

FILMING AT HOME

A quick guide

INTRODUCTION

This quick guide gives the basics on how to produce an informative and enjoyable video. This quick guide gives the basic on lighting, orientation and framing to help you film at a higher quality.



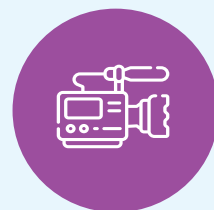
WEBCAM



SMART PHONE



CAMERA



CAMCORDER

WHAT CAMERA CAN YOU USE?

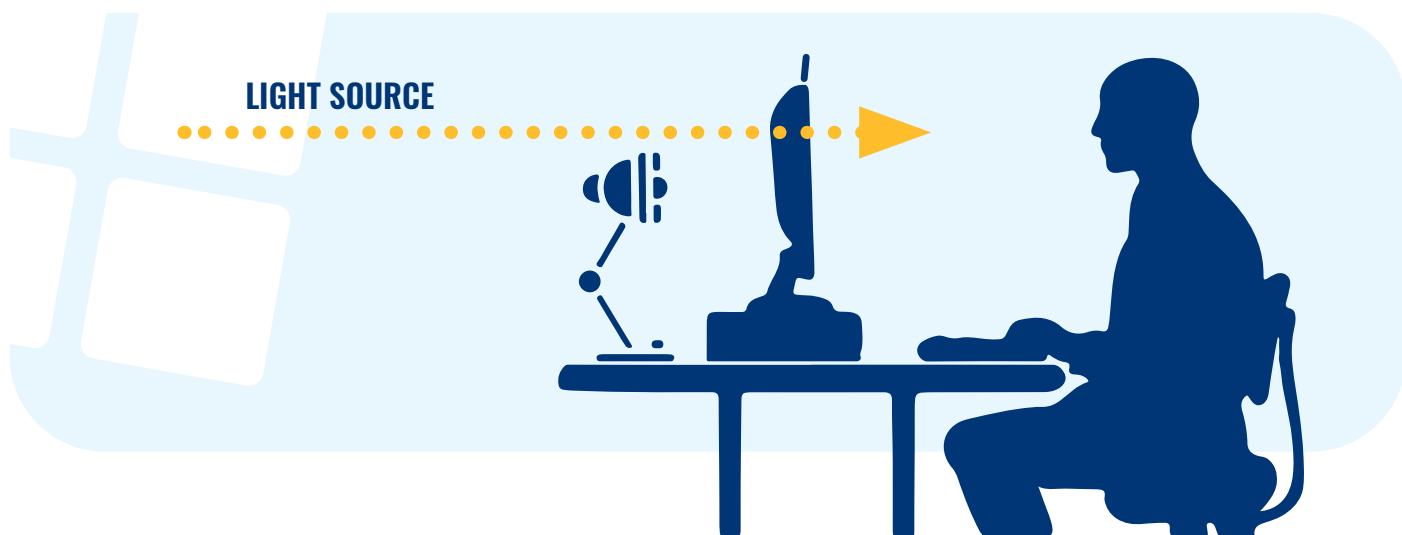
You can use a webcam from your computer, your smart phone, a point-and-shoot camera, DSLR/ Mirrorless cameras, or a camcorder if you have one. If you prepare using the hints below these cameras can all provide good quality results. Webcams are usually much lower quality than smart phones, so if you are able, please use the reverse camera on your smart phone (the screen/front facing camera is also lower quality).

LIGHTING



- If you can film using natural light from a window, position your computer/camera/phone so that you are facing the window. Avoid having window light or any other source of light behind you as it may leave your face too dark.
- Overhead lights are better than none, however this kind of lighting isn't always flattering and can sometimes leave shadows on your face.
- A better solution is to set one or two lamps on either side of your computer/camera/phone shining on your face to provide a soft, even light. If that is not bright enough, try removing the lamp shade. Whichever light you use ensure that it is in front or slightly to the side of you, not behind.





AUDIO RECORDING

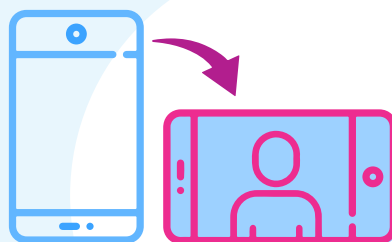
Check the sound quality before you start filming. Try to find a quiet room and avoid air conditioning or any other noise from external sources, i.e. traffic, lifts, door slams or people talking etc.

LANDSCAPE VIDEO ONLY

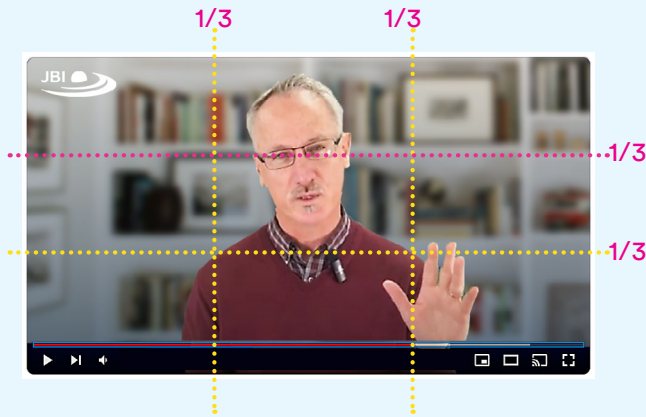
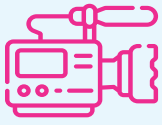
Computer monitors, televisions, even websites, all have landscape-oriented displays.

Please ensure that you turn your phone on its side and record your video in **landscape** (horizontal) - never film with the image in portrait (vertical).

PORTRAIT



LANDSCAPE



FRAMING

The rule of thirds. Try to frame your face so your eyes are 1/3rd from the top of the frame and don't sit too far from the camera.

RAISE THE CAMERA TO EYE LEVEL

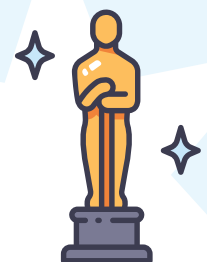
Try to avoid filming yourself looking down. The solution is to bring the camera up to your eye level, or even slightly above. Try stacking a few books underneath your laptop/phone/camera or lowering your chair.

SIMPLIFY THE BACKGROUND

Keep the background as simple and uncluttered as possible. Choose a clean, bright wall. Tidy up your bookshelves or walls so they are not distracting. Close any doors that might be in the background.

REMEMBER

- Always film landscape (horizontal)
- Ensure that your background is uncluttered
- Raise your camera to eye level or just above
- Ensure that you have a good source of light (natural or lamp) on your face (never behind)
- Test your audio, find a quiet spot with no air conditioning, street noise etc.
- If you are able, use the reverse camera on your smart phone
- Where possible use a tripod or ensure your phone/camera is propped up against a stable object



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