Tips for filming:

* **Pick a quiet place.** The audio is the most important part.
  + Try to be within a few feet of whatever you’re filming with.
  + If one is available, please use a microphone.
* If you feel comfortable doing so, look directly at the camera and **set the camera at eye height** on a tripod or a steady surface. A stack of books works great!
  + Stand or sit in front of a background that isn’t too cluttered. You want people to focus on you, so keep the background as simple and uncluttered as possible.
  + Don’t sit or stand directly in front of a wall. Some space creates depth, which makes the shot better.
  + Position yourself centrally in the frame and about two feet back from the camera. The bottom of the camera should be in line with your chest.
* **Shoot in a horizontal position**
  + 16x9 for you tech types!
  + If using a phone, the picture should fill the whole screen. See below for an example.
* **Make sure you are well lit.** 
  + Please do not film with your back to a window or bright light.
  + Experiment by moving around a bit and try a few angles to get the best light on your face.
  + Watch out for mirrors/reflective surfaces (like pictures on walls) in the background.
  + If using a light - be careful not to be too close to a white or light-colored wall, the light will bounce back and cause issues for the camera.
* You don’t have to jump right in - film **4 to 5 seconds of silence** at the beginning before you speak.

Tips for audio:

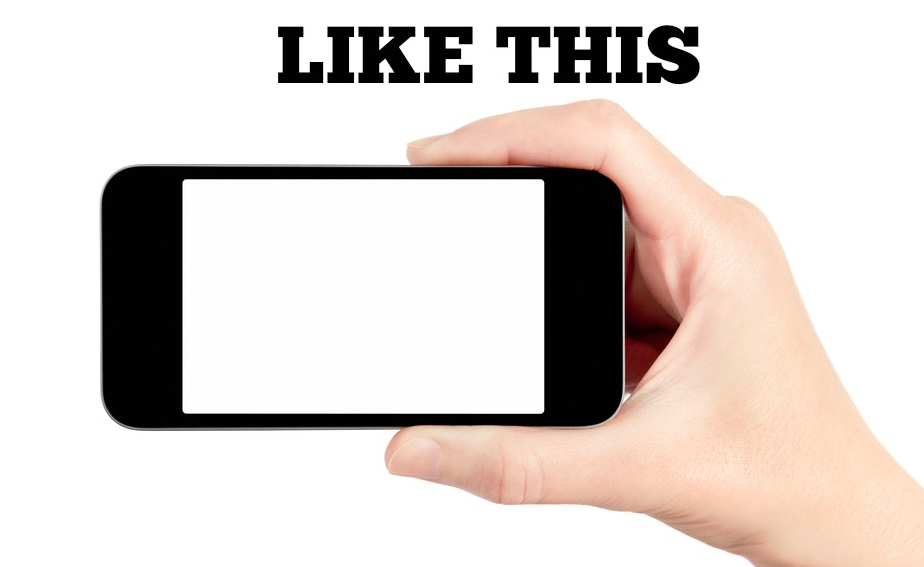
* No equipment? No problem: **Phones work great for this**
  + every iPhone has an app pre-downloaded called “Voice Memos” that will allow you to record and send a file via email
* **Pick a quiet place.** Close doors, silence phones, and let everyone know you’re recording!
  + If one is available, please use a microphone.
* **Hold whatever you’re recording with close to you.** 
  + If it’s a phone, try placing it like you’re talking to someone on speaker phone.
  + If you are an AAC user, try placing the recorder 6 to 12 inches from the device’s speaker.
* **Take it slow**! If you’re using a script, no need to rush through it.
  + You can speak in your regular voice, too.
* **Record 4 to 5 seconds of silence** at the beginning before you speak.

However, these are just suggestions. If they won't work for you - for example, if you don't have a blank wall - please consider submitting anyways. We'd love to hear from you and we appreciate you taking the time to record!

Technical specs if using a non-phone camera such as a DSLR:

* 1920 x 1080
* 30 fps

Examples:



Position yourself centrally in the frame and about two feet back from the camera. The bottom of the camera should be in line with your chest.



1. Too far away - feels impersonal and awkward
2. Just right!
3. Too close - a little intimidating!



Leave enough room above your head - your eyes should be in line with the top of two imaginary lines dividing the frame into 3.

