

## How to Record Your Video

### Choosing your technology

- The first step is to determine whether your computer or your phone has better video and audio.
- If you have a recent iPhone, this is likely the better quality, but if you have an Android or an older iPhone, your laptop may be of better quality.
- You can record on your computer using the “Photobooth” app if you have a Mac, or the “Camera” app if you have a windows computer.

### Positioning

- Put some distance between you and your background. Darker walls/backgrounds are better than lighter/white ones.
- Your camera should be roughly at the same height as your eyes. You don’t want to be looking down or up at the camera.
- If you can’t change the height of your chair/seat, use books/magazines to raise your computer or phone. Slight angle discrepancies are ok.
- You want to look at the camera when you’re talking (at top of screen), not at your image on-screen.

### Lighting

- You want more light on your face than on what’s behind you. (If it’s equal on both, ok, but do not let the background be brighter than your face.)
- Use “soft” light on your face—think of the light on a cloudy day. Not harsh, no strong shadows. To achieve that, use a lamp with a warm/opaque lampshade. If using windows, use a sheer fabric/curtain.
- If you have only one lamp/light source, ideal location of that light is slightly above the computer’s screen, falling down onto your face. (It can be slightly off to one side versus the other.)
- If you have two light sources of equal brightness, put them on either side of computer screen, lighting your face equally from both sides.

### Audio

- For the clearest possible sound, be in a quiet space, and try to get your mouth as close to your microphone as possible.
- If you have a tracking mic at home, that’ll be the best quality. (If you’ve got one, you likely know how to use it and connect it to your computer.)
- Apple’s AirPods (or other bluetooth/wireless headphones) are the next best option because the mic is right by your mouth, the earpiece is largely hidden in your ear, and there are no wires.
- Otherwise, just use the built-in mic on your computer or phone!

### Ready to upload?

Upload your video to our the [Health Voices for Climate Action Google Folder](#) and email Bev Harp at [bharp2@gmu.edu](mailto:bharp2@gmu.edu) to let her know you have done so.