

# Video Submission

## Filming Tips

While all submissions are encouraged, here are some helpful tips to achieve the best possible video and audio quality.

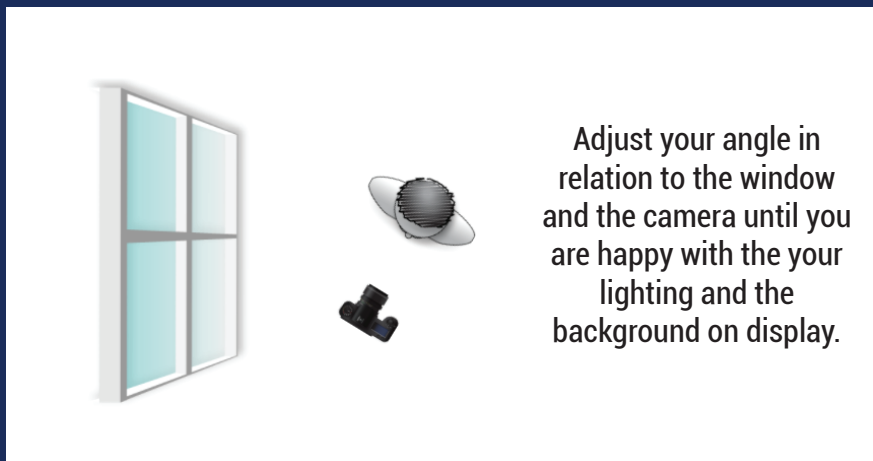
### Composition

With your phone in landscape orientation, fill the frame with your head and shoulders.



### Lighting

A window can provide a flattering light source for your video. Position yourself near the window facing it directly or at a slight angle for a well balanced image.



### Audio

Try to avoid filming in any loud environments like busy spaces or areas with wind or road noise. If you have access to a microphone which is compatible with your phone your audio will be much clearer than recording with the in-built microphone.

### Duration

Please keep your video length to under 3 minutes if possible.