

FILMING GUIDELINES

1. Please film on your smartphone where there is minimum background noise so you can be clearly heard.
2. Please film where the light is good so you are clearly visible.
3. Try to avoid having a cluttered background behind you if possible.
4. Please film in **Portrait**, follow these examples when framing your video:



Where do I send my videos?

If you were contacted on Facebook – please send your videos on the Direct Message thread on Facebook.

Or you can send them by email to: extra@utilita.co.uk

You can submit your answers in one video or send separate videos if you prefer. If sending multiple videos by email you may need to send separately due to their size.

THANK YOU.