How to record

1. Read camera and audio guidelines below
   Below in the document you will find guidelines to make sure your recording has good video and audio quality.

2. Find a quite and comfortable environment to record
   Find a quiet, well-lit space with minimal background noise to ensure clear audio and video recording. Use your phone to record, and if you can’t make sure there’s a good audio quality use headphones to focus the microphone on your voice. See guidelines for more information.

3. Record an introduction take
   Record an introduction of yourself, your name and field of work. After you record yourself listen to this test take, and make sure the video and audio quality are good and according to the guidelines.

4. Record your stories - each story in 2 takes
   Record your stories and reflections on the topics Elsevier selected. Imagine you were talking with another researcher colleague. Don’t worry about filler words or mistakes, feel free to record your thoughts naturally. Once you’ve recorded a first take, record a second take that is a more succinct reflection of your story.
Camera setup

For the recordings of this campaign you can use your phone to record the answers to the prompt questions. To ensure that you can record using the best framing:

- Have the camera still by placing it against an object where it can stand (computer screen, stack of books, tall objects);
- Be at a place where you feel comfortable while you’re recording, preferably sitting. Make sure you are in a quite environment where your voice can be heard and you won’t be distracted by your surroundings. If possible, choose to record indoors;
- Use selfie mode to make sure you’re always in view during the recording, and positioned in the right framing

✔️ Use a laptop or a large object as a support to hold the phone
✔️ Use a stack of books as a support
❌ Don’t hold the phone with your hand
Lighting setup

- The best way to have control of your light environment is to record indoors;
- Record where there is natural daylight from windows;
- Don’t record with a window behind you, to avoid against the light shoots;
- Be aware of any objects casting shadows in body;
- If needed use a lamp to lighten your face

- Don’t record in dark environments
- Avoid having objects casting shadows. Use a lamp to cast light on shadows
- Don’t record with a window behind you to avoid against the light shoots
Do’s and don’ts for video recording

- Frame your face in the top half of the screen, to leave room for text.
- You can move around, but keep the camera as steady as possible.
- Do not get too close to the camera.
- Avoid poor lighting recordings or against the light shoots.
Audio setup

Make sure you record in a quiet environment. Select a room where there isn’t too much echo or background noise.

If there is some noise around you, use headphones to better focus the microphone on your speech. Have the microphone close to you.

Avoid recording in outside environments as you will have less control over the background sounds.