

LE **F i F A**

How-to guide for filming yourself

Camera

- Use a computer with an **HD camera**.
- Or, use your smartphone with a camera. The back camera is better than the selfie camera. Set the camera resolution to 1080p if available; if not set it 720p.
- Make sure that your camera is stable. Ideally, use a tripod or other kind of support.
- The recording should be about 2 minutes long.

For additional help on changing the resolution of your smartphone's camera, follow the links below:

<https://support.apple.com/en-ca/guide/iphone/iphc1827d32f/ios>

<https://www.upphone.com/learn/how-to/android-how-to/settings-android-lh/android-camera-settings/>

Noise

- Record yourself in a quiet place, absent of any loud surrounding noise.
- Ideally, an interior room, where you are alone, with the door and windows closed.

Clothing

- It is best to wear a plain top, so as not to distract attention and/or have a distorted image.

NO



YES



Light

- Place yourself in front of a light source:
 - Natural light (window);
 - Front light (ring light) or other.
- Do not stand with your back to the light, as your face will be shaded.

NO



YES



Framing

- Adjust the height of your camera so that it is levelled with your eyes.
- Make sure you are in the center of your camera frame.
- If possible, find a location that has some depth. For example, avoid having a wall right behind you.
- Record in **landscape mode**.

NO



YES

