

# FILMING GUIDE FOR SHARING YOUR "OREGON I AM" STORY

How to capture the best video with your device.



## WHAT'S YOUR "OREGON I AM?"

Record a 10-30 second video finishing the sentence "The Oregon I Am is..."

Your "Oregon I Am" could be about a place, people, dreams, experiences, and more. You choose!

Share with us at [theoregoniam.org](http://theoregoniam.org) and your recording could be selected to be part of our "The Oregon I Am" film—premiering in December!

[See Examples](#) | [Full Video Tutorial \(YouTube\)](#)

### CAMERA ORIENTATION

Record your video landscape, NOT portrait. Rear camera preferred, front facing ok.



Portrait

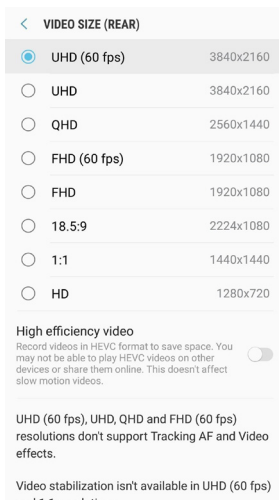
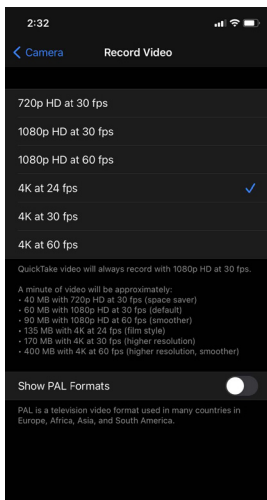


Landscape



### RESOLUTION

4k 24Fps, or 1080p 30Fps or best available



### LIGHTING

Place the biggest source of light, like a large window, or the sun in front of your face, to avoid harsh shadows.

### COMPOSITION

Preferably you would have someone else record the video of you, if not just give as much room with your selfie video as possible, so your video looks similar to this frame.



### SOUND

To record the best audio possible, avoid large rooms with echo, or constant noise like air conditioners or refrigerators, carpeted furnished rooms work best.

### UPLOAD YOUR VIDEO!

Upload your 10-30 second video at [theoregoniam.org](http://theoregoniam.org). Acceptable files are .MOV, .MP4, or links to Youtube, Vimeo, etc.