Healthy Children

Things to consider when you make digital stories

With inspiration from the European Commission project 'Digital Empowerment' (DigEm), we have made this short guide for you.

You can find more information on the project, and downloade the guide: DigEm. Digital Emmpowerment. A methodology for Digital Storytelling (April 2012). _http://www.digem.eu_ : The official website of DigEm project that includes basic information about the project (partnership, funding), digital stories, dissemination material, articles and newsletters.

Making digital stories requires some ethical considerations.

Copyright! Copyright! Copyright!
You need to ensure that no copyrighted material is used. Material must either be the contributor's own, freely available on a Creative Commons License or used with the permission of the rights holder. This includes pictures downloaded from the internet.

Copyright-Free Resources
Original music or sound effects made by participants is always the best solution. If participants are only ever going to show their films to friends and family, then copyright is less of an issue. However, if the films are to be screened publicly and uploaded to the internet, copyright music and images should not be used.
A number of organisations make media material freely available on the internet. The following links provide examples of resources available. There are many more. One of the best sources of information can be found on this site which includes sample material.
http://commons.wikimedia.org

Sound and Music
Copyright-free music and sound effects can be found at:
>   _www.opensourcemusic.com_
>   _www.freesound.org_
>   _www.looperman.com_
>   _www.jamendo.com/en_

>   _http://fby.paternita.info/fby2/mp3/index.html_

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www.ccmixter.org
http://audacity.sourceforge.net – Audacity: The Free, Cross-Platform Sound Editor

Images
If participants do not have the images necessary for their story, free images are available through the following websites:

http://www.openstockphotography.org/
Stock Exchange *www.sxc.hu*
Free Foto *www.freefoto.com*

Image Editing Resources
http://windows.microsoft.com/en-US/windows/help/windows-xp
There are three links on the side bar for tutorial on MovieMaker, Photostory, Music
http://explore.live.com/windows-live-photo-gallery?os=macWindows
Photo Gallery 2011: Import, organize, edit photos. Use photo tools to create panoramas, movies, slide shows, and more. You can share, publish your photos and videos to Facebook and Flickr directly from Photo Gallery.
http://www.photoscape.org/
Photoscape is an enjoyable and easy photo editing software which enables you to fix and enhance photos.
http://www.gimp.org/GIMP
GNU Image Manipulation Program – photo retouching, image composition and image authoring
http://www.irfanview.com/
IrfanView – Graphic viewer and photo editing
http://www.archive.org/
Amazing resource, especially for moving images
Also it is possible to edit pictures with Picasa (free download from the internet:(*https://www.google.com/picasa/*)
Audio clips can be fine-tuned using Audacity, a free program that can be used to do this, which can be downloaded here:
http://audacity.sourceforge.net/download

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A Short Technical Guide

Digital Storytelling allows creation of movies using software available free on PC or Macintosh computers. This is to ensure that the process is as accessible as possible, both in terms of cost and ease of use. This overview could be adapted to provide to end users.

Step 1: Preparation

a. When the narrative (scenario) is ready to be recorded, collect the material (media) to be used. These may include still images/photographs/drawings, video clips, music or voice recordings. Import them from a storage device such as a USB stick, CD or DVD or scan in photographs or drawings.

b. Edit images where necessary. There are several programs for pictures editing: iPhoto works with iMovie, Live Photo Gallery and Windows Libraries works with Movie Maker. Also it is possible to edit pictures with Picasa (free download from the internet: (*https://www.google.com/picasa/*).

c. Save the material.

d. Make a folder with your own name, and save everything for each individual film there. Subfolders should be used to make it easier to retrieve the material: Images, Videos, Script, Voiceover, My Film.

Step 2: Audio Recording and Editing

a. When making the original recording of the voiceover, ensure that the record level is set high enough. Do not be fooled by it sounding 'loud enough' on headphones. If the record level is set too low, it cannot be easily adjusted once imported into iMovie or Moviemaker.

b. When recording voice-over, be aware of 'popping' and 'sibilance'. Popping occurs when words containing P's and B's are sung or spoken These letters can provide an extra burst of air hits the microphone and can cause overload and distortions in the mic. Sibilance is the excessive hissing when pronouncing S's and Z's. "She sells seashells by the seashore" is a phrase that would emphasize sibilance. Sibilance can also overload an unprotected microphone and associated electronics. Using a 'pop screen' or foam mic cover can help to combat this.

c. Audacity is a free program that can be used to fine tune audio clips, download it here: *http://audacity.sourceforge.net/download/*. However, iMovie can be used to make some basic edits. Listen to the entire voiceover, and decide if any pauses need to be shortened or lengthened. The length of an audio clip can be done using the cursor, but first make sure the clip volume lines are not visible. Go to View>Show Clip Volume Level and make sure it is turned off.

d. If there is a wish to combine voice and music, use it is necessary to do this in the Audacity program, as when you save the record and import to iMovie or Movie maker no further changes in voice record can be done. Mixing background music with a voiceoverAudacity makes it very easy to mix two different sounds together.

      Open one sound (for example, the background music).

      Select Import Audio... from the Project menu and open the other sound (for example, the voiceover).

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Listen to the sound using the Play button. Audacity automatically mixes them together.

Choose the Time Shift tool and adjust the position of one track or the other until they are synchronized.

The sound of clipping not present in either of the original files indicates that the combined volume of the two tracks is too loud. Use the gain controls on the tracks to reduce the volumes until the clipping sound stops.

Export as a WAV or MP3 file..

Step 3: Setting up the Project

There are a few computer programs for movie making:

If using a Macintosh ('Mac') Computer, iMovie is the digital video editing software available for free. iMovie comes as part of the standard iLife applications already installed.

If using a PC, Windows Moviemaker is the equivalent package. Windows Movie Maker comes free with Windows 7 and Windows Vista.

Each provides the capability to synchronize images, video and sound, add special effects and export projects as standalone videos in a variety of formats – high quality for screening purposes; lower quality for mobile phones or showing on the internet.

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Step 4: Import Images, audio and video clips

a. When importing directly from a digital stills camera or video camera, click the Movie Maker button and then 'import from device'. If the 'Photos/Videos will be imported into Windows Live Photo Gallery' message appears, click OK. Click on the device from which photos or videos will be imported, and then click 'Import'.

b. Select the photos and videos in Windows Live Photo Gallery by checking the box in the upper left hand corner for each photo or video to be used. On the 'Create' tab, in the 'Share' group, click Movie. The photos and video clips will then appear in the contents panel ready to be dragged into the 'storyboard' or Timeline, which appears at the bottom of the screen.

c. Select 'Import audio or music' and navigate to where the voiceover is saved. Then click 'Import'.

Step 5: Edit the Digital Story

a. Most people find it easier to edit the pictures against the soundtrack.

b. Choose the 'Show Timeline' view. The names of the 'video' and 'audio' tracks appear on the left of the screen. The pictures will be dragged onto the 'video' track. Drag the voiceover to the Audio Track.

c. Drag the pictures in the order in which they are to appear into the Video Track or Timeline. The picture order can be changed at any time simply by clicking on the clip that is to be moved and dragging it to a new position before releasing the mouse button.

d. Listen to the audio track and adjust the length of the pictures to fit the pace of the voiceover.

e. To stretch or shorten a picture or 'clip', click on it. Place the cursor on the edge of the clip. A red arrow will appear. Click and drag it to the left or right to stretch or shorten the clip.

f. Preview the digital story (film) by pressing the 'play' button above the Timeline. The Cursor (blue box with a black line that moves along the Timeline as the film plays) shows the position in the film. The blue square can be clicked and moved to any point in the film to start playing from there.

Step 6: Transitions

a. Go to the 'Edit Movie' menu and click on View video transitions. Scroll down to Fade. Drag this effect down to underneath the pictures to which the transition effect is to be added. The fade is the most useful – and the most used – transition. It is simply a dissolve between two scenes.

b. There are a number of 'wipe' effects available, but these are much more visible than the fade and will draw the audience's attention to the transition rather than to the story so handle with care.

Step 7: Titles

a. Choose Make titles or credits in the left hand menu

b. Choose from the options provided, for instance, Add title at the beginning or the movie.

c. Type in the text, this will appear in the monitor window on the right.

d. Choose Change the text font and colour to change the front or background colour. Click 'Done' to add title to Movie.

Step 8: Fine Tuning

Complete this step as in the iMovie guide.

Step 9: Export the Film

a. Go to the 'Finish Movie' menu.

b. Choose 'Save to My Computer'

c. Name the film. Each participant should save their films in their own folder.

d. Go to Movie Setting – Other Settings. Scroll down to DV-AVI (PAL) (this is the highest quality version needed for publishing online or screening. Lower quality versions can be selected as back-up, but will not be suitable for publishing.

Internet Resources, Uploading the Videos

You can upload your movies free of charge into several internet based video depositories. After uploading you can easily share the link to your video with anyone. The most popular internet video sites are Youtube (*www.youtube.com*) and Vimeo (*www.vimeo.com*). Do not forget to check our project site for inspiration and share your videos there as well: *www.digem.eu*.

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