



HOW TO MAKE VIDEOINTERVIEWS

:

Co-funded by the
Erasmus+ Programme
of the European Union



CONTENTS

		page
TIP 1	Find a quiet place with good light source	3
TIP 2	Choose a spot for recording	5
TIP 3	Use your smartphone in landscape mode	7
TIP 4	Place your smartphone on stable surface or tripod	8
TIP 5	Frame interviewee in a good way	10
TIP 6	Use either front or rear camera	11
TIP 7	Check video quality settings	13



TIP 1

FIND A QUIET PLACE WITH A GOOD LIGHT SOURCE

Because we are using a smartphone or camera to record ourselves, it is very important to do this in a **quiet environment**.

- Having **enough light** means video quality is good for post-production.

- Light source can be simply window and sunlight (only not behind the interviewee's back). Any additional light is a huge plus for video quality.

- Please try to avoid rooms with sound echoes, like hallways or staircases. Avoid the outdoors due to noise and wind.

- Having **good sound** means quality is good for post-production. The additional microphone would be good for better sound.



TIP 2

CHOOSE A SPOT FOR RECORDING



- Look around and see where is the best (comfortable) spot to sit or stand.
- Always have a **light source** or window **behind or beside a smartphone or camera.**
- **Try to sit or stand at least 1 to 2 meters** far from the background to achieve the depth of field (blurry background) as much as possible
- **Get some details** in the background or foreground in some of the project logo colors (picture, pillow, vase, flowers, your clothes, or something else in the colors of the logo)
- It would be useful to take some **wide shot, middle shot** and **close up plans.**

TIP 3

USE YOUR SMARTPHONE IN LANDSCAPE MODE



Portrait



Landscape





TIP 4

PLACE YOUR SMARTPHONE ON STABLE SURFACE OR TRIPOD

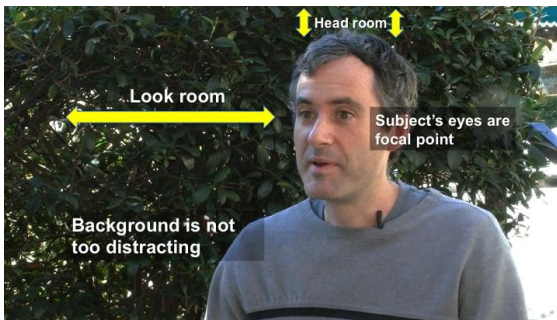


- If you have tripod with smartphone mount, use it to frame yourself.

- It is best to place your smartphone on stable surface, gently leaning against some books, for example.

- You can also get someone to record you by holding a smartphone with both hands for better stabilization and avoid shake.





TIP 5

FRAME INTERVIEWEE IN A GOOD WAY

When you frame interviewee, it is good to follow some rules of framing:

- **Rule of thirds** is one of the most important rules of framing (picture 1)
- Head room (space between head and upper frame) should be 3-4 fingers approx. high (picture 2)
- Also, for selfie recording frame yourself from shoulders up if it is possible (picture 3)
- Remember: the person behind the camera is responsible about good picture. The camera has to be on the level of the interviewee eyes.

TIP 6

USE EITHER FRONT OR REAR CAMERA



- If you are making the recording by yourself, please use the **front facing camera** (selfie camera) to be able to see what is happening during the process
- If someone is assisting you, please use rear camera for better quality of video

TIP 7

CHECK VIDEO QUALITY SETTINGS

< Camera Record Video

720p HD at 30 fps

1080p HD at 30 fps



1080p HD at 60 fps

4K at 30 fps

A minute of video will be approximately:

- 60 MB with 720p HD at 30 fps (space saver)
- 130 MB with 1080p HD at 30 fps (default)
- 175 MB with 1080p HD at 60 fps (smoother)
- 350 MB with 4K (higher resolution)

By default, smartphones record in full HD. We do not need better quality than that

- In the smartphone camera settings menu you can check the default settings and make sure to have at least 1080p and 30fps
- The same applies to the regular camera. In options find Full HD 1920x1080p 23,976 fps or 30fps

SENDING THE FILE

Finally, send the videofile to editing team. This is also important step because there are too many ways to send files today, but most of them compress files which means downgrade quality of video.

The best way is to save your video and move to your computer.

Send video using We transfer file service:

<https://wetransfer.com>

You do not have to sign up as your file is big enough to send with free version.



balance



digital work-life

This programme has been funded with support from the European Commission. The author is solely responsible for this publication (communication) and the Commission accepts no responsibility for any use that may be made of the information contained therein 2021-1-EE01-KA220-ADU-000028237

Co-funded by the
Erasmus+ Programme
of the European Union

