GUEST SUBMISSION GUIDE

Help us show you at your best.

videobump

You're going to be featured on the show, and what you send us becomes part of the episode. You don't need a film crew or fancy gear. A little thought about framing, light and sound goes a long way, and this guide covers all of it in about five minutes.

IF YOU READ NOTHING ELSE

The three things that matter most

Shoot horizontally

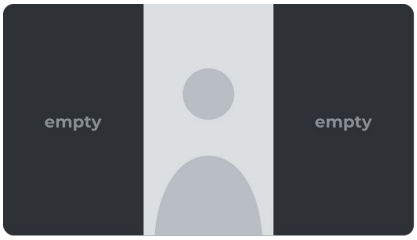
Turn your phone sideways **before** you press record. If you start vertical and rotate partway through, the phone keeps the whole clip vertical.

Light your face

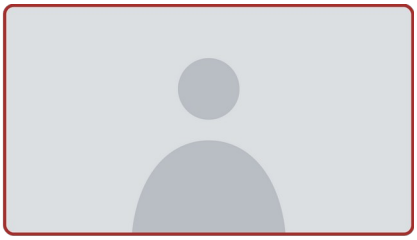
Face a window or a soft lamp. Don't sit with a bright window behind you, or you'll turn into a silhouette.

Get clear sound

Pick a quiet room and keep the phone or mic within 2 to 3 feet of you. Closer is better. Turn off fans, AC and TVs.



Vertical fills only about a third of a widescreen episode.

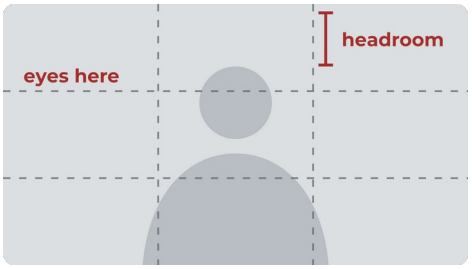


Horizontal (16:9) fills the whole screen, the way the show is seen.

RECORDING A VIDEO

Set up your shot

- **Keep the camera still.** Use a tripod or prop the phone on a stack of books.
- **Put the lens at eye level.** Looking down at a phone on the desk is the least flattering angle there is.
- **Frame head to chest,** with a little room above your head and your eyes about a third of the way down.
- **Wipe the lens** with a soft cloth. Pocket smudges make everything look hazy.
- **Choose a simple background.** A tidy bookshelf or a plant works great. Skip clutter.
- **Wear solid colors.** Fine stripes and small checks can shimmer on camera.
- **Turn on Do Not Disturb** so a call or notification doesn't interrupt your take.
- **Record a 10 second test** and play it back with headphones before the real thing.



Eyes near the upper third line, a little space above your head.

Optional: phone settings

- **iPhone:** Settings > Camera > Record Video. Choose 4K or 1080p at 30 fps, and turn off HDR Video.
- **Android:** in the camera's video settings, choose 4K or 1080p at 30 fps.
- Skip filters and beauty modes. Don't pinch to zoom; move closer instead.

Have a little gear? Use it. Never required. A ring light or soft LED panel, a small tripod, or a clip-on or wireless mic (like a DJI Mic or RØDE Wireless GO) all help. The mic is the biggest upgrade for sound.

WHAT TO SEND

Tips for your kind of work

Authors and speakers

Reading a chapter, a passage or a short talk.

- Hold your book up to the camera for a few seconds at the start or end, so viewers see the cover.
- Read at a natural pace. If you stumble, pause and start the sentence again. We'll edit out the mistake.
- Leave about 3 seconds of silence before you start and after you finish.
- Keep to the length your host asked for.

Musicians

Sharing a music video or a performance.

- A YouTube link is fine as long as you own the rights or have permission to share it.
- Set it to Public or Unlisted. We can't open Private videos.
- If you have the original video file, send that too. It's higher quality than YouTube's version.
- Recording something new? Follow the shooting tips on page 1.

Photographers and artists

Sharing photos, prints, paintings or other work.

- Send images at least 1920 × 1080 pixels. Bigger is better.
- Send original files (JPG, PNG or TIFF), not screenshots or images saved from social media.
- For physical work, photograph it straight on in even daylight with no glare, or scan it.
- Include titles and any credit line you would like us to show.

Only send material you own or have permission to share. That includes music playing in the background of your video, which can trigger a copyright claim when the episode is published.

GETTING IT TO US

How to send your files

Please don't text or email the video itself

Text messages, iMessage and email attachments shrink and compress video, so we'd receive a smaller, blurrier copy than the one on your phone. Uploading keeps the original quality.

Dropbox
Upload from the app or dropbox.com, then share a link.

Google Drive
Upload from the app or drive.google.com, then share a link.

WeTransfer
Free up to 3 GB per transfer. Links expire after a few days.

1. Name each file with your name and what it is, for example **SmithJane_Chapter3_Reading.mov**.
2. Upload the original file from your phone or computer. On a phone, use the Dropbox or Google Drive app and pick the video from your camera roll.
3. Set sharing to **Anyone with the link** so we can open it without requesting access.
4. Email the link to **podcasts@videobump.com** with your name, the show, and anything we should know, like titles, credits or how to say your name.

BEFORE YOU SEND

Quick checklist

- ☐ Recorded horizontally, phone turned before pressing record
- ☐ Light on my face, not behind me
- ☐ Quiet room, phone or mic close to me
- ☐ Camera steady and at eye level
- ☐ Played back a test with headphones
- ☐ Uploaded to Dropbox, Google Drive or WeTransfer
- ☐ Sharing set to anyone with the link
- ☐ Emailed the link to podcasts@videobump.com