

How to shoot a video?

1- Prepare

Take some time to think about what you want to say. You can write notes or a script. You can also rehearse in front of the mirror.

2- Get the camera ready

Before pressing play, make sure your camera is working properly and the sound is good enough. You can test this beforehand.

3- Avoid an Earthquake with Your Camera

Instead of trying to hold the camera while you are talking, try using a tripod or place your camera/phone on a steady surface.

4- Get into the picture:

Place the camera in a horizontal position, not vertical. Position yourself in front of the camera looking straight forward, not up or down. Make sure there is enough space between your head and the top and bottom of the frame.



5- Look around

It is better to film during the day, with enough natural light coming from the front. Also, look around! Choose a nice background. A busy setting can be distracting; a simple white wall can be the best background. Make sure no noises are coming from the street or inside the house.

6- Be yourself

Be honest, confident and have fun. Practice will help you loosen up. Remember to say hello, introduce yourself and thank the audience at the end. Speak clearly and don't forget to smile!