

# Guidance for iPhone Videos

## 1 Choose your location based on lighting and background

For indoor videos, position yourself facing a window. Turn on other indoor lights. A simple background is best.

## 2 Configure the resolution

Go to Settings > Camera > Record Video > select 4K at 60 fps  
This higher resolution will produce smoother, crisper videos.

## 3 Turn the iPhone so it's positioned horizontally

This will avoid black bars being added on the sides during playback.

## 4 Use a tripod

If you don't own a tripod, you can easily create one using a paper cup, flexible "reward" cards or binder clips (<https://www.youtube.com/watch?v=TTtJovKtujo>).

## 5 Move the phone closer and closer until you find the ideal frame for the video

Don't use the zoom-in feature as that causes the video to become pixelated.

## 6 Optional "pro" tip: Activate the focus/exposure lock

With the iPhone placed for the ideal framing and the speaker (or a stand-in) in the frame, open the camera app, slide over to "Video," and then tap and hold on the person's face until the focus square flickers. When you release, you should see an "AE/AF Lock" indicator. You can adjust the exposure at this time by clicking on the "sun" and sliding it up or down. This locks the exposure and focus. (To unlock, just tap on the screen once.)

## 7 Sound enhancements

Turn off fans and other "white noise." If the iPhone is close enough and the room is quiet, the audio should be fine.

**Optional "pro" tip:** If there is background noise, it can help to position a second iPhone directly above the speaker's head (out of the video frame!) and record the sound using the voice memo feature. Click the Voice Memos app > red button to start > red button to stop > click the "New Recording X" name to change the name. Be sure to clap once at the beginning of each take to create a reference point for the video editor to later sync the sound.

## 8 Preparing to present

It is best to write out and rehearse a script but not read from it while recording. Instead, set up a laptop/tablet next to the iPhone camera so you can see an outline of the major bullet points to guide you while speaking.



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