

Self Filming Guide



For Distance Learning Unit

There's always a temptation of doing things ourselves. This guide is for *all of us* who want to try to do self-filming for our work; but if you're up for a challenge, then this guide *will help you do just that*.

I'll be covering the basics of *do's* and *don'ts* when filming ourselves with our own equipment.

Cameras

Not everyone owns or could afford expensive professional grade cameras. That's why the most common object used to film ourselves are our *smart phones*. Different brands and models *vary in quality*, but as of late mobile phones are becoming *better in their filming qualities*. Of course you could also use *webcams* and portable *camcorders*.



DO's

Always film in landscape mode!

This is a obvious when you're filming, but often forgotten and overlooked. Due to the design of all camera sensors, filming on portrait often leads to a *poor quality video*.

It's also a *very inconvenient to watch*, it may be fine for those who are watching your video on a phone, but keep in mind, not everyone will be watching it using a phone.

Use the rear camera of your phone!

It is understandable that the front facing camera is more convenient, as you can see yourself whilst you're filming, but the *rear-facing camera will always record better quality videos*, it always has a *better camera sensor and lens*, compared to the front-facing camera.



"Landscape Mode"



"Portrait Mode"



DON'Ts

Don't move too much when you're filming holding your phone!

Moving whilst you're filming often *shakes the camera*, creating really jarring images that at its worst can cause your audiences to *stop watching your videos*, there's nothing worse than watching a video that looks like the person recording is jumping up and down.

Moving too much also causes the camera to go out of focus at times, different brands and models may focus fast but most are relatively slow. An out of focus image can sometimes cause the *audience to disengage* to what is being discussed.

There are thousands of phone tripods that could be bought online, for a cheap price and often on a free delivery. It's a very good investment that could *vastly improve your video*.



Audio

There are audio equipment that cost upwards of *thousands of pounds*, just to record sound! Your audiences will forgive you if you have a terrible video, that has a clear audible sound, but *a video that has a terrible sound is unusable!*



DO's

Speak directly at your phone's microphone!

They are usually *located at the bottom*. You will always get a *better quality sound recording*. Speaking with your head pointed at a different direction will make it more difficult for your phone to record sound and will result to your voice sounding very distant.



DO's

Record yourself in a quiet environment!

This is a no brainer, recording in a quiet environment will always give you a cleaner sound recording, free from background noises that will be competing with your phone's microphone. *Keep an eye out for refrigerators, air conditioning units, and fans*, as the microphone will record the low humming sound they emit.



DON'Ts

Don't record yourself from a distance!

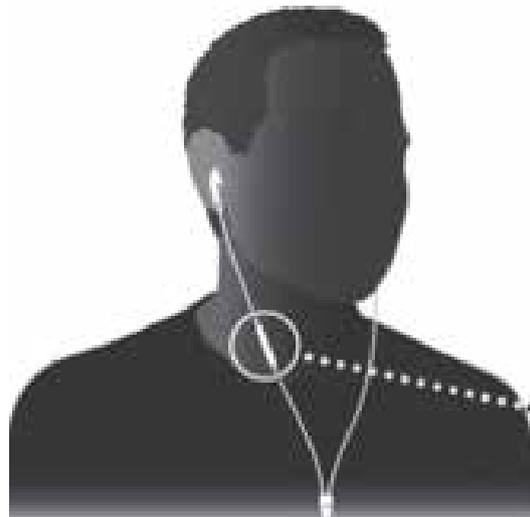
All mobile phone microphones are designed to record from an *arms length distance*, any further than that any the *quality of the audio massively degrades*. The microphones in mobile phones are simply just not sensitive enough to record sound from a distance.



Don't make too much movement!

As previously mentioned anything that's an arms length distance away from the phone, the microphone will record. This includes *shuffling papers, shaking legs*, and many more. If you have sheets of paper that has a script of what you'll be discussing lay them out carefully.

This also applies for sound recording with an earphones that have a built in microphone, moving too much will cause the microphone to rasp against your clothes. *Keep head movement at a minimal.*



Lighting

Lighting is not crucial, however a good lighting on your video, *adds professionalism*, making it more *watchable and engaging*. We've all watched videos that are too dark or too bright, that you could barely comprehend what's going on. Lighting is essentially finding *the right balance*.



DO's

Film in a well-lit environment!

Once again this is a no brainer, filming in a well-lit area will convey a sense of calmness in your video, it'll be *engaging and enjoyable to watch*. Keep in mind the purpose of your video, though dark environments in film may look amazing it may not be necessarily appropriate for the purpose of your video it also often produces grainy videos. *Filming yourself next to a lamp, lights and windows* is the easiest way to do it.

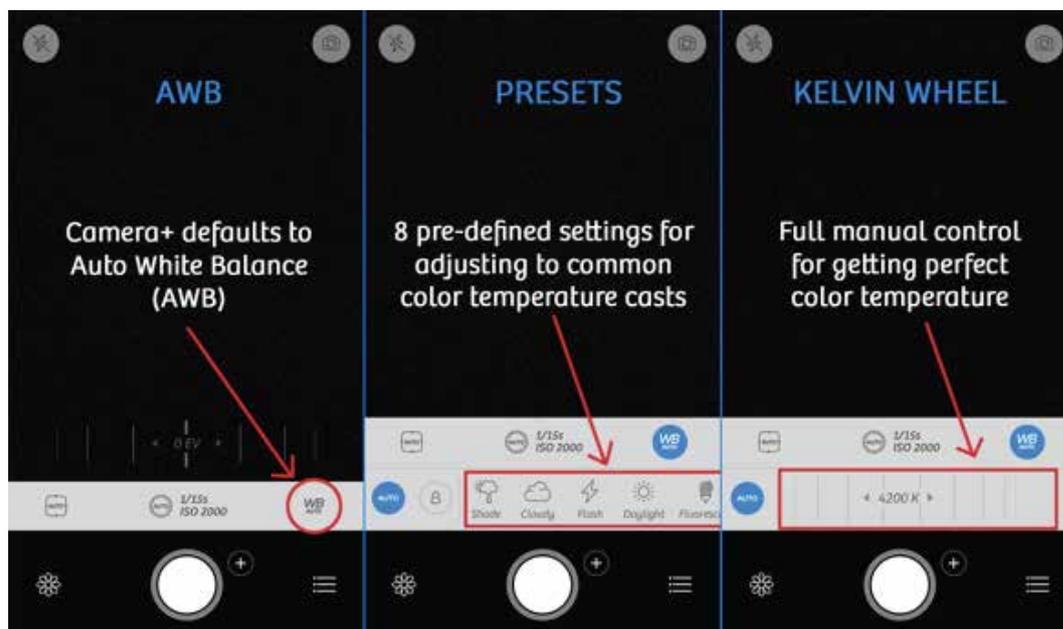


DON'Ts

Don't just press record!

Most phones today packs *many features to improve your video*. There are different modes, settings, styles that you could use, take advantage of it! One that concerns lighting the most is *White Balance*.

White Balance essentially *finding the correct whiteness*. Many phones today comes with the Auto White Balance feature, often enough it gets the correct white balance, but sometimes in tricky situations such as having more than one light source makes it difficult for your phone to find the correct one.



You can also *manually change the White Balance* if your camera can't detect it and set it to the one that is the correct balance, take for example below, it's noticeable which is the correct balance by examining the eyes, if it's blue or orange, it's the incorrect balance.

