Reminders for a successful video call!

Main recommendations
While preparing for the video call, get yourself seated comfortably and choose a suitable background. Check your internet connection and place the camera eye level with yourself.

Advice:

**Lighting**
- Don’t sit in front of a window.
- Avoid strong lighting conditions.
- Find a place where there’s even lighting.
- Try to avoid the light coming down from the sides.
- Try to keep the camera at eye level.
- If necessary place something under the computer to lift the camera.
Framing

Choose an interesting background but don’t pick a background that is boring or too contrasting.

Center yourself with the screen. (You would be in the middle)
Filming with a smartphone

While filming, hold the phone horizontally. 

Avoid filming from your hand and place the smartphone on a steady surface.

Technical recommendations

- Make sure that you have a stable internet connection.
- Prefer a cabled connection to Wi-Fi and Wi-Fi connection to a 4G/3G/2G connection.
  
  *While using a cabled connection, turn off the Wi-Fi and/or 4G/3G/2G connection.

- Prefer plugging in the power to your device instead of trusting the battery.