

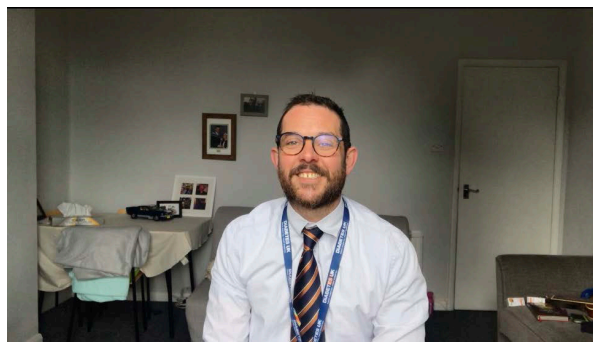
FILMING AT HOME

Best practice

There are a few simple steps that you can take to make sure your home footage looks the best it can be:

- Film landscape and make sure there's plenty of space around you in the shot.
- Prop the phone up on something at eye level to avoid shaky hand movements. A sideboard or stack of books can be useful.
- Film facing a natural light source like a bright window. This helps to light your face and makes you stand out from the background. Do not film with a light source directly behind you.
- If you're indoors, take time to clean up the background. Plain white walls can be a little boring, so make use of what's around you. Plants or art can be used to add colour to a scene.
- When sending the footage use apps such as Dropbox or WeTransfer. Do not use WhatsApp as this crushes the quality of the video.

Use natural light to make yourself stand out



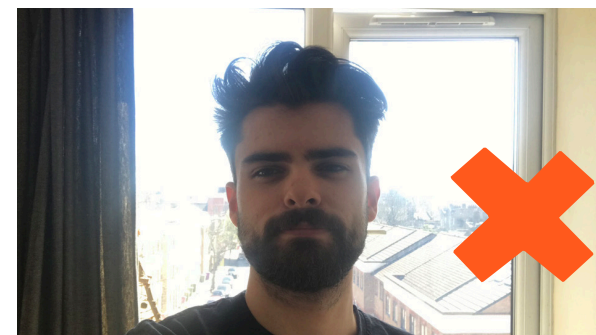
Use plants or art to give colour to a scene



Give yourself plenty of space in the frame



Avoid filming with a window directly behind you



Don't forget sound: Take a few test recordings first to check that your sound is loud and clear. Avoid loud background noises or busy environments.