**How to take a good video**

* Film horizontally not vertically
* Check your frame rate and resolution in your camera settings and ensure it is at least 1080p HD and 30 fps (720p HD and 24/25 frames per second will suffice otherwise)
* Clean your camera lens!
* Avoid back lighting – have the window or light source on the side of who you’re filming or from behind the camera
* Use both hands to stabilise the camera when filming or use a tripod
* If using a phone, lock the focus and exposure on the point you want the focus to be on to prevent it from automatically hunting to focus
* If you are recording sound have the person speaking use headphones with a microphone closer to their mouth to improve the quality of the audio or use a Bluetooth microphone
* Keep whatever you are filming in centre frame as much as possible - Avoid looking at the subject with your own eyes and always be looking through the cameras perspective to avoid shots wandering.