FILMING YOUR NOMINATION SPEECH

FOLLOW THESE STEPS TO FILM AT HOME

CONFIGURE YOUR PHONE FOR THE BEST VIDEO PERFORMANCE

For iPhone
- Record using the main camera, not selfie mode
- Go to Settings: Click on Camera. Click on Record Video
- Choose 1080p HD at 60 fps or higher

For Android
- Record using the main camera, not the selfie camera
- Picture Size: Leave this on 4:3 (12 MP)
- Video Size: You should at minimum have the phone set on 16.9 FHD (Full High Def) at 1920x1080. You can also shoot 4K by setting this to UHD (60 fps) for maximum quality and frame rate.
- Turn off "High efficiency video," "Tracking AF" and "Timer"
- Turn on video stabilization
- Set HDR (Rich Tone) to Auto

LOOK YOUR BEST

- Always shoot in landscape, never vertical. Turn your phone to the side to create a landscape like a TV set.
- Record the interviewee in the middle of the screen. Make sure the video has a little space above your head and shoot down to the bust line.
- The picture at the top is a great example of a landscape shot that is framed well.
- The bottom picture has too much space above the person's head.

LIGHTING

- Do not shoot with your back to the sun or a window.
- Having the light behind you makes your face look dark.
- Instead, turn to make sure the light hits your face.
- Do not use the zoom feature. Move closer to the camera or subject.

ACCESSORIES

- If you have them, use mobile phone accessories like hand grips, mini tripods, and stabilizers to improve your video quality.
- If you have one, use a microphone. If not, be sure to shoot in a quiet space, preferably indoors.

TIMER

- Each candidate has 1 minute to deliver their candidate speech.
- Please keep track of your time and keep your videos at 1 minute or shorter.

DELIVERY

- You may email your video file directly to Zachary.Mannix@nealaska.org for placement in the Delegate Assembly Program.

NEA-ALASKA
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