How to film your video – top tips

* **Record your footage horizontally**: Computer, television and movie screens are set up horizontally so footage should be recorded horizontally, not vertically.
* **Lighting:** Use natural lighting where possible, or use artificial lights to ensure you are well-lit. Make sure the light is on your face and not behind you.
* **Stabilise the phone:** Most smartphones have built-in stabilisation software, but you still need to be conscious of shakiness. You could ask someone to film you, or use a tripod or a ‘selfie stick’ as a tripod. Try not to do the filming at eye-level so you are looking at the camera, not down/up or reading something off-screen!
* **Audio:** Smartphones have built-in microphones which are usually perfectly adequate, but external microphones can be plugged into smartphones to enhance the sound if you wish. Pick a quiet place, where external sounds are minimal and ensure that you are not located too far away from the phone so everything you say is recorded clearly. Make sure you don’t cover the microphone if you prop the phone against something when you are filming.
* **Shoot in airplane mode:** If you don’t, a phone call, or notification could interrupt your recording.
* **Be aware of the composition of the shot:** Make sure you are clearly visible and in close proximity to the camera, just over an arm’s length away like this:



* **Record test footage especially if you’re self-shooting:** Take 5-10 seconds of video and check the recorded footage to make sure it looks as how you want it to. Once you are happy with the shot, you’re ready to record.
* **Please don’t overrun:** Stick to one minute as we are not in a position to edit the submissions.