

ALC @Home – Filming Instructions

Thank you so much for agreeing to submit video content for AIDS/LifeCycle's **@Home: A Ride Love Live Experience!** Your contributions make it possible to do life-saving work at The Los Angeles LGBT Center & San Francisco AIDS Foundation everyday!

Here are some instructions and tips to help you create a great video.

LOCATION:

- Please find a quiet space that is free of sound interference.
- Select a background that is preferably neutral or visually appealing. Do a test shoot and take note of what's in the background of your video. Adjust, if needed.
- Avoid shooting with windows in the background (behind you) and any back lit spaces.

LIGHTING:

- Be sure to light yourself well, as if you were taking a selfie. Be careful not to over light.
- You can use natural sources of light like a window or sunlight. You can also use a lamp or light ring, if you have one.
- Do a test video. Make sure there are no large shadows on your face. You may need to be up to 6ft away from your lighting source to be optimally lighted..
- Establish distance between you and any wall surfaces behind you to ensure that there is contrast between you and your background

CAMERA:

- If using a smartphone, please make sure you are filming in landscape mode (phone on its side).
- If possible, avoid using a web cam, unless it is HD quality.
- Position your camera at eye level, don't shoot up from below. Shooting up from below will create an unflattering angle.

SOUND:

- If you have a mic, please test before filming to make sure you are appropriately distanced from the mic and the sound isn't distorted or too quiet. Internal mics work great and are fine for what we need!

WARDROBE:

- If you are recording, wear whatever you like. AIDS/LifeCycle garb is always a good idea! We suggest something well-presented, something you'd be happy for thousands of people to see you wearing.
- If you are calling in live via Zoom, avoid wearing the colors white, black and/or green, as these colors may affect the use of green screen and graphic overlays.

SUBMISSION:

- Submit your Video by uploading it [HERE](#) and emailing your participant representative when your video is uploaded. If you're submitting multiple videos, please upload one video per submission.
- **IMPORTANT!** Give us an indication of who you are and what your submission is for by naming your video file before uploading using this format: <YOURNAME> - <WHICH EVENT YOU'RE SUBMITTING FOR (ie: Red Dress Day, Why I Ride, etc.)>

IMPORTANT! Remember to shoot a test video first and check the points we mentioned above. Once you are satisfied with the test, record your video.