



ECSA2024 Filming Guide

Camera

- Use a smartphone - preferably in camera settings select 1080p and 30 fps (frames per second).
- Film yourself in horizontal (sideways) mode, not vertical.
- Make sure the camera is stable on a flat surface or tripod.

Composition

- Film in a bright place and avoid direct sunlight.
- Position yourself in the middle of the frame and look straight at the camera.
- Aim to use a plain background. Make sure that the background is not distracting or contains objects that should not be seen on camera, e.g. children, pictures, advertising content, etc.
- Where suitable clothing is available, let us avoid using branded clothing.

Audio

- Choose a location with as little background noise as possible.
- Encourage yourself to speak a little louder than normal.
- If something interrupts the sound, please make a new take.

Sending of video files

- Make sure you have followed all the necessary steps and use the following format to indicate your title:
ID_NameSurname_yyyymmdd.ext
- To upload your video, please use the following [form](#).