

VIDEO DOCUMENTATION

Basic filming - by your own

1. Equipment:

- Use a smartphone with both camera and video recording functions.
- Use a microphone with an extended cord to obtain a better sound.
- Use a stand to keep the camera steady and straight when filming.

2. Preparations

- Write a short script so that you know beforehand which sequences to film and which stories you want to convey.
- Are you are skilled editor? If not hire someone who can edit the video for you. For a good end result you do need some training.
- Do not gather too much material. Prepare the filming, the pictures and interviews in advance and stick to your schedule.
- If you are working with still pictures remember that by using pictures of different sizes you can make your story more vivid and interesting.

3. Recording

- Position the camera so that all pictures and video sequences are directed horizontally.
- When making interviews, use an extra microphone.
- Make a sound check to get the sound levels right.
- Use a stand to steady the camera.
- When you want to change angle while filming, move slowly with no sudden movements.
- Be aware of the light in the room you are filming in and use the same setting in all sequences. (On most mobiles, you'll find a light control with several options.)
- Interviewees should be filmed with just their upper body in the frame. See example:

<http://www.youtube.com/watch?v=ueyNNLsy9pI>

- Start the interview with a few seconds of silence before



