

Create your own video.

How to set up a GoPro when shooting your own videos.

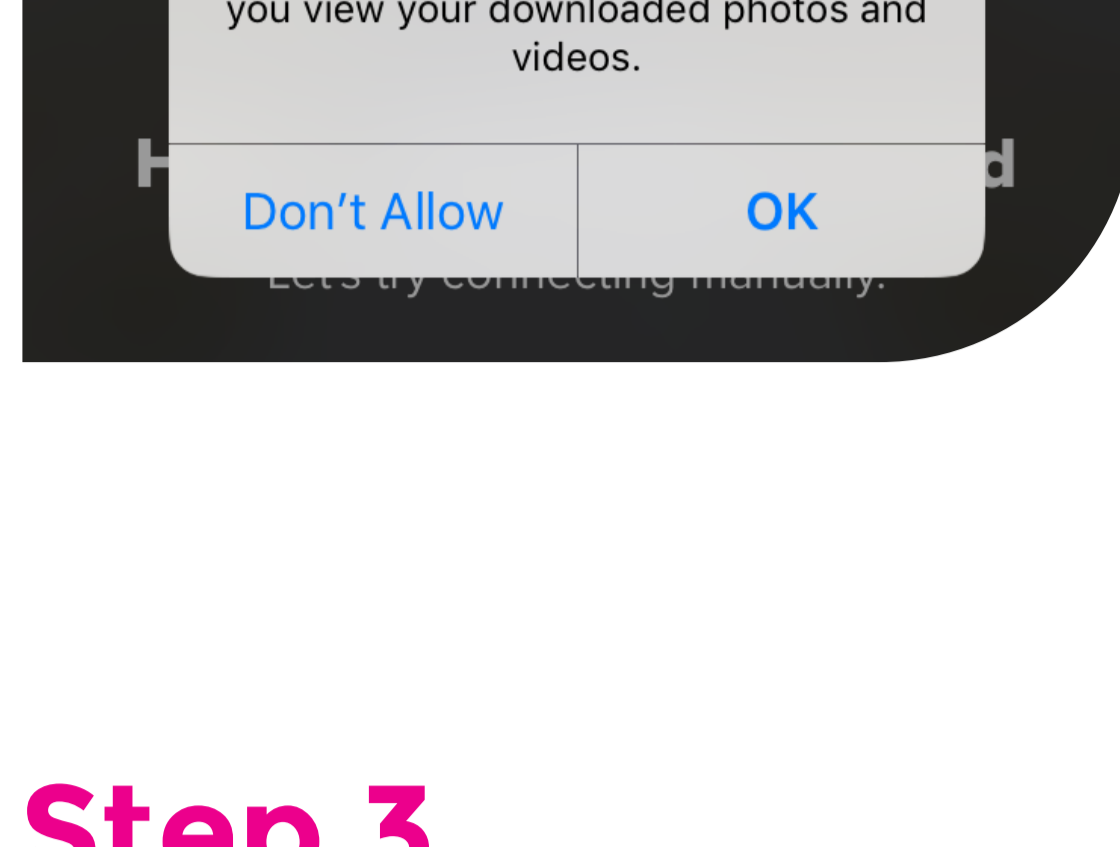
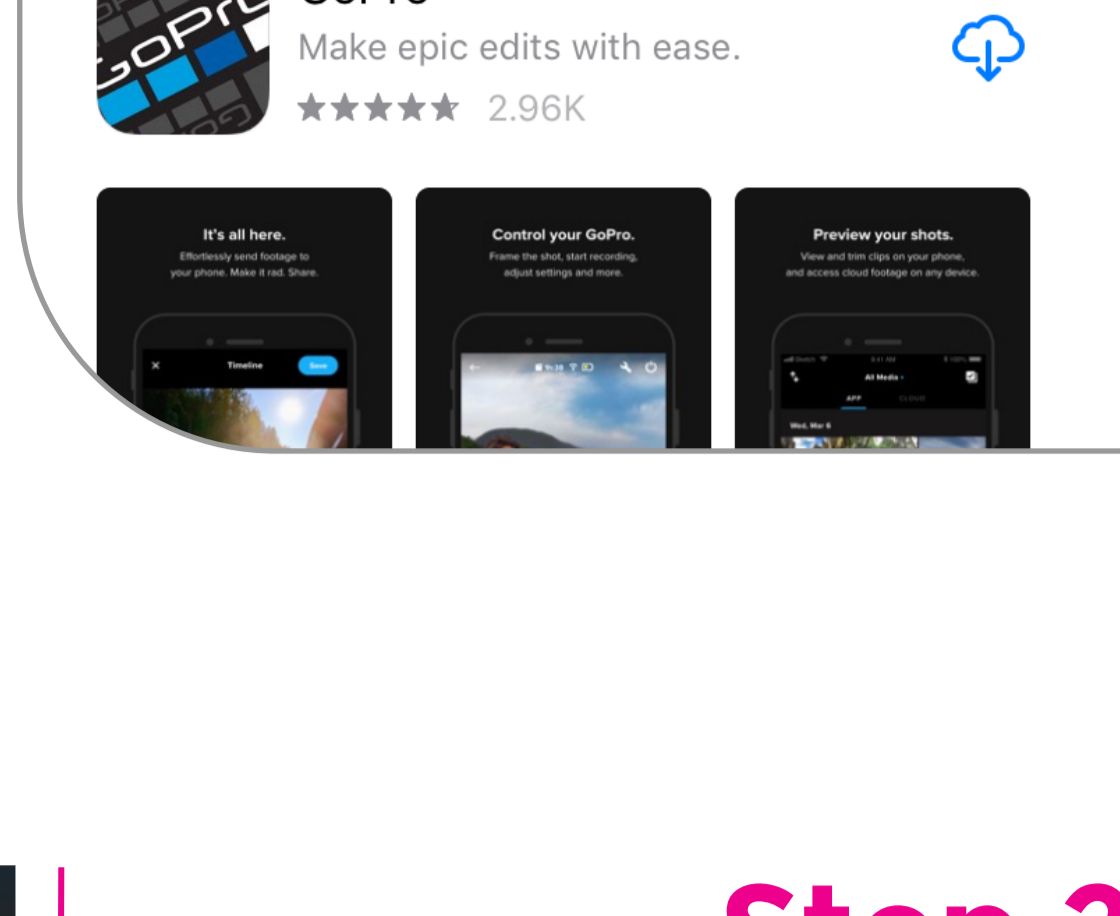
Hi there, and welcome to this tutorial on how to set up your GoPro so you can shoot the best videos possible. Let's get to it!

If you switch on your GoPro and the settings are: 1080 | 50 | L, then you are ready to shoot.

If not, you can follow the steps listed below.

Step 1

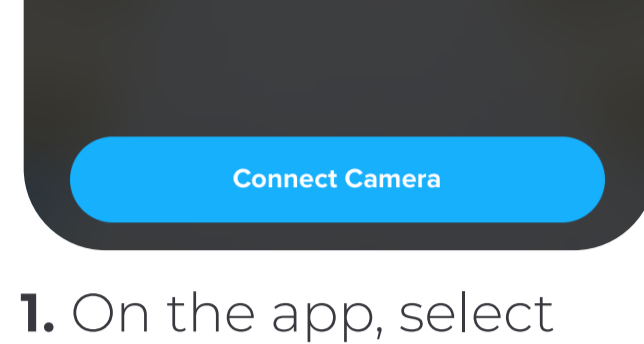
- Go to the App store and download the GoPro app.



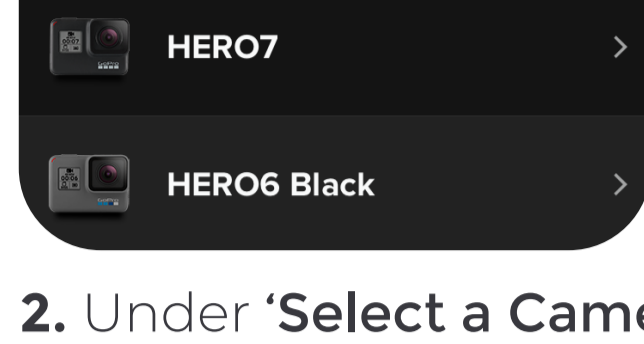
Step 2

- Open the app and click "Don't Allow" when asked for access to your photos.

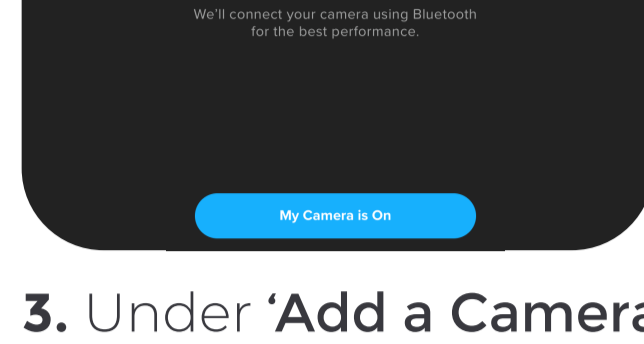
Step 3



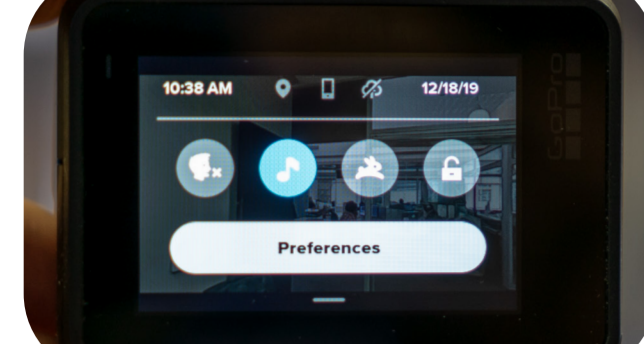
- On the app, select 'Connect Camera'.



- Under 'Select a Camera' select 'HERO7'.



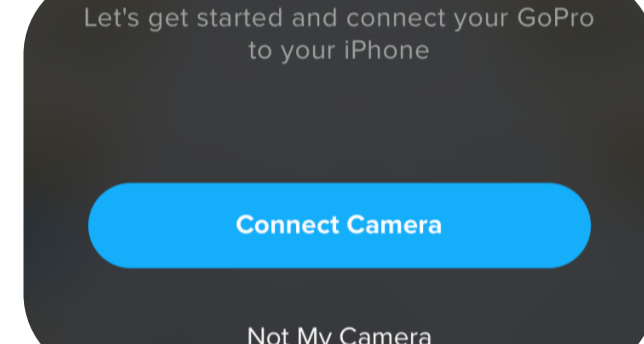
- Under 'Add a Camera' select 'My Camera is On'.



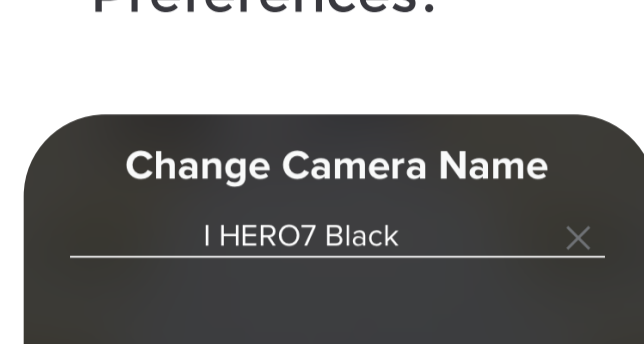
- On the GoPro, swipe down to reveal the settings and select 'Preferences'.



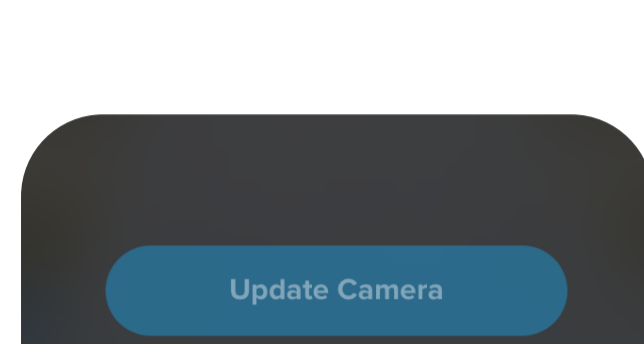
- Then select 'Connection' and then 'Connect Device'.



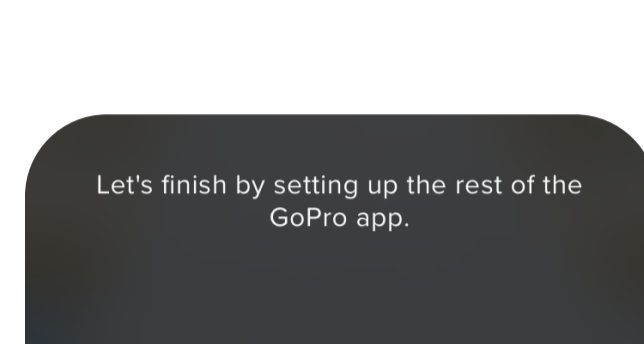
- Back on the app, select 'Continue' and then select 'Connect Camera'.



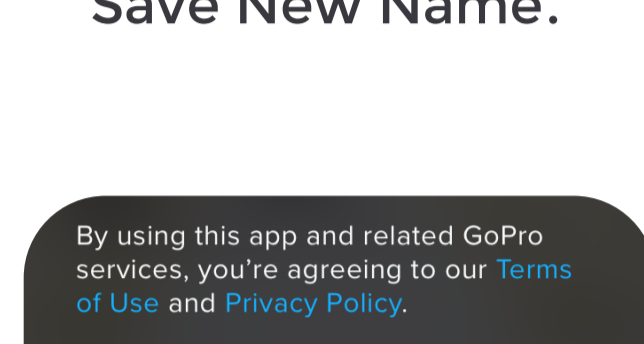
- After loading, select 'Save New Name'.



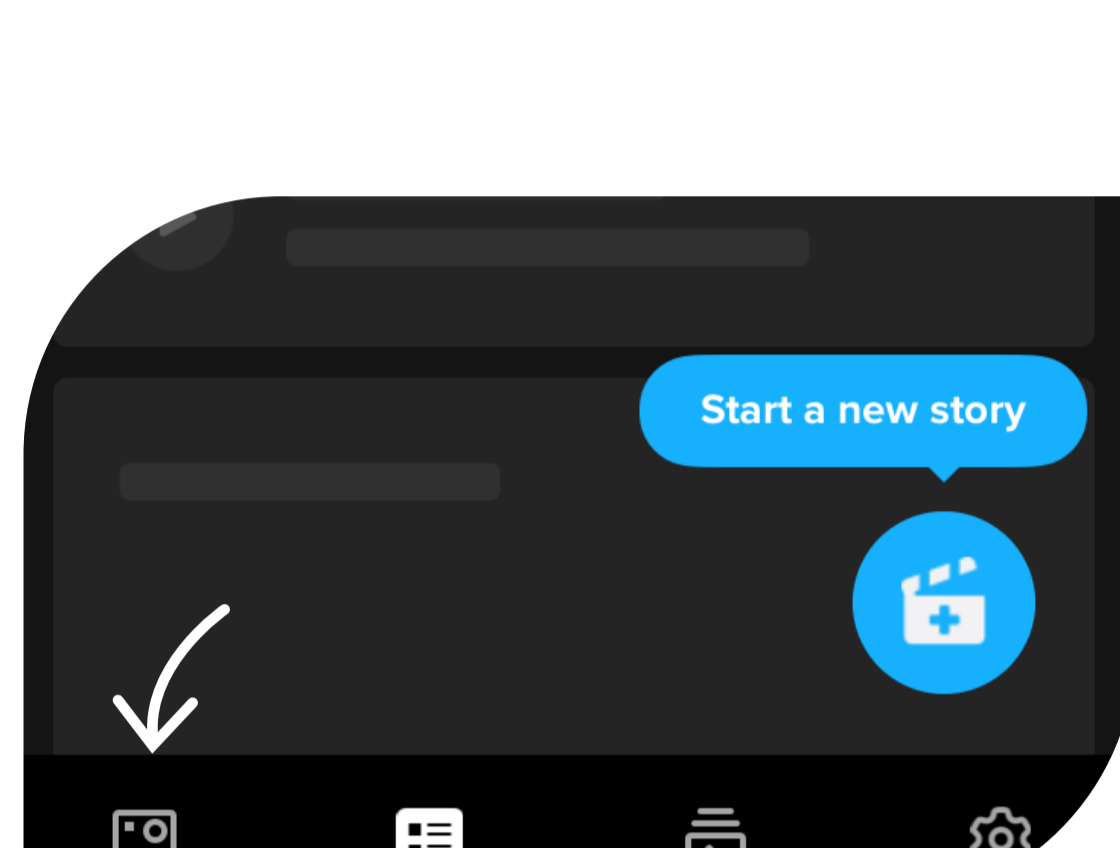
- If at any time it asks for updates to firmware or software, just select 'Later' or 'Skip'.



- When it says the GoPro is ready, select 'Let's Go'.



- 'Agree' to the terms and conditions, when prompted, 'Don't Allow' Send Personalization Data and Notifications.

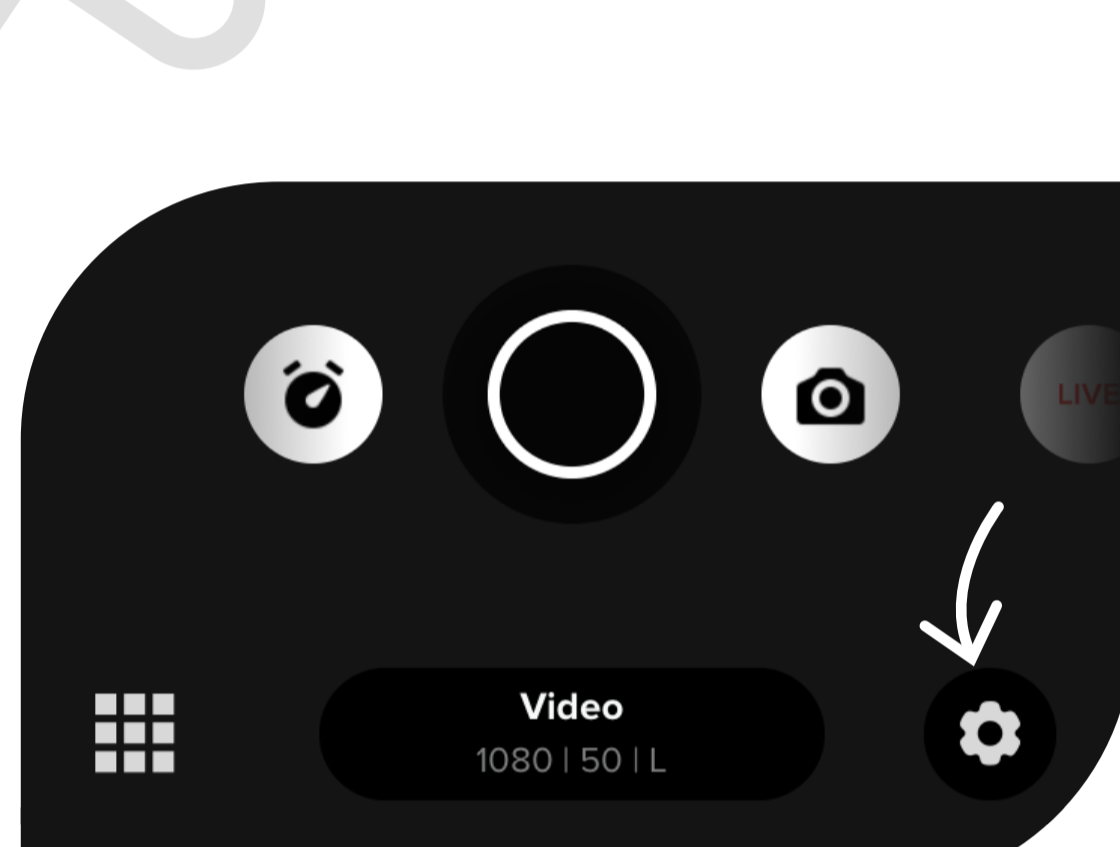
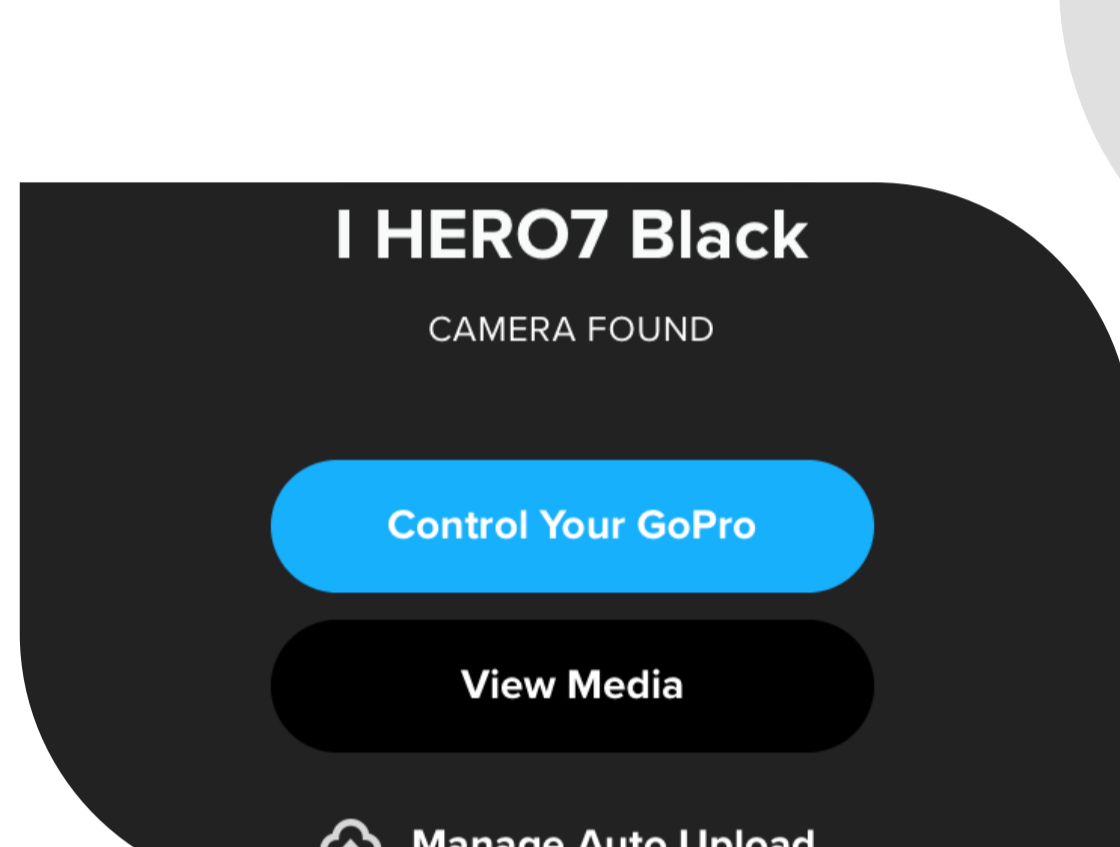


Step 4

- You'll see a screen with something in the right hand corner saying 'Start a new story'. Ignore that and select the 'GoPro' icon, bottom left.

Step 5

- Select 'Control Your GoPro' and then 'Join' the Wifi Network.

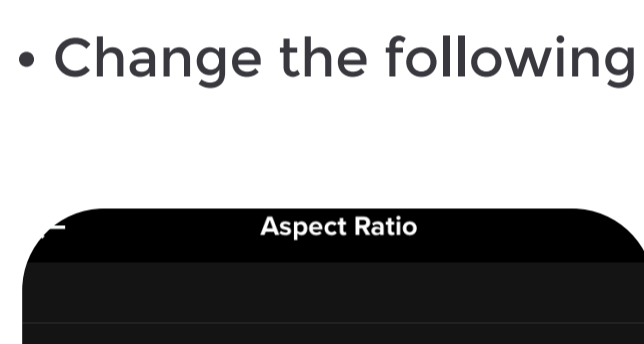


Step 6

- When you see a preview of what the GoPro is seeing, select the 'Settings' icon, bottom right.

Step 7

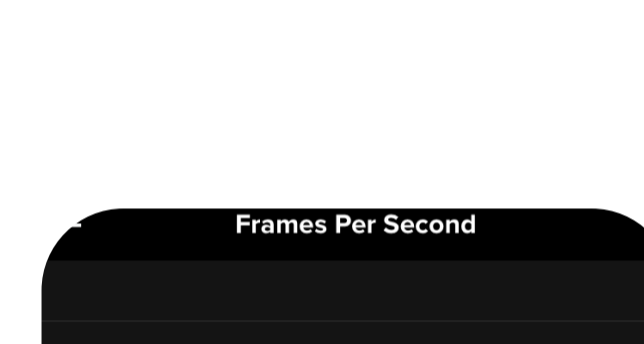
- Change the following settings:



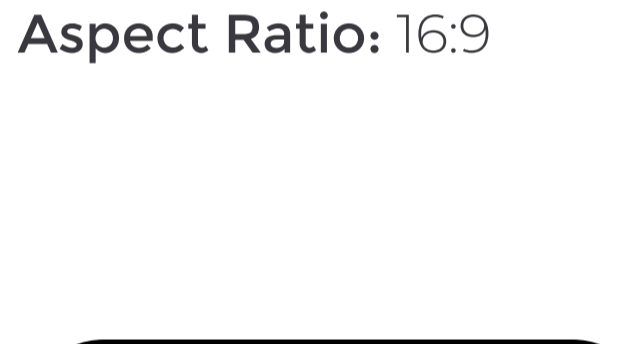
Aspect Ratio: 16:9



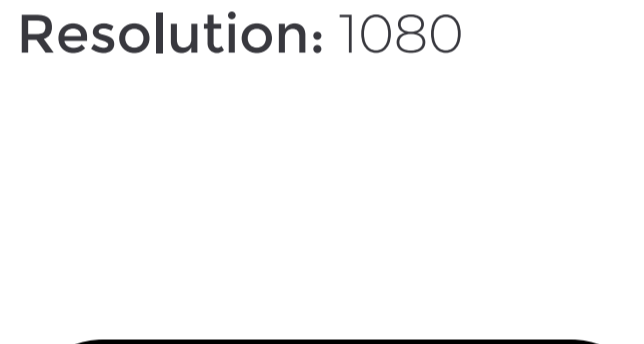
Resolution: 1080



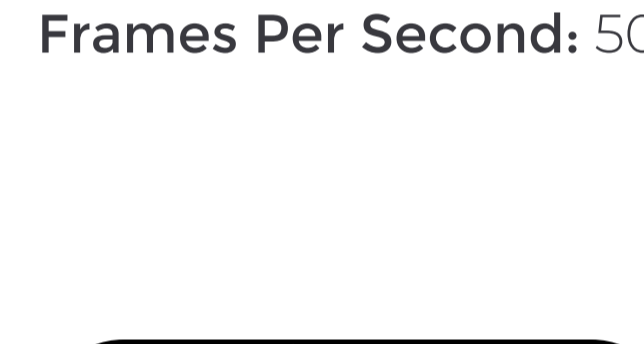
Frames Per Second: 50



Field of View: Linear (otherwise it looks distorted/fisheye)



Shutter: 1/100



Video Format: PAL

Make sure 'Video Stabilization' is toggled on



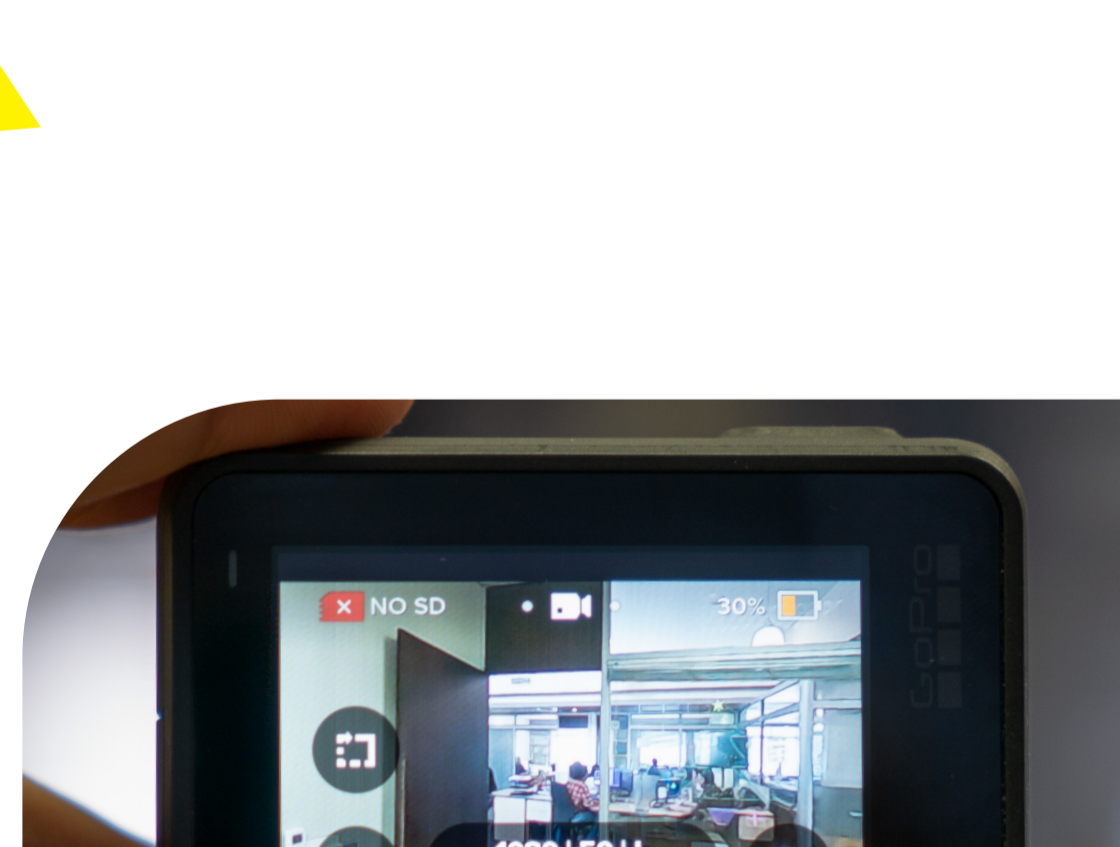
Step 8

- Select 'Done' to save the settings and then exit the app. On the GoPro, at the bottom, it should now say, '1080 | 50 | L'

If the GoPro is on PAL, follow the steps listed below

Step 1

- Switch on the GoPro at the power button on the side.

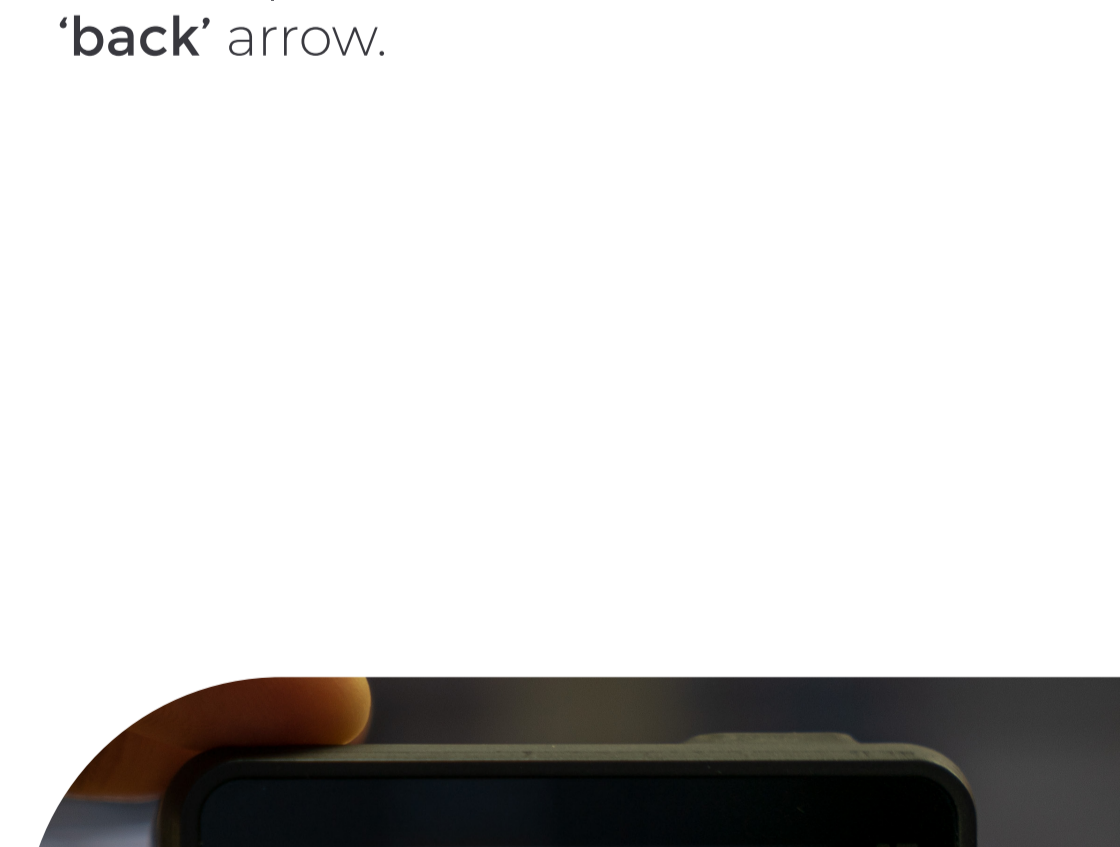


Step 2

- Select the bottom middle icon.

Step 3

- Go to 'RES | FPS |' and change it to 1080 | 50, then select the 'back' arrow.

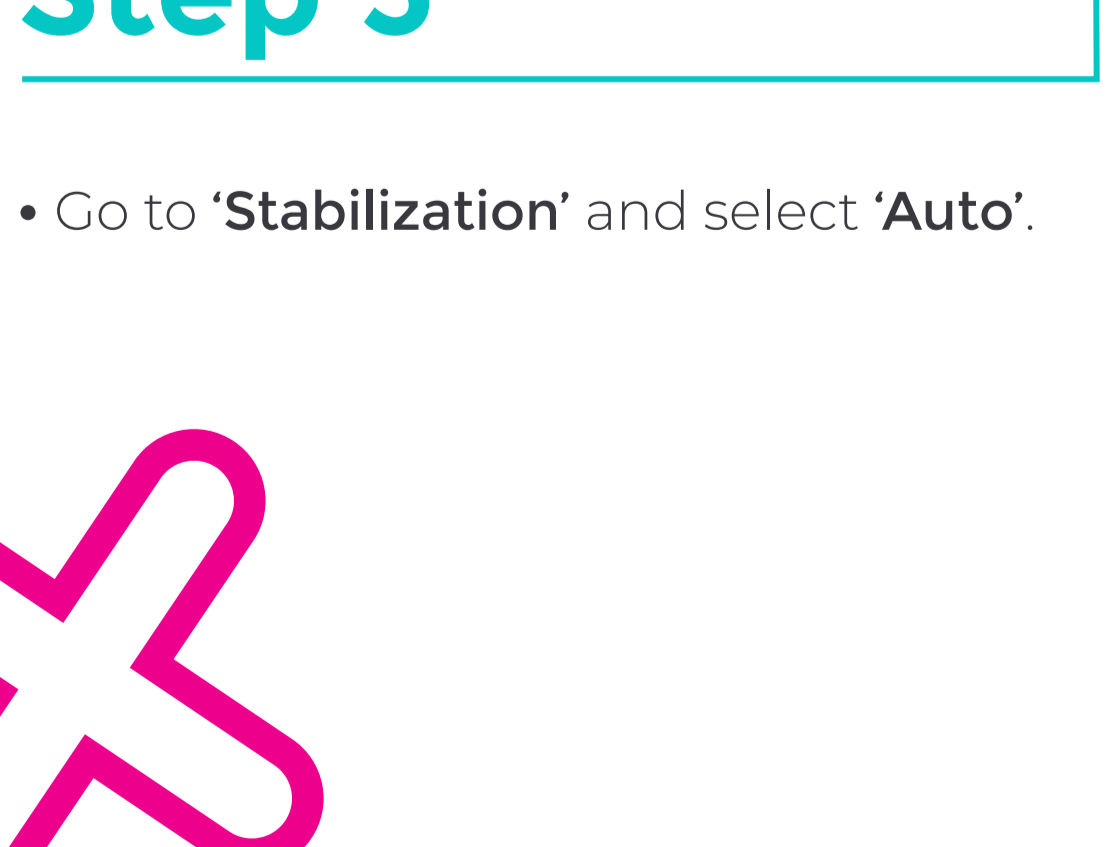
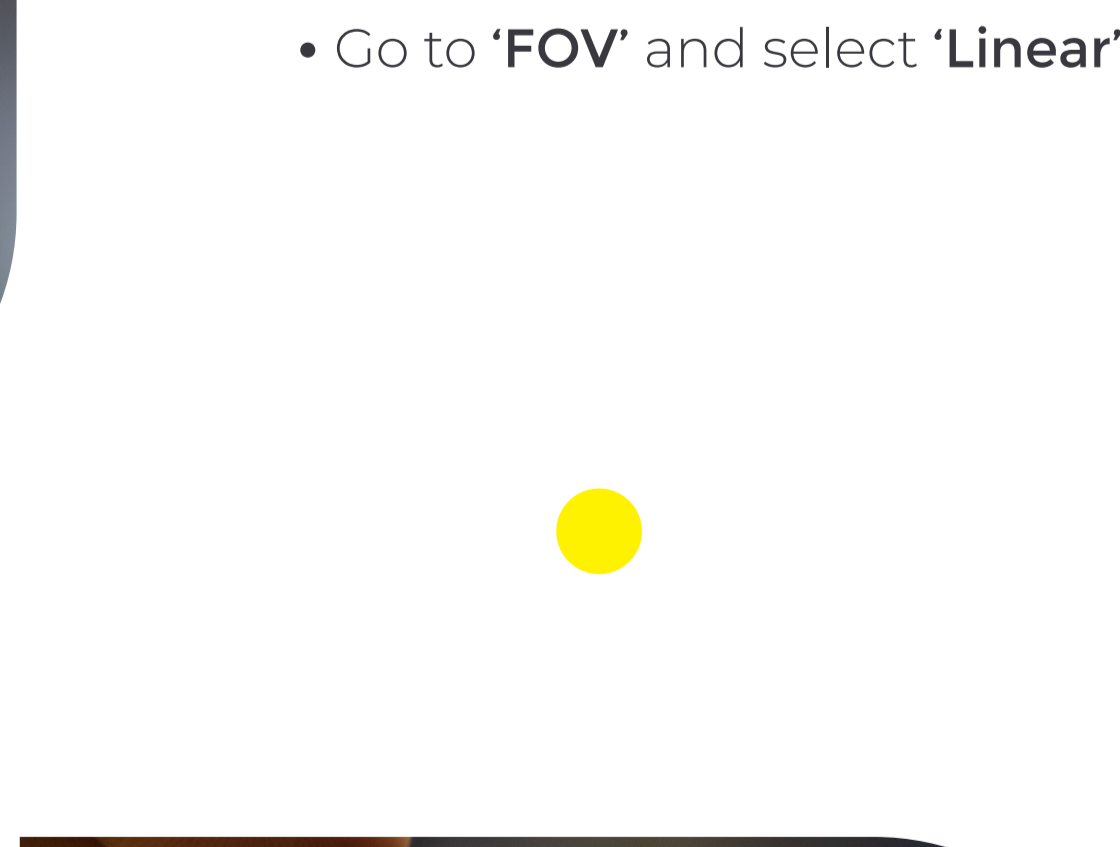


Step 4

- Go to 'FOV' and select 'Linear'.

Step 5

- Go to 'Stabilization' and select 'Auto'.



Step 6

- Go to 'Shutter' and select '1/100'.

Step 7

- On the GoPro at the bottom, it should now say: 1080 | 50 | L



And that's it! Now you're all set up and ready to start shooting. Good luck!