

My Filmmaking Guide

—
Guide for Youth Workers

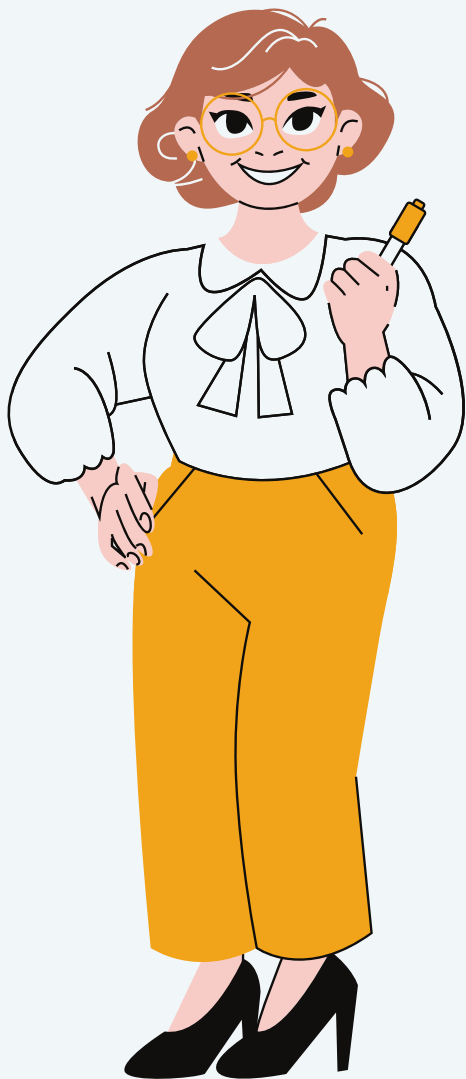


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Introduction of the Project



In the context of an Erasmus+ KA2 project, led by the French non-profit organization “The Collective for a European Civic Service”, our partnership is implementing a project that covers the period 2024-2026 aiming to promote the European Civic Service across Europe, particularly in the countries where a national programme of engagement such as the French, German, Italian, or Luxembourgish one does not exist yet. The project includes six results, which are a combination of promotional materials, pilot projects of European Civic Service, and tools for the professional insertion of the youth in European Civic Service in the partner countries of the project: France, Germany, Italy, Spain, Portugal, Poland, and Romania. The European Civic Service is a one-year programme for youth, combining six months of engagement on missions of general interest in the country of origin, accompanied by language, citizenship, EU values, environmental values training and professional mentoring, followed by six months of engagement on missions of general interest in another country of the European Union.

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The main goal of this programme, which is supported by various stakeholders across Europe, such as the President of the French Republic, and which has been awarded the Charlemagne Youth Prize in 2020, is to open European mobility to all youth of Europe, and particularly the youth with fewer opportunities.

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Introduction of the Project

Our Aim

Along the road of the YouSCE project is to give the opportunity to the 46 youth volunteers (aged 18-30, 50% of youth with fewer opportunities) in the targeted countries of the partnership to be part of a European movie project and develop skills useful for their personal development and professional insertion while training the youth workers to accompany them and encouraging full time volunteering programs in countries where there is yet no national programme of engagement for youth volunteers.

Our Idea

The project is based on the daily filming by the youth themselves of the activities of general interest they are conducting as volunteers in groups of half-nationals and half-Europeans. This will be completed by a training for youth workers to enable them to accompany the youth in their filmmaking, two cross-border encounters where the youth will conduct specific solidarity missions together, and dissemination of the results at a final gala, artistic festivals, schools and local communities.

Our Results

The six results (two manuals, a short-movie, a toolkit, a report, and a guide), with the short-movie at the center, are a combination of analytical and technical materials with tools for the youth to develop their professional and digital skills, tools for the youth workers to accompany the professional insertion of the young volunteers from diverse backgrounds, and information for stakeholders on how to implement a European Civic Service in new countries.



Introduction of the Partner NGOs

1. Collectif pour un Service Civique Européen

France, Paris

<http://serviceciviqueeuropeen.eu/>

The CSCE, creator of the European Civic Service in charge of its development across Europe, is the project coordinator. The association supervises the partnership, provide guidance to the partners on welcoming national and European volunteers and on ways to develop civic services in the new countries, coordinates the consortium in the implementation of the results and activities, ensures project and budget management, and participates in the communication strategy and massive dissemination of the results of the project.

2. Sciara progetti A.P.S. - E.T.S.

Italy, Fiorenzuola d'Arda

www.sciaraprogetti.com

3. World Society Builders gUG

Germany, Hannover

www.instagram.com/world_society_builders

4. Plantar Uma Árvore - Associação

Portugal, Queluz - Sintra

www.plantarumaarvore.org

5. Coordinadora Infantil y Juvenil de Tiempo Libre de Vallecas

Spain, Madrid

www.coordinadora.org.es

6. Centrum Wspolpracy Mlodziezy

Poland, Gdynia

www.cwm.org.pl

7. Fundatia Nationala pentru Tineret

Romania, București

www.rotineret.ro

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"Our partnership is implementing a project aiming to promote the European Civic Service across Europe."

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How to use the Guide?



Welcome to the Guide for Training Youth Volunteers in **Digital and Filmmaking Activities**! This guide is designed to provide comprehensive guidance for **youth workers, trainers and facilitators** working with young volunteers interested in digital media and filmmaking.

In today's digital age, the power of **storytelling through digital media** and **filmmaking** has never been more profound. This guide serves as a roadmap for trainers and facilitators who are passionate about empowering the next generation of creators and storytellers.

This guide is divided into comprehensive sections that cover every aspect of **youth volunteer training** in digital media and filmmaking. From understanding the basics to exploring advanced techniques, from project planning to community engagement, each section provides **practical guidance, tips, and best practices** to help trainers create meaningful and impactful learning experiences.

Whether you're a seasoned trainer or just starting out, this guide is designed to be **flexible and adaptable** to your needs. Feel free to navigate through the sections based on your specific training objectives and the needs of your youth volunteers. Whether you're looking for guidance on curriculum development, workshop facilitation, or community outreach, you'll find valuable **insights and strategies** to help you succeed.

In closing, training youth volunteers in digital media and filmmaking is not just about teaching technical skills—**it's about empowering young people to find their voices, unleash their creativity, and make a positive impact in the world.** By embracing the principles and practices outlined in this guide, trainers can play a vital role in shaping the future of media and storytelling, one young person at a time. So, let's embark on this journey together, and let's inspire the next generation of digital creators and storytellers to dream big and change the world.

Filmmaking in the Youth Work

1. Keep in mind

✓ Start with Education

- Workshops and Classes: Provide workshops that cover the basics of filmmaking (work with camera, basic settings, ISO, aperture, shutter speed) and editing (choose the program first, and then delve into how it works).
 - Guest Speakers: Invite special guests to share their experiences and give some inspiration.
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✓ Hands-On Experience

- Short Film Projects: Encourage youth to create short films from scratch (writing the idea and the plan of the film, necessary materials, choose the locations, write script, choose actors, cameraman, and other roles).
 - Role Rotation: Let participants to try different roles (e.g. director, writer, camera operator, person responsible for the sound, light, editing, actors) to find what they enjoy most.
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✓ Collaborative Environment

- Team Projects: People can be divided into several groups, given the same idea of the film and in the end compare the realization of this idea performed by each group. It also promotes collaboration by having youth work in teams. They learn how to manage different ideas and perspectives.
 - Peer Feedback: Create a safe space for participants from the same group and from different groups to give and receive feedback.
- Ensure that youth have access to necessary equipment, such as cameras, microphones, lights, tripods and editing software.
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Filmmaking in the Youth Work

1. Keep in mind

✓ Filmwatching party

- Film Festivals: Organize local film festivals or screenings to showcase youth films. This provides motivation and a sense of accomplishment. After that - Q&A session, what we liked, what we didn't, how they did this and that in the film...
 - Digitalisation and Social Media: Encourage them to share their work on social media, YouTube, or other platforms.
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✓ Incorporate cool stuff

- Cool stuff that I mean: Introduce them to modern filmmaking techniques like phone filmmaking, animation and so on.
 - Editing Software: Provide training on various editing software and tools, both professional and accessible free options.
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✓ Community Engagement

- Local Stories: Encourage youth to create films about their community or local or international issues that interest youth.
 - Partnerships: Collaborate with Wymiennikownia, Adapa, Experyment and etc to reach wider audience.
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Filmmaking in the Youth Work

2. Fundamental steps

1. Envision a story for the video:

What story or message do you want to convey in your video? Once you have the story and message in mind, you need to decide how you will bring that message across. Can the message be told through video and text? Do you need audio such as music and any other types of sounds to convey this story? Can the story be told through subtext?



2. Write a script for the video

Even if the video has no sound, you should write a script of the various stages of the video to get a better picture of how the video will be structured. Any pre-production work that you do, will save you from having to create spontaneously, or at least allow the spontaneity to flow under a structure.

4. Edit the video

Before editing, most of the structure of the editing itself should already be present in pre-production, this will make the editing easier, but when it comes to creating video, there is much more to editing than simple video structure, there is also audio editing and color grading. Do you want to make the audience feel emotion by introducing music into the background? Do you want to create a deeper atmosphere by introducing background noise? A voice? - and if so, you will have to edit this audio to make it sound crisp, bad audio can easily turn off the audience. Do you want to convey a type of feel by color editing?

3. Shoot the video

Once you have all the pre-production planned, it's time to shoot it, how you will do it depends on how you want to tell this story through shots, sometimes it will not come out as you imagined it, but it's important to have this structure set so you can edit it as closely as possible to your vision. For instance, do you want to build an introduction to a place or a subject? Then you should implement revealing shots.

5. Distribute and optimize the video

In pre-production, you should have planned which platforms you want the video on and which audience it fits best, so you must structure the video with this in mind. Should the video be shot horizontal or vertical? How long should the video be? - In some platforms, too long a video, the algorithm will not work in its favor when it comes to exposure and reach. How heavy should the video be? For instance, Instagram can't take heavy videos like Youtube, so if the video is heavy, we need to use software to lower its size while keeping most of the quality intact.



Filmmaking in the Youth Work

3. Basics of Filmmaking

1 Learn the Basics of Filmmaking

- Understand the key elements of storytelling, scriptwriting, and shot composition.
- Study different genres and styles to see what interests you most.

2 Get Basic Equipment

- Invest in a decent camera (even a smartphone can work for beginners).
- Acquire essential accessories like a tripod, microphone, and basic lighting equipment.

3 Write a Simple Script

- Start with a short, manageable script that you can shoot within a few days.
- Focus on clear dialogue, simple settings, and a straightforward storyline.

4 Create a Shot List and Storyboard

- Plan your shots ahead of time to visualize the film's flow.
- Draw a storyboard or list the types of shots needed for each scene.

5 Learn Basic Camera Techniques

- Practice framing, focusing, and using different types of shots (wide, medium, close-up).
- Experiment with camera movements like panning, tilting, and tracking.

6 Shoot Your Film

- Gather your cast and crew, even if it's just friends and family.
- Pay attention to lighting, sound, and continuity while filming.

7 Learn Basic Editing Software

- Start with user-friendly software like iMovie, Windows Movie Maker, or DaVinci Resolve.
- Learn how to import footage, trim clips, and arrange them on the timeline.

8 Edit Your Film

- Focus on creating a coherent sequence of shots that tells your story.
- Add transitions, titles, and basic effects as needed.

9 Add Sound and Music

- Record or source sound effects and background music.
- Sync dialogue, sound effects, and music to enhance the mood and storytelling.

10 Get Feedback and Improve

- Show your film to others and gather constructive criticism.
- Learn from feedback and identify areas for improvement in your next project.

Tools and Methodologies for Youth Workers



1.Free online tools

✓ **imovie mobile/pc**

iMovie is an application created by Apple Inc. iMovie is a non-linear video editing programme, the function of which is to take movies and edit them by adding sound, special effects and transitions.

✓ **KineMaster**

KineMaster is a video editor, animation creator and video producer for video creators or vloggers, with powerful video editing features: cut videos, merge videos, add photos, add music and add captions (text) to quickly create amazing videos.

✓ **Canva**

Create and edit engaging online videos with Canva's drag-and-drop video editor, simple recording functions and extensive collection of clips, audio and animation. Collaborate in real time. Edit in the browser or app. Create quickly with powerful artificial intelligence tools.

✓ **Clipchamp**

It is a non-linear editing software that allows users to import, edit and export audiovisual material in an Internet browser window.

✓ **Openshot**

OpenShot is a free digital video editing software.

✓ **VN video editor**

Simple yet powerful as a desktop editor, VN is suitable for both beginner and professional users. Easy to use, powerful editing function.

✓ **Filmora**

Advanced colour adjustment and addition of animated messages from the available library. Achieve professional results with ease. Free templates.



Tools and Methodologies for Youth Workers

2. Professional tools

Adobe Premiere

Adobe Premiere Pro is a timeline-based real-time video editing software, produced and distributed by Adobe as part of the Creative Cloud collection

Adobe After effects

The evolution of graphic animation. Create spectacular animated graphics. Animate a logo or character. Add impressive visual effects. With After Effects you can add stunning animation to any video project.

Final Cut Pro X

Final Cut Pro features breathtaking performance and efficiency on Mac computers with Apple silicon. Tap into superfast unified memory shared across the CPU, the GPU, and the Apple Neural Engine to play back more high-resolution video streams and render your movie in record time.

Avid Media Composer

Avid Media Composer is a non-linear video editing software for professional post production in film and broadcast television. It is one of the two most widely used software packages for film editing along with competitor Final Cut Pro produced by Apple.

DaVinci Resolve

DaVinci Resolve is a proprietary color grading, color correction, visual effects, and audio post-production video editing application for macOS, Windows, and Linux, developed by Blackmagic Design.

Sony Vegas Pro

Sony Vegas Pro is a video editing software produced by the proprietary software division of MAGIX. VEGAS Pro, formerly known as Sony Vegas Pro, is a popular professional video editing software suite developed by MAGIX Software GmbH.



Tools and Methodologies for Youth Workers

3. Basic Equipment for filmmaking

Phone and editing software or Camera

Modern smartphones are equipped with high-quality cameras that can capture video at resolutions up to 4K. They are often sufficient for beginner filmmakers due to their convenience, portability, and accessibility. Editing Software: This is essential for post-production. Popular mobile editing apps like iMovie, Adobe Premiere Rush, or LumaFusion allow you to cut and arrange footage, add effects, color grading, and adjust sound directly from your phone.

OR Video Camera: A dedicated video camera provides more manual controls, better lenses, and a higher dynamic range for improved image quality, especially in professional settings. Options range from DSLRs and mirrorless cameras to cinema-grade cameras like Blackmagic or RED cameras, which are known for capturing high-quality cinematic footage.

Lenses

Lenses allow you to control the look and feel of your footage. Different focal lengths (wide-angle, telephoto, etc.) create different perspectives and aesthetics. Prime lenses offer sharpness and low-light performance, while zoom lenses provide flexibility for various shots without changing lenses.

Sound Equipment

Microphones: Good sound quality is essential in filmmaking. External microphones (shotgun mics, lavaliers) are crucial as built-in camera or phone mics tend to pick up background noise and sound less clear. Boom mics are also widely used in production for directional sound capture.

Audio Recorder: If your camera lacks good audio input, using an external recorder like the Zoom H4n can ensure clean audio capture.

Tripod

A tripod stabilizes your camera for steady, smooth shots. It's especially important for static scenes, time-lapses, and minimizing camera shake during slow pans. Some come with fluid heads for smoother camera movement.

Gimbal

A gimbal is a handheld stabilizer that helps achieve smooth, cinematic moving shots, even while walking or running. It's motorized and designed to counteract shakiness, allowing for fluid tracking or action shots.

Tools and Methodologies for Youth Workers

3. Basic Equipment for filmmaking

Lighting

Lighting is critical to achieving the right mood and clarity in your scenes. It includes tools like softboxes, LED panels, or even natural light. Proper lighting ensures that your subject is well-lit and that shadows or highlights are controlled for visual quality.

- Key Light: The main light source illuminating the subject.
- Fill Light: Used to reduce shadows created by the key light.
- Backlight: Separates the subject from the background by illuminating them from behind.

Reflectors

Reflectors are inexpensive tools used to bounce or direct light onto your subject, filling in shadows and improving lighting balance. They're useful in outdoor shoots or with natural light where you can't control the intensity of the light source.

Computer

A computer is necessary for post-production, including editing, color grading, and rendering your footage.





Tools and Methodologies for Youth Workers

4.Types of Digital Media

Images

Photographs, graphics, illustrations, and digital art.

Videos

Film, animation, documentaries, and online videos.

Audio

Music, podcasts, soundscapes, and voice recordings.

Text

Articles, blogs, ebooks, and digital publications.

Interactive Content

Games, simulations, virtual tours, and multimedia experiences.





Tools and Methodologies for Youth Workers

5. Digital Platforms and Distribution Channels



Social Media

Facebook, Instagram, Twitter, TikTok, etc.



Streaming Services

Netflix, YouTube, Spotify, Twitch, etc.



Websites and Blogs

WordPress, Medium, Blogger, etc.



Online Publications

Online newspapers, etc.



Mobile Apps

WhatsApp, Snapchat, etc.



Podcasting Platforms

Apple Podcasts, Spotify, Google Podcasts, etc.





Good examples of Filmmaking in Youth Work and not only

Filmmaking is a powerful tool that can be used in youth work to engage young people, develop new skills, and promote self-expression. Here are some good examples of filmmaking in youth work and beyond:

Documentary filmmaking

This can be a great way for young people to explore social issues that are important to them. For example, a group of young people might make a documentary about homelessness in their community. This could raise awareness of the issue and inspire others to take action.

[See an example](#)

Public service announcements (PSAs)

PSAs are a great way for young people to raise awareness about important issues. For example, a group of young people might make a PSA about the dangers of texting while driving. This could help to save lives.

[See an example](#)

Animation

Animation is a fun and creative way for young people to tell stories. They can use a variety of techniques, such as stop-motion animation, claymation, or digital animation. An animation project could be used to help young people develop storytelling skills, problem-solving skills, and creative thinking skills.

[See an example](#)

Benefit for young people

Filmmaking is a versatile tool that can be used to achieve a variety of goals in youth work. Even beyond youth work, filmmaking can be a great way for people of all ages to learn new skills, express themselves creatively, and connect with others.



1

Build self-esteem and confidence

How it works: Filmmaking gives young people the chance to take on significant roles and responsibilities, whether it's directing, acting, scriptwriting, or handling technical equipment. By completing a project, they experience the pride of having created something tangible, boosting their self-esteem. Participating in screenings or film festivals, even on a small scale, reinforces a sense of accomplishment.

Example: A youth might start with little knowledge about filmmaking but, over time, they learn new skills, contribute ideas, and see the project through to completion. The positive feedback they receive from their peers or community helps them build confidence. This could be particularly impactful for young people who struggle with low self-worth, as they see their input valued and appreciated.

2

Develop teamwork and communication skills

How it works: Filmmaking is a highly collaborative process, requiring individuals to work together in various capacities like camera operation, lighting, sound, editing, and acting. For a project to succeed, clear communication and cooperation are key, as everyone must be on the same page regarding creative direction, schedules, and technical requirements.

Example: Consider a group of youths working together to produce a short film. They need to communicate their ideas, resolve conflicts (such as differing opinions on how to shoot a scene), and divide tasks based on each person's strengths. Through this process, they learn how to negotiate, listen actively, and collaborate effectively. For example, the director has to communicate a vision to the actors, while the editor and sound designer must coordinate to ensure the film has the right pacing and atmosphere.

Benefit for young people



3

Promote digital literacy

How it works: Filmmaking exposes youth to various digital tools and technologies, helping them develop valuable technical skills. This includes learning how to operate cameras, use video editing software, work with sound design, and even engage in visual effects or animation. These skills are highly transferable and in-demand in the modern job market.

Example: In a project where young people are tasked with editing their film, they learn to navigate professional-grade software like Adobe Premiere or Final Cut Pro. They may also explore sound editing software to ensure high-quality audio. By engaging with these technologies, they not only enhance their storytelling abilities but also build proficiency in digital tools, making them more prepared for future careers in digital media or technology sectors.

4

Provide opportunities for creative expression

How it works: Filmmaking allows young people to express their personal views, emotions, and experiences in a creative format. They can write scripts that reflect their thoughts on social issues, create characters that resonate with their personal struggles, or visually depict stories in a unique way. This encourages not only self-expression but also critical thinking and innovation.

Example: A group of youths might be tasked with creating a short film based on a theme like “identity” or “community.” Through this process, they are encouraged to reflect on their own lives and express their feelings or ideas creatively. The story they develop could be a personal narrative or an abstract representation of a social issue they feel strongly about, like mental health or climate change. Each stage of the process—from scriptwriting to final edits—allows them to explore new ways of expressing themselves artistically.



Good examples to get inspiration

YOU.TH. project **Sciara Progetti**

YOU.TH. is a Sciara Progetti's Erasmus+ project, meant to equip youth workers with methodologies and practices used mostly in the field of Theatre which can produce inclusive NFE activities.

Some of the activities produced within the project have been selected by the partners to create the YOU.TH. digital study cases (Video format). These activities, implemented during a transnational mobility with 36 young people from the different project partners' Countries, have been filmed by a Volunteer of the Civic Service Italian National Program, to collect video material for the realisation of digital study cases.

GET YOUR OWN **PICTURE World** **Society Builders** **& Kultur Art** **Initiative**

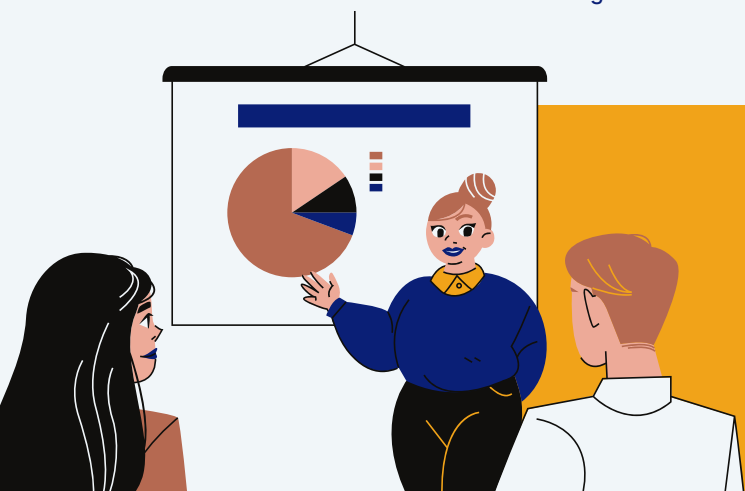
GET YOUR OWN PICTURE gives participants the all-around filmmaking experience necessary to make their own films. The curriculum integrates intensive study in all the major filmmaking disciplines including cinematography, directing, screenwriting, producing, and editing. The first GYOP happened in 2008, and since then its repeated multiple times every year.

MAKING **MOVIES** **MATTER**

"Making Movies Matter - Competence Based Approach to Applying Filmmaking in Youth Work" is a project that is aimed at supporting youth work in Europe in incorporating film as a methodology through establishing a comprehensive competence framework that can be used in educating both youth workers and filmmakers, and through creating a set of tools and resources in the area of filmmaking that can be applied in supporting young people's development and participation in a non-formal setting.

Mi barrio: **Vallecas**

Five young people from a neighbourhood on the outskirts of Madrid decided to make a documentary to demystify their reality and express their ideas about education, the future, work, feminism, prejudices... Throughout the film they realised that many of these concerns are probably shared by the rest of the youth and people in the neighbourhood.





Let's Practice

While understanding the theory behind filmmaking is important, hands-on practice is key to developing the skill. Here are some sample exercises that youth workers can implement to help others practice essential filmmaking skills.

Activity #1: Scriptwriting Workshop

Objective: Teach participants how to develop a script, focusing on dialogue, character development as well as storytelling elements.

✓ Step 1. Introducing Scriptwriting Basics

Explain the purpose of a script in filmmaking, emphasizing how it guides both the director and actors in bringing a story to life.

Introduce key elements of a script:

- **Dialogue:** The spoken words of characters, helping convey their emotions and personalities.
- **Action Lines:** Brief descriptions of character actions and essential visuals in each scene.
- **Character Descriptions:** Short notes on characters' appearances or any other key details.

✓ Step 2. Brainstorming ideas

Ask participants to think about a simple story idea that could become a short film. Here are some questions that could help with idea development:

- Who are the main characters?
- What is the main conflict or goal?
- What message do you want to deliver?

Encourage everyone to share a brief outline of their story to the group.

✓ Step 3. Writing the script

Give participants time to write a short script based on their brainstormed story. Remind them to focus on natural and engaging dialogue that reflects their characters' personalities.

✓ Step 4. Feedback and review session

Pair up participants and encourage them to share their scripts with each other, providing feedback on clarity and overall story flow. Afterwards, give some time to adjust the scripts based on the received feedback.



Let's Practice

Activity #2: Storyboarding Challenge

Objective: Participants will learn the fundamentals of storyboarding and apply their knowledge by creating their own storyboards.

Storyboard Template: (Please create a copy before use)

✓ Step 1. Story Outline

Start with a brief explanation of what a storyboard is, its importance in filmmaking. Explain that it serves as a visual plan for the film, helping to organize thoughts and communicate ideas clearly.

Ask participants to identify key scenes in the script they wrote as part of the Activity#1 or think of another movie idea that they would like to implement.

✓ Step 2. Visualizing the scenes

Provide a storyboard template that includes blank boxes for sketches, along with lines for notes. As an alternative and a more sustainable option, you can use a digital template, [available here](#). After sharing the template, make sure to explain its structure and elements.

Instruct participants to draw simple sketches for each shot or find respective images that could visually represent those. They can use images from the web or draw stick figures, basic shapes or symbols to represent characters and settings.

✓ Step 3. Adding descriptions and details

Explain the importance of including details such as camera angles, dialogues, scene descriptions. Discuss how these notes help convey the story and guide the filming process.

Ask participants to write down all the details and descriptions, next to respective shot visualization.

✓ Step 4. Reviewing storyboards

Encourage participants to share their storyboards with each other in small groups. After sharing, participants should take notes on any suggestions or questions raised by their peers. They can then improve their storyboards based on the feedback.



Example. Storyboard Template:

1. Frame Number: Sequential number of each storyboard frame.
2. Image: Simple sketches or photos representing the scene or shot.
3. Action: Description of what's happening in the scene.
4. Dialogue: Any dialogue or important audio cues included in the scene.
5. Shot Type: Type of shot (e.g., close-up, medium shot, wide shot).



Let's Practice

Activity #3: Composition & Lighting Exercise

Objective: Teach participants the fundamentals of shot composition and lighting, emphasizing how framing and light impact storytelling and mood.

✔ Step 1. Introduction to shot composition

Begin by discussing how composition shapes the audience's perspective and draws attention to the main elements. Follow the discussion by introducing basic principles, such as:

- **Rule of Thirds:** Dividing the frame into thirds to position subjects in more visually appealing places.
- **Leading Lines:** Using lines (e.g., roads, walls) to guide the viewer's eye toward the subject.
- **Framing and Depth:** Creating depth by placing subjects within the foreground, midground, and background.

Show examples of common shot types and discuss their storytelling impact:

- **Close-Up:** Highlights emotions and details.
 - **Medium Shot:** Shows more of the subject's body language.
 - **Wide Shot:** Provides context, setting the scene or showing relationships.
-

✔ Step 2. Introduction to lighting basics

Explain how lighting influences the mood, tone, and visibility in a scene.

Basic Lighting Techniques:

- **Key Light:** The main source of light, often the brightest, highlighting the subject.
 - **Fill Light:** A secondary light source to reduce shadows.
 - **Backlight:** Positioned behind the subject to create separation from the background.
-

✔ Step 3. Activity

Instruct participants to take 3-4 different shots of the same subject using various compositions (close-up, medium, wide). Encourage them to experiment with the rule of thirds and leading lines. It can be done in pairs or on an individual basis.

Using available light sources, ask participants to create different lighting setups.

✔ Step 4. Group review and discussion

Have each group share their favorite shots, explaining their choices in composition and lighting. Provide feedback on how well each shot captured the mood and how lighting influenced the effect.



Let's Practice

Activity #4: Editing and Post Production Basics

Objective: Introduce participants to basic editing apps of your choice. Demonstrate them fundamental editing skills and techniques, enabling them to refine their footage into a cohesive, polished video.

✓ Step 1. Introduction to video editing apps

Introduce the most popular video editing programs, such as DaVinci Resolve, Adobe Premiere Pro or CapCut, InShot for mobile.

Briefly demonstrate basic editing features, such as cutting, transitions, and adding music, using an app that participants have access to.

✓ Step 2. Editing videos along with participants

Open the chosen editing software and demonstrate basic edits using sample footage. As you walk participants through steps like trimming clips, arranging scenes, and adding transitions, encourage them to follow along on their devices. Show participants how to add simple effects or music to enhance their videos.

✓ Step 3. Final results and reflection

Conclude by checking the final results and reflecting on how editing choices, like cuts and sound effects, influenced the final product.

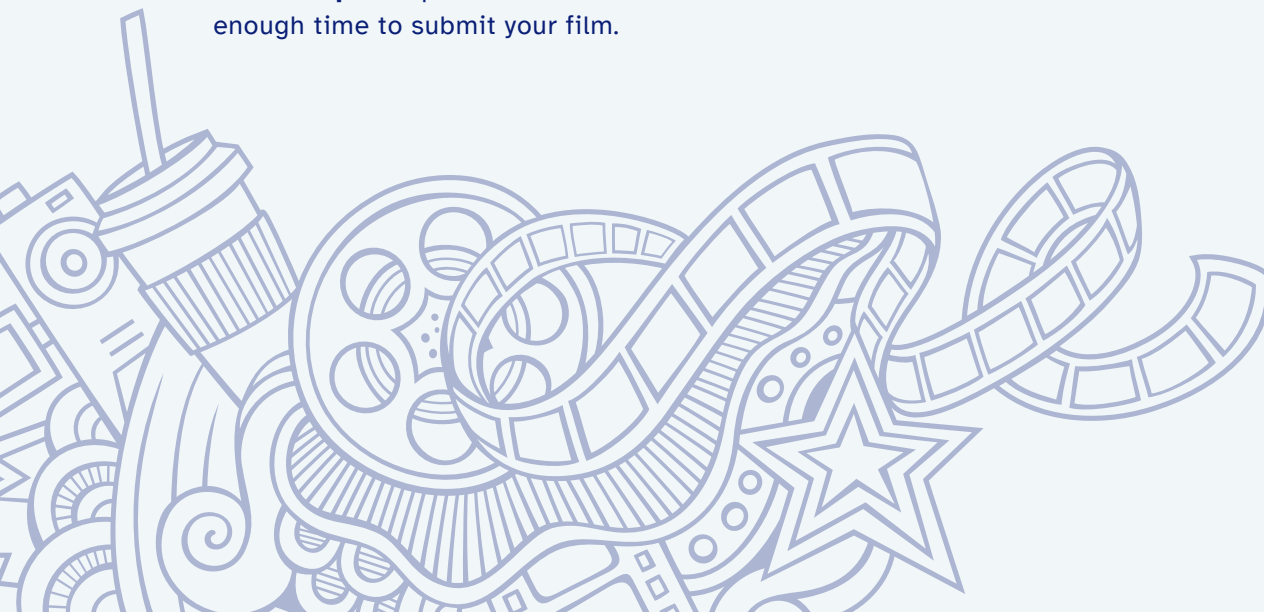


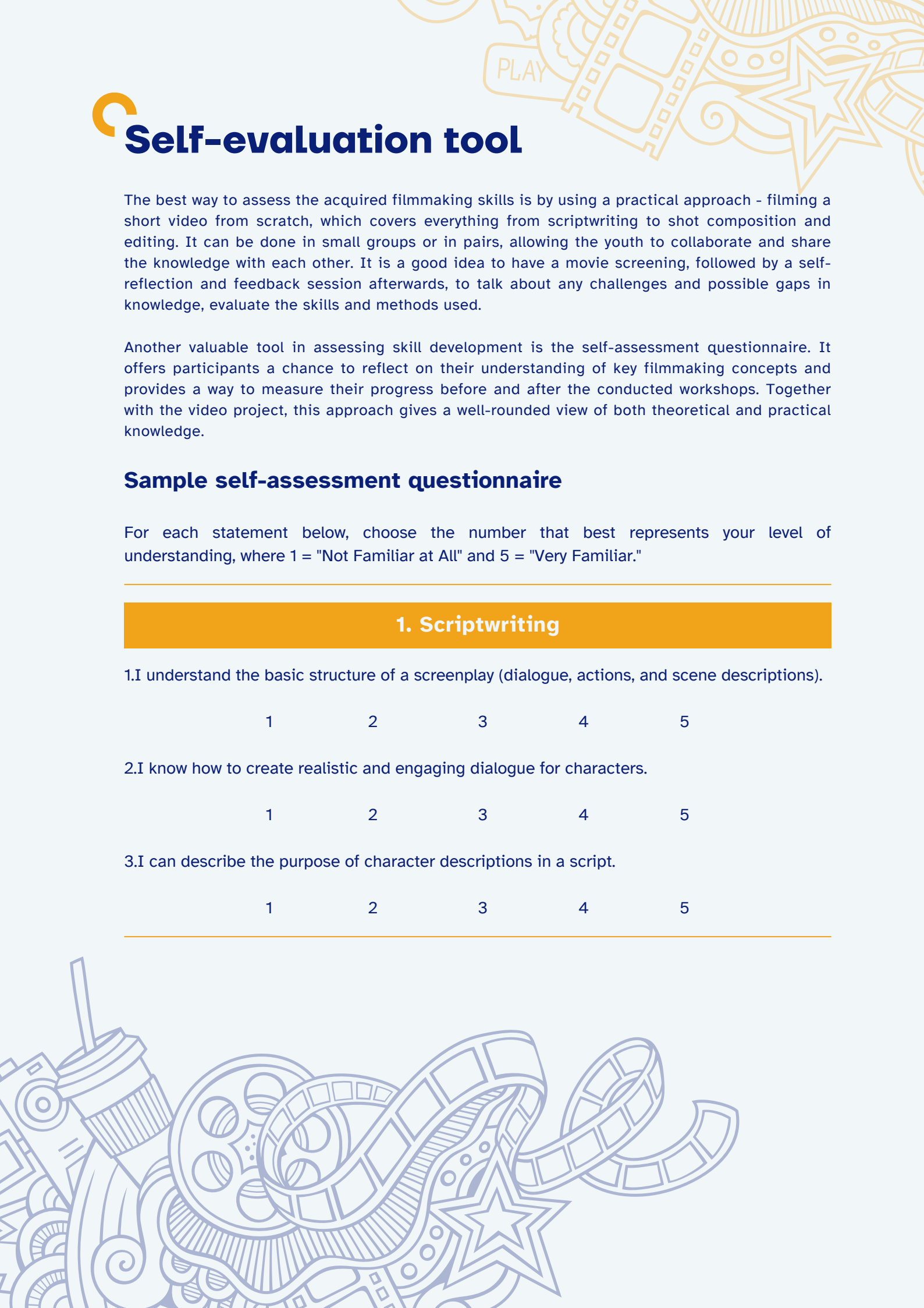
Useful links and resources for Filmmaking Contests in Europe

While there isn't a single resource listing all filmmaking contests across Europe, here are some helpful avenues to find the right one for you:

What	Description
European Film Academy Short Film Network	This network comprises film festivals across Europe showcasing short films. They might hold contests or provide leads to contests related to your genre and style
FilmFreeway	This online platform lists various film festivals and contests worldwide, including some in Europe. You can filter your search by location and category to find relevant contests
Film Festivals by Country	Look for film festivals in your target European country. Many festivals have associated filmmaking contests alongside screenings. Explore resources like Wikipedia's list of film festivals by country to find possibilities
Genre-Specific Websites	Look for websites dedicated to your film's genre (animation, documentary, etc.). These sites often feature contest listings or resources for filmmakers.

Bonus Tip: Keep in mind the date! Be sure to check contest deadlines to ensure you have enough time to submit your film.





Self-evaluation tool

The best way to assess the acquired filmmaking skills is by using a practical approach - filming a short video from scratch, which covers everything from scriptwriting to shot composition and editing. It can be done in small groups or in pairs, allowing the youth to collaborate and share the knowledge with each other. It is a good idea to have a movie screening, followed by a self-reflection and feedback session afterwards, to talk about any challenges and possible gaps in knowledge, evaluate the skills and methods used.

Another valuable tool in assessing skill development is the self-assessment questionnaire. It offers participants a chance to reflect on their understanding of key filmmaking concepts and provides a way to measure their progress before and after the conducted workshops. Together with the video project, this approach gives a well-rounded view of both theoretical and practical knowledge.

Sample self-assessment questionnaire

For each statement below, choose the number that best represents your level of understanding, where 1 = "Not Familiar at All" and 5 = "Very Familiar."

1. Scriptwriting

1.I understand the basic structure of a screenplay (dialogue, actions, and scene descriptions).

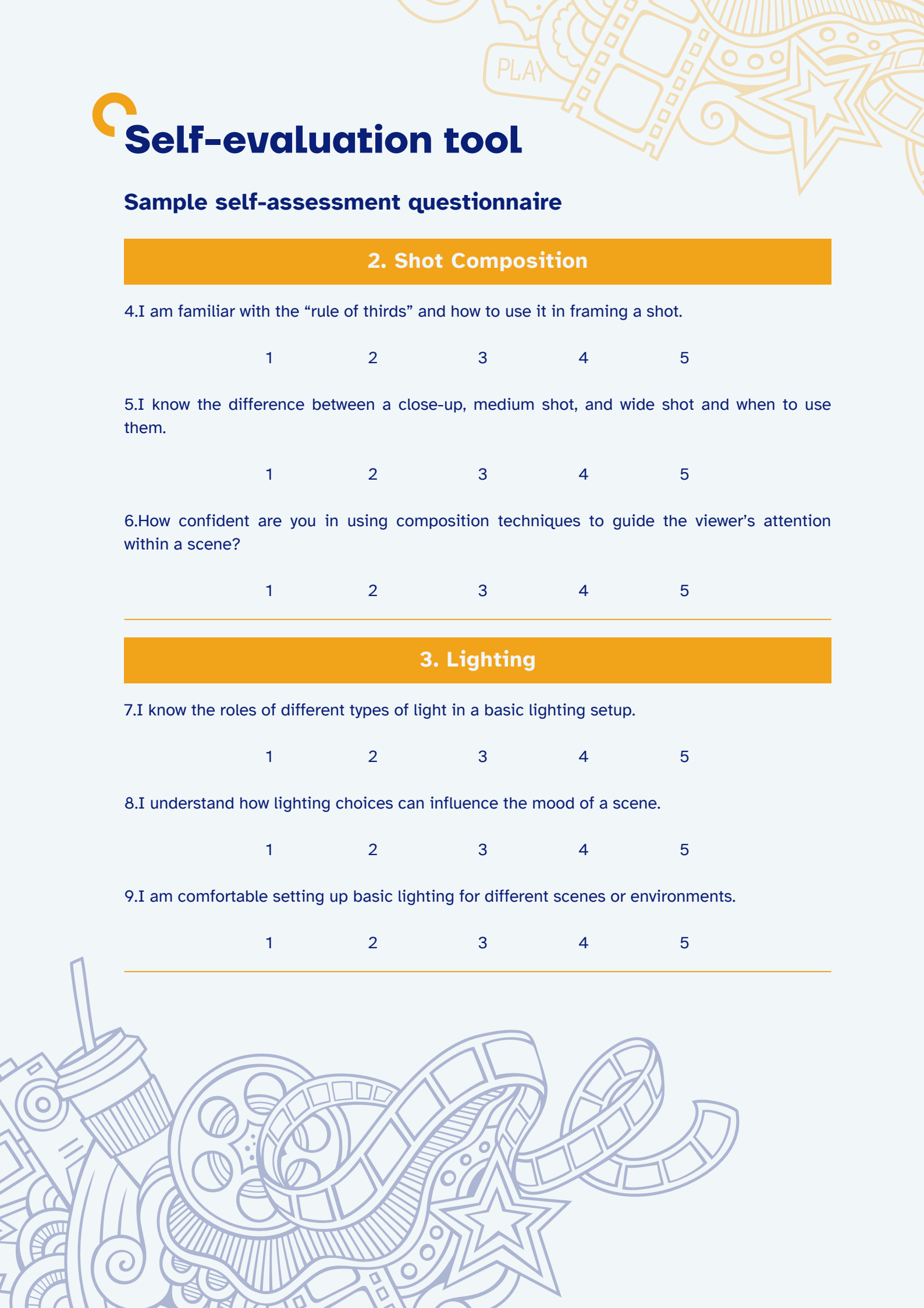
1 2 3 4 5

2.I know how to create realistic and engaging dialogue for characters.

1 2 3 4 5

3.I can describe the purpose of character descriptions in a script.

1 2 3 4 5



Self-evaluation tool

Sample self-assessment questionnaire

2. Shot Composition

4.I am familiar with the “rule of thirds” and how to use it in framing a shot.

1 2 3 4 5

5.I know the difference between a close-up, medium shot, and wide shot and when to use them.

1 2 3 4 5

6.How confident are you in using composition techniques to guide the viewer’s attention within a scene?

1 2 3 4 5

3. Lighting

7.I know the roles of different types of light in a basic lighting setup.

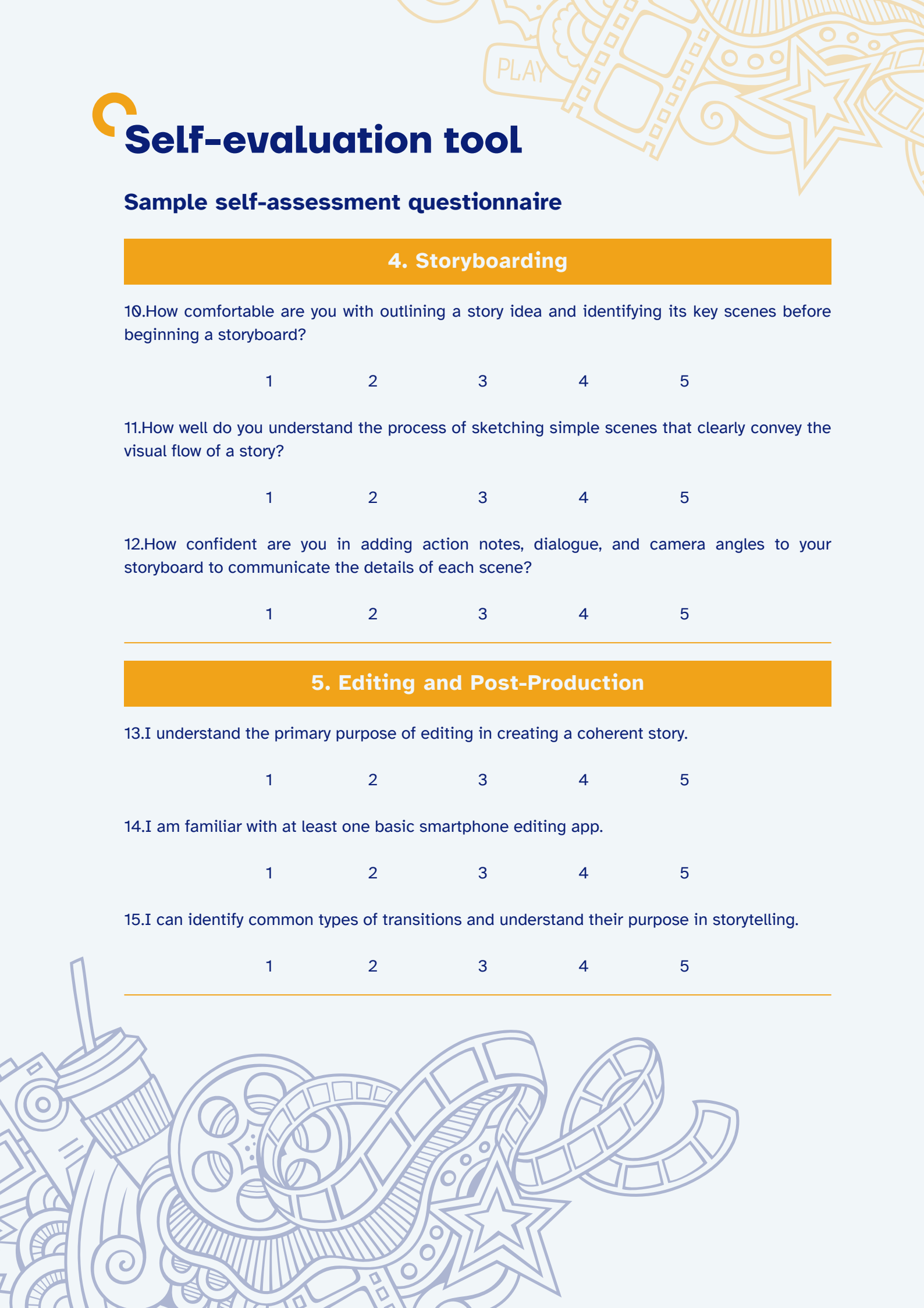
1 2 3 4 5

8.I understand how lighting choices can influence the mood of a scene.

1 2 3 4 5

9.I am comfortable setting up basic lighting for different scenes or environments.

1 2 3 4 5



Self-evaluation tool

Sample self-assessment questionnaire

4. Storyboarding

10. How comfortable are you with outlining a story idea and identifying its key scenes before beginning a storyboard?

1 2 3 4 5

11. How well do you understand the process of sketching simple scenes that clearly convey the visual flow of a story?

1 2 3 4 5

12. How confident are you in adding action notes, dialogue, and camera angles to your storyboard to communicate the details of each scene?

1 2 3 4 5

5. Editing and Post-Production

13. I understand the primary purpose of editing in creating a coherent story.

1 2 3 4 5

14. I am familiar with at least one basic smartphone editing app.

1 2 3 4 5

15. I can identify common types of transitions and understand their purpose in storytelling.

1 2 3 4 5

Self-evaluation tool

Sample self-assessment questionnaire

6. General Filmmaking Knowledge

16.I can outline the three main phases of filmmaking (pre-production, production, post-production).

1 2 3 4 5

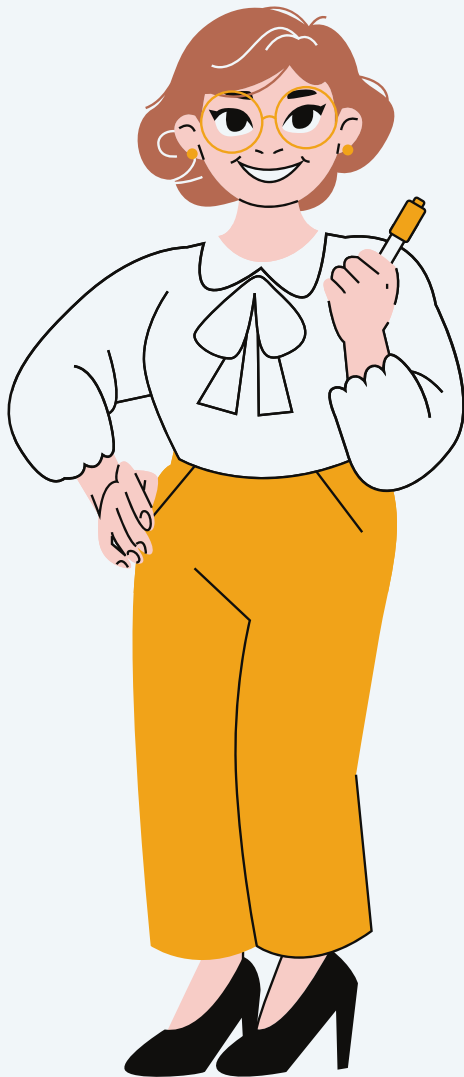
17.I know the difference between a film “scene” and a “shot”.

1 2 3 4 5

18.I understand the role of sound in filmmaking and can name ways it enhances storytelling.

1 2 3 4 5





Youthpass is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programmes.

- Youthpass promotes individual reflection and awareness about learning and helps to make learning outcomes visible for the learners themselves as well as for others.
- It aims to reinforce reflective practices in youth work and solidarity activities, thereby enhancing their quality and recognition.
- It also supports the continued pathways of young people and youth workers, and...
- raises visibility of the value of European engagement

In the youth work field and, therefore, in the context of Youthpass, we speak about the *recognition of non-formal and informal learning* in the youth field, and about the *recognition of youth work* (as educational practice). In terms of non-formal and informal learning, Youthpass seeks to enhance the recognition of both the learning process as well as the learning outcomes: the competences developed in youth work.



When describing the learning outcomes in Youthpass, the young people are invited to use the key competences for lifelong learning. The framework describes main competence areas that all individuals need for personal and professional fulfilment, for social inclusion and active citizenship and to lead a sustainable and healthy lifestyle. A competence is defined as the combination of knowledge, skills and attitudes.



Key competences are grouped under 8 main areas, however they are interconnected and build on each other.



- *Literacy competence*
- *Multilingual competence*
- *Mathematical competence and competence in science, technology and engineering (STEM)*
- *Digital competence*
- *Personal, social and learning to learn competence*
- *Citizenship competence*
- *Entrepreneurship competence*
- *Cultural awareness and expression competence*



The new Youthpass certificates for 2021-2027 use the European Training Strategy (ETS) [competence model for youth workers to work internationally](#) as the reference framework for the self-assessment of participants in training activities (youth workers and other youth work practitioners), as well of team members.

The ETS competence areas used in Youthpass are:



- *Facilitating learning*
- *Designing programmes*
- *Managing resources*
- *Collaborating in teams*
- *Communicating meaningfully*
- *Displaying intercultural sensitivity*
- *Networking and advocating*
- *Assessing and evaluating*
- *Being civically engaged*



My Filmmaking Guide

Guide for Youth Workers



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