



GUIDELINES FOR FILMING VIDEO CONTENT

- Please film in landscape (not portrait), with yourself framed centrally on the screen.
- Please make sure there is no background noise.
- Please film facing a window or somewhere with bright and even light. Avoid direct sunlight and shadows.
- Please think about your location, and remove anything personal you don't want on camera from the background.
- Please avoid checked or highly patterned clothing as this can cause strobing on film.
- Make sure you are not covering the phone's microphone with your fingers!
- Please send your videos by WeTransfer to Teddy Wolstenholme - teddy@talkeducation.com.

Thank you very much.