

# HOW TO MAKE A PERFECT VIDEO!



## Light & environment

- o Choose one or two locations to film yourself.  
You should feel comfortable and calm (indoors or outdoors).
- o Face the light; never have your back to the sun.
- o Stay away from distracting noises: engines, music, wind, etc.
- o **Be careful with the wind:** if it is blowing strongly, find shelter!



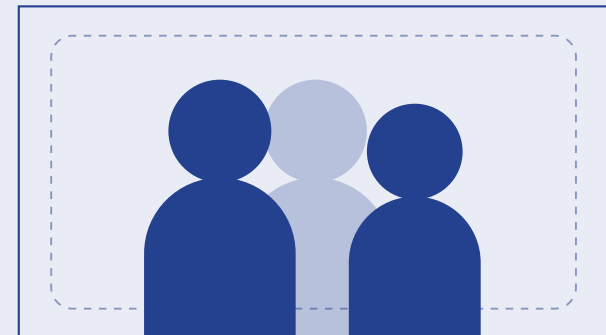
## To avoid

- o Filming against the light (dark face, very bright surroundings).
- o Shaky shots, shots that are too tilted, or vertical shots.
- o Direct wind in the microphone (unpleasant noise).
- o Background noise: music, loud lapping water, conversations.



## Framing, position & sound

- o Hold the phone or camera horizontally (landscape format).
- o Stability: place the phone or camera on a stable surface (tripod, table, cushion, etc.). When filming outdoors, avoid filming by hand or ask someone else to help you.
- o Framing: at least the upper torso and face must be visible.  
Leave a little margin (neither too close nor too far).
- o Speak clearly and energetically, even if you are alone.



**Don't hesitate to take breaks and catch your breath.**  
**If you make a mistake, calmly start again—there's no need to do it all over.**  
**We'll take care of the editing!**