

FANS for the CURE

Guidelines for Filming Video with a Smartphone

PRIOR TO RECORDING

- Make sure that the video settings on your smartphone's camera are set to the ideal recording settings. (See the guidance in the right column of this document.)
- Clean the camera lens on your phone, making sure that it is fingerprint and smudge-free.

DURING RECORDING

1. Prop the recording phone in horizontal position on a desk or platform so that the camera does not move.
2. Film yourself as a medium closeup – i.e., from the chest up.
3. Don't be up against a wall. Step away so that there is not a strong shadow on the wall behind you. Depth in the shot is good.
4. Make sure that the mic on your phone is clear of obstruction. Record in a quiet place.
5. Make sure that you are well lit. The light on your face should be brighter than your background. Try not to use windows in your background unless it is a very overcast day.
6. Record the video in selfie mode.
7. Start the recording, wait for 5-7 seconds, and then start talking into the camera.
8. When recording, look into the camera on the phone – and not at yourself on the phone screen.
9. When you are done speaking, keep your eyes looking straight at the lens and smile for another 5 seconds.

Video camera settings on iOS

1. On your phone, go to Settings > Camera.
2. Set "Record Video" to 1080p at 60 fps (or 30 fps)
3. Toggle "Record Stereo Sound" to ON.

Video camera settings on Android

As Android phones can ship with a range of different camera apps, please make sure that your camera is set to record video at 1080p at 60 fps or 30 fps. Also, make sure that the camera is set to record sound in stereo.

Sharing your recorded video with Fans for the Cure

Videos of even a minute or two are often too big to email or text.

To share the video with Fans for the Cure, please upload the full version of your video to your preferred cloud storage: Google Drive, Dropbox, OneDrive, SharePoint, etc.

Then please send an email with the location and access details to info@fansfortheure.org.