

Hello all!

Before your first meeting here are some tips to help you get the best out of Zoom or any online video chats.

- 1. Flip your seating arrangement so the window light is facing you.** Whenever possible, try to switch your setup so that you're facing the window head-on. This gives you a lot of natural light, and will help you look really sharp on camera. Don't worry if your home doesn't have a lot of natural light. You could set up lamps behind your laptop or tablet. This will help you stay illuminated on camera without overwhelming any other members of the video call.
- 2. Centre your camera at eye level.** Line up your laptop, tablet, or phone camera so it's roughly in line with your eyes. If the camera is too low, you won't be displaying a very flattering view to the other members of the call. Instead, stack books or other sturdy items beneath your webcam or tablet until your camera is at the right angle. If your camera is too low, it will show your double-chin to the camera, and you will look as if you are talking to the floor.
- 3. The bonus about propping up your Tablet or Phone is that it also won't shake.** Don't think of holding the phone/tablet. No matter how hard you try, your arms will get tired! One of the quickest ways to help with this is to prop the phone/tablet on some books or a small box. If you are lucky enough to have a selfie stick I found that putting the phone on the stick then wedging it in the sofa worked!
- 4. Sit at least an arm's length behind the camera.** Keep in mind that a lot of cameras have a wide-angle lens, which isn't very flattering when you're sitting up close. Instead, back yourself up from the camera so your entire face is captured on screen. Ideally, you want to keep yourself centred in front of the camera without being too zoomed in. Have your eyes in the top third of your screen, with a small bit of open space above your head. Your armpits should be at the bottom of the screen.
- 5. Lastly....turn your camera on its side (phone or tablet).** Make sure that the camera is horizontal as this is the natural shape that Zoom is looking for for a multi user call. When it's one to one vertical is fine, but any more than one then its best to turn it on its side.

Hope this helps.