FILMING GUIDELINES

1. If you live with someone else, ask them to help you.

2. Use a phone camera rather than a laptop. Place your phone horizontally and at eye-level.

3. Use the rear camera on your phone if you have help. Only use the front (selfie) camera if need be.

4. Set your phone to the following:
   - **iPhone**
     - Open Settings
     - Swipe down and tap Camera
     - Tap Record Video
     - Select 4K at 30 frames per second
   - **Android**
     - Launch the camera application
     - Tap the menu icon in the top left corner
     - Select Settings
     - Find the Video section and tap on Back camera video resolution
     - Select UHD 4k and now you will be shooting 4K video

5. Have your phone on a tripod or placed on a steady table. It should not be handheld.

6. Film in a quiet, well-lit place.

7. Film in front of a background that isn’t very busy if possible. Frame yourself as follows:

8. Look into the camera with a smile for 5 seconds before and after. This helps tremendously with editing.