

# Filming Tips

We hope the following filming tips will help you get the best out of filming on your phone or tablet but please do not worry if it is not exact. Most importantly, we hope you and your family enjoy the process and we're really looking forward to seeing your videos. Thank you again for your amazing help and support!



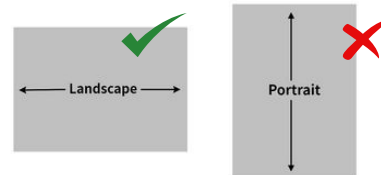
**Uploading your video** You will receive specific information (i.e. a **Filming Brief**) about the topic(s) you are taking part in. The Filming Brief will include a link that will take you to an upload page where you can either upload a video from your device gallery/library or take a new video and upload it immediately after.



**The duration** of each video is up to you but please note, there is a maximum upload limit of approx. 5 mins per video (i.e. 250mb file size). You can send multiple videos if you need longer for any scene.



**Turn camera sideways** to film in landscape, not portrait



**Keep phone still**, i.e. don't move it or pan, unless specifically requested. It's better for us to have what is called a 'locked off' steady shot rather than one where the camera is roaming around.



**Keep the person in the centre of the frame.** If the person moves out of frame, simply move the camera to bring them back into shot and continue holding the phone steady.



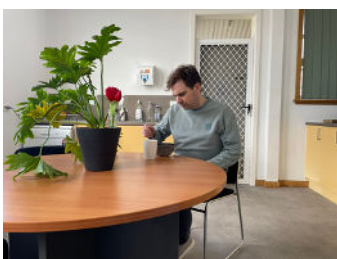
**Keep camera same height as person's height** when they're doing the activity. This may require sitting on a chair or even the floor in order to get the right angle. (Please avoid shots where you're looking down on the person/scene, unless it's specifically requested.)



**Audio.** Keep it natural and talk as you normally would. (You don't need to narrate what you are doing.)



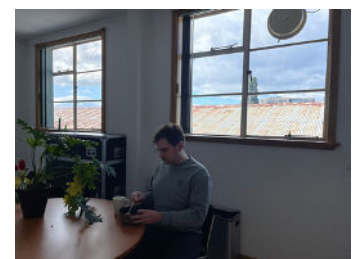
**Avoid filming against a bright window** as this will 'bleach out' the footage and make it dark/difficult to see the person and activity.



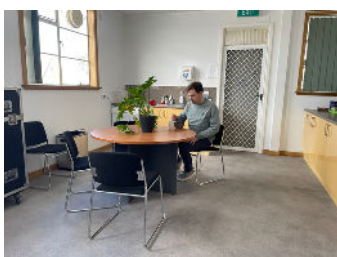
Locked-off frame. Person in centre of frame. Camera at same height as person. ✓



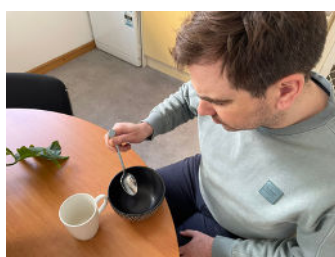
Close up of hand, spoon and bowl. Camera at same height as hand and items. ✓



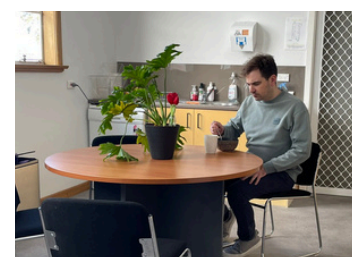
Person too dark. Don't film towards bright windows. ✗



Person too far away. (Too small in the frame) ✗



Wrong angle. Don't look down on person. (Unless specifically requested.) ✗



Person not in centre of frame ✗