

## AUTONOMOUS WORK

### Module 4: Vision and action



In this document, you can **find tips, suggestions and guidance about filmmaking** that can support you in better preparing the filmmaking workshops. It also provides information related to the **types of films that students can produce** related to mental health topics to showcase in the events to be promoted at the school to the community.

### Filmmaking 101

#### Tips on filmmaking



Write about **something familiar**

It's often easier to write about something familiar, as you can vividly imagine and describe possible situations.



Keep it **straightforward!**

One common mistake is trying to create a story that's too long or complicated. For a first project, it's best to avoid overly intricate plots.



**Simple and effective storytelling** works best.

For groups new to filmmaking, drawing inspiration from a classic narrative structure (like the actantial model) can be helpful.



**Short and focused stories** are ideal for short films.

The plot should capture just a brief moment in the characters' lives — the group can imagine what happens before and after, but the film itself should stay within that limited timeframe. Small details can often hint at a bigger issue.



There are **no strict rules!**

For some, writing a story might feel too academic or rigid. The film could instead emerge from improvisation or experimentation, without a clear beginning or end, focusing instead on emotions. This approach can make the film truly distinctive.



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## Choosing your setting

<p><b>Take your time</b> when composing your shot</p> <ul style="list-style-type: none"> <li>Decide what should be visible and what should remain hidden. Consider the background carefully. Before setting up your equipment, use your smartphone to explore different angles and find the best camera position.</li> </ul>	<p><b>Be mindful of lighting!</b></p> <ul style="list-style-type: none"> <li>Generally, the light source should come from behind the camera, but sometimes filming toward the light can create a striking effect.</li> </ul>	<p>For optimal results, <b>use a tripod</b></p> <ul style="list-style-type: none"> <li>A steady shot allows the audience to concentrate on the action. However, deliberate camera movement can add energy and a sense of dynamism to the scene.</li> </ul>	<p>And <b>don't forget about sound!</b></p> <ul style="list-style-type: none"> <li>Unwanted background noise can easily spoil an otherwise great take.</li> </ul>
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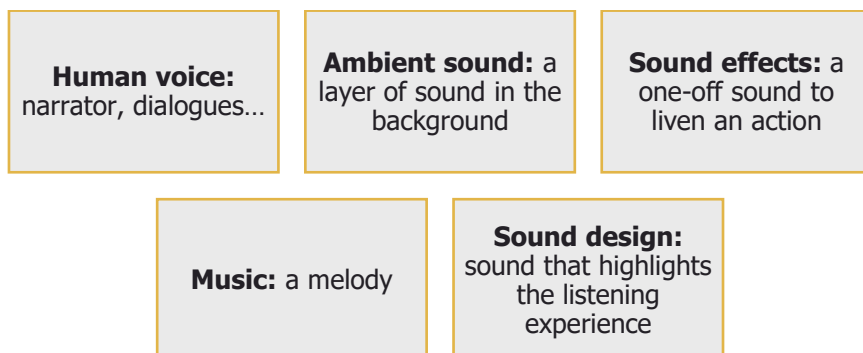
## The “15-second rule”

Often, our shots contain great content but end up being unusable because they're too short. Make sure each shot lasts **at least 15 seconds**.

It's also frustrating when the beginning or end of a dialogue gets cut off. Don't hesitate to start recording a little before the action begins and let the camera run for a few seconds after it ends. This extra footage isn't an issue — you can easily trim it later during editing.

## Sound

Sound plays a vital role in audiovisual production — it can transform the atmosphere of a scene or even redefine the entire project. You can choose to film a non-verbal film, for example, “Fallin Floyd”. Sound and music are extremely important there. There are 5 types of sounds:



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A soundtrack does more than evoke emotions or highlight key moments; it helps create lasting, memorable experiences for the audience.

Watch the following tutorial about the Sound (click on the image):



Choose **royalty-free tracks**

Take the time to make the **right choice from the start!**

When adding music, it might be tempting to mute the other sounds. Be cautious **not to turn your film into a music video.**


Using too much different styles can feel disjointed. Instead, consider giving your film a **consistent "music colour"** by choosing a single genre, mood or instrument family to everything together.

## Editing with CapCut

For editing your films, we suggest a free and friendly platform for editing called CapCut.

- 1 Download the application using this QR code. CapCut works for mobiles and tablets as well, so students can also download it themselves.



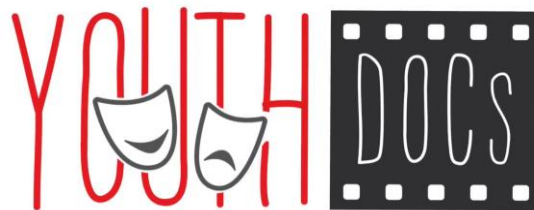
- 2 When launching CapCut, you tap "New Project". Select your video clips or photos from your gallery. Tap "Add".
- 3 Trim and Arrange Clips: Tap on a clip in the timeline. Use the split  or trim tool to cut out unwanted parts. Drag clips to reorder them if needed.
- 4 Add Text: Tap "Text" > "Add text". Type your message (e.g., title or subtitles). Customise font, colour, size, and animation. Tip: Keep text short and easy to read!
- 5 Add Music or Sound Effects: Tap "Audio" > "Sounds". Choose from CapCut's music library or import your own. Make sure to adjust the volume to balance with the voice or ambient sound.

- 6** Apply Filters or Effects: Tap “Filters” or “Effects”. Add cinematic colour or fun visual effects.
- 7** Export Your Video: Tap the export icon (top right corner). Choose resolution (e.g., 1080p) and frame rate. Tap “Export” to save it to your device.

If you want to explore CapCut more, check this 15-minute video:



Get inspired by other teachers:






## Testimonials




### Tips on filmmaking

#### Before the Shooting




##### 1. Prepare the questions

-  Keep your questions open-ended.
-  Focus on key themes: emotions, message, technical choices, favourite moments, or what surprised them.
-  Have a few backup questions

##### 2. Set up the space



-  Choose a quiet, well-lit environment.
-  Make sure the background isn't distracting.
-  Use a tripod for stability

##### 3. Brief the interviewee




-  Explain the purpose of the testimonial (e.g., feedback, reflection, promotion).
-  Encourage them to speak naturally — it's not a test!
-  Remind them to answer in full sentences.

#### During the Screening


##### 1. Framing and composition

-  Frame the person in a medium close-up
-  Leave some space in the direction they're looking if they're not facing the camera.

##### 2. Sound and Atmosphere







-  Use an external microphone if possible
-  Avoid background noise (people talking, chairs moving, air conditioning).
-  Let the interviewee pause before answering.

##### 3. Capture Emotion

-  Encourage authentic reactions: excitement, curiosity, reflection, even disagreement.

#### After the Screening

##### Editing Tips

-  Keep it short and engaging (1–3 minutes).
-  Start with the student's name and relation to the project.
-  Alternate between different speakers for rhythm.
-  Add subtitles if needed for clarity.
-  Don't manipulate their words - testimonials should reflect genuine opinions.
-  Always give credit to the participants.



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## Film review

When writing a film review, our goal is not only to express our personal opinion about the film but also to respond to questions that naturally arise for any viewer while watching it. For every film, we can ask dozens of questions — and each of us may answer them differently.

### 1. QUESTIONS ABOUT THE FILM'S IDENTITY

(The relevant information should always be included in the introduction of your review.) *What is the title of the film? What is its duration? When was it made?*

### 2. QUESTIONS ABOUT THE THEMES ADDRESSED IN THE FILM

In our opinion (that is, in the opinion of the reviewer), *what is the main theme chosen by the filmmakers? What do they tell us about this theme? Do their images and words convince us? What do we think about this theme? Do we agree with the way the filmmakers present it? Is this a theme that concerns us personally? Might we have approached it differently? Is there something important we feel the filmmakers didn't say about it? Are there other themes explored in the film? What might we have to say about some of those?*

### 3. QUESTIONS ABOUT THE FILM'S "CINEMATIC LANGUAGE"

*What impression do the film's images make on us? Do they reflect reality as we usually experience it? Or did the filmmakers try to spark our imagination and help us see reality in a new way?*

*What impression do the people in the film leave on us? Do they seem believable? Do they feel relatable — like people we might know?*

*What about the film's rhythm — is it fast or slow? Cheerful and upbeat, or more melancholic? Does the pacing suit the film's theme?*

*Do we have any observations about the music?*

*Did the film have any distinctive qualities that made it stand out from what we usually watch? Can we describe them? Or did it remind us of other films we've seen? Were there particular moments that we'll remember for a long time?*

*Could we say that this film resembles a newspaper report, a conversation with a friend, a personal anecdote, a poem, a joke, or perhaps a song?*



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#### 4. QUESTIONS ABOUT OUR OVERALL IMPRESSION

*Did we like the film? Was it sincere? Clear? Did it raise questions that we'll keep thinking about? Did it remind us of our own experiences?*

*What mood did it leave us with at the end? Optimism? Disappointment? Curiosity? Trust in something? Anger? Irony?*

As mentioned at the beginning, there can be many questions for every film. Some are ones we might wish the filmmakers themselves could answer. Yet they often reply:

"We've said everything we wanted to say in our film. Now you tell us what you understood!"

That's why a complete review can only be written by an attentive viewer — one who offers the answers they believe the film provides. Of course, not every question has an answer. For each film, and for each reviewer, some questions fit perfectly and lead to interesting insights, while others may not be relevant and can be left aside. It's best for the reviewer to select only those questions that allow them to express their opinion about the film most clearly and effectively.



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