

# Zoom Recording Best Practices

To mark the quincentenary, the Tyndale Society launched the [Tyndale Talks YouTube Channel](#) to reach a wider audience. All *Tyndale Talks* Zoom meetings are recorded and undergo light editing before being uploaded.

## Best Practice for a More Professional Recording

- Face a soft light
- Avoid bright windows behind you
- Keep a simple background
- Set camera at eye level
- Do not use Zoom's "**Blur**" background feature.  
(It can cause distracting edge flicker and unstable video image)

### 1) Lighting (Most Important)

- Avoid bright windows or strong light behind you.
- Avoid sitting under a ceiling light which creates deep shadows under the eyes.
- Face a window or lamp so light shines onto your face.
- Place the lamp a bit off to one side and slightly above your eye level.

### 2) Camera Position

- Be aware of where the camera lens is on your device.
- Face the camera at eye level (raise laptop if needed).
- Frame head and upper chest.
- Leave space above your head.
- Avoid extreme close-ups or sitting too far away.

### 3) Background

- Choose a plain wall, tidy bookshelf, or simple office setting.
- Avoid cluttered rooms or bright windows behind you.
- Avoid virtual backgrounds if possible.
- Sit 3–6 feet in front of your background for better depth.

### 4) Clothing

- Avoid tiny stripes or busy patterns.

### 5) Sound

- Turn off fans and noisy appliances.
- Close doors and record in a quiet room.

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