TEN YEARS SINCE THE RESOLUTION: HOW ARE WE DOING?

12 OCTOBER 2024

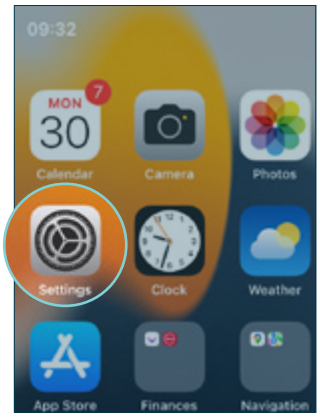
WORLD HOSPICE & PALLIATIVE CARE DAY

whpca worldwide hospice palliative care alliance

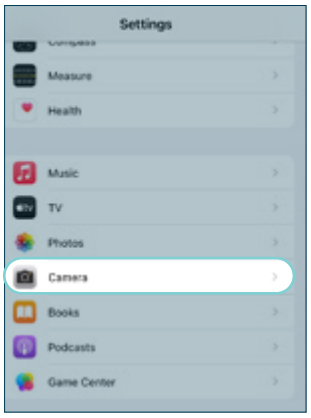
TECH TIPS RECORDING VIDEO TO IPHONE

ENSURING THE HIGHEST QUALITY VIDEO

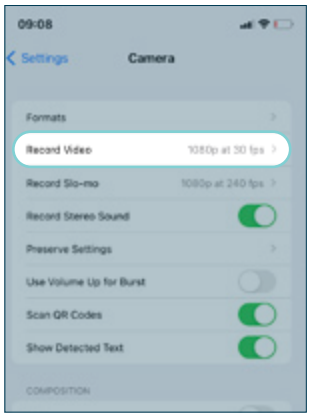
1 Go to your phone settings



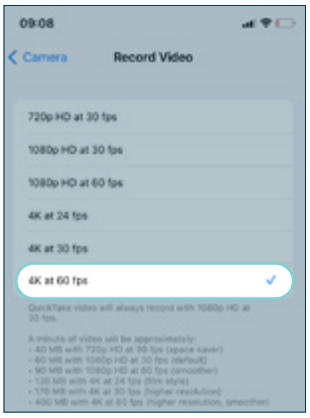
2 Select camera



3 Click record video



4 Select 4k at 60fps



BEFORE YOU FILM CHECKLIST

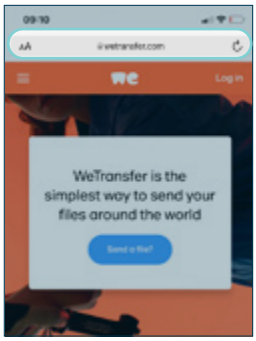
1. Flip phone to **landscape** (horizontal)
2. Check for **confidential information** on walls or personal photos.
3. Is your **background visually interestin**g - more than just a plain wall?
4. If you face your camera towards a window from indoors, it will cause your video picture to distort. Ensure the room is **well lit**, with either artificial or day light.
5. Look out for the reflection of **yourself** or the camera operator in a window or mirror.
6. **Aim for a waist-up shot with you or the subject's head and eyes level with the camera. If filming yourself place the camera on a surface that is eye level, maybe on a shelf or propped on books on a desk. Do not hold the camera too low or too high from the your/the subject's eye level.**

SENDING YOUR VIDEO

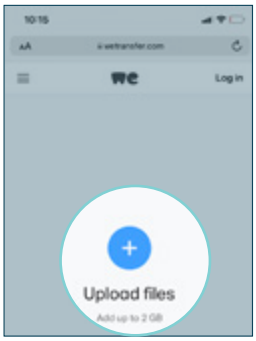
Ensure you are on **WiFi**.

Send video via **WeTransfer** (it's free and doesn't require sign up). Other platforms may compress the video and reduce quality.

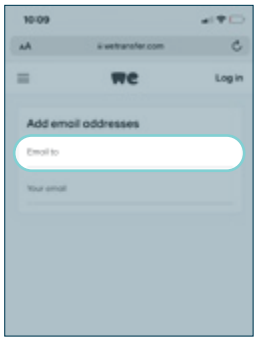
1 Enter www.wetransfer.com in your browser



2 Select video *(You can upload up to 2GB for free)*



3 Insert the email address of the recipient



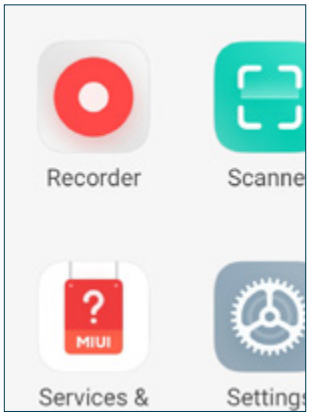
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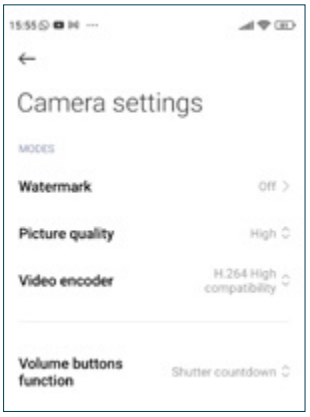
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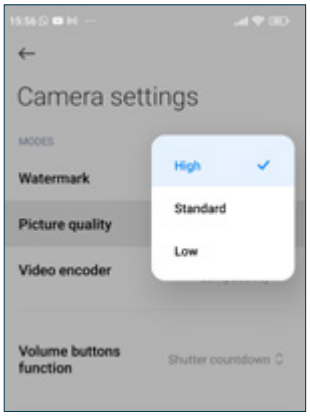
1. Go to your camera app



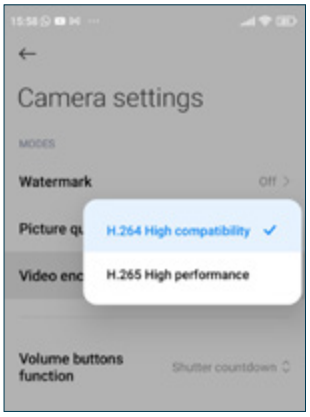
2. Press the settings 'cog' icon in the top right



3. Press video size



4. Choose 4k and return to the app



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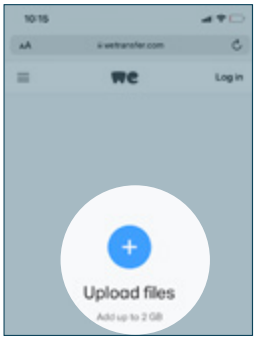
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