

Making a good video

You will need:

- Your phone, in front-facing video mode (Cinematic mode if using iPhone)
- A quiet place that doesn't echo and where you can be clearly heard
- A well-lit place, that doesn't have strong light behind you
- A clear idea of what you want to say
- Yourself, remembering that you're just talking to a friend

What to say:

- Introduce yourself:
 - Your name
 - Your position and who you represent
 - Your **15-second elevator pitch**, key messages or questions to be answered

What to do:

- Hold your phone in portrait, at arm's length so there is a little bit of space around your head (but not too much ceiling or wall, as demonstrated below)
- Position your phone so it is slightly higher than eye level, as demonstrated below
- Take your time with a few practice runs to find any tricky sections and re-word if needed
- Film each question separately, especially if making a longer video with more information so you don't have to re-film everything if you want to re-do any section
- If answering questions, begin with reframing the question ("This research is important because...")



Editing:

Mobile apps

- CapCut
- Adobe Rush
- GoPro Quik
- YouTube
- iMovie

Professional software

- DaVinci Resolve (free)
- Adobe Premiere Pro
- Final Cut Pro

Don't forget to add your name and position to the titles, as well as using captions where possible to make your videos as accessible as possible.

Remember to share your videos with the Natural Hazards Australia Research communications team! If you are uploading to social media, tag us!

LinkedIn: [@Natural Hazards Research Australia](#)

Facebook: [@Natural Hazards Research Australia](#)

YouTube: [@hazardsresearch](#)

For more information or advice, visit www.naturalhazards.com.au or contact Natural Hazards Research Australia's communications team:

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