

EUROPEAN ALLIANCE OF ASSOCIATIONS FOR RHEUMATOLOGY

# Podcast Recording Guidelines





### Contents





<u>Settings/</u> <u>location</u>



Microphone position



<u>Subject</u>



#### **Technical requirements**



Laptop/PC



Mobile

Microphone or earphones/headset with a microphone that can be positioned close to your mouth



#### **Microphone position**







Microphone + Condenser Earphones

Headset

\*If you use a Bluetooth headset make sure they are fully charged



## Setting/location

- A closed room/space
- Little to no background noise (turn off any electronic device that creates sound or frequencies, such as an A/C)
- Limited/reduced echo (can be reduced by adding either tapestry/paintings/bookshelf/egg cartons on the wall facing you)
- When recording using the mic from your earphones, please make sure not to touch the mic during the recording



#### **Subject**

- Have a programme before the recording.
- Do practice your script but do sound natural during the recording. Join the conversation and have fun.
- Avoid too much of "Emm..." moments. This is normal but best reduce how often it happens. It happens when you lose track of what you are saying. Hence, the need for queues from a prompter.
- Before moving to the next point, stay silent for 3 seconds.
- Before starting a point, be silent for 3 seconds.
- Do an activity that energizes you or makes you happy so that you're in a good mood when you start recording. Your mood translates to your voice.
- For long-duration podcasts, we suggest you first make a 30" test recording.



## THANK YOU and EULAR wishes you a successful recording!