

VIDEO RECORDING GUIDE

STABILIZATION

Stabilization isn't always required, but if you're doing handheld work the video can easily turn shaky. Using a tripod is the easiest way of stabilizing your video. If you don't have access to a tripod, you can build your own using these [DIY methods](#).

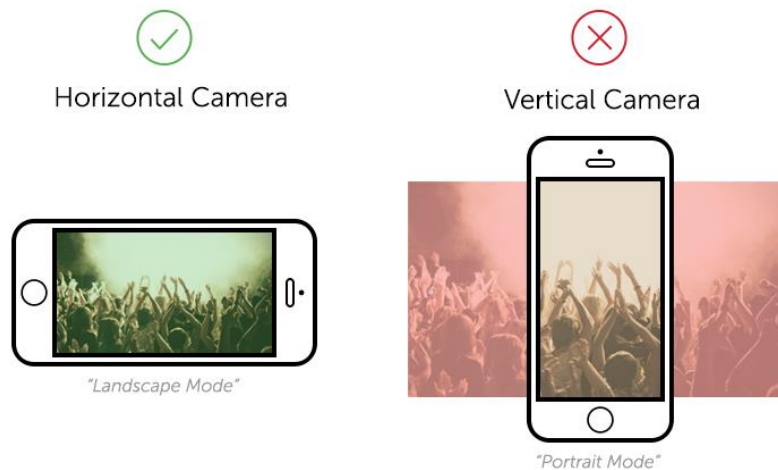
There are other [cellphone mounts](#) that can work, including PopSockets, but you can also place your cellphone on any household item that will keep it steady. The main goal is keeping it from moving.

(When purchasing a tripod/mount double check the specifications will match your phone).

ASPECT RATIO

Filming in landscape/horizontal is recommended because it allows your video to fill the screen, and gives you the standard 16:9 aspect ratio.

Although filming in portrait/vertical is usable for social media, it can produce black bars on either side of the picture, and a narrow viewing angle.



Film horizontally to capture the full extent of the frame.

LIGHTING

Utilize light to your advantage, and avoid being heavily backlit. Anyone who's used a smartphone camera has experienced this before.

If there is a window behind you, the camera will expose for outside, leaving you too dark (left).

Or the camera might expose for you, making outside too bright (right).



Instead of having the window behind you, try positioning yourself in front of it.



- If the light is still too bright you can drape a bed sheet over the window for diffusion.
- You can position yourself so the light hits you from an angle, instead of straight on.

LIGHTING (Continued)

It's always better to keep the light consistent. The lighting in your office or room may change here and there, but most smartphones have a feature called AE/AF Lock which allows you to lock the focus and exposure values. Our example below uses an iPhone, but this information is relevant to any modern smartphone.

iPhone: To use AE/AF Lock simply tap and hold on any part of the screen for a few seconds. When you see AE/AF Lock in a yellow box at the top of the screen, release your finger.



It's important to note that once you've locked, you shouldn't change the distance between your camera and the subject. In other words, don't walk towards or away from your subject.

If you do move forwards or back, the camera will end up focusing on the wrong part of the scene, e.g. in front of or behind the subject.

Further instructions: <https://youtu.be/aKNeX533guA?t=65>

RESOLUTION

Recent updates have allowed most smartphones to capture in various formats, but the standard recommendation is **1080p or 4k at 24fps**. If your phone doesn't allow for 24fps, then 30fps is the best alternative. (60fps is not recommended because it's more suitable for slow-mo.)



Filming in 4k give you higher resolution than 1080p, but will also take up more space. It's always recommended to back up your footage on an external hard drive, Google Drive, or Dropbox. Anyone with an Otis College email address can log directly into Google Drive using their credentials. By logging into Drive with your Otis account you'll have unlimited storage.