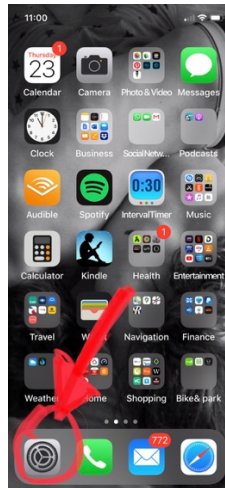


*These settings are for I phone x – but they should be similar across most phones.*

## SETTING YOUR PHONE UP

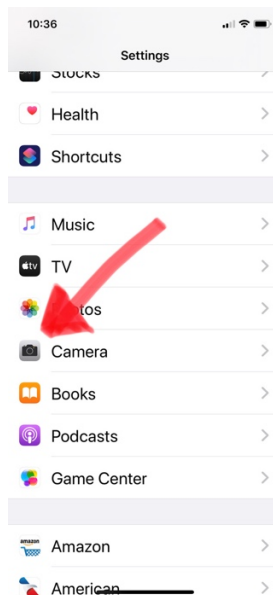
### STEP 1:

Open your settings



### STEP 2:

Scroll down to your camera symbol and click/tap open

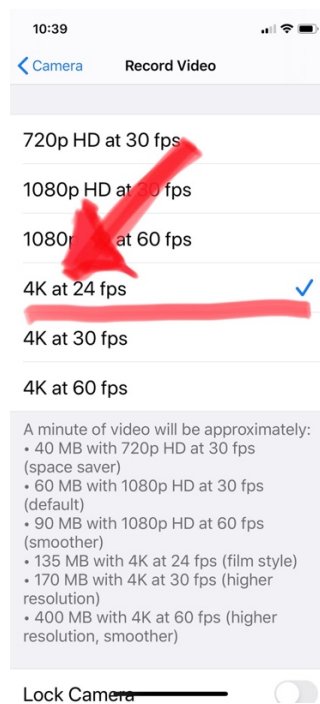


### Step 3:

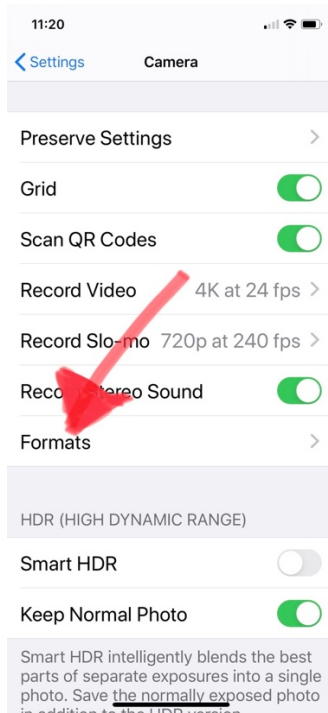
Select Record Video



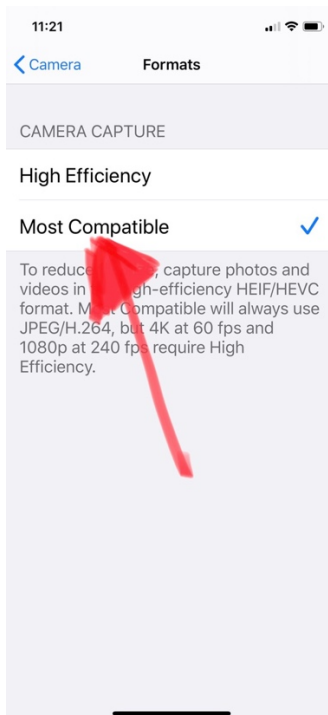
Step 4:  
Select 4K at 24fps



Step 5:  
Go back into camera menu and select Formats



Step 6:  
Select most compatible



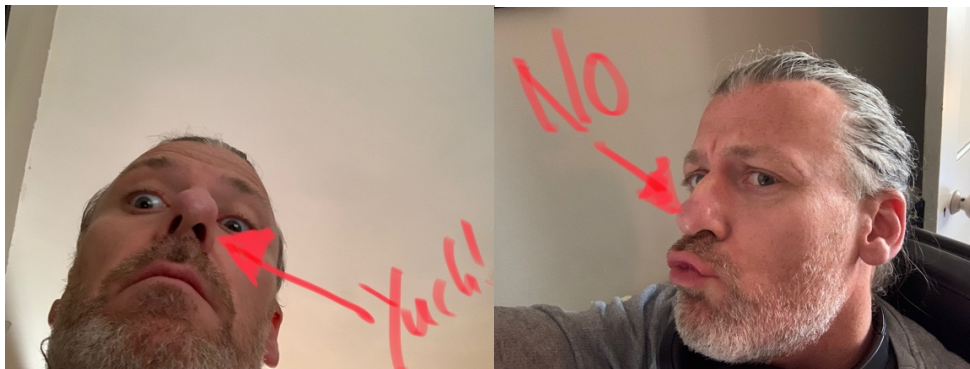
Now you're ready to record.....

## FILMING ON YOUR PHONE

Turn your phone onto its side and hold it in landscape



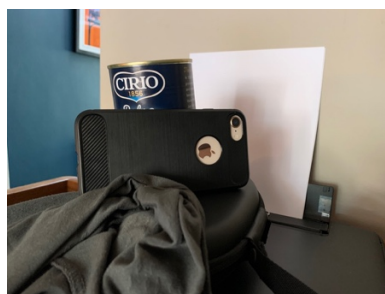
Try and keep your phone eye level – you don't want to show us what's up your nostrils.



The steadier the phone the better – so if you can place it on a firm / level surface to get your shot

Likewise, if there is someone else who can hold the camera and set up the shot for you and then place the phone on steady surface all the better.

A T-shirt/pants or a sock plus a tin can make a surprisingly good anchor point (any tin, it doesn't have to be chopped tomatoes)



If you are filming action / or people, try and hold the shot for 20 seconds before you move the camera to focus on something else

If you have access to 2 phones (partners or child's) you can always use one to get your main shot (ie the camera is set up to capture the whole scene.) The second camera is now your roving camera – but remember the rule of holding your shots for 15-20 seconds before you move the camera on to your next subject

## **AUDIO**

Very simple – the less your phone moves – the better the audio – especially outdoors where if the phone is moving around a lot it will amplify the wind rustle.

Again if you have access to two phones use your main phone to record your principle audio – so try not have the shot too far away from the sound source

### **NB**

IF YOU'RE USING TWO PHONES – DO WHAT WE WOULD CALL A SYNCH CLAP – THAT MEANS YOU START RECORDING ON BOTH PHONES POINT THEM AT ONE PERSON AND MAKE A LOUD CLEAR CLAP AT EYE LEVEL – THAT WAY WE CAN SYNCH UP THE SOUND AND PICTURE TOGETHER

IF YOU STOP RECORDING ON ONE OR BOTH CAMERAS – YOU WILL HAVE TO SYNCH CLAP AGAIN