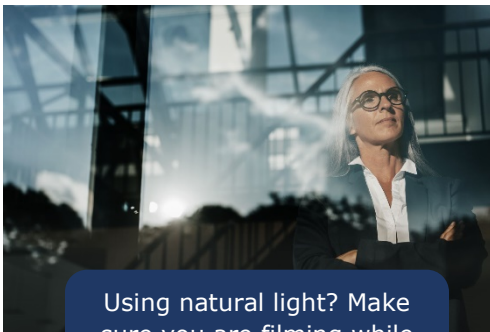# Quick Tips When Filming

Ok! You've found an interesting yet quiet location to film in. Here are some tips to help with filming.
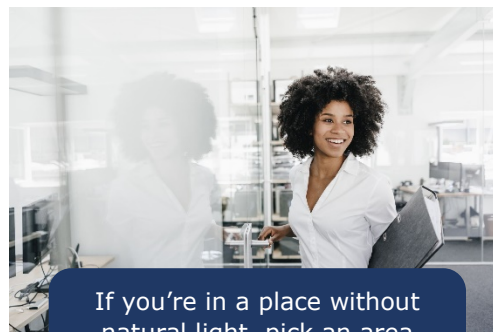
TIPS

- **Lighting**
- **Front Camera vs. Back Camera**
- **Location**
- **Depth**
- **Sound**
- **Wi-Fi**

1. LIGHTING

Using natural light? Make sure you are filming while facing towards the light.

If you're in a place without natural light, pick an area that has adjustable lighting.

Extra Lighting Tips

Avoid mixed light. A mix of sunlight and indoor lamps can create unrealistic colors and skin tones.

Avoid silhouettes. Make sure more light is in front of you than behind you.

Make sure you're in a well lit area. Cameras look better with more light.

2. FRONT CAMERA VS BACK CAMERA

We want you to feel comfortable so here are some tips regardless of if you film selfie style or with someone else.

Clean your lens! Dirt builds up over time and can create blurry images.

Feel free to use a selfie stick or other stabilization tool if you have one.

Don't shoot vertical video! Please record everything horizontally, like a movie or television show.

Shooting in "selfie mode" is a great way to record yourself.

If someone else is filming you, make sure they're standing close to you.

Use the app's Guides and Leveler tools to make sure you're capturing footage that isn't crooked.

Extra Camera Tips
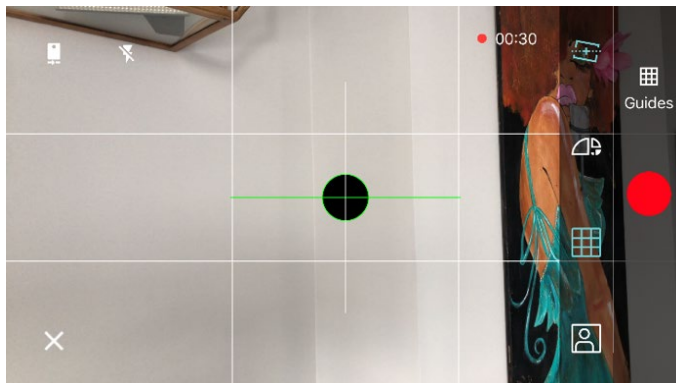
APP "GUIDES" CAMERA ICONS:

Leveler: Use to make sure you're holding the camera at a leveled view.

Grid: Adjust this line (in blue) with your eyesight.

3. LOCATION

Make sure you're in a location that is "on brand" or related to the subject you are speaking about.

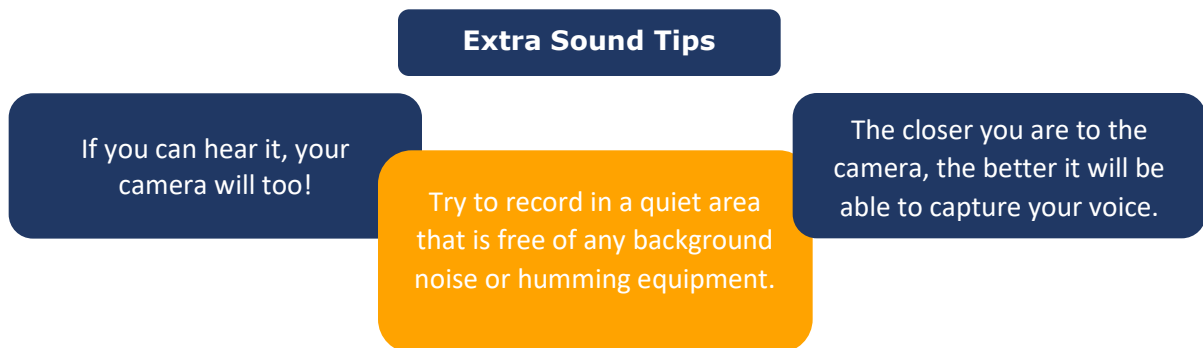*Ex. A doctor shooting in a doctor's office or hospital.*

4. DEPTH

Make sure you're at least 3 to 4ft away from the background.

Ex. Don't stand against a wall or it will create a shadow. Try standing at least 3 ft away from the wall.

5. SOUND

Because your camera audio can change depending on the location you're in and how close you are to the phone, try to remember the distance in which you're filming for each shot question.

Ex. If you're using your arm or a selfie stick to film, try to extend to the same distance. If being filmed by someone else, try to stand or sit at the same distance for each shot. Also, be mindful that the audio will change in different rooms depending on size or if you're around noise. In those instances, try to find the least noisy spot within the room to help maintain audio quality.

Extra Sound Tips

If you can hear it, your camera will too!

Try to record in a quiet area that is free of any background noise or humming equipment.

The closer you are to the camera, the better it will be able to capture your voice.

6. LAST BUT NOT LEAST… CONNECT TO WIFI

Make sure you are using reliable Wi-Fi since all footage is uploaded