



A GUIDE TO FILMING YOURSELF

Before

Check your phone camera is set to a high resolution – ideally 1920p x 1080p.

Ensure you are in a quiet environment.

Find somewhere secure to prop your phone up, and make sure the microphone isn't blocked. Alternatively someone can hold the phone for you.

Film in landscape (have the phone sideways).

Be fairly close to the camera, so the microphone picks you up loud and clear.

Make sure if there are any major light sources (a window, a light) they are shining on the front of your face (not behind you, shining into the camera).

Check you are happy with everything in your background (maybe avoid piles of dirty washing etc)

Have a plan of what you are going to say.

During

Try to make sure you are feeling comfortable and confident.

Look directly into the lens of the camera (this is easier if you are using the rear camera, as you can't get distracted by your own face).

Speak clearly.

Don't worry if it takes a few goes to get it right.

After

Watch and listen to the videos back in full, to check there are no obvious problems.

If needed, use the free editing software on your phone to trim the beginning and end of the clip.

As the video will be a large file, the easiest way to submit it will be through WhatsApp by sending to the mobile number [07840 856415](tel:07840856415)