

## How to use your Apple phone's video recorder and compressing the files

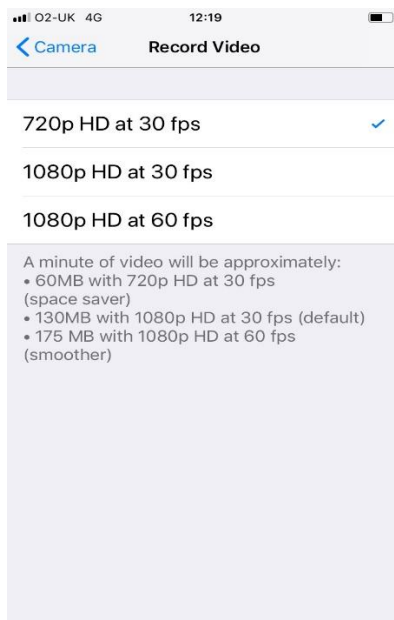
*Video is a really useful way of evidencing competence. However, the video files our devices record can be large, and therefore difficult to upload. This problem is becoming worse, because every new generation of smartphone has a better camera, that generates increasingly large photo and video files.*

*We can address this issue in two ways.*

### **1 – reduce the size of the original recording.**

Your smartphone comes with settings that are designed to create really top quality images and video, so the first thing we can do is adjust those settings.

For example, users of iPhones would go to Settings > Camera > Record Video. From there, use the drop down to select the format which generates the smallest file size.



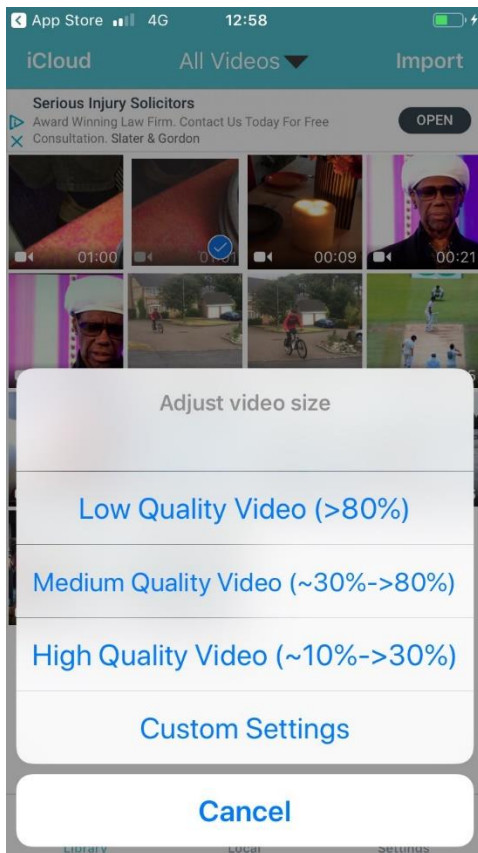
### **2 - Compress the resulting video**

Once a video has been recorded, it can be run through a compression app, which can drastically reduce its file size.

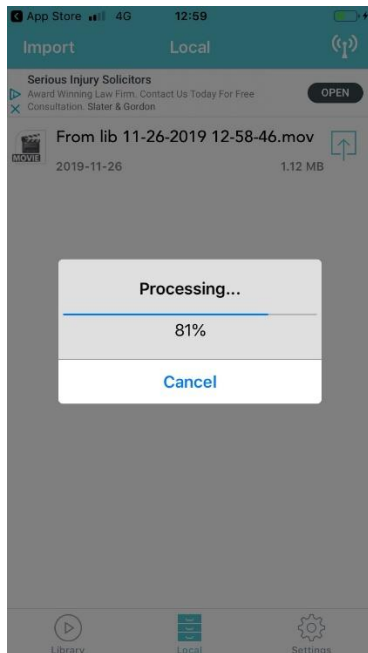
A good example of a free compressor Apple app is Video Compressor



The app opens and allows you to select a video from your library:

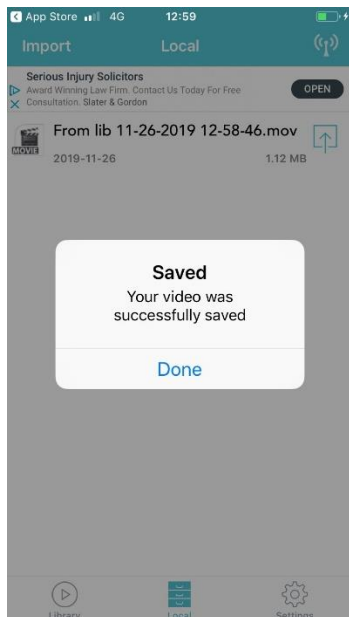


In this example, we click on Low Quality and the app starts to compress the file:







This then saves a new, compressed copy in the user's Photo library, from where it can be emailed into VQManager as usual (using the email address [portfolio@vqmanager.net](mailto:portfolio@vqmanager.net) )

*NB remember, always be sure that the device you are using sends its emails from the same email address that you have entered in VQManager, in the Personal Details page.*



In this example, a file of over 100MB has been compressed to roughly 1.1MB

	Date uploaded	File description	Uploaded by	Size	Delete
	26/11/2019	<input type="text" value="att00001.txt"/>	You	1 KB	
	26/11/2019	<input type="text" value="img_3153.mov"/>	You	1150 KB	

reset file descriptions

