



APPRENTICESHIP APPLICATION – A GUIDE TO FILMING YOURSELF

Before

- Check your phone camera is set to a high resolution – ideally 1920p x 1080p.
- Ensure you are in a quiet environment.
- Find somewhere secure to prop your phone up, and make sure the microphone isn't blocked. Alternatively, someone can hold the phone for you.
- Film in landscape (have the phone sideways).
- Be fairly close to the camera, so the microphone picks you up loud and clear.
- Make sure if there are any major light sources (a window, a light) they are shining on the front of your face (not behind you, shining into the camera).
- Check you are happy with everything in your background (maybe avoid piles of dirty washing etc).
- Have a plan of what you are going to say.

During

- Try to make sure you are feeling comfortable and confident.
- Look directly into the lens of the camera (this is easier if you are using the rear camera, as you can't get distracted by your own face).
- Speak clearly.
- Don't worry if it takes a few goes to get it right.

After

- Watch and listen to the videos back in full, to check there are no obvious problems.
- If needed, use the free editing software on your phone to trim the beginning and end of the clip.
- As the video will be a large file, the easiest way to submit it will be via wetransfer.com. You don't need to create an account, just visit the site, upload your files, and email to happlications@englandboxing.org.