

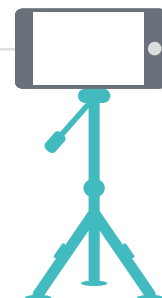
# Improve your smartphone still, vision and audio capture

The mobile/smartphone is a versatile tool that most of us are accustomed to using. Light, compact, easy to carry and the most likely capture tool you'll have in any situation.

Here are a few basic tips to help you get the best results:

## Remain steady

- Shaky images can render your vision unusable.
- The small amounts of movement that always occur when hand-holding a device are not readily apparent on the phone's small LCD screen but are significantly magnified when the image is played back on a large screen.
- Hold your phone steady using both hands but be careful not to obscure the lens.
- Use a tripod, a selfie-stick or rest the phone on a level surface that's handy to your subject. You can always use rubber bands or clips to secure your phone to a stationary object if you don't have a suitable mount.
- Ensure the phone is as level as possible.



## Always shoot horizontally or in landscape format

- If you're recording stills or video for media or social media make sure you turn the phone around. Portrait or vertical shots don't look great in your standard 16x9 widescreen format.



## Limit the use of pan (horizontal) and tilt (vertical) movements during recording

(unless you are trying to achieve a particular effect)

- Vision that sweeps from side to side from topic to topic is not ideal in video production.
- Only use pans and/or tilts if they add information.

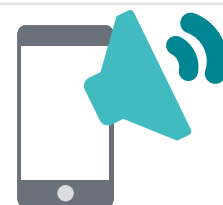


## Frame your image

- Consider the background, before you commence recording. Try to avoid unnecessary distractions behind your subject and beware the photo bomber.
- Avoid zooming – it is better to stay wide and move closer to your subject if you need to.
- Check what is happening behind your subject. Check that correct techniques or required PPE are being used.
- Try to have the background add extra information that aids the storytelling.
- Always get your subject to 'look into the frame'.

## Get the best audio possible

- Where possible, find a quiet location to make your recording.
- Listen out for ambient noise, before you commence recording.
- Check what is happening behind your subject. Advise people in the general vicinity that you're making a recording.
- Microphones can pick up more than you might imagine. Beware of inappropriate dialogue in the background.



## Use natural light to your best advantage

- For general shots, try to stand with the sun or light source behind you.
- Don't point the phone at a light source and avoid shooting with the subject in front of a window, unless you're trying to achieve a silhouette effect.
- Look for bright, well lit scenes that will give you optimal results.
- Filming in total shade can give you a better result than filming in half sun, half shade which will give you high contrast areas.

## General information

- Make sure people wear appropriate dress, for example correct PPE or sun smart clothing – hats, shirts with sleeves and sunscreen.
- Obtain video consent from all participants.
- To maintain the resolution and quality of your video, transfer footage via a file sharing platform rather than via email e.g. OneDrive, WeTransfer or Dropbox.

