

REQUIREMENTS

What we need from you:

1. **The Video**
2. **Licensing Agreement Form:** This gives us your permission to use your video in our documentary; without this we will not be able to use your recording
3. **(Optional) Appearance Release Form:** This is required by us only in the event someone other than yourself appears in the video

GUIDELINES

Video:

Camera:

- You may shoot on any phone with a good camera (iPhone, Samsung etc.) or a DSLR.

Shooting:

- Ideally, please ask a friend to film you.
- However, if you are by yourself, please try and use a Tripod.
- As a last option, please use some stacked books on a table close by to balance the phone while it shoots you.

Style:

- If shooting with a phone camera, please make sure that you shoot horizontally (i.e., landscape mode) and not vertically (i.e., portrait mode).

Format:

- If recording with a DSLR, and the option is there, please make sure the settings are as follows:
 - Aspect Ratio - 16:9
 - Resolution - 1920x1080 (minimum)
 - Frame Rate - 25 frames per second

Lighting:

- Please make sure that the location is well lit and is sufficient lighting ON your face and eyes.
- Please make sure that you are facing the strongest light source. For example, do not stand with the sun behind you otherwise you would appear silhouetted in the video.

Eyeline:

- Please make sure that you talk to the camera as if talking to the audience beyond. Having said that, feel free to physically express yourself in whatever way makes you comfortable.

Audio

Environment:

- Please choose a location with a quiet environment.
- If you are indoors, please turn off the air conditioner or any other device that may interfere with the audio.
- Avoid shooting outdoors if the conditions are windy as this will be picked up by the video.

Microphone:

- Regardless of the camera you use, please do a test recording to make sure that your distance from the camera is appropriate and that the audio is captured properly.
- We do not necessarily need audio recorded separately; the audio recorded by your camera or recording device should be sufficient.
- Please do go ahead and use a microphone for recording audio separately if that is preferable to you, but there is no compulsion to do so.

Exterior:

- If shooting outdoors, make sure you do so during the daytime (please see lighting guidelines).
- Please make sure that the environment is not noisy; perhaps choose a time of day when there are fewer people around.

Location Permission:

- Regardless of where you shoot, please make sure the owner of the place is okay with you doing so.

Additional info:

- As an option, you may choose to shoot against a backdrop that represents where you are or where you come from. For example, if you are in Paris, perhaps you could film yourself in a balcony that overlooks the Eiffel Tower.
- Please speak in the language you're comfortable in – your thoughts will be best communicated in this manner
- If you can edit your file and send it, that would be the best option. If not, please send us your entire file, we'll edit it as required at our end.

Director's Note

Be Yourself:

Don't try to act for the camera, just be your natural self and speak from the heart. It doesn't matter if you fumble nor does it matter if your idiosyncrasies come across, this all will add to the organic nature of the video.

You Are The Writer:

What you say on camera is what comes from within you. Write down a few notes, bullet points or even entire lines if it helps you to remember. You are the writer and this is your emotional expression.

Practice Makes Perfect:

Practice what you would like to say in front of a mirror a few times. Get comfortable with yourself and speaking out your thoughts.

Relax:

Make sure you seat yourself comfortably, make sure your environment is comfortable from you. And once the camera rolls, forget that it is there and just talk as you would to another person.

Try, Try Again:

Shoot as many times as you need and as many takes as you need to get comfortable with the lens.