

Video Recording Instructions

1. Recording Mode

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

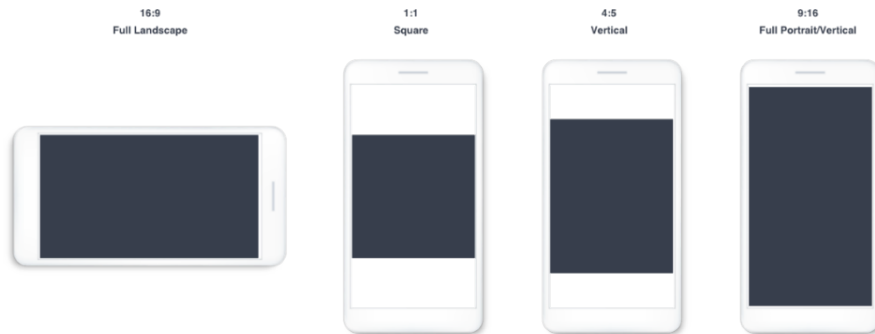


- Determine where your video will be shown.
 - i. TV/Computer – The phone/camera should be positioned horizontally like in the picture below for videos shown on a TV or computer monitor.



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- 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.

