



Faith, Hope & Courage

VIDEO RECORDING INSTRUCTIONS

1. Recording Mode

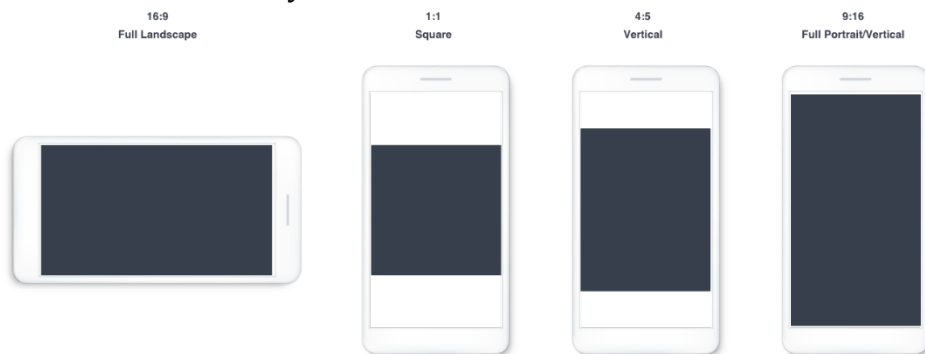
- Set your phone or video camera on a tripod if possible, to steady the image.



- Determine where your video will be shown.
 - i. TV/Computer – The phone/camera should be positioned horizontally like in the picture below for videos shown on a TV or computer monitor.



- ii. Facebook/Instagram/Smartphone – If you choose to create a video for Facebook or Instagram, keep in mind that there are limits on the length of the video and the video should be recorded vertically. If many people will be watching your video on a smartphone, a vertical orientation is also ideal. Below are the ratios of how some videos may look



Source: <https://www.facebook.com/business/m/one-sheeters/video-requirements>

- iii. Both – The [Adobe Spark Post](#) helps convert horizontal video into a vertical format. Plus, it lets you add emojis and text to your video.

2. Audio/Sound

- An external microphone is recommended to obtain quality sound. Lavalier wireless and handheld microphones are good options if possible. The built-in microphone does not record sound as well.
- Ensure there is no background noise when you record.

3. Framing the shot

- Look directly at the camera when you are speaking.
- In the frame of the shot should be your head and shoulders, possibly upper part of your chest.
- You should be centered in the frame like shown below and looking at the camera.



4. Background

- If possible, choose a background that helps to identify your parish or your faith.

5. Lighting

- If possible, make sure you are well lit – no shadows on your face.
- Natural lighting is nice so recording near a window works well – be sure the window is in front of you or on the side, not behind.
- Backlighting is not ideal – recording with a window or a light directly behind you usually creates a glow-like effect around your body and not recommended.

6. Editing

- [WeVideo.com](#), [Animoto.com](#) and [Spark.Adobe.com](#) are video editing platforms that are easy to use for beginners. If you have a Mac, iMovie will help you to edit your videos. [Videoshop](#) is a great app for editing video as well that lets you resize video for multiple platforms.
- Music libraries can help you find a music track that sets the right tone. [YouTube has a royalty-free music library](#). Also – [Audio Blocks has low priced music](#).
- Adding text and/or subtitles to your video is important because many people choose to view videos without sound, especially on social media. [Kapwing](#) is a video editing platform that lets you add subtitles easily, and much more! (Example of video with subtitles created by Kapwing [here](#).)

For additional assistance, contact Maria Mertens in the Diocese of St. Petersburg, Office of Communications, mrm@dosp.org.