

# Preserving A Legacy

## *Video Method*

*Allow us to get personal before we begin...*

Some of you might find that this could potentially be one of the last times you'll have a video/image of your loved one before they pass away. It's a special and important moment for you to "get this right" but just know that simply sharing those moments with your loved ones and documenting their story in any way is truly a gift, not only to you, but everyone who watches what you create. If you're recording yourself for your family, take a deep breath and realize that they won't notice your hair, or that you "sound funny on camera" but they will appreciate the fact that you went above and beyond to comfort them in a time of need.

### **DON'T SWEAT IT!**

Be confident that your project won't be perfect and that's okay!

Filming your loved one's legacy is an incredible way to preserve memories and their physical presence, mannerisms, and personality. It provides a far more immersive experience than just writing something down and allows for the preservation of the family member's visual cues that could be lost in a written or audio-only recording. Additionally, video recordings are much more entertaining to enjoy as a family and can eventually become a tradition of unity gathering around to meet those who've come before. The camera might be scary until you realize you're just talking to your loved ones at a future date, so there's nothing to worry about!

#### *a. How do I record a story with a video?*

Filming doesn't have to be difficult; you don't need fancy equipment; you don't need a camera; all you need is simple tools such as a phone and a tripod. In reality you don't even have to video your loved one in order to make a video documentary. Simply creating a slideshow with the audio of your loved one being interviewed is enough to drive the message home. We will go into two different methods of creating a video documentary and you can choose which best fits your skills and abilities. ***You can take the lessons from the [audio training](#) and apply them to both methods. We highly recommend you review that training first!***

## 1. Slideshow:

Creating a slideshow is incredibly simple. All that is required is collecting as many pictures relating to the family member who you are interviewing and the audio form of the interview. Once you have the audio of the interview saved you can edit together the sound with all the pictures you collected to create a slideshow documentary with their voice narrating the story. Popular software used to create slideshows can be apps like Apple's [iMovie](#) or Samsung's [Movie Maker](#) which can take files straight from your phone and allow you to edit your masterpiece from the comfort of your couch! Click those links to learn how!

## 2. Video interview:

If you read over the audio training, we encourage the same practices, except now you will point a camera at your loved one and expect them to not look into it (go check it out if you haven't). Your goal is to have them become so comfortable that they forget the camera is even there to begin with! How do you achieve that?

- a. **Ask them to pretend the camera does not exist.** Simple as that. Position your tripod at an angle (somewhere around 45 degrees from center) to highlight features on their face or body composition but also be out of their line of sight. Next you will position yourself directly in front of your loved one and begin with "I know this camera might seem a bit intimidating but from now on it doesn't exist. You and I are just going to talk and it's going to be fun." or something that shows you're in control and will take care of them!
- b. **Do not read from a list.** Yes, we gave you a list to ask them questions, but the last thing you want to do is give off interrogation vibes. Instead you will memorize a few questions from your list and simply go with the flow of the conversation. We recommend asking questions about life changing events, how they handled those situations, or what they were experiencing at the time. You know them better than we do, so you have the advantage of skipping over the formalities and picking at their brain for all the good stuff. The list is merely a guide, but you will do the exploring with your gut!

### SAVE IN OTHER PLACES

**It cannot be stressed enough that learning to save your files onto a separate location is imperative. Having cloud storage on your phone can be helpful but we**

advise that you shop for some external storage that connects to your computer. We personally use terabyte books that can hold large amounts of data. Depending on the size of your project you can save a lot of data with a 32 GB flash drive up to a 1 TB hard drive (or more). Do some research and know you can always buy more storage if need be, but it goes without saying that this is not a lesson you want to learn for yourself and buying extra storage is worth the investment.

Lastly, we'd like to mention editing. As a simple starter course we recommend watching a few Youtube videos on the most efficient way to cut together your video. As mentioned above you can go a few different ways but the important thing is to keep the purpose of the video in the foreground. Whatever you piece together shouldn't take away from the message you're trying to convey. You don't need to get incredibly fancy with transitions, or music; you are allowed to keep it simple. It's a gift you want to give to your family and they will appreciate it even if it doesn't compare to the stuff on TV. You can always practice more or outsource the project to professionals, but in the end you are creating something that will last a lifetime and that's plenty to be impressed about!

b. Resources:

Transcriber: [Descript Tutorial](#) from audio training. Can also transcribe videos and edit within the software.

Editing software: iMovie, Movie Maker, Davinci Resolve (Advanced editing software completely free)

Equipment: Tripod stand (any online search will get you started), [phone mics](#), [Zoom H1n](#) recorder (advanced)

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