You can film on any standard phone, tablet or camera as long as it can record both video and sound. The four key things to keep in mind are:

1. **FILM HORIZONTALLY**
   Always film holding the phone on its side rather than upright.

2. **KEEP IT STEADY**
   If you're filming something where you don't need to move, you can make a "tripod" by propping the phone up on something like some books, so it's not moving around when you're filming.
   If you are moving, a selfie stick can help keep it steady if you have one, or holding the phone close to your body can help reduce shake.

3. **CHECK SOUND**
   When you're filming anything where people are speaking, they will need to be quite close to the phone so the microphone can hear them – normally no more than 1 or 2 meters away. Record a test and listen back to make sure you can hear the voice clearly.

4. **THINK ABOUT LIGHT**
   Make sure who or whatever you're filming can be seen properly and is well lit – the easiest thing to do is to film with the light or sun behind you, so light is shining on who you're filming - but make sure you're not casting a big shadow onto your subject matter.

Other things you can bear in mind are:

- If you're using a phone to film, turn on airplane mode.
- When filming “b-roll”, try to hold each shot for 10 seconds, and get lots of different angles – get some from far away, and so on.
- Try to film your interviews in quiet place away from lots of noise, and try to use different locations for different interviews so there's lots of variety.