

## Filming tips: How to film yourself at home

The purpose of this document is to prepare you for your interview so that you can answer with confidence on camera. Please read it through carefully and feel free to contact [jhaakanlind@symmetrymedia.com](mailto:jhaakanlind@symmetrymedia.com) with questions you might have before you start filming.

These videos are an opportunity to help other recipients learn from your story, so thank you for sharing. And remember to have fun!

- Please elaborate as much as possible when you answer the questions. We want to hear your story, and if it's too long, don't worry, we will reduce it in the editing process.
- Provide context to each question in your answer e.g. if the question is "what is your favourite colour", start your answer with "my favourite colour is..."
- Elaborate with details and provide some specific examples. Having detail really helps to tell your story and provide examples to help others understand the point you are making.  
Eg, If Cochlear True Wireless™ devices or other accessories help you at work, tell us what kind of work you do, specific benefits of the accessories or technology in your workplace, even physically demonstrate how you use it at work and what work would be like/how you would manage without the accessory or that technology. Even adding a recent example would be great to help people visualise your experience.
- We would love to see videos and photos of what you are talking about in your answers – this is an important part of each video. If you talk about your love of yoga, we'd love to see some footage or photos of you doing yoga, for example.
- As well as videos and photos relating to your answers, we would love to see some additional, both old and new photos:
  - Home videos of moments in life e.g. playing sports, birthdays, holidays etc.
  - Photo albums and other photos from life, both from when you were experiencing hearing loss to after you were implanted e.g. first day of school, first day after implant etc. Open up those old photo albums and send us some pictures. Dig about in your social media feed and send us those too. The more the merrier!
  - If your photos or videos include other people, make sure you have their permission before sharing the content with us.
- Have a look at our 30second guide on '[How to film yourself with a Smartphone](#)' here. The two most important things are to film in a quiet space where we can see you clearly and to hold the phone sideways in landscape mode (please do not film holding the phone vertically).

• After recording, to upload your files, [click here](#) or visit <https://yourfilesarehere.digitalpigeon.com/rcv/send> and make sure to fill in the form on the website with;

- Your full name; first and last name
- Your email address
- Subject: Cochlear recipient generated content

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Please seek advice from your health professional about treatments for hearing loss. Outcomes may vary, and your health professional will advise you about the factors which could affect your outcome. Always read the instructions for use. Not all products are available in all countries. Please contact your local Cochlear representative for product information.

ACE, Advance Off-Stylet, AOS, AutoNRT, Autosensitivity, Beam, Bring Back the Beat, Button, Carina, Cochlear, 科利耳, コクレア, 코클리어, Cochlear SoftWear, Codacs, Contour, Contour Advance, Custom Sound, ESPrit, Freedom, Hear now. And always, Hugfit, Hybrid, Invisible Hearing, Kanso, MET, MicroDrive, MP3000, myCochlear, mySmartSound, NRT, Nucleus, Outcome Focused Fitting, Off-Stylet, Slimline, SmartSound, Softip, SPrint, True Wireless, the elliptical logo, and Whisper are either trademarks or registered trademarks of Cochlear Limited. Ardium, Baha, Baha SoftWear, BCDrive, DermaLock, EveryWear, SoundArc, Vistafix, and WindShield are either trademarks or registered trademarks of Cochlear Bone Anchored Solutions AB.

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