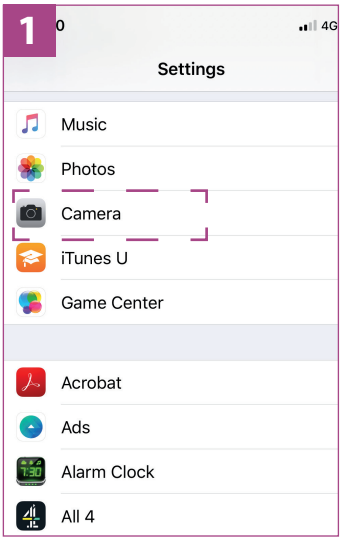
LEAVE NO ONE BEHIND
EQUITY IN ACCESS TO PALLIATIVE CARE
World Hospice & Palliative Care Day

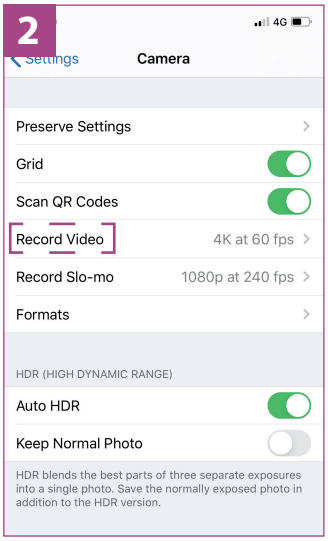
whpca
worldwide hospice palliative care alliance

Tech tips
Recording video to iPhone

Ensuring the highest quality video

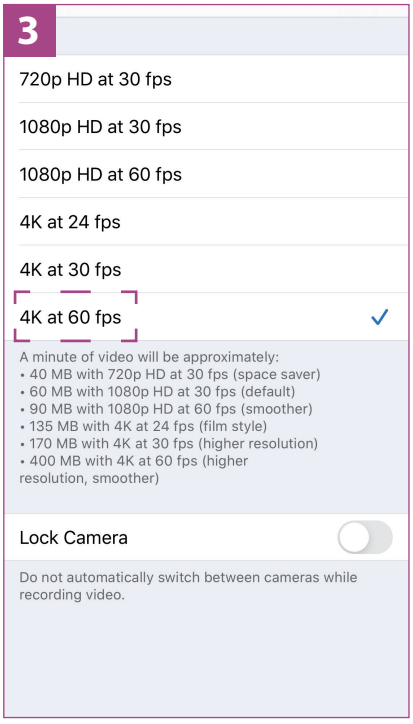
1. Go to your phone settings
2. Select camera
3. Click record video
4. Select 4k at 60fps





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 interesting - 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.**



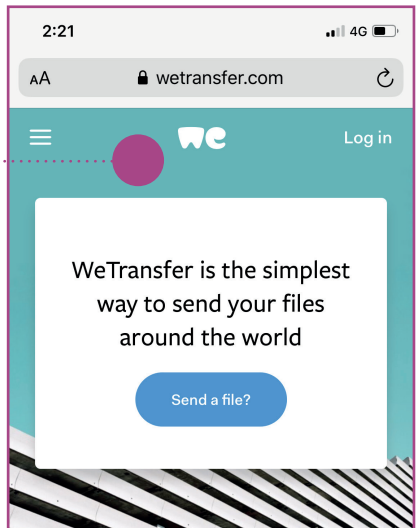
Sending your video

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.

Enter www.wetransfer.com in your browser

Select video and **insert the email address of the recipient**



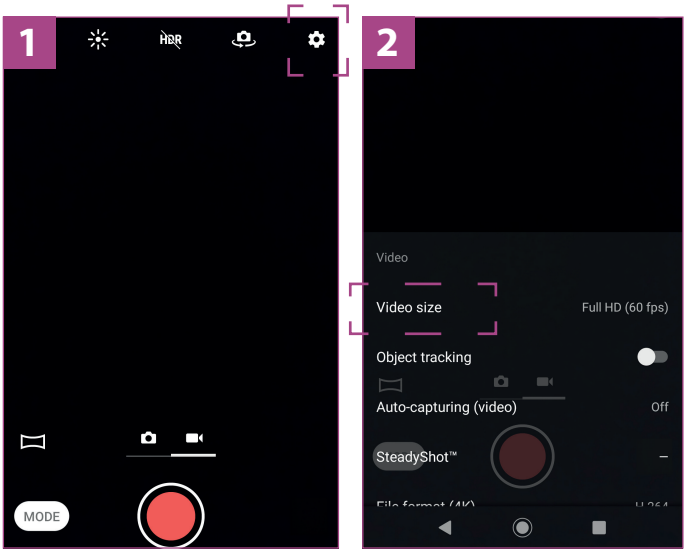
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Tech tips
Recording video to Android

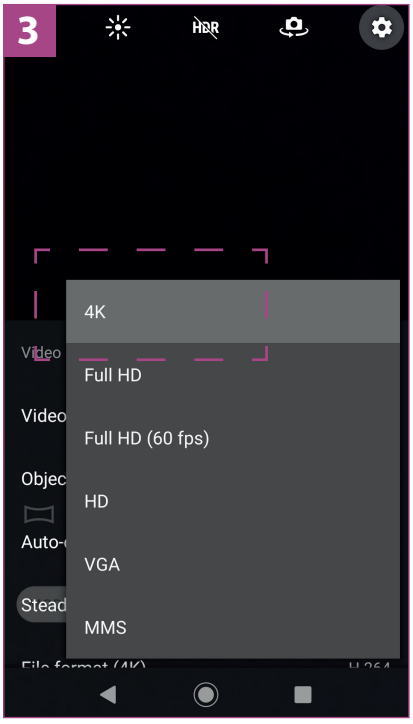
Ensuring the highest quality video

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



Before you film checklist

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