

21 tips for filming yourself with a phone

made with ❤ by Estelle & Ramy



choose a room with **minimal noise**

~~fridge~~
~~AC~~
~~people~~
~~traffic~~

Shoot in
landscapes

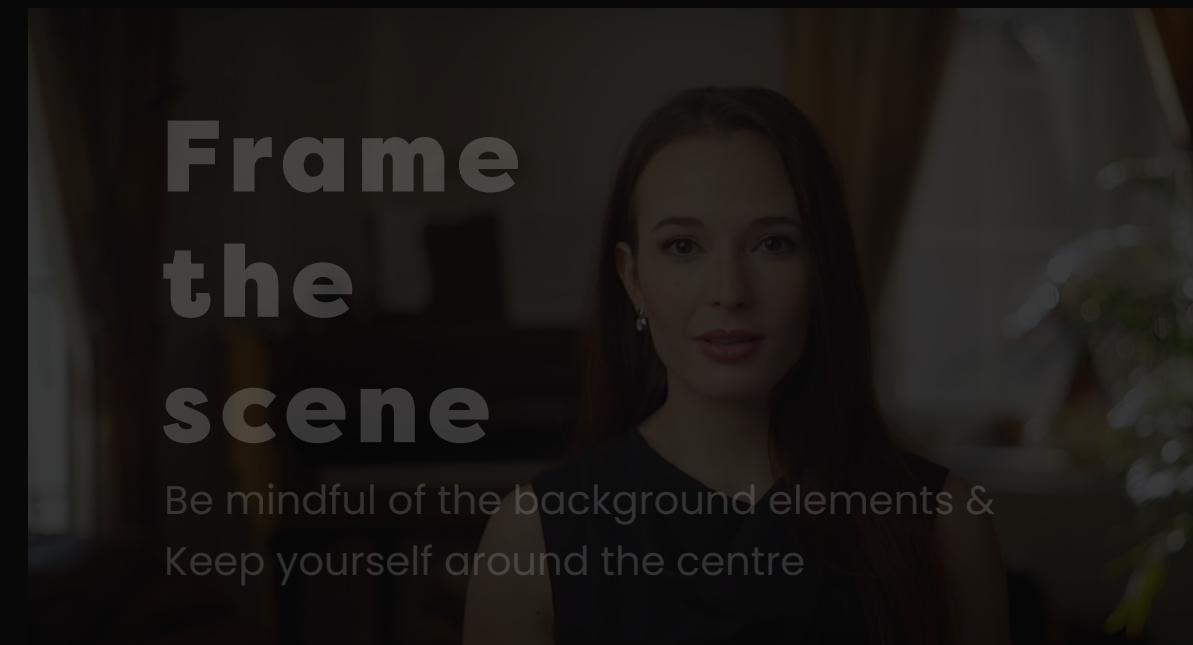
Use
back
camera

For better quality

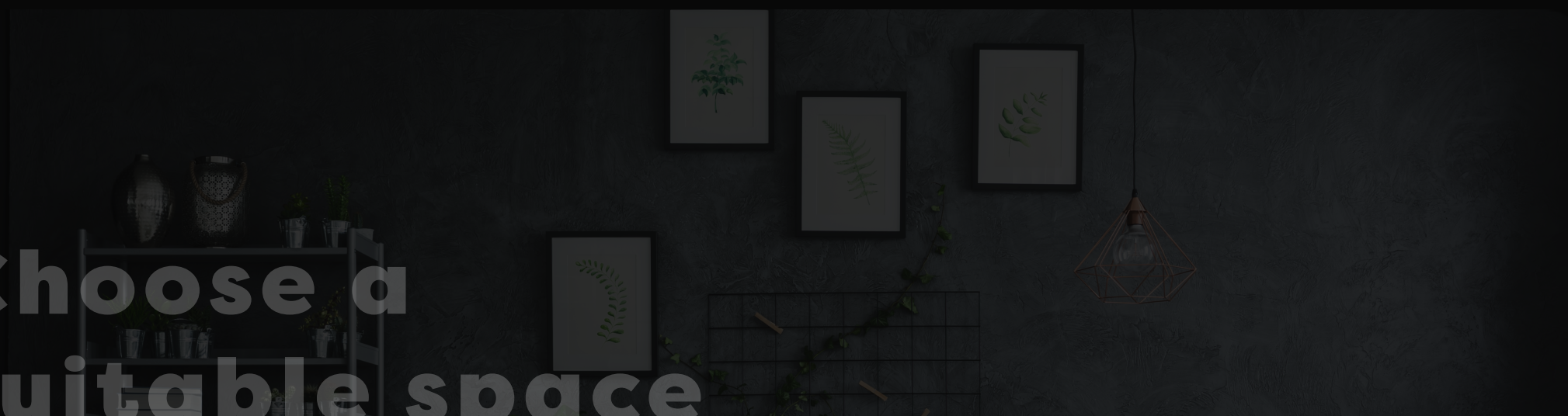


Frame
the
scene

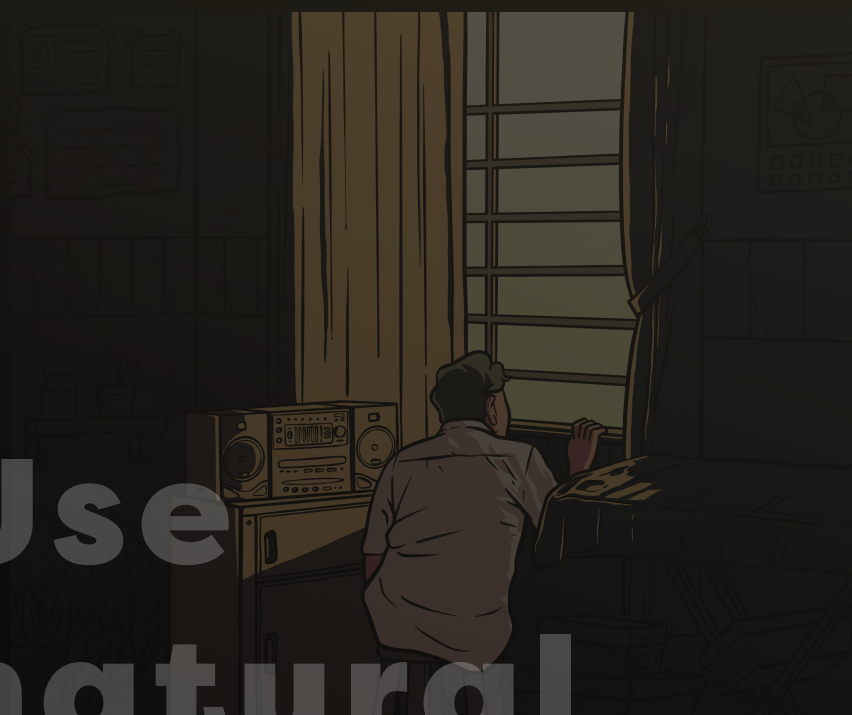
Be mindful of the background elements &
Keep yourself around the centre



Choose a
suitable space



Use
natural
lighting



Use natural lighting



If you don't have access to quality studio lighting, find a room with a big enough window. The more light you can get, the better the image will be. Avoid filming against the light but have it on your side at a 45° angle

Use an external phone mic



Smile!

Consider you're talking to friends about your amazing projects!



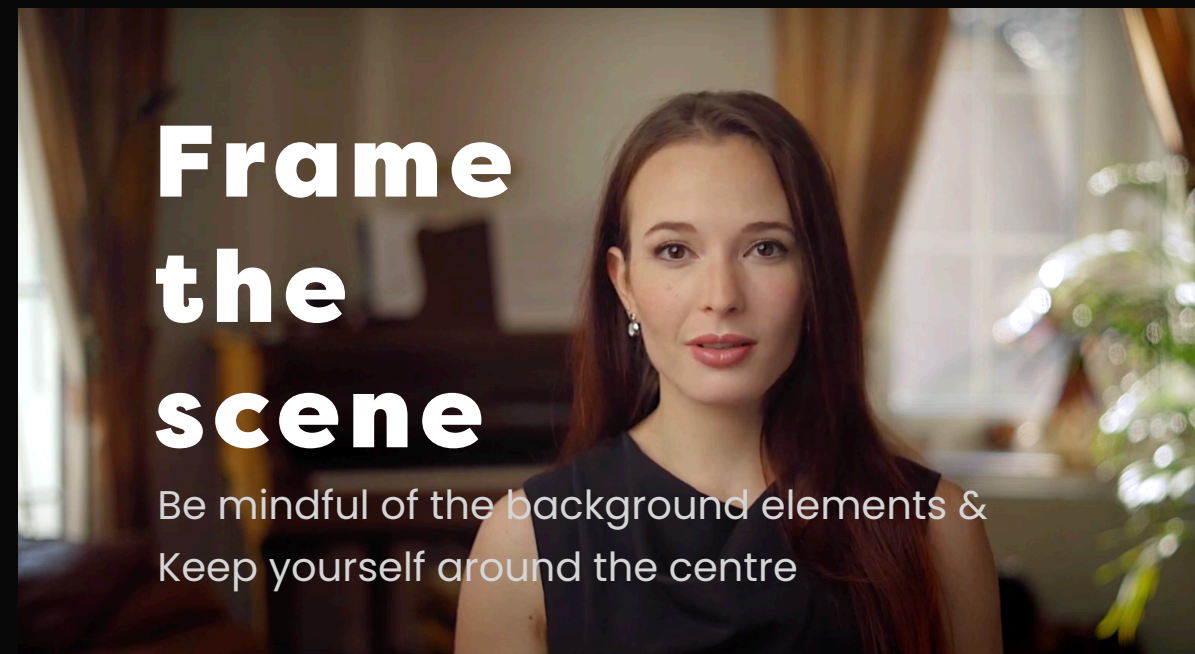
Use back camera

For better quality



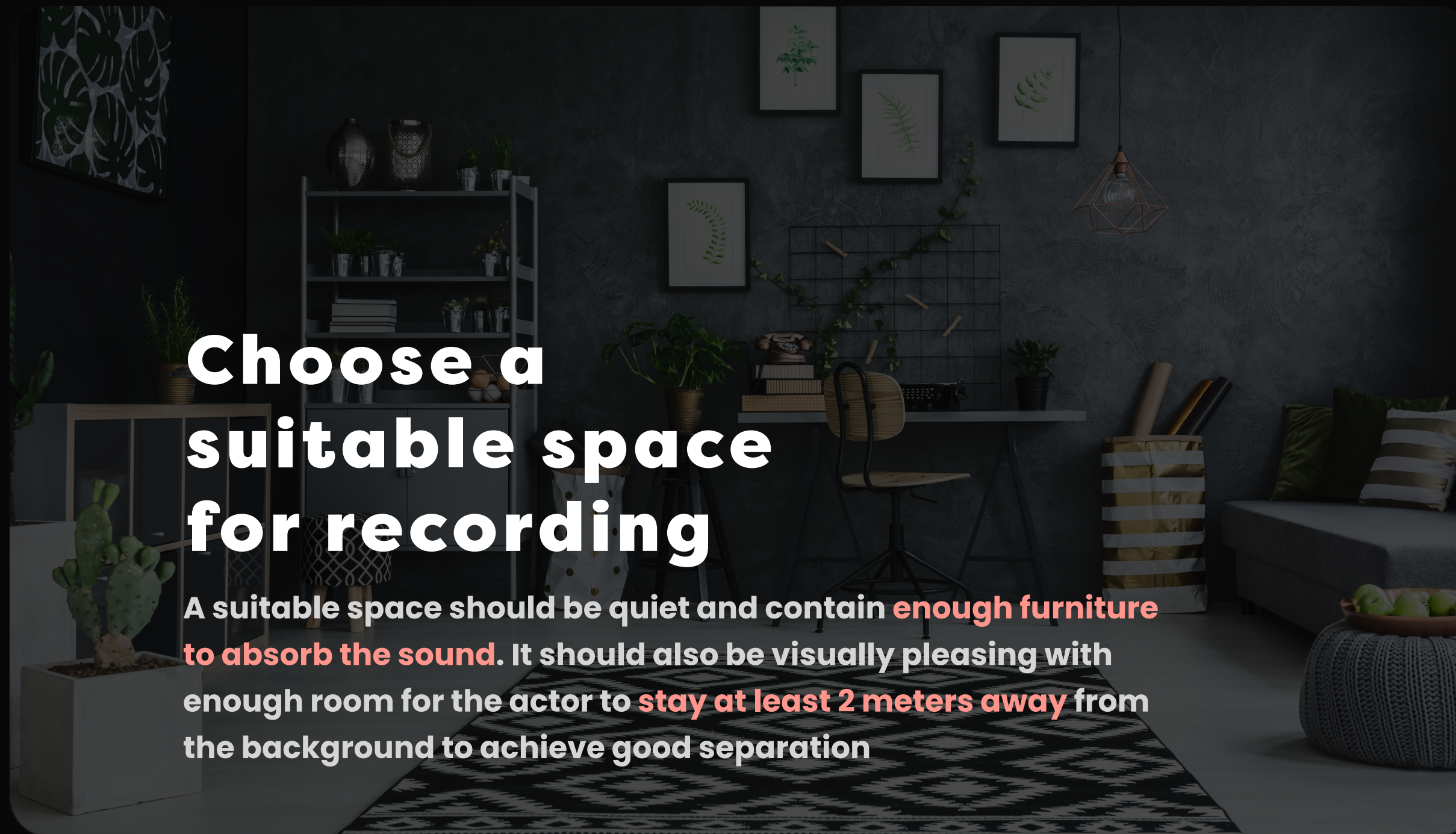
Frame the scene

Be mindful of the background elements & Keep yourself around the centre



Choose a suitable space for recording

A suitable space should be quiet and contain **enough furniture to absorb the sound**. It should also be visually pleasing with enough room for the actor to **stay at least 2 meters away** from the background to achieve good separation



Film in 4K

*if possible, otherwise min 1080P

Transfer file with **WeTransfer**.com



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Shoot in landscape

and not in vertical (portrait)



**24
FPS**

Standard cinematic
frame rate

**60+
FPS**

Usually used for
slow motion

**Look
in the
camera**

(for real though...)



**Relax,
breath &
enjoy your
deeper
voice!**

Lock exposure

by doing a **long press** then
sliding up and down the screen
to set the right exposure on the subject



**complementary
colours* = contrast**

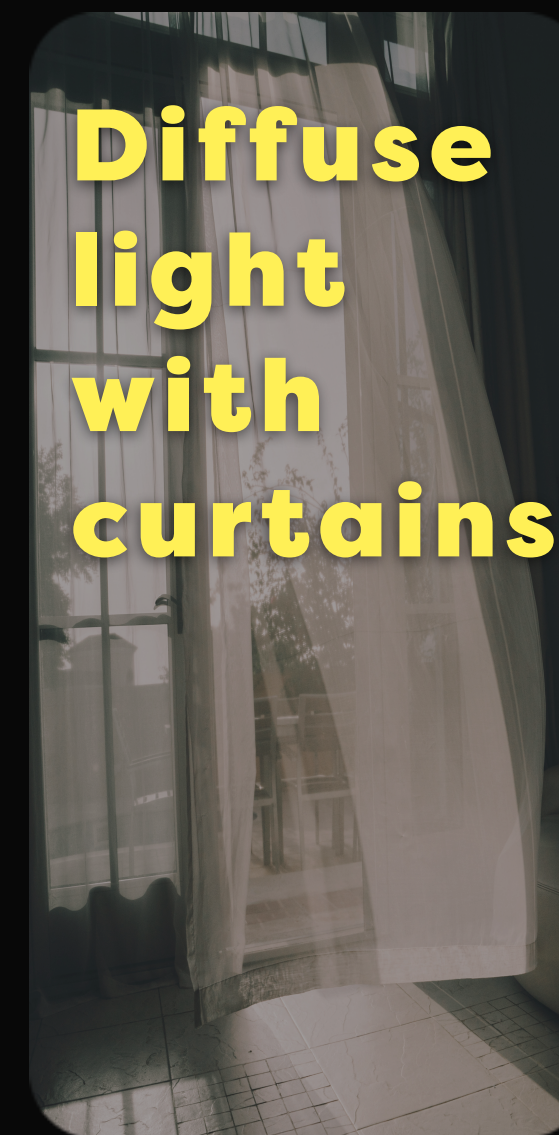
*opposite colours on the wheel

**Use a
tripod**

or equivalent support
for stability and level
filming



**Diffuse
light
with
curtains**

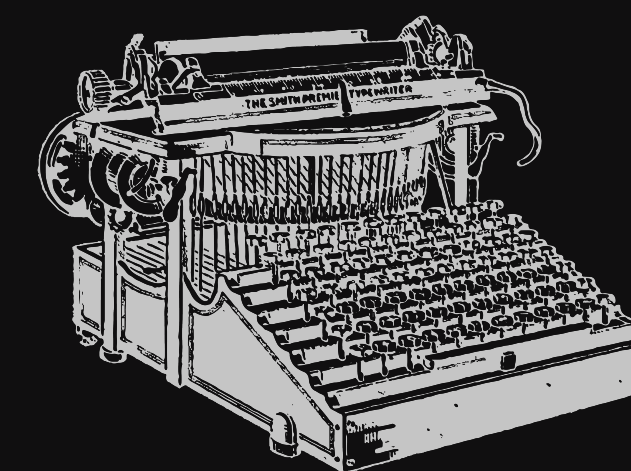


**THE BEST
CAMERA IS THE
~~BLACKMAGIC~~
~~URSA MINI PRO~~**

~~12K~~ *The One you
Have*

Write a script

The better prepared, the better the
flow! You'll sound much more
natural if you learn your text in
advance. Don't read it if you don't
have a teleprompter!



**The first rounds
are for warming up**

Take your time. You won't sound like a Hollywood
actor at the first try. But, maybe at the third if you give
yourself the time!

**Don't use digital
zoooooom**

