



# FILMING GUIDE

Format of what we're looking for in your videos...

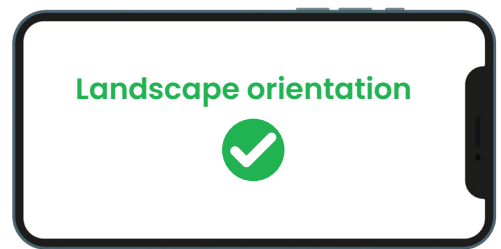
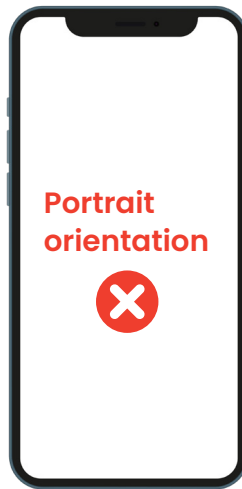
**ALL footage must be filmed in landscape mode, not portrait.**

## Filming guide

Use either a phone or camera to film. **Remember to film in landscape orientation.**

## Framing

1. Please ensure you take care to frame yourself nicely in the video. Your face should be in the middle of the frame, with your shoulders and chest visible below, and only a small amount of empty space above your head. You should fill the majority of the frame – make sure you're not too far back from the camera.
2. Try to get the camera positioned so it is at your eye-level.
3. You should also think about the background of your video.
4. Do not wear any branding/logos on clothing unless school clothing.



An example of good framing

## Sound

1. Make sure there is not a significant amount of background noise or echo when you're recording.
2. If using a mobile phone to record audio, please ensure it is placed on a stable surface in front of you and ensure you don't make noises that would be picked up the microphone (eg. tapping on the desk, moving papers around).
3. Keep answers natural. Don't read answers from paper. Look directly at the camera whilst talking.

## Lighting

1. Ensure your room is as well-lit as possible. Turn on all the lights in the room and open all curtains and blinds.
2. Make sure that there are no windows or bright lights visible behind you in the shot – all of the light should be coming from above, from the sides, and from in front of the speaker (i.e. from behind the camera).
3. You can experiment until the shot looks as good as possible.

**The video can be as long as you want and don't worry about making any mistakes, just redo the bit again in the same video and keep it rolling. The video will be cut down and edited. Someone could even read out the questions to you or you could read them between your answers.**