



TIPS FOR PHONE RECORDING

Lighting: Use natural lighting if possible – or make sure the space is well-lit.

Position: **Always record horizontally**. Tell your story directly to the camera and center yourself. Frame your shot so that it is visually interesting. Make sure you are not right up against a wall, but please remove any clutter behind you. Prop your phone up on something until it is roughly at eye level. Also, you don't want too much extra space above your head.

Wardrobe: Do not wear pure white, black, stripes, or anything too distracting.

Be yourself: You do not have to be a professional. If you are not used to recording videos, a little bit of stage fright is normal! When appropriate, if you feel comfortable doing so, smile. Represent yourself however you want to be seen. Talk about what you believe is important.

Noise & sound: Record in a place that has as little background noise as possible. Stay as close as 3-4 feet from your camera so that the phone captures your voice clearly. Turn off radios, televisions, and other cell phones.

Voice: Be conversational. Speak to the camera like it is a good friend.

Length: 5-10 minutes of speaking will feel longer than you think. **Leave the camera on and look at the camera for about 3 seconds after you are done talking**. Know what you'd like to say, but also don't prepare too much. You don't want to sound scripted.

Please record about 20 – 25 minutes of video that illustrates the story you spoke about (for example, if your story talks about cooking, show the preparation, cooking and eating).

Delivery: You can upload your video [HERE](#).

Support: If you need any assistance whatsoever, please call Debbie Higgs at 970-235-8707 or email debbiehiggs@rmpbs.org.