



WEB TV



CAP UN JOUR, CAP TOUJOURS... ET TOI ?

Program description

The programme " Once capable, always capable... and you ? " is a new tool to help people realise that they can be an inspiration to others. It unearths the "everyday heroes" by talking about surpassing oneself without necessarily falling into the extraordinary. It encourages the person making a video to look around spontaneously for inspiring stories from everyday life.

Thematic fields

- Agency, empowerment
- Everyday heroes

Objectives of the program

- Discovering that we have already developed our agency
- Develop encounters with the people around us

Length of episodes

Between 1 and 2 minutes

Step 1: Preparation and video script

Duration of the stage: 15 minutes

This programme is divided into seasons. Each season is carried by one person and consists of 2 to 5 episodes.

For example: Alex's season - 2 episodes:

Episode 1

Template: Intro
Alex's self-portrait 1
Template: Transition and you?
Mr X's portrait
Template: Outro

Episode 2

Template : Intro
Alex's self-portrait 2
Template: Transition and you?
Portrait of Mrs Y
Template: Outro

- Alex shoots between 2 and 5 self-interviews telling of situations in which she was able to do something (personal, professional or otherwise) that can be inspiring to others. To shoot these videos, Alex will be inspired by the 5 themes of the Hope In Us project: Hope, Health, Cultural Rights, Digital and Resilience.
- Each video will be followed by a testimonial in the form of a micro-trottoir from a person around him (personal, professional or other).
- Duration: self-interview: 30 seconds max - total video max 1'30.

Step 2: Scenography set up and image

Duration of the stage: 10 minutes

• Materials needed

Image	<ul style="list-style-type: none">• Smartphone• stabilizer or pole
Sound	If possible, a wireless or wired lapel microphone.
Light	Natural light
Accessories	An object that will act as a microphone and will be the humorous thread throughout your season

- **Before you start**

- **Find a microphone**

- Choose an object that will act as a microphone. This object, which has become a microphone, will appear on all your videos (self-interview and micro-trottoir). It will be the (slightly humorous) thread of your season.

- **If you have a tie microphone**

- download the app of the microphone on your phone
- Connect your tie microphone in bluetooth, it will then be recognised by the software
- Place your tie microphone less than 30 cm from your mouth. Place the microphone on the outside of the clothing to limit the noise of rubbing.
- Do not forget to install it and do not forget to recover it each time you use it.

Step 3: Shooting

Duration of the stage: 30 minutes

Step 1: Construct your own answer to succeed in telling in 30 seconds maximum each of your self-interviews

- Tell in 30 seconds maximum (it can be less) something you were able to do and what it did for you
- End with: "and you, you were able to what ?"

Step 2: Conducting the self-interview

- Make a video/sound recording of your self-interview in selfie format (portrait format).

Step 3: Construction of the second part of each episode

- Identify the people around you (personal, professional or unknown) to interview

Step 4: Meeting, explaining the project and the process

- Ask for their consent: would you agree to participate in my video project? You will have to film yourself and tell in 30 - 45 seconds something you were able to do and what it brought you. Your story can be inspiring for others....
- help them to prepare the story: I am, I am at and one day I was able to.... It brought me / it makes me today....
- End with: this is what I have been able to do !

NB: these people do not need to see your self-interview!

Step 5: Conduct the self-interview of the participants (30-45 seconds max)

- hand over the phone and show how to start the video
- hand over and set up the microphone
- do the take(s)
- repeat this process with each person to build other episodes

Post-shoot

Take the lapel microphone back.

Check that the sound of the video is working and send the video file to yourself immediately via Wetransfer (or similar).

Get the image rights document signed.

Step 4: Editing

Duration of the step: 1 hour (depending on your level of mastery)

- Open the software used (VN, Cap cut ...) (cf: tuto use)
- start with the intro template
- integrate the video of your self-interview
- integrate the transition template
- integrate the self-interview of a participant
- finish with the outro template

Repeat the same sequence for each episode