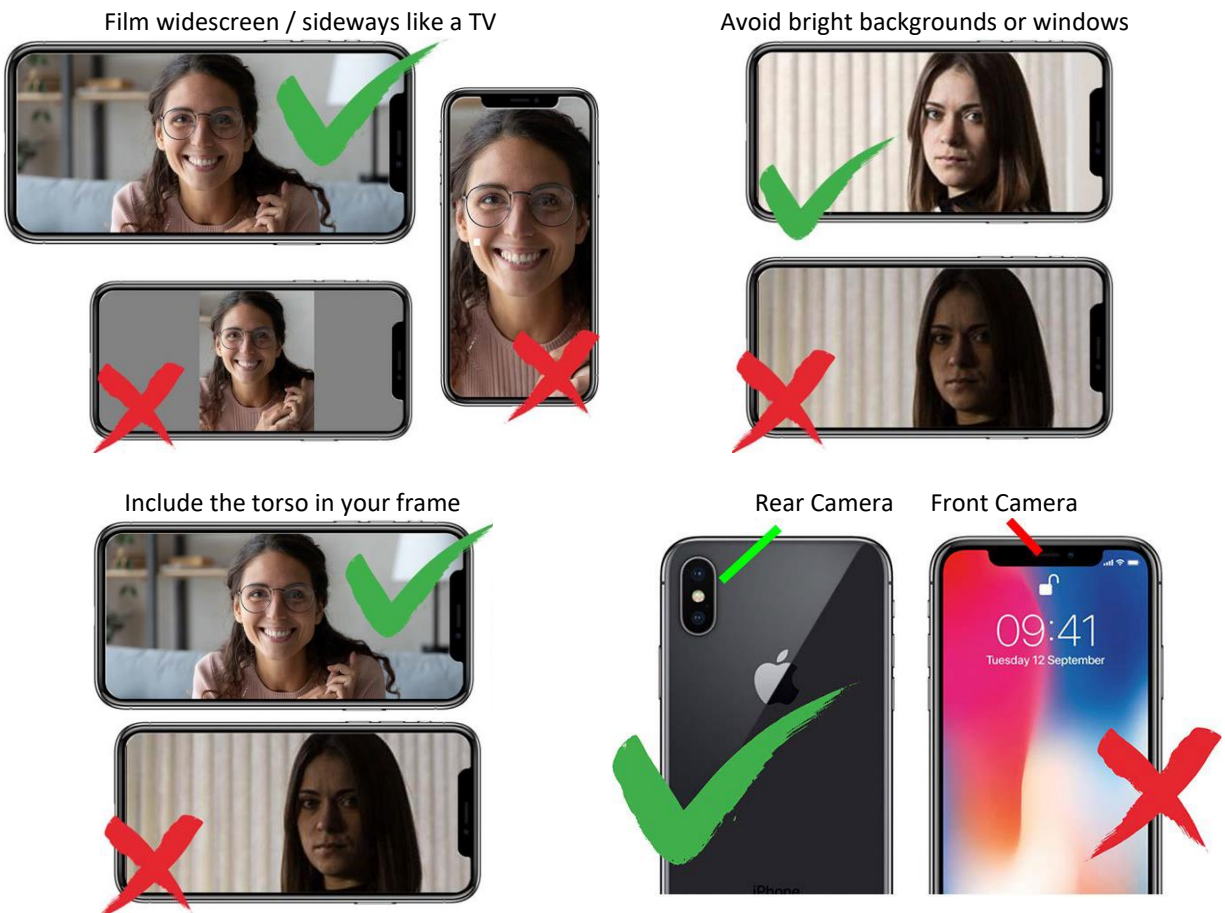


# SELF FILMING GUIDE

## SHOOTING TIPS:

- Shoot in landscape framing (wide screen) and not portrait (tall screen).
- Have someone else hold the phone / camera for you.
- Hold the phone as still as possible or put it on a tripod if available, or lean it on a stand for a stable shot.
- Stay close enough to the phone so that the microphone can properly “hear” you.
- It is better to use the main “rear” camera than the front “selfie” camera.
- When you film yourself, please look at the camera lens, and not the screen.
- Don’t stand in front of a window or bright areas or the background will be over exposed and be brighter than the person on film.
- Film yourself from the torso up and not just the face.
- If filming outside, please avoid windy areas and stay close to the phone so that your voice can be heard.
- If you are outside, stand in a shady spot with a shady background.
- **Avoid wearing clothing with logos** or recording any recognizable art or logos in the background of your video.



## CAMERA SETTINGS FOR OPTIMUM RECORDING:

- Please use the highest quality phone / camera in your home.
- Record the video at **30 frames per second** (not 60 or 24) and in **4K or 1080 mode** or the highest quality setting on the phone.
- If your phone has the Auto Low Light FPS option, please turn it **OFF**.

## UPLOADING THE VIDEO CLIP:

- The video clip can be uploaded from your phone with this link:
- <https://reconciliationandme.portal.massive.app>
- Use upload password: NCTR2021