



# Making Memories Last



**Holidays are all about having fun and making loads of memories!**

Check out our handy guide to taking photos and videos, to help you record those special moments to look back on.

You can share these with us too via social media or sending them to us directly. Sharing photos with our supporters and funders helps us to raise money so more families can have a holiday.

# Our tips for taking photos and videos

Whether you're taking photos and videos on your smartphone, digital or disposable camera, our tips will help you to capture lasting memories.

1

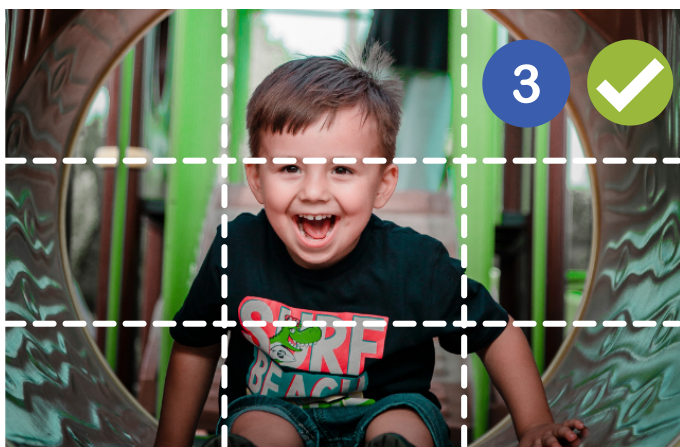
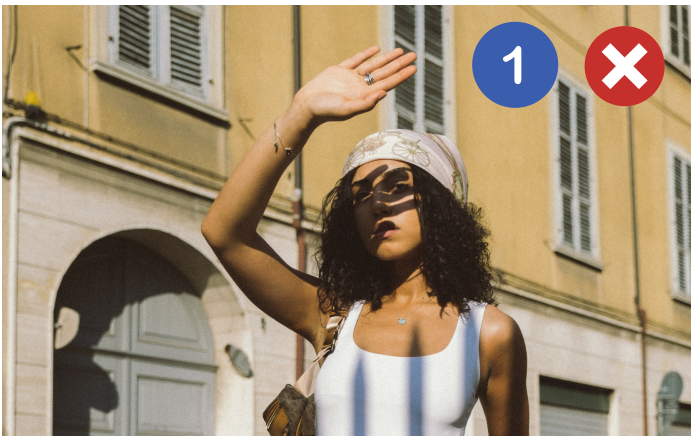
**Lighting** - Make sure the area is well-lit, with natural light where you can. Try to avoid shadows, as this can make it difficult to see people's faces.

2

**Focus** - Focus on just one thing and hold the camera steady. This means your photos won't be blurry, and your videos won't be shaky.

3

**Framing** - Imagine a grid on your screen (like in the image below) and line the person up with the horizontal and vertical lines. And holding your phone sideways so that it's landscape means we can use your photos and videos in lots of different ways!



**Top  
Tip!**

Make sure there isn't too much going on in the background. This includes noise in your videos!



# Filming and Photography for Phones

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Capture the special moment of your holiday and let the memories live! Keeping in mind the tips from above, here are some extras for when you use your phone.

## MAKE SURE THAT YOUR PHONE IS SET TO RECORD IN THE HIGHEST QUALITY POSSIBLE

Everybody's phones are slightly different so experiment with the camera settings and get the highest quality possible.

We'd recommend at least 1080p HD at 30fps or 60fps. Some phones can now shoot in 4k which makes your videos look extra amazing so use this if you can.

### For Android users

- Open the camera app
- Tap the settings gear wheel
- Find rear video size and tap that
- Change the resolution for the best quality video



### For iPhone users

- Find your main setting gear wheel and tap it
- Scroll down to camera and tap it
- Tap record video and change the resolution

## STAND IN OPEN SPACE

Make sure the people you are filming/photographing are standing in an open space. Having space behind someone makes stand out from the background and usually makes everything look nicer.

## SOUND

It may be hard when you're outdoors, but if you can, stay out of the wind. Also make sure you aren't covering the microphone.

## CLEAN YOUR PHONE LENS

Make sure that you lens is free of fingerprints and smudges by giving it a wipe. A clean tissue should work just fine for this.

## HOLD IT STEADY

Hold your phone as stable as possible, use two hands and if you have anything like a selfie stick, that will really help out. Don't worry if you haven't - just try not to move too much

## SHOW OFF

Film/Photograph to your hearts content. Show off all the great sights you see. Look for places that are bright and will look good on camera and snap away! .



# Send us your photos and videos and help other families to have a holiday too

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## Complete our consent form

Fill in our consent form first so that we have permission to use your photos and videos. You can complete our form online directly - or download and send it to us.  
[FamilyHolidayCharity.org.uk/consent](https://FamilyHolidayCharity.org.uk/consent)

## Then send your photos and videos to us on WhatsApp



Scan our QR code below to open a WhatsApp chat with us, then send us your photos and videos. Please note this is for sharing photos and videos only - we can't help with any other questions or queries.



Please include your name so that we can match you up with your consent form.

## Or share via social

If you're posting your photos to your social media channels, you can tag us so we see it too.

@familyholidaycharity on Facebook and Instagram, @famholcharity on Twitter



# Memory making ideas!

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Take a photo or video of your family trying out our list of things to do below. Don't forget to send us them!

- Eat ice creams
- Go for a picnic
- Go for a nature walk
- Have a waterfight
- Watch the sunset
- Eat outdoors
- Go rockpooling
- Have a games night
- Build sandcastles or make sculpures at the beach
- Go for a swim or splash in the water
- Do something new - play crazy golf, visit a fair etc
- Blow bubbles
- Play outside
- Fly a kite
- Film the children's reactions as you arrive at your holiday destination

## Tag us on social!

If you post anything to your social media channels, don't forget to tag us.



## If you have any questions...

If you have questions about sharing your story, please contact [hello@familyholidaycharity.org.uk](mailto:hello@familyholidaycharity.org.uk)

