

# Survival guide

D53\_Survival guide, updated version



## Welcome!

We're excited to present this five-page guide to you. Here, you'll find a collection of insights into our journey, what you can do, and how you can contribute to exciting projects we've undertaken over the past two years.

## What's this all about?

At the heart of this guide is the art of producing digital biographical and visual stories. But what does that mean for you? It means diving into your personal narrative—stories that resonate with your life, spark conversations within your group, and can even be shared with a wider audience.

## Why tell your story?

Every story has the potential to inspire and connect. By sharing your narrative, you can:

- **Reflect on your past:** What experiences have shaped who you are today?
- **Engage with your present:** Where do you find yourself right now in life?
- **Envision your future:** What dreams and aspirations do you want to pursue next?

## Why share your story?

Think about it: every story has the power to connect us. By engaging with your past, reflecting on where you are now, and dreaming about where you want to go next, you can:

- **Explore your identity:** What moments have shaped who you are today?
- **Build connections:** How can sharing your experiences foster deeper relationships within your group?
- **Inspire others:** What lessons from your journey might resonate with someone outside your circle?

## Let's get started!

# 1. Getting started

**Finding a good production environment** First of all - the tasks described will be done in a team. You will need at least one other person to present your ideas and to discuss what you have done and where you want to go. You will need colleagues or friends you can trust, as many of the ideas are based on personal stories.

A good timetable will ensure that the work has space to develop and that all tasks are completed. We recommend that you meet once a week for a few months. This will give you space to work on ideas individually and keep in touch with each other about the progress of your work.

**Become a producer** Much of the work is based on digital production. This includes writing text, taking photos, recording video clips, using artificial intelligence to create images and, if desired, combining all of this into photo stories or video productions. There is plenty of room to experiment and try new things:

- **Writing texts:** You don't have to be a writer to do a biographical essay. Texts can be short. They can be written in the form of a poem, they can document an experience, but they can also be something visionary. Try machine translation for texts, it can be a nice way to share what you've written with someone who doesn't speak your mother tongue.
- **Taking photos:** Taking photos has become a common activity since the advent of smartphones. It has become easy to take pictures. Try experimenting by taking different photos of the same object.
- **Record video clips:** The emphasis is on short clips rather than hour-long documentaries. It could be a short interview where you present yourself in a familiar setting, or a short creative clip about a place or a hobby. You could also just record an observation of something happening around you.
- **Post-production:** Post-production refers to any type of work you do with the text, photos and video clips you have created. It could mean combining the text with your photos, enhancing or changing your photos using apps or other software, or assembling video clips into a new video (including titles and sounds). Post-production is not a must, but an option to try out.

Finally, once you have done your work, it is time to share it. This can be within your group, within your community, but also, as we have done, with colleagues across Europe.

Results are valued, not tested. There is no room for competition or bragging.

**Talk about what you have done** Reflecting on what you have created is as important as creating it. Share your thoughts about what you have done and hear what others think of your work. This includes discussion about:

- All project steps: plan, produce, share
- Final results - photo, video, ...
- How you worked together, division of tasks
- Feedback from team members and others
- Personal satisfaction with the project
- What you learned - about production, about teamwork, about yourself

**Use the technology you have** Assignments are not about achieving professional standards. You can work on the projects using your smartphone, tablet or computer, or any combination of these. You can use photo or video cameras, even if they are a few years old. You can share equipment within your teams.

## 2. Working on the tasks

The tasks include topics we have worked on in Öland and Berlin. But they are just ideas to get you started, they are not prescriptive. You can change any of the suggestions or of course create your own tasks. Although the tasks are designed to help you with the technical aspects of digital media, they are also intended to stimulate reflection and discussion.

### **Task sheets / First season**

The first series focused on taking photographs and getting started with basic video recording. Other features included how to use a free online translation tool to communicate with people in another country and how to present your finished work to your group. We wanted to give you ideas on how to share your material outside the world of social media through file transfers. Our experience is that not everyone wants to share their private life online. However, you can of course use any social media to share your work if your whole group agrees.

1. Room with a view ([DE](#), [EN](#), [SE](#))
2. Transferring files ([DE](#), [EN](#), [SE](#))
3. Lieblingssorte / favourite places ([DE](#), [EN](#), [SE](#))
4. Translating online ([DE](#), [EN](#), [SE](#))
5. Video Intros ([DE](#), [EN](#), [SE](#))
6. Present your work with Zoom ([DE](#), [EN](#), [SE](#))

## Task sheets / Second season

The second season is all about video and artificial intelligence. Working with video is more complex than working with still images. You can get ideas on how to work in teams and how to get started with video editing.

Artificial intelligence is all around us. We wanted to understand the ideas behind AI by watching and listening to podcasts of different people talking about it. But also to try out how text and images can be made with AI. The final task is about reflection - looking back at all the tasks we have done and discussing together where we can go next.

1. Video task "In my role as ..." ([DE](#), [EN](#), [SE](#))
2. Videos favourite places ([DE](#), [EN](#), [SE](#))
3. Introduction video editing ([DE](#), [EN](#), [SE](#))
4. Podcasts about AI ([DE](#), [EN](#), [SE](#))
5. Creating Images with AI ([DE](#), [EN](#), [SE](#))
6. Reflecting what we have done ([DE](#), [EN](#), [SE](#))

## 3. Getting technical support

All tasks involve digital media technology in some way. You use hardware and software. You will need to do things online. Our task sheets give you basic technical information and may be enough for where you are. But you may need more help and want to understand things in more detail. The technical sheet ([DE](#), [EN](#), [SE](#)) will help you with video meetings, online translation, using a projector and transferring files. The notes on privacy and data protection ([DE](#), [EN](#), [SE](#)) explains what you need to consider before sharing your projects.

**Get help from around you** The most valuable support you can find is right in your own backyard. There are people who might know more about that one technical detail you are confused about. Someone might be able to tell you how to share your pictures on the web. Someone else may have experience of video editing and can help you get started. Personal support is so valuable because it can be tailored to your learning experience and pace.

**Going further** There is always room for more learning. Check out adult education courses where you can get specific help in your area of interest. There is a lot of information on websites and on YouTube. In particular, you can find help with taking photos, recording video clips or post-production.

Why not start a new group and share what you've learned?



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