

## Guidelines for Making a Video for the NBSC Epic Telling 2024

Deadline for submission: January 15, 2024

### Visual

- Find a daytime location that is well-lit with natural sunlight or plenty of indoor lighting
- Ensure that the light shining on you is brighter than the light behind you. Sometimes turning the light off (behind you) can increase the light your camera gives to you.
- Avoid overhead lights
- Consider using a ring light that clips to your desk and illumines your face
- Watch that your glasses are not glaring or reflecting (adjust the angle of the light or yourself)
- With your camera positioned horizontally (landscape or wide-ways), check what is in the shot, and remove clutter behind and around you
- Choose a non-distracting background, avoiding windows, movement, signs that can be read
- Consider sitting just off to the side, rather than square in the middle of the camera frame.

### Sound

- Choose a quiet location with little background noise: street sounds, furnaces, fans, fluorescent lightbulbs, music, people, pets (write yourself a note to turn the furnace back on when you're done)
- Avoid spaces that echo
- If sitting, choose a chair that is quiet (no squeaks or wheels). If standing, do not move your feet unless you want walking sound
- If you are using a microphone, test it before committing to the recording

### Setting Up

- Set your device on a steady surface or tripod. Do not hold your camera while shooting.
- Shoot at normal zoom (do not zoom in)
- Shoot horizontally, using landscape mode - unless under very special circumstances
- Position the camera at eye level. Look for the dot on the device, which shows what the viewer's "eye level" will be.

### Presence

- Look at the dot on the device most of the time, looking away casually when it is natural.
- Keep your shoulders relaxed, arms to your side, leaving hand movements to a minimum, or out of the camera's range. What is closer to the camera can appear disproportionately large and eye-catching on video.
- Go ahead and blink

### Recording

- If you can, ask a friend/family member to assist you with the recording
- Because, when performing live, we wouldn't have a cheat sheet with us, please avoid using one as you tell on camera.
- As the recording begins, take 2 full seconds before you begin to speak.
- As you end, maintain a calm and steady gaze for a full 2 seconds before you or another turn off the device.

### Tech Specs

- Check your video camera settings to make sure you are shooting one of three formats: 1080p at 30fps, 1080p at 60fps, or 1080p at 24fps. 720p and 4k is fine too.
  - On Android phones, the settings are usually in the main camera app within the settings gear wheel
  - On iPhones, the camera settings are in the main settings icon in the photos and camera section
- If you are unsure, no worries: your camera's default setting should generally be ok.

### For the Epic

Tell the scripture only; do not say the scripture reference or your name or greetings

### Send It to Us

It is best that you send the video to your computer in order to send to us

Then: Label the Video like this: "**Scripture reference - Your Name**" (so fx **Acts 11-4-18 - Linnea Good**). Do not use colons

Upload the video to our [Google Drive at this link](#).

Select the video on your computer

Drag and drop the file from your computer into the Google Drive folder

Our Video Editor is **Isaac JG**. He says: "If you have any difficulties, drop me an email, and tell me your device(s). I'll help you make this work." He is at [this email](#).

- from the Epic Coordinators

NBS Canada vision team

<https://www.nbscanada.org/>

*with thanks to the Women's Interchurch Council World Day of Prayer people for the basis of this document*