

# Tips for Recording Video on your Smartphone

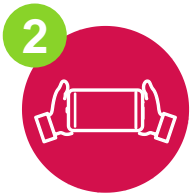


**Note:** If you're recording a video of yourself, put the phone in "selfie" mode to reverse the camera. For tips on lighting, sound, backgrounds and dress code check out our "5 Tips for Virtual Presentations" Handout on the [Speakers Bureau BayerNet page](#).



## Hold the phone horizontally, in landscape mode

**Note:** The only time you may need to shoot a video vertically is if you are recording an Instagram story.



## Keep a steady shot.

Consider purchasing a **tripod for your smartphone**. If you don't have a tripod, **hold the phone with both hands** as your elbows rest on a table between you and the subject.



## Do not zoom in on the subject; stay wide.

- // **Position the camera so the subject** is shown from elbows up. This will make sure you are **close enough to get decent audio**.
- // If you are recording yourself, **prop your phone up in front of you** (or use a tripod) and **make sure your face, shoulders and upper body are in the shot**.



## Record in a controlled, quiet environment.

- // Video taken in a **windy field** or **inside a greenhouse** may be **too loud**. Do a take or two to **test the sound** first.
- // If the goal is to get an **outside shot**, aim to get the video on a **non-windy day**, and have the **subject speak as loud as possible**.

## How to Save Your Video on the Computer



- 1 Make sure you have **OneDrive App** on your device. [Instructions for downloading the app can be found here, if needed.](#)
- 2 Go to the video file in Photos icon; **Click Share** button; Select **OneDrive App**; Select your account with your photo and email address; then click **upload to OneDrive** (If you need assistance, [this video](#) shows how to do it at 1:26)
- 3 To share the video the video: Go to **OneDrive App**; Find your file; Hit the three dots under the file on bottom left; **Click Share**; then **choose where you would like to share the video to** (i.e. social media, email etc.)