

# GUIDELINES FOR VIDEO SHOOTING



## Young European Ambassadors

The EU Regional Communication Programme for the Western Balkans is launching a call for applications to create the Young European Ambassadors (YEA) network.

Applicants are required to complete an online application form and submit a 1-minute video outlining why they would make an ideal Young European Ambassador from the Western Balkans. Tell us about your talents, ambitions and ideas!

Videos must be submitted by the 20th July 2021.

## 5 TOP TIPS for recording a good quality video

### 1. LOCATION

Choose a quiet and bright room, with a clear-coloured background. If this is not possible, pick an outdoor location instead.

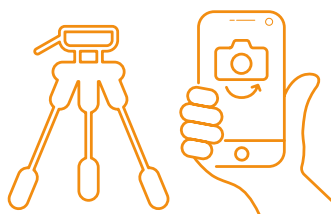


### 2. POSITION

Make sure that you are at least 1 metre away from the wall when recording. You may sit, but never record with your back against a window.

### 3. EQUIPMENT

You can use a smartphone that has been set at the highest quality setting to record your video, or an HD digital single-lens reflex (DSLR) camera. Use a tripod if you have one.



### 4. FRAMING

Choose a horizontal, medium close-up frame.

### 5. AUDIO

Speak clearly and loudly, and take breaks while talking. You can record the audio using your smartphone, or, if you have one, a lavalier microphone.



**And remember, haste makes waste!  
Take your time. If you're unsatisfied, repeat  
the recording as many times as needed.**