# Vlogging at Home Using Your Smartphone
## Quickstart Guide

UNIVERSITY of York

This document is intended as a guide for recording videos known as vlogs (video blogs or video logs) using a smartphone. The information below should assist you in getting the best results in the home environment but can be used as a general guide. For more general guidance on using video for teaching and learning please refer to the following web page: ⭢ **https://www.york.ac.uk/staff/teaching/support/recording-lectures/personal-capture/**

### How do I ensure high quality recordings?
A high quality recording depends on various factors. There are settings on your device that can change the quality of the footage being recorded, however you should also pay attention to the environment in which you are recording your vlog.

**Panopto = Replay Lecture Capture |** Panopto is the software the University uses to run it's lecture capture system. You should use Panopto to host your recordings on the VLE and enable them to be shared with the intended recipients. The Panopto App is available for iOS and Android and allows you to upload a video recorded using your device's native video recording app (or other video app of your choice). The iOS App will also allow direct recording to Panopto, the Android app however does not have a direct record feature.

**Panopto Guide for Android App:** ⭢ **https://support.panopto.com/s/article/Viewing-with-the-Android-App**
**Panopto Guide for iOS App:** ⭢ **https://support.panopto.com/s/article/How-to-Use-the-Panopto-iOS-Application-on-an-iPhone**

⚠ **Please Note:** A Panopto creator or VLE Instructor account is required to upload videos. External Users with no VLE access should contact their department's People Database Administrator. Please contact ✉ **vle-support@york.ac.uk** if you have any issues.

## 📱 Device Settings

⭐ **Quality |** The Panopto app has a **High Quality Recordings** setting. (This can be found in the settings app and not the Panopto app itself.) Ensure this setting is enabled for the best results. Alternatively use your video recording app of choice and choose quality settings as follows:

**Best Choice:** **1080p** (1920 x 1080 pixels) otherwise known as **Full HD**
**Acceptable:** **720p** (1280 x 720 pixels) otherwise known as **HD**

Some devices will record at higher resolutions such as **4K** but this is not necessary as it will result in much higher file sizes and will make storage and uploading more difficult with little noticeable increase in quality.

> **Aspect Ratio**
> If your device allows you to choose the aspect ratio, it should be **16:9.**

> **FPS (Frames Per Second)**
> If your device allows you to choose the FPS, it should be either **24**, **25**, or **30**.

⚠ **Please Note:** Where devices have **front** and **rear** facing cameras, these cameras may have separate settings. In most cases, the rear camera will shoot better quality footage than the front camera so use the rear facing camera where possible.

✈ **Airplane Mode |** If you are recording to your device and not directly uploading to Panopto, consider turning on Airplane mode. This will ensure you definitely do not receive any unwanted interruptions whilst recording. However please ensure you turn Airplane mode back off again after you have finished recording so that you are able to upload your video.

🌙 **Do Not Disturb |** Consider enabling the Do Not Disturb mode on your device. This will disable any calls, messages and notifications that you may receive whilst recording.

⚡ **Power |** Recording video can quickly drain your phone's battery. Where possible keep your phone connected to a power source whilst recording.

## 🖼 Orientation & Stabilisation

Your recording device should ideally be mounted horizontally, and ideally in a fixed position rather than hand-held. If you have a tripod with a mobile phone mount this will be useful. Otherwise you may be able to make use of an in-car phone holder, selfie-stick or securely place your phone on a shelf. The device should be positioned at eye level or slightly higher for the best results. If hand holding the device is the only available option, check to see if your device has an image stabilisation option and turn it on.
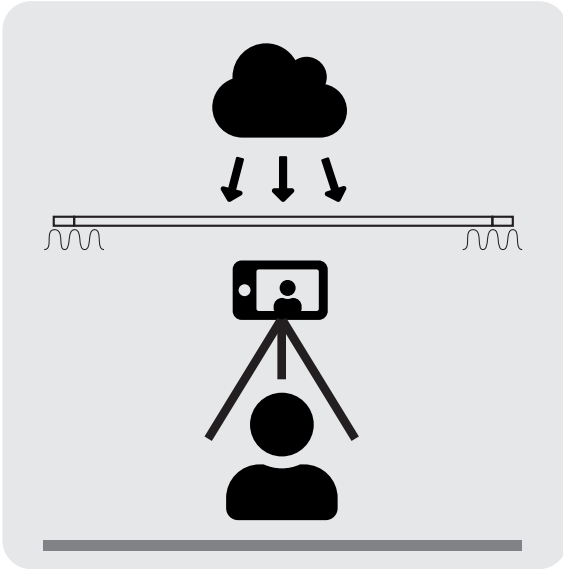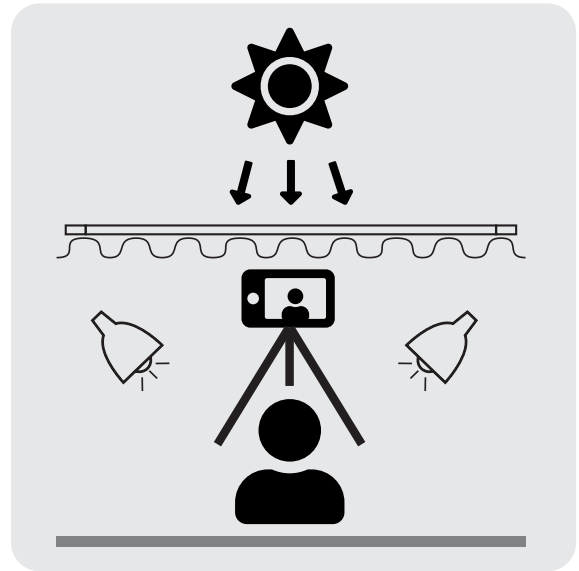
# 🏠 Environment

## ☀️💡 Lighting

**Daylight : Cloudy |** Overcast daylight is the best lighting condition for video recording as it gives a soft, even and flattering light with no harsh shadows.

Setup your recording session in a well lit room, you should be facing the window. Open curtains to allow as much light as possible to light you whilst recording your video.

**Daylight : Sunny |** Direct sunlight should be avoided where possible as it may cause problems with the camera's exposure. If you have voile curtains these may help to diffuse harsh sunlight. However if direct sunlight is proving to be an issue, close any curtains or blinds and switch on all available lights, ensuring your face and work area (if required) are lit by these lights. If you are working at a desk with an adjustable lamp it might be useful to point this at your face.



**📖 Background |** Try to ensure that the background of the shot is clear and uncluttered. A plain wall would be ideal. This keeps the focus on you as the presenter. Try to avoid interruptions whilst recording.

**🎤 Audio |** Try to ensure that any background noise is kept to a minimum while you are recording. Turn off any noisy appliances where possible such as radios, TVs, fans. Silence your phone and any other mobile devices and try to avoid interruptions whilst recording. If you happen to have an external microphone, use this positioned close to you for better audio.

# 🎥 Creating Your Video

**📱 Recording |** When recording, allow a few seconds at the start and end of the recordings, this will avoid clipping off the beginning or end of the content and also give you the option of trimming should you wish to edit your recording afterwards. Speak loudly and clearly as if you were presenting to a room of people. You might find it useful to perform a test recording to ensure that your settings and environment are suitable and then adjust as necessary until you are happy with the results.

**⬆ Uploading |** Using the Panopto App as described above, if you have chosen to record directly, the recording will appear in your chosen folder once you have finished recording. If you have chosen to record locally, you can upload your stored recording by selecting a destination folder and then tapping the Choose a Video button. In both cases there will be a delay while Panopto processes your video, this is usual behaviour for Replay. Longer videos will take longer to process.

**🎞 Editing |** Panopto Web allows basic editing of your uploaded videos. You can cut out sections as required. You can also add presentation slides, captions, quizzes and additional video streams as required.

To edit your video, log on to: 🔗 https://york.cloud.panopto.eu/
For VLE / editing assistance, please email: ✉ vle-support@york.ac.uk
For any other assistance, please email: ✉ av@york.ac.uk