

## Voices of Change: Students of the Inland Empire

### Growing Inland Achievement (GIA) Student Video Guidelines

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#### Video Recording Length

- Duration: Please make videos at least 15 to and no more than 30 seconds.

#### Video Format

- Orientation: Landscape mode (16x9 / Horizontal)



Standard Horizontal Camera  
16x9 aspect ratio!



"Landscape Mode"



Standard Vertical Camera  
9x16 aspect ratio



"Portrait Mode"

#### Audio Quality

- Environment: Record in a quiet location to avoid background noise.
- Voice: Speak clearly and powerfully into the camera.

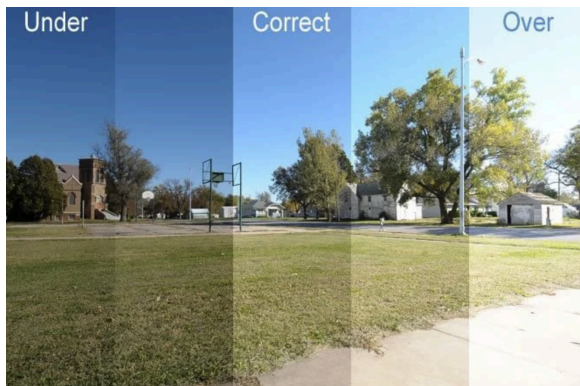
#### Lighting

- Setup: Make sure you are well-lit, with natural or soft lighting from the front.
- Avoid: Harsh shadows or backlighting or sun or indoor fixture light flares that could obscure your face.

**Please avoid this:**

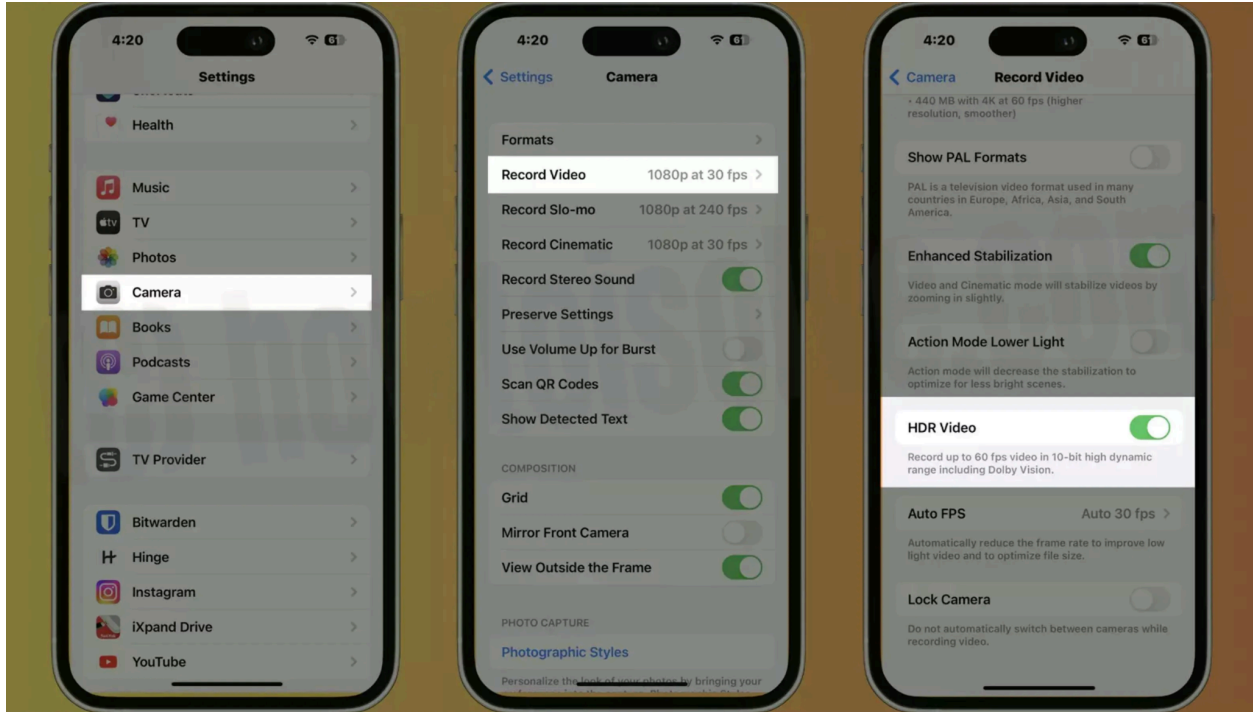




**This is a general guide of where exposure should be:**



## **Camera Setup**

- Lens: Ensure your camera lens is clean for a clear shot. That means clearing the lens of any fingerprints or smudges.
- Stability: Hold your phone steady or use a tripod to avoid shaky footage.
- Switch the video recording mode to 4k.
- Set the frame rate to 24 frames per second.
  - Open Settings > Camera > Record Video to adjust the default resolution and frame rate from 720p at 30fps, 1080p at 30fps or 60fps, to 4K at 24fps.
- Disable the HDR video feature.
  - *Example for iPhone.*



- Turn Lock White Balance on and off
- You can lock the white balance when recording videos on your iPhone to improve accurate color capture based on lighting conditions. To turn on Lock White Balance, go to Settings  > Camera > Record Video, then turn on Lock White Balance.
- You can also enable stabilization if your phone has that feature. To turn on Enhanced Stabilization, go to Settings  > Camera > Record Video, then turn on Enhanced Stabilization.

## Framing

- Composition: Position yourself in the center of the frame, with some space around your head and shoulders.
- Background: Choose a simple, uncluttered background that doesn't distract from your message.