

## APPENDIX 4 –ADOLAND GUIDE FOR MAKING YOUR VIDEOS

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Your mission (should you choose to accept it) will be to adhere to the following guide and to do a shoot with an iPod that we'll give you to use.

This guide will take you step by step through the filming you'll have to do and how to shoot with the iPod. The work to be done is organized according to different themes, in a particular order. But, if you wish to do it in a different order, feel free! The most important thing is that it be **enjoyable** for you to take more than one video.

### BASIC INFORMATION

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Before beginning your filming, we'll do a little introductory workshop to help you use the video function on your iPod and share with you some shooting basics: how to frame, light, improve the sound, distances and camera movements. I'm also going to photograph and film you in your bedroom.

#### CAREFUL!

It's very important that you always make your videos with **your iPod held horizontally!**

If you hold it vertically, the video you make won't be used!

It's also very important that you use the iPod's rear camera (not self-portrait), because that's the one with the best quality.

To conclude, **before you start, practice by making whatever videos you feel like**, just to get accustomed to using the iPod.

Ready? You're now a **Web director!**

### FILMING

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#### 1) WHO AM I?

A) Move into your bedroom and place the iPod with the tripod on your desk or your bookshelf to take a **medium shot** of yourself. Make sure the iPod is securely in place so that it doesn't move during filming!

Settle down comfortably, press the record button and tell us (without hurrying) the following things:

**What your name is,**  
**where you come from (town, region, country),**  
**your age and what year you're in in school,**  
**something you like to do or would like to do some day.**  
**What's your favorite hobby?**  
**Something you hate...**  
**Something you love...**  
**Something you would do to change the world.**

Be careful to make complete sentences when you talk to us!

When you've finished, leave your room, then come back and press STOP.

B) Make a **video lasting 1 minute** in which you introduce us to your family and your friends, meaning a little bit who you are (always following the technical specifications you were given).

## **2) YOUR BEDROOM IN DETAIL**

A) Introduce us to your bedroom, but as though you were seeing it for the first time. With the iPod camera, show us your space in detail.

Make sure to get **your posters, your favorite things, your desk, your books, your computer**, etc.

IMPORTANT: when you record, tell us what you're filming, and what each object means to you.

B) Your photos and memorabilia

Select **five photos** or objects to tell us about your life.

Example: Record yourself while you look through an old box of family photos; it can be with someone in your family who helps you **remember** or who tells you stories of your childhood at the same time that you look at the pictures. Show them to the camera in detail and explain to us **why you chose them**.

ATTENTION: you have to choose 5 photos or objects that are very representative of you.

## **3) YOUR ENVIRONMENT**

Film-yourself in your external environment, your town or your region.

**Explain to us where you live.** What's the **secret place** where you go with your friends, or the place where you like to be by yourself? Also, show us the landscape around your house, and tell us how you feel about it (positive and/or negative).

## **4) CLOSING WORDS**

In your bedroom, prepare everything as with the first filming (iPod on tripod), sit comfortably and **tell us** what you think of this experience, how you feel, and do a summary of everything you did for your shoot.

## **5) YOUR IMAGINARY HOME**

Think about what an imaginary home would be for you. Inner space or place of wellbeing (existing or virtual). Because when we see each other again and I pick up the files from your iPod, we're going to make a last film together where you can invent a character for yourself, or present me with an imaginary place. It's a little piece of fiction that we'll build together.

BRAVO! It's over.

Congratulations, and thanks for your work as a director!

IMPORTANT: Even after we've transferred your files, delete NOTHING!

Wait for my confirmation before you delete everything.