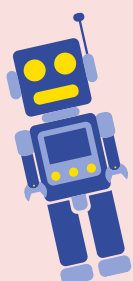


# PREPARING A VIDEO FOR TRAINEES

recording of yourself presenting some content



**PREPARE AN OUTLINE, BUT DON'T MEMORIZE IT**  
(it will sound artificial)

**SPEAK STRAIGHT, USE COMPARISONS, EXAMPLES**



**RECORD IN A QUIET PLACE**

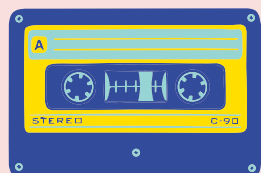
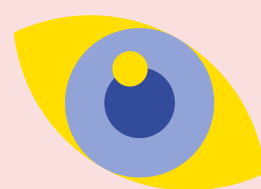
**IF YOU CAN, USE AN EXTERNAL MICROPHONE**  
(e.g. a lavalier – prices start at less than €20)



**DO NOT RECORD THE LIGHT**  
(you won't be seen)

**USE DIFFERENT SHOTS:**

- yourself in medium close up/medium shot
- detail (e.g. presented item) in extreme close up
- space in a long shot



**DISCREET AND FITTING MUSIC**  
**WILL ENRICH THE MESSAGE**

**FINISHED VIDEO SHOULD BE SHORT**  
(a few minutes max)

