

A guide to recording video footage on your mobile phone

1. Record on your phone's highest settings

If your phone can record in 4k, please select that option

2. Camera choice

Please use the camera on the back of your phone unless you are recording yourself speaking and do not have anyone else to make the recording for you. The front camera's quality is not as good on most phones.

3. Don't shoot vertical

Record in landscape mode (that is, holding the phone horizontally instead of vertically). This will give you footage that looks good on larger devices, not just phone screens.

4. Stay steady

Please use two hands to hold your phone and keep your elbows together as much as you can as this helps to keep your recording steady. If your footage turns out shaky despite your best efforts, please send it anyway as we can try to stabilise the footage at our end. If your phone has a feature that allows you to overlay a grid on your screen, use it. This will help you keep your phone level and avoid tilted footage.

5. Lighting

The sun is one of the best light sources for video. If you're filming in natural light, do your best to get your footage in the morning or evening, when the light is softer. Midday light coming from straight overhead can cast harsh shadows on your subjects, while morning and evening light is more flattering. If you do have to film in the middle of the day, try to do so on a cloudy day, or find a shady area for softer light. If you're filming indoors, you will need to be more intentional about the types of lights you use and where you place them. One thing to avoid is overhead lighting – it can cast unflattering shadows.

6. No filters or effects

We need the footage to be as natural as possible so please turn off all additional features before recording your video.

7. Crisp, Clear Audio

If you would like the audio on your footage included in the final video, for example want to record commentary, avoid accidentally covering the phone speaker and microphone when recording and be aware of any background noise that your microphone might be picking up, too.