



## Helpful tips for shooting great video

How can you film great video? Take a look at our top tips:

### PLAN YOUR VIDEO

- Write down or make a mental list of shots you want to include
- The more you know about what you want in the video the easier it will be to shoot

### CAMERA

- Make sure your lens is clean
- Keep your camera steady by holding the camera in two hands and locking your elbows into your body for extra steadiness or consider using a tripod
- Use the highest resolution your recording equipment allows
- If you are using your smartphone, put it on aeroplane mode
- Keep with standard video practise and shoot horizontally to avoid two black bars on both sides of your video

### SOUND

- Control your surroundings when filming - reduce any background noise or distractions
- Make sure music, sound effects and dialogue are as clear as possible
- We can only accept films which feature original or royalty free music

### POSITIONING / FRAMING

- Think about different kinds of shots: close up, narrow, wider angle
- Don't zoom, move closer to ensure a crisp quality video
- Look at the positioning of your subject - is their head in shot, are they too far away or too close
- Check what's in the background; clear any mess and make sure the focus is on the subject
- Use plenty of light but remember windows behind the subject can cast shadows on their face and overhead lighting which may cast a shadow under their chin

### EDITING / VIDEO OUTPUT

- Film more than you think; you can always edit it to make it shorter
- Add titles, credits and don't forget to include the name of your school so that we can identify it
- Output your film to one of the following file format:
  - o MP4 video file (.mp4, .m4v, .3pg)
  - o QuickTime Movie file (.mov)
  - o Windows Media formats (.wmv)
- Upload your file via [WeTransfer](https://www.wetransfer.com/) for free and send it to [filmcompetition@bankofengland.co.uk](mailto:filmcompetition@bankofengland.co.uk)

**Most importantly get creative and enjoy!**