



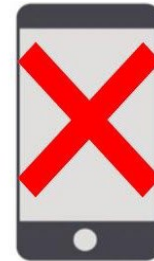
Greater Washington  
Urban League

Empowering Communities.  
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## Video Essay Filming Best Practices

- Always film with the camera in landscape by turning the phone horizontal.
- Make sure that you are in a quiet room. Turn off televisions & shut doors to a noisy hallway. Make sure you are close enough to the device that you can easily be heard when you play it back.
- Turn your phone on airplane mode.
- If it's very sunny, don't film outside or directly in full sun.
- Try to do the recording in a room with a lot of light, but don't shoot directly in front of a window to avoid looking like the picture below.
- Check your background to ensure the setting is professional and clear of any distractions
- Check the strength of your video camera and ensure that you can be seen clearly.
- Use the camera angle to your favor! You want to look like you are talking directly to the viewers. The best way to achieve this keeping your camera at eye-level and front-facing.
- Don't use the zoom-in/zoom-out feature and avoid moving the phone while filming.
- Try to position yourself in the center of the camera.
- If you fumble, stop recording and start a new video.
- Resolution for the video needs to be **1920x1080 (1080 HD at 60 fps or higher)**
- We ***strongly encourage*** you to record your video using a smartphone or high-quality digital camera
- Be authentic and have fun!



Portrait Orientation



Landscape Orientation

