

# EURES

Guidelines for video shooting  
**2024**



# 5 TOP TIPS

for recording a good quality video

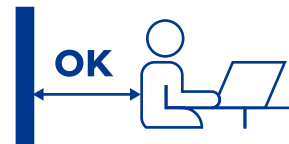
## 1. LOCATION

Choose a quiet and bright room, with a clear-coloured background. If this is not possible pick an outdoor location instead.



## 2. POSITION

Ensure you are at least 1 metre away from the wall when recording. You may sit, but never record with your back against a window.



## 3. EQUIPMENT

You can record your video using a smartphone set to the highest quality setting or an HD digital single-lens reflex (DSLR) camera. In the case of using a DSLR, avoid raw formats and opt for MP4 or MOV instead. Use a tripod if you have one. In any case, do not use a hand-held camera.



## 4 . FRAMING

Opt for a medium, horizontal shot.

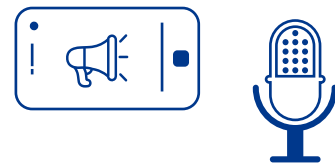
This type of shot facilitates possible adaptation to a vertical framing.



## 5. AUDIO

Speak clearly and loudly, and take breaks while talking. Avoid crowded places, windy weather conditions for outdoor shots, or small rooms that could produce annoying reverb or echo.

You can record the audio using your smartphone, or, if you have one, a lavalier microphone.



**And remember, haste makes waste!  
Take your time. If you're unsatisfied, repeat  
the recording many times needed.**

