

Quick Start Guide

Recording a Teach for Life video

Recording

You can use your cellphone camera.
Remember:

- Aim for **1 to 3 minutes** in length.
- Record in a **small, quiet room** for best audio quality.
- Make sure to record **“widescreen”** (phone in horizontal position).
- **Look at the camera lens** while talking. It helps the viewer feel that you are talking to them.

Checklist

- Press record, **pause and smile**, then begin.**
- Beginning:**
 - ✓ Make a brief intro statement
 - ✓ Introduce your materials
- Ending:**
 - ✓ Quick recap, if appropriate
 - ✓ Brief closing statement
- Pause and smile**, then stop recording.**

**Allows space to trim the start and end of your video.

Submitting

You can submit your video in one of two ways. If your video is on your phone or computer, you can upload it to the Teach for Life website. If you have a video on YouTube, you can import it to the website.

For either option, start by going to teachforlife.org

To upload to the Teach for Life website:

1. Go to the “Create” page.
2. Click the “Upload” button.
3. Follow the instructions to upload your video.

Note: If uploading from your phone, connect to Wi-Fi to avoid high cellular data use.

To import a video from YouTube:

1. Go to the “Create” page.
2. Click the “Import” button.
3. Follow the instructions to import your video.