

Best Practices for Video Recording a Single Individual

Before recording

Drink some water before recording. This helps avoid clicks, pops, and a croaky voice.

Phone Settings:

Utilize the default camera resolution, lens, and frame rate settings. If the individual doing the recording is proficient in adjusting settings and the phone offers 4K resolution, consider recording in 4K.

Location:

Select a quiet location. While complete silence is not necessary, avoid areas near busy streets. Ensure that the background does not exceed the brightness of the subject. For instance, avoid recording indoors in front of a window during the day.

Framing:

Record horizontally. Position the subject slightly off-center and leave some space above their head. Refrain from using zoom; instead, move the camera forward or backward to frame the subject effectively. See the examples below.

Examples:



