

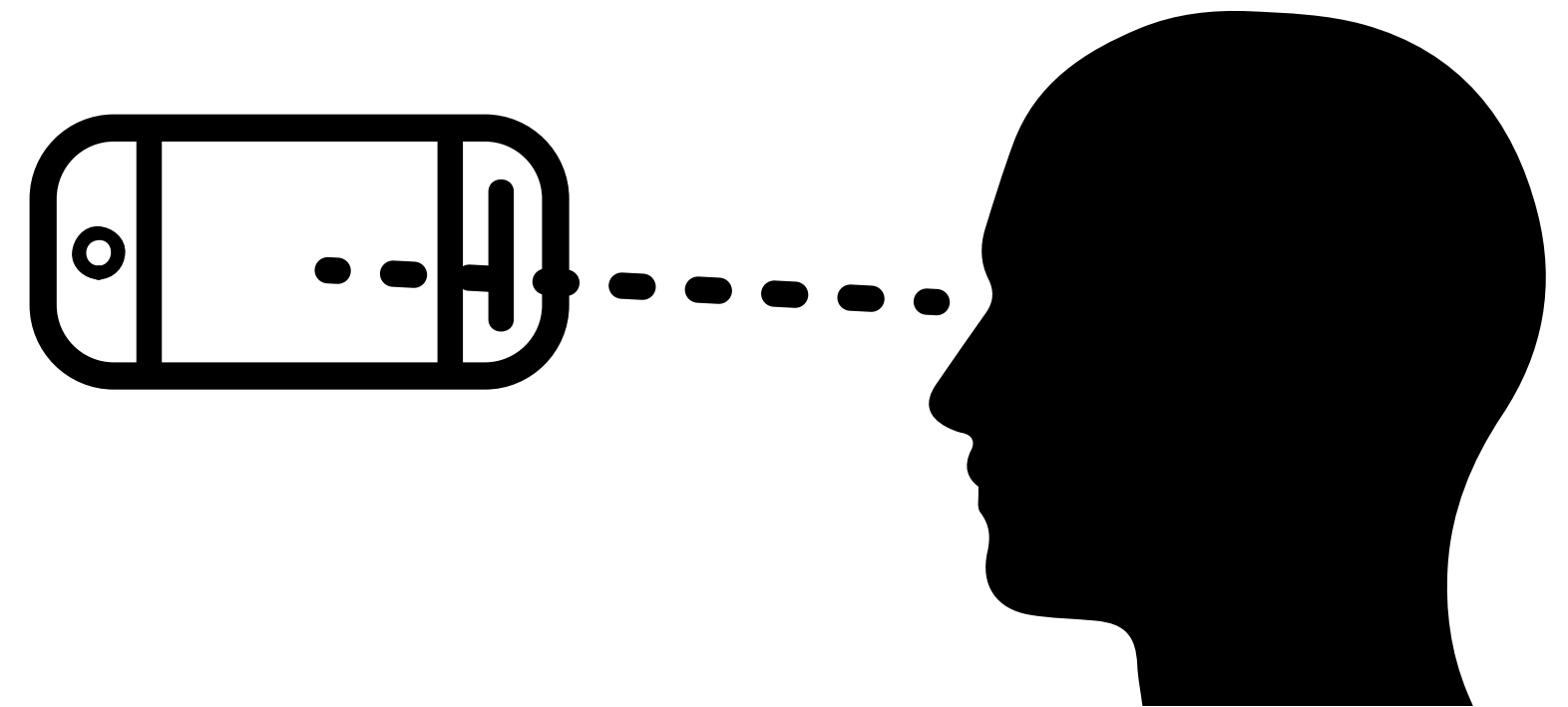
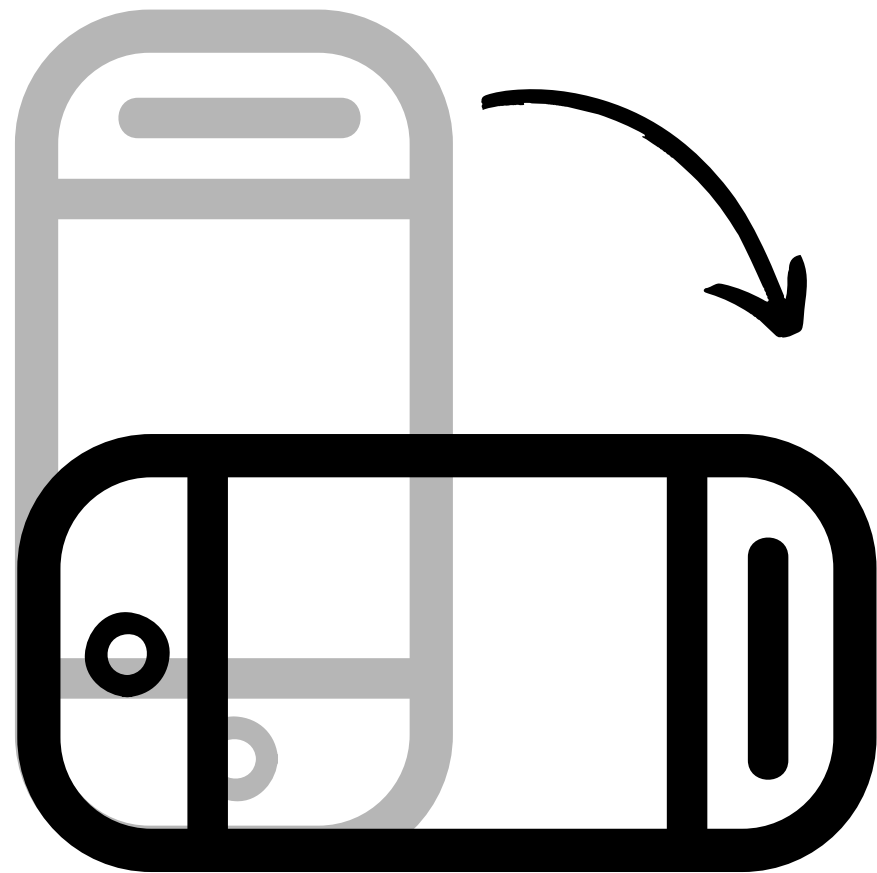
HOW TO

**REMOTE SHOOTING
MOBILE SELFIE VIDEOS**

**DEPARTMENT
OF THE
FUTURE.**

USING YOUR MOBILE

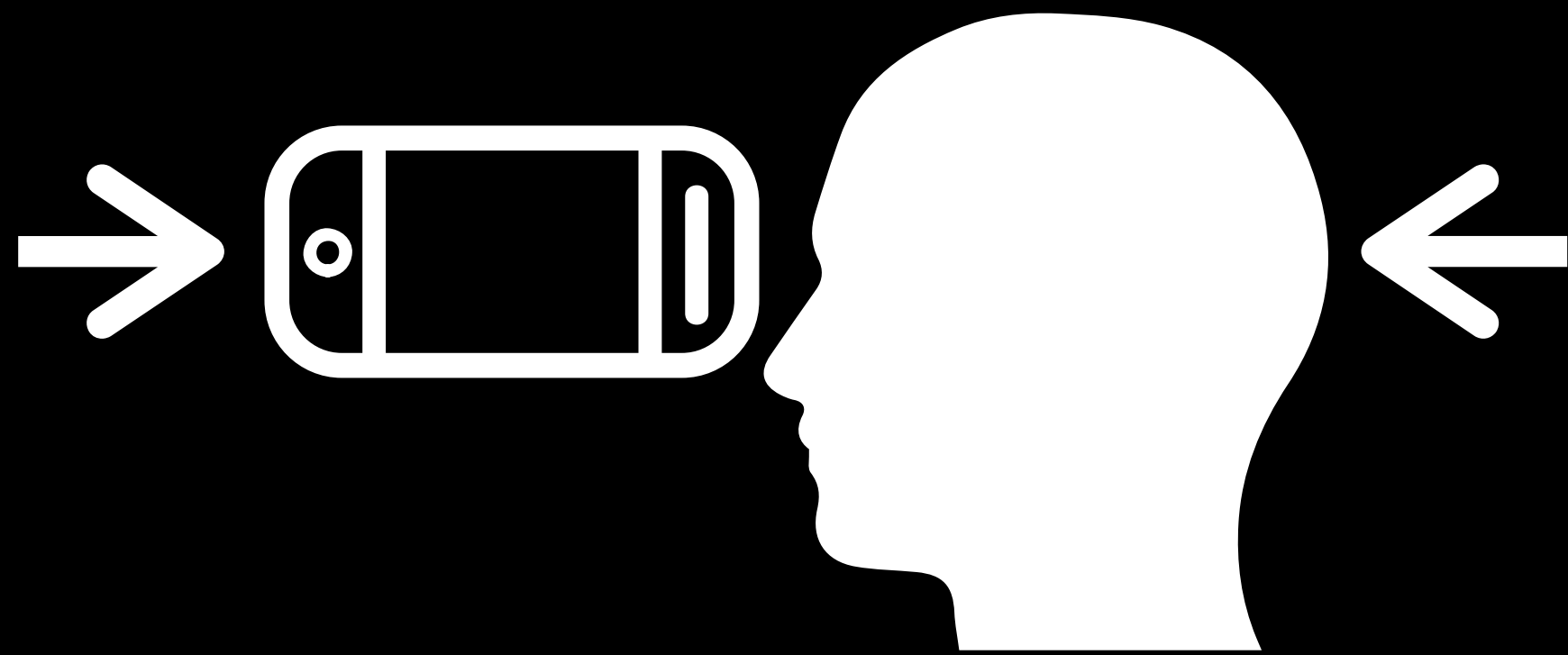
Film with your phone camera horizontally, so that your screen appears like a widescreen TV.



Try to hold the camera steady. If you can't, use a stand or lean it against a straight surface around the height of your eyes.

REMEMBER: YOU CAN SIT WHILE YOU FILM

USING YOUR MOBILE



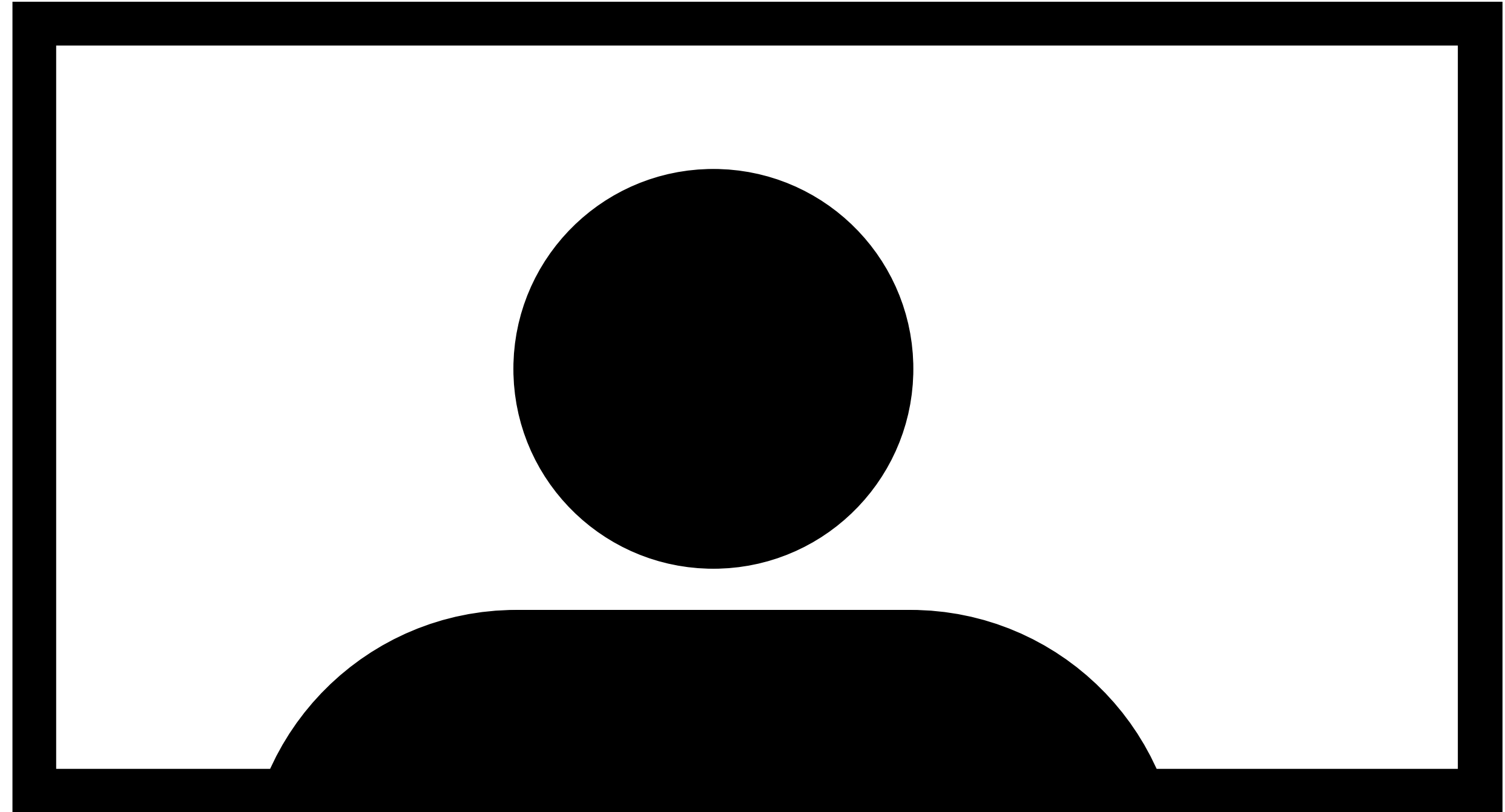
The closer you are to your phone, the less shaky the video will appear (if handheld).

Being close will also allow for clearer audio in all situations.

LOOK INTO YOUR PHONE'S CAMERA – NOT AT YOURSELF ON THE SCREEN.

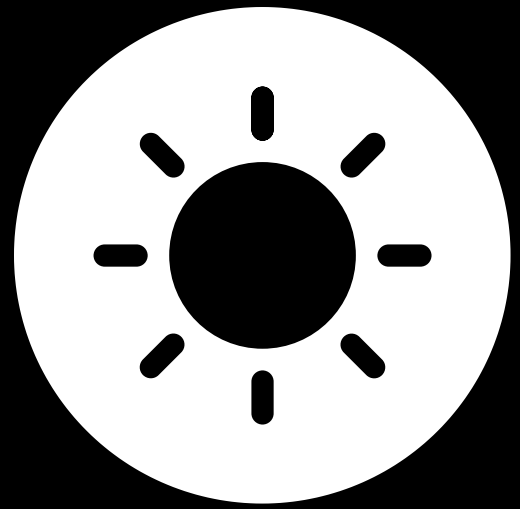
USING YOUR MOBILE

Looking down at the camera will make your chin and neck look disproportionate to your face - so keep it eye-level.



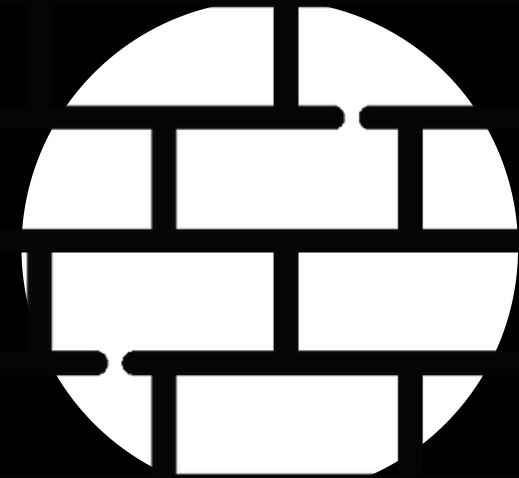
Frame yourself in the middle of the screen so that we can see your shoulders. Too much space above your head is better than too little, but try to keep to the framing shown above.

SETTING UP



Natural Light

Film in a room that's well-lit with lots of natural sunlight or lighting.



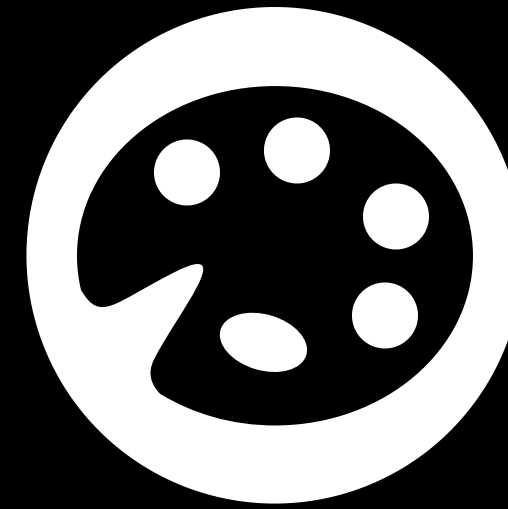
Background

Find a background that avoids too much clutter, but is a bit more interesting than a plain white wall.



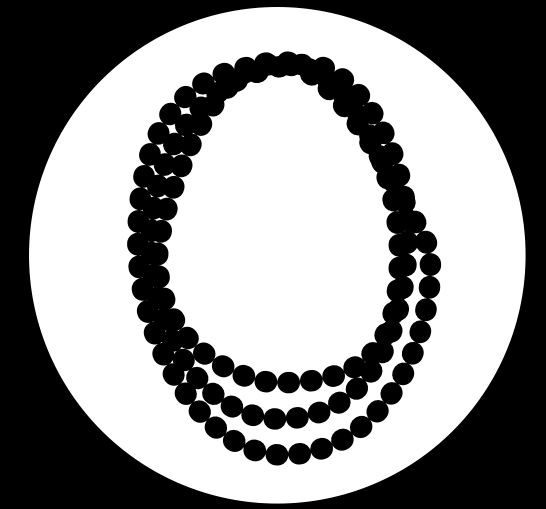
Clothing

The best choice is a long sleeved shirt, jacket or jumper a solid colour, rather than patterns or prints.



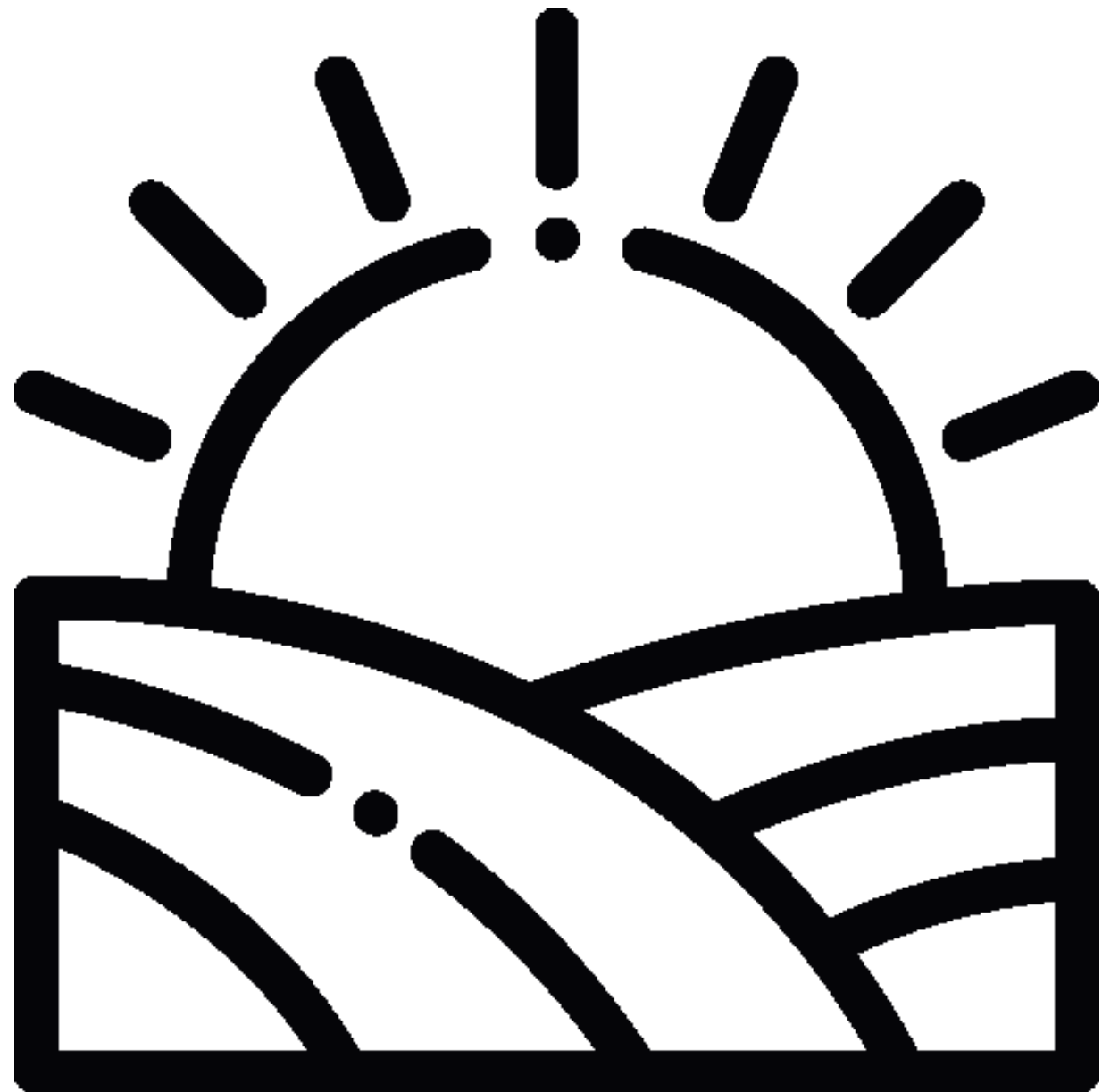
Colours

Choose your clothing in a colour that works for you! Jewel tones and pastels are more flattering than plain white.



Jewelry

Remove any jewelry that makes noise when it moves.



**TO MAKE YOUR FOOTAGE EVEN BETTER,
SHOOT USING NATURAL LIGHT DURING
“GOLDEN HOUR”.**

**Golden Hour is the hour or so immediately after
dawn in the morning, and the hour or so
immediately before sundown in the evening.**

**The sunlight at these times acts as a type of
flattering, diffused light that will give your video a
soft and warm look.**

**This is totally optional - it's just a simple trick to
improve footage (also works on your selfies for
socials!) that we love to share.**

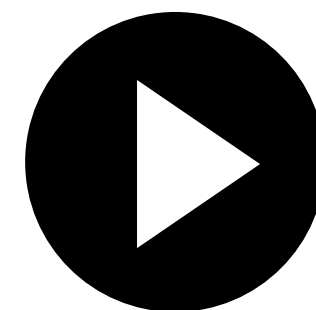
SOUND

Choose a quiet space and shut down all programs and devices that make sounds. Close doors and windows.

Check that the microphone on your phone isn't covered by your fingers or anything else.

Remember that when you move, the microphone will pick up the sound – that includes chair squeaking, foot-tapping and fidgeting.

Don't forget about pets or children that could cause an interruption!



WATCH

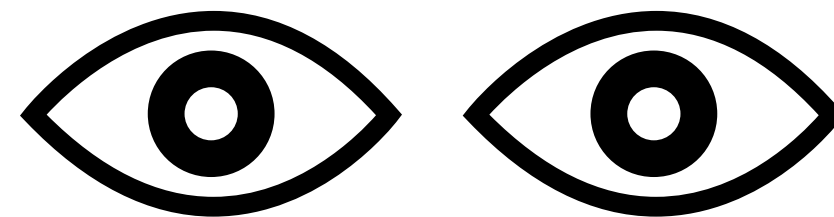
ON CAMERA

Speak clearly and at a conversational pace.



Don't fidget or jiggle or tap your feet.

Keep your eyes on the camera – not on how you look on the phone.



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