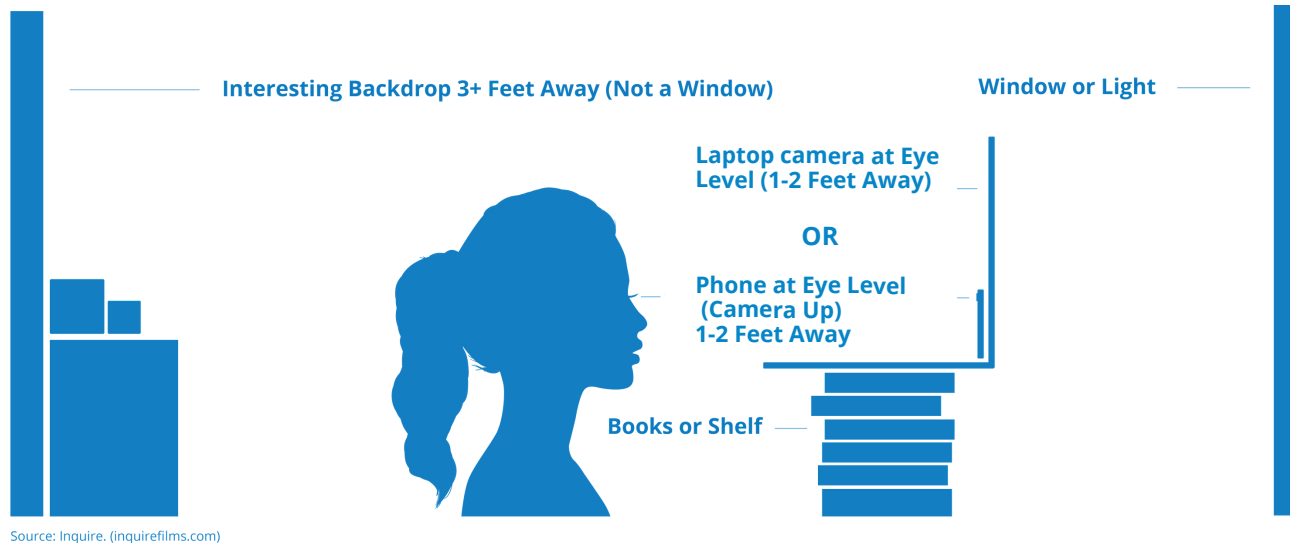


REMOTE VIDEO INTERVIEWS: WHAT TO EXPECT AS THE SUBJECT



You've been asked to be interviewed remotely by a video journalist or producer. Here's what you'll be expected to do:

Step 1: Prepare your room setup. Using Skype or FaceTime with your phone, the producer will help you set up the room for a professional-looking interview. Use natural light from front or side if possible and turn off noisy appliances.

Step 2: Prepare your camera.

- If the producer wants to record the interview on their end with a tool like Zoom or Skype, turn off internet apps like DropBox that use bandwidth on your computer.
- As a backup, record audio using a phone placed nearby, using a recording app.
- If you'll be recording the interview on your phone, use AirPods, earphones with a mic, or a wireless mic for audio. Turn off notifications/sounds and clean the lens with a clean cloth.
- In Settings for iPhone select Camera>Record Video >4K at 24 fps; for Android find settings in Camera app, choose 4K at 24fps

Step 3: The interview. Keep your eye on the camera lens, not your computer or phone screen. Try to stay relaxed, like you were speaking to a friend.

Step 4: Share the final file with the producer using Dropbox, Google Drive etc.

Thanks to Jennie Butler and Andrew James Benson!