

How to film a video on a phone



Choose the right phone

- Use the best available smartphone — newer models typically offer better video quality and stabilization.
- Ensure the phone has enough **storage** and is **fully charged** before filming.

Plan the purpose of the video

- Know your **audience**: is this a message of encouragement from the vicar for church members or highlights of events or services to show to those in your local community what you do and encourage them to come along?
- Define the **message** and **length** before recording.
- Create a **short outline or script** to stay on track and avoid rambling.

Framing and Composition

- **Position the camera at eye level** – avoid low or high angles.
- Leave some **headroom** (space above the head) but not too much.
- **Use landscape (horizontal) orientation** unless you're filming for social media platforms like Instagram or TikTok, which prefer portrait (vertical).

Audio

- **Avoid built-in mic if possible** – use a lapel mic or external mic if available.
- Choose a **quiet location**: turn off fans, air conditioners, and background noise.
- Ask people nearby to stay quiet during recording.

Lighting

- Use **natural light** (facing a window) whenever possible.
- Never film with a **bright light source behind** the subject — it will create a silhouette.
- Supplement with soft indoor lighting (lamps or ring lights) if needed.
- Make sure your face is evenly lit without harsh shadows.

Stability

- **Use a tripod** or phone stand to avoid shaky footage.
- If handheld is the only option, **try and hold your arms still** or rest them on a surface.

- Avoid walking while filming unless you're using a phone with good stabilization.

Keep it short

- Aim for **under 90 seconds** for reels and **under 3 minutes** for other videos
- For longer videos for YouTube like sermons or teaching, clearly break content into segments (e.g., intro, key points, closing).
- **Trim dead space** at the start and end of the clip when editing.

Editing and uploading

- Use simple apps like **iMovie (iOS)**, **CapCut**, or **InShot** to trim, add titles, or improve audio.
- **Add captions if possible** — many viewers watch without sound.
- Upload to the most appropriate platform for your audience (this could be YouTube, Facebook, Instagram, your church website).

General presentation ideas

- Dress appropriately and neatly.
- Speak clearly, slowly, and with warmth.
- Make **eye contact with the camera** — imagine you're speaking to a friend in the congregation.
- Smile and be yourself!