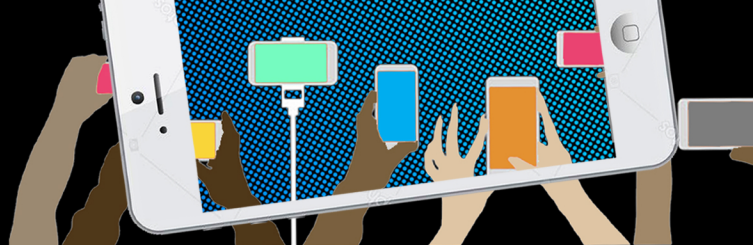


TELL YOUR STORY: RECORDING A SELFIE VIDEO FOR HUMAN RIGHTS



FOLLOW THIS GUIDANCE TO ENSURE YOUR SELFIE VIDEOS LOOK AND SOUND THEIR BEST.

VIDEO TIMING

After you start filming, wait for at least 5 seconds before you start speaking to the camera, and wait 5 seconds before ending the recording. This will help you in the editing process.

GET A STEADY SHOT

Prop the camera up on a stable surface (use a tripod if you have access to one). Many apps like Instagram and Snapchat offer a “hands-free” option where you can film without having to press a button. You can use the app to film the video, then download it to your camera roll. Just make sure not to post it to the app publicly.

LIGHTING

If you film inside, sit near a window, but make sure the window/light is directly across from your face (and behind your phone/computer). This will help provide a nice light on your face.

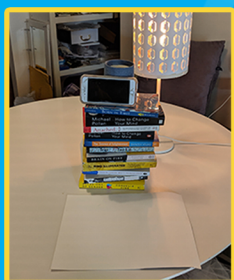


You don't want the window/light behind your face, because it will create backlighting.



If filming outside, the sunlight should be fine, but make sure the surroundings aren't too noisy. Try to avoid filming around noon when the sun is the highest as it casts more shadows on your face.

If you aren't able to find any natural sunlight, then another option is to take a lamp and set it next to your phone. The lamp should be in line with and slightly behind your phone so that the light falls nicely on your face. Then put a piece of white paper or a white tablecloth on the table you are sitting at but make sure it can't be seen in the frame. The white paper or cloth will bounce light from the lamp, which helps get rid of shadows on your face.



FRAMING

Film horizontally as opposed to vertically.

Place your phone/camera on a surface that is eye level with you or slightly higher so that it looks like you're looking into the camera and speaking to people directly. You may need to stack books to help boost your device to the right level.



When setting up your camera, some depth in the background is preferred, as opposed to sitting directly in front of a wall.

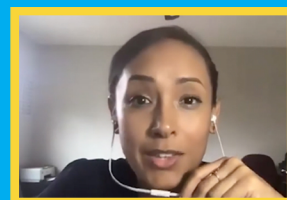


AUDIO

Try to find a quiet location to film if possible. Beware of background noises outside like sirens and cars honking. Also beware of noises inside like children, fish tanks or AC units. Turn off the latter if you can!

If you don't have access to a quiet space or headphones with a mic, then hold the phone as close to your face as possible while still capturing your whole face in the shot.

If you have headphones with a mic on them, plug in your headphones while you record to maximize sound quality.



SHOW AND TELL

When possible, try to include footage that helps people visualize what you're describing. For example, if you're talking about a food shortage, showing empty shelves or long lines at grocery stores could be helpful. You may also be able to use free stock footage.