**Technical recommendation & others**

The shoots will take place in several Universities, for uniformity, we will develop a simple shooting plan. Can be implemented anywhere.

We will produce an example video where we will present the team of the University Paris Sud, team that will be in charge of post-production.

We will not use a decor, but a uniform coloured background. (black)

Be careful with unwanted object, and a careful framing.

It is preferable to use a prompter.

**For speaker :**

Some tips to improve pedagogy and improve the rate of follow-up of interventions:

- 6 minutes of videos: about 1000 to 1200 words  
- State the purpose of the video at the beginning

- Make simple sentences

- Use an oral style

- no digressions

- Do not try to be exhaustive

Avoid wearing clothes with stripes or other fine patterns.

Striped clothing can create a strange optical effect.

Don’t dress all black or all white

Neutral tones such as pastels, gray or light colors such as lilac or blue are much better options. The camera will increase the contrast of these colors. White is a bad choice because it can be also visually overwhelming and can “blind” the viewer.

Avoid wearing large disturbing jewellery.

If you are wearing contact lenses or glasses, give preference to your contact lenses when filming. Glasses can sometimes reflect light from lamps used during filming.

it’s not a bad idea to bring a comb

**Other small tips include:**  
  
\* Don’t put anything in your pockets that could create a bulge, or be uncomfortable when sitting  
\* Close your phone and forget about it!  
\* For women, avoid wearing too short skirts especially if your shooting is done on stool  
Wear clothes in which you are comfortable

**How to act in front of the camera during a shooting :**  
  
It is normal to be nervous when filming (especially if you are in your early experiences), but try to keep your cool and act naturally.

Two common mistakes that people make during filming: they try to learn their text by heart and they literally confuse in front of the camera. To avoid this situation, remember why you are there (you are an expert in your field and you know your subject)

Once on the set, take a few deep breaths before the camera starts spinning to focus

Also avoid touching your face with your hands, because on screen it sounds very strange…

**For the slide : we use the colors of the graphic chart :**







