



Tech tips Recording video to iPhone

Ensuring the highest quality video

1. Go to your phone settings
2. Select camera
3. Click record video
4. Select 4k at 60fps

Before you film checklist:

1. Flip phone to landscape (horizontal)
2. Check for confidential information on walls or personal photos.
3. Is your background visually interesting - more than just a plain wall?
4. If you face your camera towards a window from indoors, it will cause your video picture to distort. Ensure the room is well lit, with either artificial or day light.
5. Look out for the reflection of yourself or the camera operator in a window or mirror.
6. Aim for a waist-up shot with you or the subject's head and eyes level with the camera. If filming yourself place the camera on a surface that is eye level, maybe on a shelf or propped on books on a desk. Do not hold the camera too low or too high from your/the subject's eye level.

Sending your video

Ensure you are on WiFi.

Send video via WeTransfer (it's free and doesn't require sign up). Other platforms may compress the video and reduce quality.

Enter www.wetransfer.com in your browser

Select the video and insert the email address of the recipient

Tech tips Recording video for Android

1. Go to your camera app
2. Press the settings 'cog' icon in the top right
3. Press video size
4. Choose 4k and return to the app

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