition and angle.
 - Place your phone as though someone is looking at your subject just as they would if you were sitting across from them talking.
 - The most common composition in our contexts will be a mid-shot (head and torso – see below) – the waist should be in the lower third of the frame and the eyes should be hitting an imaginary line between the middle and upper third, giving you a little bit of headroom.



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