



# Video Recording Equipment

Make good use of what you have and what you can get!

## CAMERAS

Use any device that preferably has High Definition (HD) recording and stores video into a memory card, hard drive, or internal memory storage.



Camera for broadcasting/



HD handycam



recording



Phone with HD camera



Tablet with HD camera



Laptop or PC with HD camera

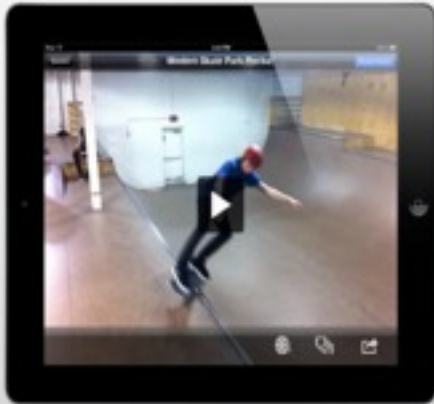
## CAMERAS

If you are using a cellphone or a computer tablet to record video, please record in landscape position and not upright.



Landscape

View or export an assembled movie or export clips for some light post-production on your iPhone or on your computer



Landscape

Upright



Upright

## MICROPHONE

If you have a microphone, use it. You can wear a lapel mic or have a friend hold a microphone near you. Just make sure the mic cannot be seen in the video.

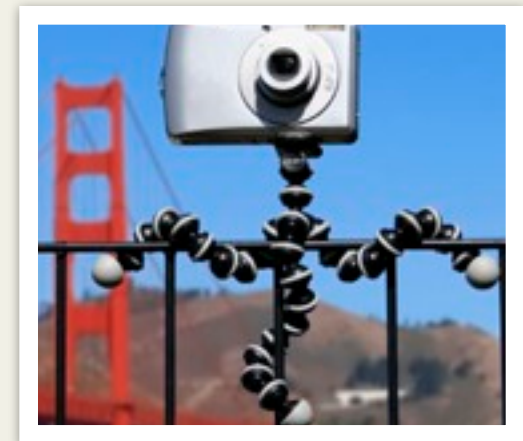
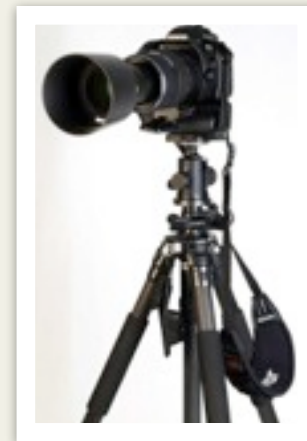
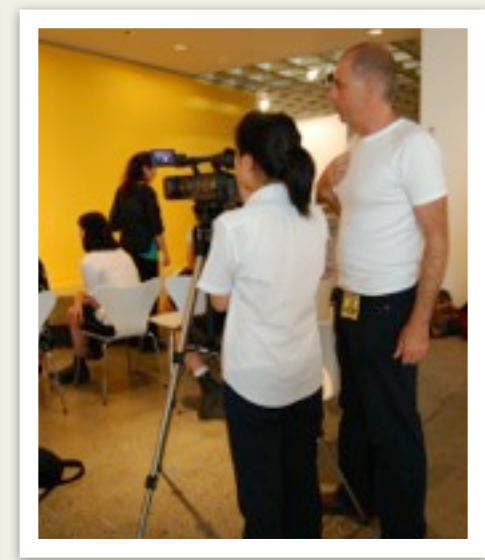
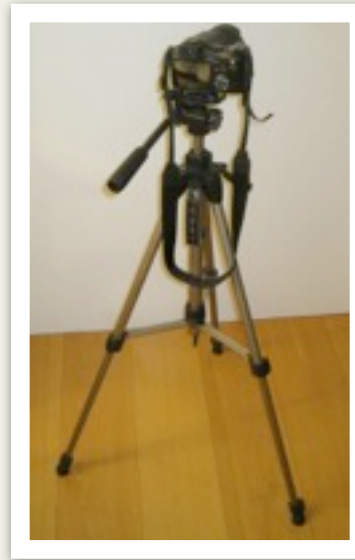
If a microphone is unavailable, be sure to speak louder than usual and be in a very quiet environment. Turn off the air conditioner, put your phone on silent mode, and ask people to refrain from speaking while you make your video.



## TRIPOD

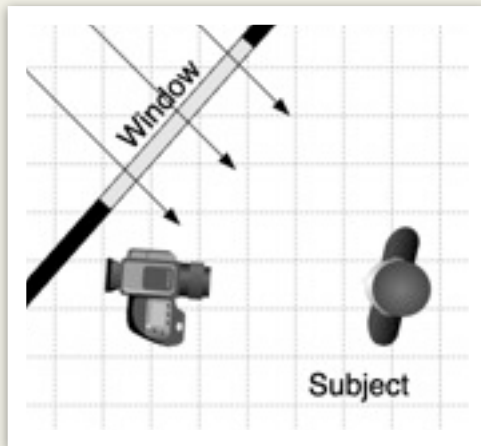
It is important for the video recorder to be mounted on a tripod or any steady base such as a table or a pile of books for a steady shot. No zooming during the video, please!

The photo of the mobile phone in between rocks is not a perfect example but it does show the need to be inventive to achieve a steady shot. 😊



# LIGHTS

Use professional lighting if you have access to it. If not, choose a room with natural light. Additional light may come from the lights in the room and an extra light source such as a lamp to avoid any harsh shadows on the face.



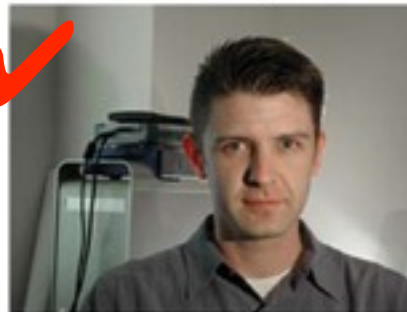
## Examples of Different Lighting Setups



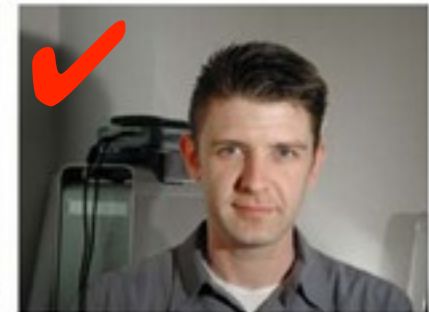
Only the office window and an office lamp



Office fluorescent lights



Two point lighting - back light, key light, and the office window for fill.



Three point lighting - key light, fill light, and back light



Office fluorescent lights plus three point lighting - key light, fill light, and back light