

HOW TO SHOOT YOUR VIDEOS

SHOOTING QUALITY VIDEO ON YOUR SMARTPHONE

1. Open your phone's camera and select the "Video" option (**left**: iPhone camera screen with video button circled; **right**: Android camera screen with video/camera toggle button circled) – *note that each image shows the camera screen as if the phone is being held horizontally, which is the best method of shooting video.*



2. If you have one available, use a tripod to steady the phone as you film. However, if you or someone filming you can only shoot the video while holding the phone, the editing process will usually clean up any minor shakes or movement.
3. Use good lighting – try to film during the day if possible, since natural light, even on a cloudy day, does a better job of evenly illuminating a space. It's also the most flattering light for your face, whereas artificial lights can be unflattering – white LED lights create a gloomy atmosphere, newer fluorescent lamps can make you look sickly and direct light from a lamp can cast shadows across your face.
4. Try to eliminate background noise as much as possible. It can be distracting, or even drown out your speaking. If you are filming outside, wait until a day with no wind.
5. Once you film, upload the file to Dropbox (see "Uploading to Dropbox" section below).

REMEMBER...

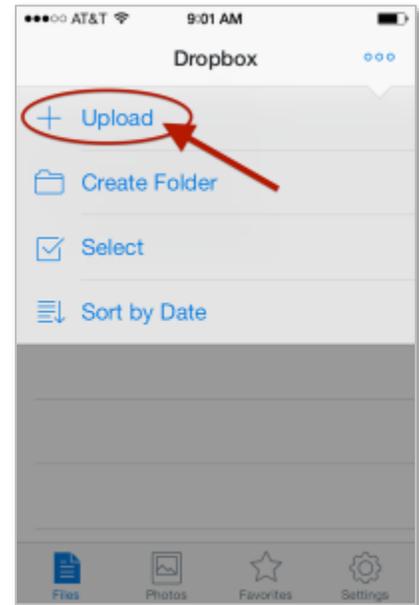
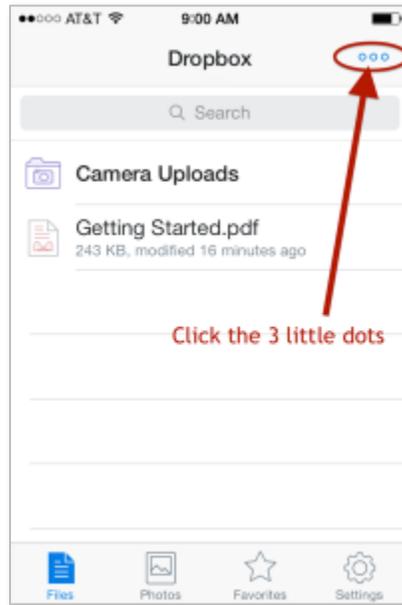
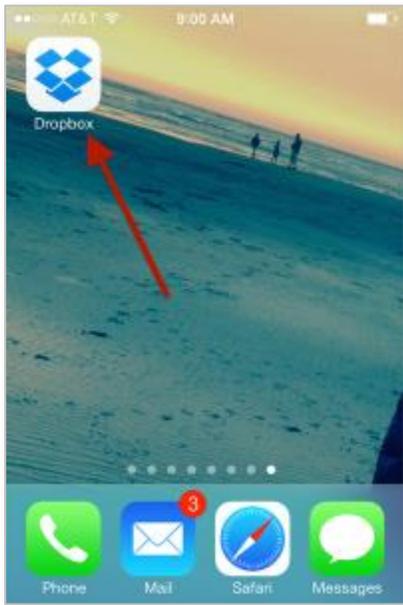
- **DO** try to film during the daytime in a room well lit by natural light.
- **DO** try to keep the phone/camera steady with a tripod or by setting it on something stable, if possible.
- **DO** try to film in a very quiet space (no kids/TV/vacuuming/dishwasher in the background, no wind if you're outside).
- **DO** speak conversationally, as if a friend is in front of you instead of a camera.
- **DON'T** film at night and rely on lamps for light.
- **DON'T** film outside on a windy day or when there's a lot of background noise.
- **DON'T** worry about messing up! A lot can be fixed in a video editor.

UPLOADING TO DROPBOX

From <https://snowportal.com/tips-tricks/how-to-manually-upload-photos-and-video-to-dropbox-from-your-smart-device>

ON IPHONES

Once you shoot the video, launch your Dropbox App on your device (**left**), click the three small dots in the upper right of the app's home screen (**center**), and then tap the "+ Upload" menu item (**right**).



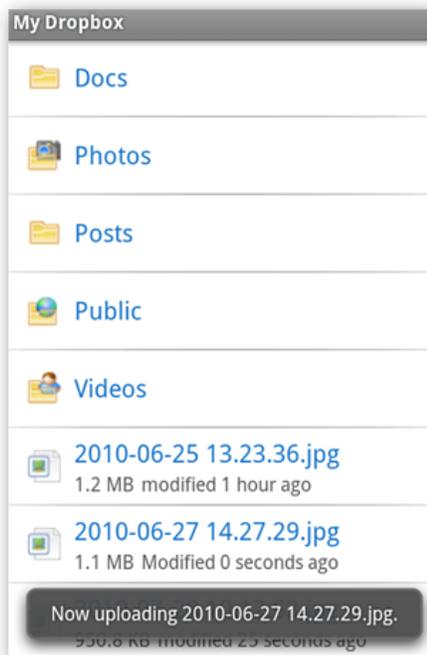
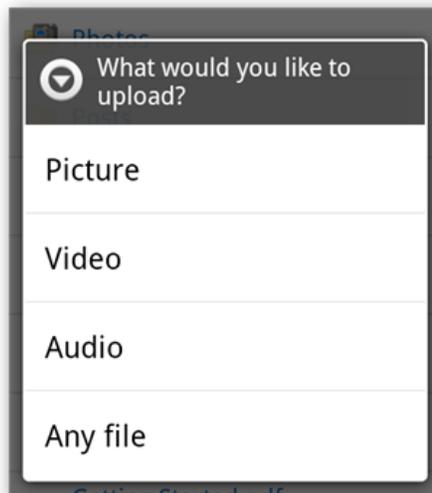
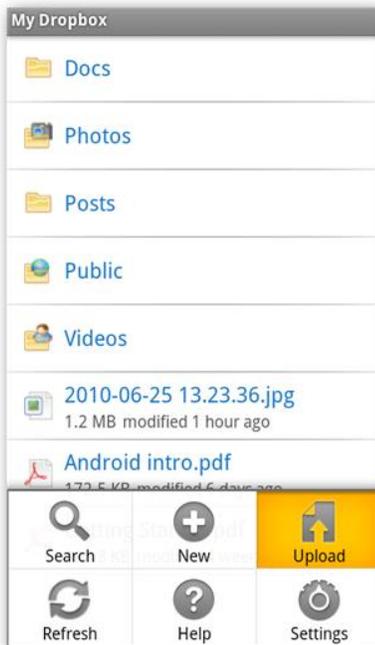
Tap on all the photos and videos you want to upload, and then tap the Upload menu item in the upper right of the app screen.

This will start the upload process. Videos are very large files, so this process may take some time – try to do it on WiFi rather than on data so you don't burn through your data plan!

UPLOADING TO DROPBOX FROM ANDROID DEVICES

From <http://www.howtogeek.com/howto/25409/how-to-use-dropbox-with-an-android-phone/>

You can upload files to Dropbox directly from your Android phone. Select the Menu button on your phone and choose Upload (**left**). You'll be prompted to select the type of file you want to upload (**center**). Selecting picture or video will take you to the gallery to select the media file (**right**).



You will see a notification that your file is uploading. Videos are very large files, so this process may take some time – try to do it on WiFi rather than on data so you don't burn through your data plan!

Now your file is accessible from all your devices that have Dropbox installed.