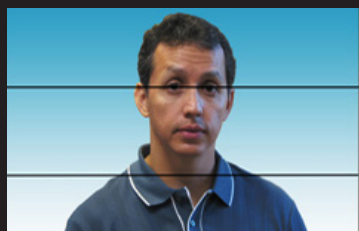




HOW TO MAKE A HIGH-QUALITY VIDEO AT HOME



1. CHOOSE A LOCATION

Find a location with bright available light. Avoid cluttered backgrounds, images, and text that are distracting for the viewer.

2. SET UP YOUR CAMERA

Position your phone or camera **horizontally** on a tripod or stable platform, like a desk or stack of sturdy books.

3. COMPOSE YOUR SHOT

Find a location with bright available light. Avoid showing cluttered backgrounds, images and text that are distracting for the viewer. Using the rule of thirds, align your eyes on the top third of the shot.

4. LIGHT YOUR SHOT

Position the light behind and above the camera, so it illuminates your face evenly. Sit facing a window in your house, or use a desktop lamp.

5. CHECK YOUR SOUND

Check your microphone levels by recording a test shot. **Speak loudly** and clearly. Turn off rotary fans, radios, and other white noise devices.

6. RECORD YOUR VIDEO

Allow for a 3-second pause before speaking, and hold for 3 seconds after recording. This padding helps with the editing process.