

The project is implemented by:



Keeping the World Turning: A Video Workshop on Gender and Care during the Pandemic

May 10, 17, 24
June 1

19.30-21.00 EET

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Iceland
Liechtenstein
Norway grants

ProGender

A Digital Hub on Gender,
the COVID-19 Crisis and its Aftermath

The project is implemented by:



May 17th Workshop Outline

19.30-21.00

(1) Introductions (10 mins)

(2) Sharing Homework (20)

(3) Video Training (45)

(4) Closing and Home Practice (5)

The project is implemented by:



Filming with your Mobile Phone

- **Full HD 1080p 30** frames not 4K
- **Landscape** not portrait
- Locate the **mic**
- Check **lens is clean**
- Never use the **zoom**: get closer to the subject instead
- **Stability**: use 2 hands rather than one, relax shoulders, breathe
- **Film for 5 seconds** before and after what you want to capture
- **Vary shots**: angles, distance from object.

Different Types of Shot

The project is implemented by:



Shot Types



EWS (Extreme Wide Shot)

The view is so far from the subject that she isn't even visible. This is often used as an establishing shot.



VWS (Very Wide Shot)

The subject is visible (barely), but the emphasis is still on placing her in her environment.



WS (Wide Shot)

The subject takes up the full frame, or at least as much as possible. The same as a long shot.



MS (Mid Shot)

Shows some part of the subject in more detail whilst still giving an impression of the whole subject.



MCU (Medium Close Up)

Half way between a MS and a CU.



CU (Close Up)

A certain feature or part of the subject takes up the whole frame.

Different Types of Shot

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ECU (Extreme Close Up)
The ECU gets right in and shows extreme detail.



CA (Cutaway)
A shot of something other than the current action.



Cut-In
Shows some part of the subject in detail.



Two-Shot
A shot of two people, framed like a mid shot.



(OSS) Over-the-Shoulder Shot - Looking from behind a person at the subject.



Point-of-View Shot (POV)
Shows a view from the subject's perspective.

Rules of Composition Summary

The project is implemented by:



1) **Rule of Thirds** (divide screen into 9 squares)

2) **Symmetry**

3) **Leading lines** (guide the viewer's eye and attention)

4) **Leading room** (space in direction character is facing)

5) **Head room** (don't cut top of character's head, unless close up)

6) **Depth** (where the object is placed shapes how we see it)

7) **Play with the rules!**

Home practice

Portrait of an object of care (video/audio)

Select an object that represents some aspect of care for you. It can be an object that makes you feel love, anger, laughter, sadness... Anything, a brush, your wallet, a chair, your kitchen table...

(1) Visual portrait of the object: either photo or short video clips (ie 15 seconds). Describe it visually. Video shots can be static, use different angles/heights. Get in close: capture its texture, shape, the light on it, study it in detail. If you can't film/take photos, find links online with images of a similar object.

(2) An audio note on your choice of object: Use phone to record a short (1-2 min) audio note about why you chose that object. Or you can write something/take a photo of something you write on paper...

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