

A four step guide to record your video



1. Set up device video settings

You can record your INREV moment or memory on your phone, laptop or PC. Follow the steps to manage your recording settings;

iPhone.

Go to Settings > Camera > Record video > Select 1080p HD 25 or 30 frames p/sec

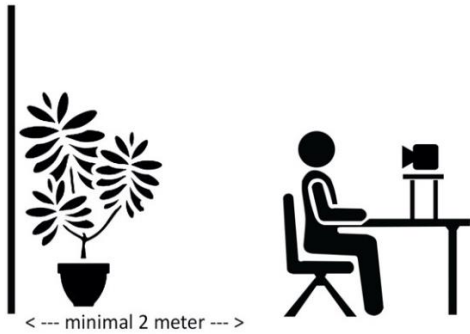
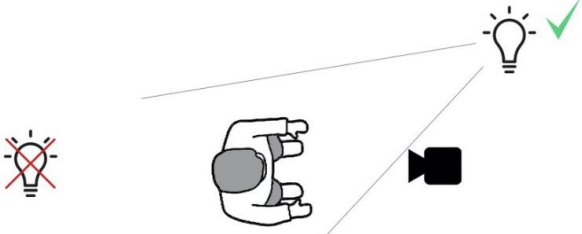
Samsung

Open camera app > Settings > Video size > Select 16:9 FHD 1920x1080p

On laptop or PC

Go to > preferences of the application you want to use > recording settings > Select 1080p HD 25 frames p/sec

2. Prepare your recording area

<p>Find a quiet place with no background noise or disruptions to record your video message.</p>	
<p>You'll first need to make sure there's enough distance from where you sit and the background, which should not look visually cluttered. A light wall is best.</p>	 <p>< --- minimal 2 meter --- ></p>
<p>Check your lighting to make sure your face is well lit. If needed, place an extra light to the left or right side of the device.</p> <p>Tip: Don't place the light in front of your device.</p>	 <p>Top view</p>

Make sure your device is at face level and on a stable surface.



Tip: Your face and shoulders should be in the middle of the camera frame.



3. Record your video message

Tip: Practice what you're going to say before recording. When you're comfortable and ready, record your 30-second message.

4. Share your recording with INREV

When you're happy with your 30-second video, send it to us at 20years@inrev.org with "My INREV story" in the subject line.

To make sure the video quality remains as high as possible, please use a file transferring service such as [WeTransfer](https://www.wetransfer.com/) or download the WeTransfer App if you are using your phone. If you have any issues reach out to us at 20years@inrev.org.