

Boost-A-Thon – Tips on Filming Video Content

Tips on how to video yourself and others:

- **Horizontal Camera Framing:** Shoot everything you submit with your phone/camera turned horizontally (long side left to right), especially if it is of a group of people. Like a normal camera frame.

- **Vertical Camera Framing** - Only shoot with vertical framing (long side up & down) if you are shooting a single person, and if your video is meant to be combined with other students' videos in a "split-screen" technique. In this case vertical framing is preferred.

(If you didn't shoot it the above way, don't worry. Submit it the way you have it. We can make any framing work.)

- When talking to the camera, look directly into the camera lens / phone lens.
- Make sure you have brighter light in front of you, rather than behind you, or all light balanced evenly.
- When shooting outside, make sure the sun is in front of you (as much as possible without squinting.)
- Avoid shadows on your face. (Better to not wear hats with any brims.)
- If videoing multiple angles to combine into 1 "scene", please edit your video before submitting.

If shooting video of yourself (or others) to edit to look like you are together (using a "split screen" technique):

STANDING IN FRONT OF A WHITE WALL IS PREFERRED (or simple background inside or outside).

Do NOT stand right against the wall. Stand at least a few feet or more in front of the wall to get space between you and the wall, and not cast shadows on the wall. **Keep the camera steady or on tripod.**

-When shooting outside, pick a nice background.

- **AUDIO QUALITY IS IMPORTANT** - For good sound quality, please speak up clearly and avoid other noises in the background, such as traffic noise, air conditioning noise, washer/dryers, TV or music playing, other people talking, pet noise, etc.