**Why should Newcastle be the home of the GBR HQ?**

**Self-filming guidance**

When filming yourself, **please film in landscape** and aim to answer any individual question you have been asked in 60 seconds or less and leave a pause between each question.

Some tips for self-filming courtesy of Ben Horrigan from Studio 91 media:

* Face a light source like a window, either directly or at a slight angle.
* Eliminate or minimise all background noise.
* The camera should be at head height – at least chest height.
* Make sure you're in the frame, but not too close to the camera - at least arm’s length away.
* Don’t start filming until you’re absolutely happy with how the shot looks.

You can read more of Ben’s self-filming advice at [www.mikepyemarketing.com/how-to-film-yourself-using-your-phone/](http://www.mikepyemarketing.com/how-to-film-yourself-using-your-phone/)

**Top tips for shooting a video**

* You shouldn’t be too far from the video to ensure audio is of good quality. Something like this would be good - <https://www.youtube.com/watch?v=z6-odi5FtW0>.
* You should be comfortable. If there is nobody to help you record the video, you can place the camera on a table in front of you and you can be sitting down, but you should be looking directly into the lens. **Please do not read from a script as the video must feel natural to you and the viewer.**
* Do not shoot towards a window as the video will then turn out dark. If the window is in front of you then you are in the right position. And record it during the day to use natural lighting. Outdoor would be even better.
* Whatever message you are getting across, just think you are saying this to a friend who knows nothing about what you are about to say.

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