



# COVID-19 SURVEY VIDEO GUIDELINES

Forus is looking to promote short, **1-minute (max)** videos to show the **effects** of the COVID-19 pandemic **on your work** and your demands to Governments and other actors as platforms and coalitions.

Forus would like to support its members in making their voice heard. Your **videos will help** to **amplify** your **experiences** and **messages**. We may use these videos on social media, publish them on our [website](#) or [YouTube](#) channel or share the messages with partners and decision-makers to illustrate our joint demands, advocacy and communications.



## TECHNICAL RECOMMENDATIONS

You can create a good video by using a tablet, phone, camera or even a laptop.

- Make sure your **battery is charged** and that you have **enough memory** on your camera's hard drive or flash.
- Don't record a video vertically, **USE HORIZONTAL ORIENTATION**. (Computer monitors, televisions, websites, have landscape-oriented screens).
- Your **camera** needs to be **steady** (Use a tripod, if you don't have one, find a way to steady your camera, such as putting it on a table or stack of books). You can ask someone to help you record.



## AUDIO RECORDING



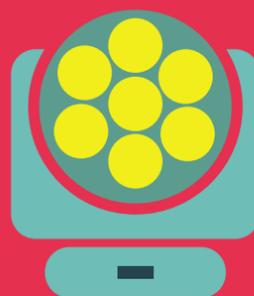
- If possible record in **quiet place**, without any background noise.
- Get close** to the audio sensor or **microphone** (hands-free device or headset) of your phone or camera.
- Test your audio** before you shoot by either wearing headphones or shooting several seconds and playing it back.



## LIGHTING AND BACKGROUND



- First, check that the **background** of the place where you record has as few elements as possible, it can be a **wall** or a **simple room** and minimise clutter.
- Record in a **bright place**. In low-light situations you can use the flash of your phone or camera.



## FRAMING

- Frame your subject**, without cutting off any part of the head or hands, at eye-level or lower.
- Avoid using the zoom feature** on your phone / camera.
- Use the focus** of your phone / camera.
- You can also use the rule of thirds- Imagine a tic-tac-toe grid over your image and place your subject on one of the four points where the lines intersect.



## EDITING AND EXPORTING

- If you think it is necessary, you **can edit your video**, using free applications for smartphones such as KinoMaster, iMovie, FilmaGo etc. Sometimes you are able to **cut** videos already directly on the **gallery of your phone**.
- Share your video** with us via WhatsApp to **+33 6 56 66 21 97** or via e-mail **communication.support@forus-international.com**

