

Walk and Talk Course Concept for Trainers



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Innovative tools enhancing Educational Skills for the Elders in Adult Education

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Digital Storytelling in a Walk&Talk Session

GOALS

Discover Storytelling
Understand how to explore the context where we walk
Valorise the way of creativity and ideation
Understand and decide “The Topic”
Acquire digital skills on mobiles and smarthphones
Improve your digital knowledge... “Shoot, Edit, Share”
Presentation of results... “The perfect pitch”

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Section 1

The Storytelling Methodology



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from Noun Project

Section 1 – The Storytelling methodology in a Walk&Talk Session

Storytelling: let's understand

**Storytelling:
what's that?**

Storytelling describes the social and cultural activity of sharing stories, sometimes with improvisation, theatrics, or embellishment. Every culture has its own stories or narratives, which are shared as a means of entertainment, education, cultural preservation or instilling moral values. Crucial elements of stories and storytelling include plot, characters and narrative point of view.

The term "storytelling" can refer in a narrow sense specifically to oral storytelling and also in a looser sense to techniques used in other media to unfold or disclose the narrative of a story.

Source: [wikipedia](https://en.wikipedia.org/wiki/Storytelling)



Focus on storytelling

Storytelling is a well-established teaching practice and considered effective for learning purposes because a story is easier to understand and remember than an explanation, because it uses the same strategies that humans use to give meaning to what they have around, because it maintains on the same level daily language and the language proper to the disciplines. The educational use of storytelling includes a first part where you learn the grammar of the narratives, and a second one that involves the creation of stories as a tool for the development of new skills.

"The king is dead and then the queen is dead" is a chronicle, "the king died and then the queen died of pain" is a story (Forster, 1968). A story can be defined as a unique series of events or mental states that do not have an autonomous life or meaning, but only acquire it within the sequence with which they are arranged in the plot (Bruner, 1992): in the example initial of the king and the queen the addition of a single word allows to transform a chronicle into a story. Narratives have common elements, the balance of which determines and builds the meaning of what is told (Norris, 2005). In the teaching activities proposed in class these elements can be easily recognized within stories known to the students, such as those in films or TV series, and used to learn how to interpret them.

New technologies offer multiple tools for creating stories and the combination of the art of inventing a story and the use of a variety of multimedia tools such as graphics, audio, video and web is called "**digital storytelling**". If apparently the production of this type of product may seem simple, the creation of a digital storytelling requires a detailed planning of the operations to be carried out and puts the students in the need to use different technological tools, as well as solve the problems that emerged during their use, both in terms of technical mastery and the social and behavioral dynamics related to them.



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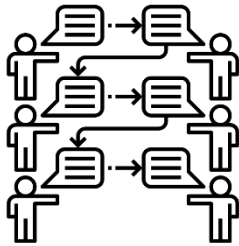


Created by Nibhil Singhal from Noun Project

How to decide the roles



The roles



Created by Becris from Noun Project

In practice, four roles can be identified for the realization of a digital storytelling:

1. Author & Text

The role of the author is to define, in collaboration with the other participant of the group, the main topic of the Story Telling

Once the main topic is defined, if needed, the Author will start writing few phrases

2. Director & Photograph

The role of the Director is to imagine what kind of images or photos could support the main topic of the story...

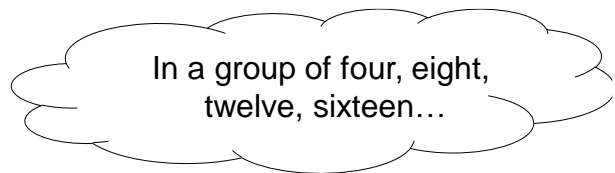
Producing and shooting some photos or just one or two videos could be important to give to the story an audiovisual impact.

3. Music & Sound technician

The music and the real noises of the place where the workshop is placed are fundamental to support the production

4. Editing & Social Sharing

The final editing is something that gives to the final output a specific characterization. Through the social media the final content will be shared and posted.



**Author
&
Text**

Description:

**Director
&
Photography**

Description:

**Music
&
Sound**

Description:

**Editing
&
Social Sharing**

Description:

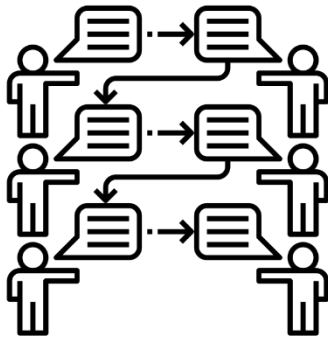


Created by Mark S Waterhouse from Noun Project

How to ideate and manage your Storyboard



The Storyboard



Created by Becris from Noun Project

In practice, eight steps can be identified for the realization of a digital storytelling (Morra, 2013):

Define the initial idea through a brief description, a diagram, a question

Search, collect, study information on which history will be built

Write the story defining the style of the narration

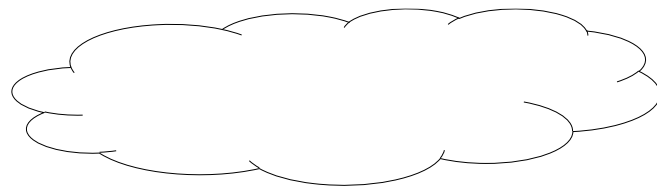
Translate the story into a screenplay

Record images, sounds, videos

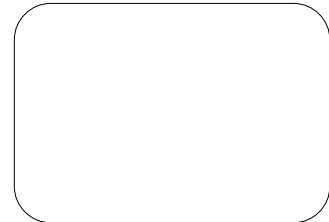
Assemble and recompose the material

Distribute the product

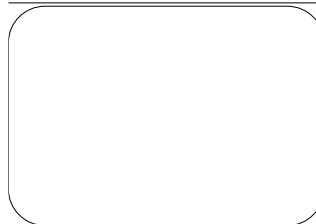
Collect and analyze feedback



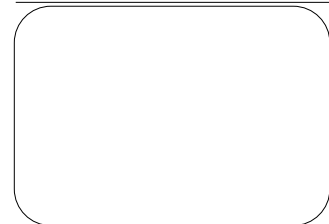
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Description:



Created by Mark S Waterhouse from Noun Project

The “Smile story”, an example of a W&T Digital Storytelling

The Smile Story

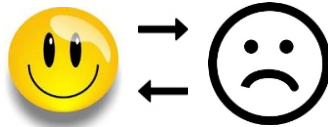
SMILE!!

**Foto of:
park,
street,
school,
bus,
shop...**



Description: ***happens when you never think that
can happen, in a garden, in a park, in a school,
or in every place you are staying...***

Description: ***happen when you look at
somebody and you just smile***



Description: ***Mani times the smile is not accepted
or is ignored***



Description: ***but when the smile is
reciprocal... life became more real!***

***And now let's start to create together your
Walk and Talk Digital Story Telling!***

Section1: Storytelling

In this section a collection of movies, short videos, songs, books, etc. we liked and recommend to you.



[Create a digital story](#)
[Five tips to create a digital story](#)



[Why storytelling is so powerful in the digital era | Ashley Fell | TEDxUniMelb](#)

some questions

What is a **digital storytelling?**

different answers



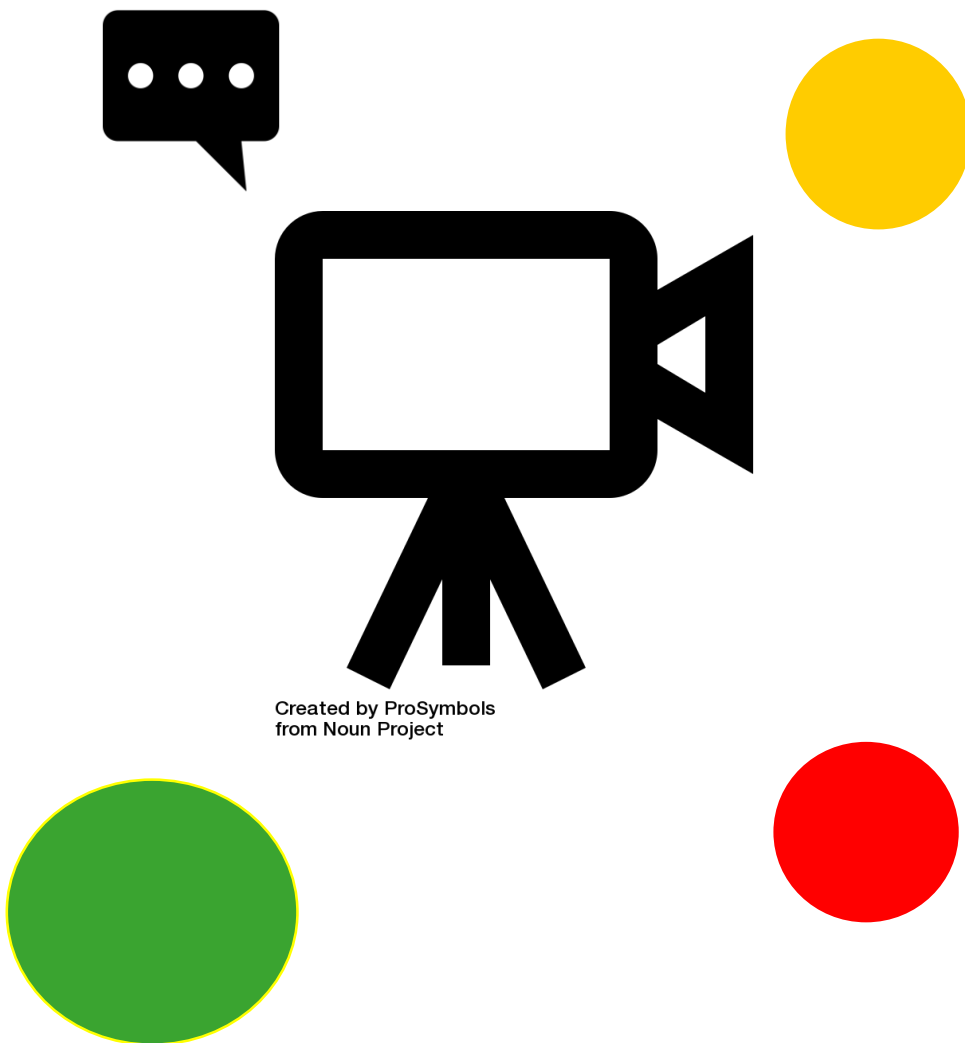
[Digital Storytelling](#)
[By Hans Tullmann](#)



[Digital Storytelling in the Elementary Classroom](#)

Section 2

Video and Photo production...



Created by ProSymbols
from Noun Project

Section 2 – Video and Photo Production...

An open attitude to discover...

Video and Photo production: what's that?

Video and photo production: let's understand:

Video production is the process of producing video content. It is the equivalent of filmmaking, but with images recorded digitally instead of on film stock. There are three stages of video production: pre-production, production, and post-production. **Source: [Wikipedia](#)**

Photography is the art, application and practice of creating durable images by recording light or ... and business, as well as its more direct uses for art, film and video production, recreational purposes, hobby, and mass communication. **Source: [Wikipedia](#)**

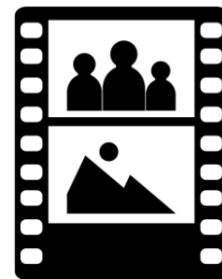
Focus on aesthetics and visual communication

The realization of an audio-video content is usually divided into three macro-phases:

the pre-production phase, characterized by the search for funding and personnel for the creation of the work that also includes the screenplay,

the casting, the selection of the crew for filming and location selection;

the actual production phase, in which the shots are made according to a predetermined program and script; and finally the video post-production phase in which the "shot" is "edited", integrated, optimized and "packaged" with the audio parts and the titles



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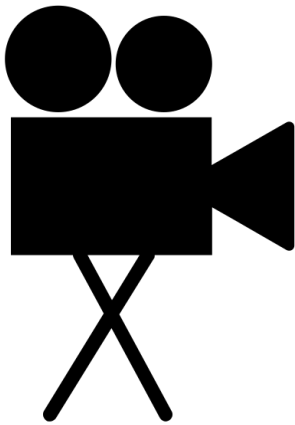
Created by Llisole
from Noun Project

How to Make a Video

If you want to make a video of a party, an event or a concert, it is better to have clear ideas first. Where will you shoot the video? How long? What will you do with it later? Make sure your shots do not stay locked inside the camera; learn to mount them professionally and share them with your friends. Read this article to learn how to make a good video.

Find a video camera. Depending on the reasons you want to shoot a video, you may want to invest in a high-quality video camera to make a project that looks professional, or use whatever you find

- The camera of a smartphone is very simple to use. However, the framing may be a bit unstable and the sound quality is usually not the best, but if you want to make a video quickly and easily, using the phone may be a good idea.
- Digital cameras usually also have the video option, and some are quite cheap and of fairly high quality. Camcorders with SD memory are user-friendly and can now be found anywhere.
- The prices of HD camcorders have a rather wide range, from hundreds to thousands of euros, and guarantee a decidedly professional audio-video quality.

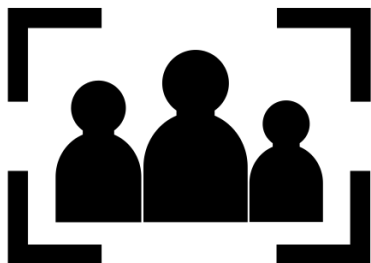


Created by LightUPdesign
from Noun Project

Find the best angles. Whether you take back a birthday party, a concert, a wedding or another type of event, get to the location soon and try to figure out the best angles to shoot the video. Find a couple of comfortable points and run from different angles to get various material to assemble and finalize in a beautiful product.

Stay as still as possible. If you use the camera on your phone, or anyway a camera that is not fixed on a tripod, try to keep it as steady as possible. Tremor and blurring due to a little steady hand can nullify all the work. Sit down while shooting and, if necessary, place your arms on your knees, or buy a tripod.

A common mistake on iPhone cameras is to **hold** the phone vertically, rather than **horizontally**. When you then upload the video to your PC to mount it, you will notice the presence of two annoying sidebars on the screen. Instead, turn to "Landscape" mode and hold the horizontal phone. Here you will see it sideways, but on the PC you will notice that the result will be better.



Created by asianson.design
from Noun Project

Move as close as you can to the subject of the shot if you want to capture the sound as well. If you only use the microphone inside the camera, you will have some difficulty recording the sound, unless you are particularly close to the subject.

How to tell a story with your photos

One of the fascinating aspects of photography is being able to tell stories through it. For a photographer, the skill is to bring to those who look at their photos emotions, atmospheres, ideas, actions, messages...

All ingredients that in a good photographic story must not be missing. There are different types and lengths of photographic stories. There are, for example, short stories, which can be reduced to one or two shots.

First of all, set the selection and the resumption of your shots from the beginning: it must be clear that it is born for an audience and with the intent of telling a story.

The photographic stories start with the idea of having an audience. It means that the images will have a composition and sequence that will explain your idea without words.



Created by Shocho
from Noun Project

The formula "3 + 1" ingredients

Photographic works are composed **of an opening, a body and a closure**

In other words, a beginning, a development and an end. It is the task of editing to select the most impactful photos. To do this you must:

- 1. Having a strong opening**
- 2. Develop the story**
- 3. Having a strong end** (not necessarily as strong as the beginning)

The +1 is the key photo

Point to a photo that is strong, powerful for any reason (subject, composition, light) and that will capture the attention of the viewer. It can be anywhere in the body of work. You have no guarantee that your best shot during the shooting will come out as you would like, but be it as it is, you need it anyway.

Section2: Video and photo production

In this section a collection of movies, short videos, songs, books, etc. we liked and recommend to you.



[How to Make \(PROFESSIONAL\) Videos with your Phone.](#) Wondering to make YouTube videos with your phone? In this video I'll show you how to make a great video using just your phone!! From lighting to audio to framing, all you need is your phone to start making videos.

some question

How to Make a Video?

different answers



[5 ways to INSTANTLY make BETTER VIDEOS!](#) I'm showing you 5 ways you can instantly make better videos. None of this requires you having to buy extra equipment.



[How To Edit Videos Quickly and Easily](#)

Are you looking to edit videos the quick and easy way? Not a video editing expert? With video editor software you can edit beautiful looking videos from home in a matter of minutes. Click the link below to get started:

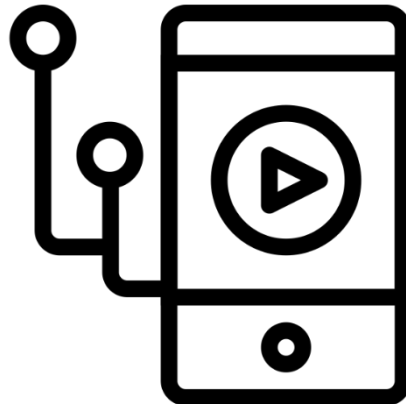
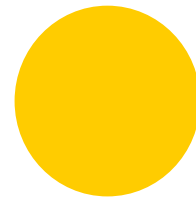


[Amazing Before & After Hollywood VFX](#)

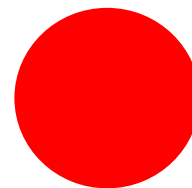
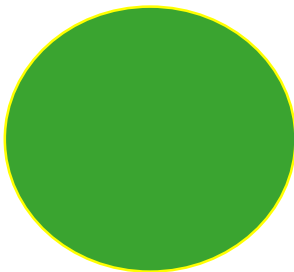
Behind the Scenes of these movies: "The Hobbit: Desolation of Smaug" "Dawn of the Planet of the Apes" Series: "Game of Thrones" "Guardians of the Galaxy" "Man of Steel" "X-Men: Days of Future Past" "The Avengers"

Section 3

Editing videos and images



Created by Dinosoft Labs
from Noun Project



Section 3 – Editing videos and images

**Video and Photo
aesthetics:
what's that?**

Video and photo production: let's understand

Editing is the process of selecting and preparing written, visual, audible, and film media used to convey information. The editing process can involve correction, condensation, organization, and many other modifications performed with an intention of producing a correct, consistent, accurate and complete work. Source: [Wikipedia](#)

Post-production is part of the process of filmmaking, video production, and photography. Post-production includes all stages of production occurring after shooting or recording individual program segments.^[1] Traditional (analogue) post-production has mostly been replaced by video editing software that operates on a non-linear editing system. Source: [Wikipedia](#)

Focus on Post Production

Post-production is many different processes grouped under one name. These typically include:

- Video editing the picture of a television program using an edit decision list (EDL)
- Writing, (re)recording, and editing the soundtrack.
- Adding visual special effects - mainly computer-generated imagery (CGI)
- digital copy from which release prints will be made (although this may be made obsolete by digital-cinema technologies).
- Sound design, sound effects, foley, and music, culminating in a process known as sound re-recording or mixing with professional audio equipment.
- Transfer of color motion picture film to video and color grading (correction) in a color suite.

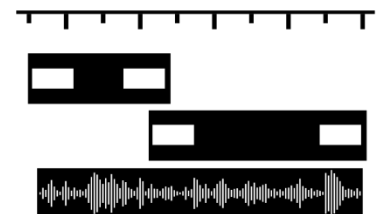
The post-production phase of creating a film usually takes longer than the actual shooting of the film and can take several months to complete because it includes the complete editing, color correction, and the addition of music and sound. The process of editing a movie is also seen as the second directing because through post-production it is possible to change the intention of the movie. Furthermore, through the use of color grading tools and the addition of music and sound, the atmosphere of the movie can be heavily influenced. For instance, a blue-tinted movie is associated with a cold atmosphere and the choice of music and sound increases

the effect of the shown scenes to the audience.

Source: [Wikipedia](#)



Created by Iconstock
from Noun Project



Created by Leinad Lehmko
from Noun Project

Post production

Upload all the material to your computer. After resuming the entire movie, upload it to your PC and edit it. Most cameras can be connected to the PC via USB or via SD memory that can be removed from the same camera. Follow the instructions in the manual of the camera you have used.

Save the raw movie separately, so during editing you will be able to make all the necessary changes, always having the possibility to go back to the original file. You can always start from the beginning.

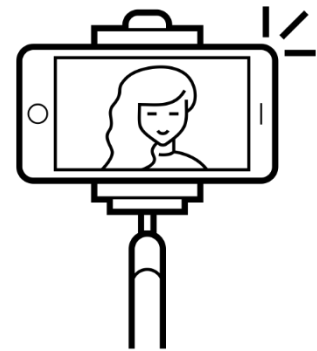
Download a video editing software. Unless you have made perfect material and you want to keep the video as it is, you should get an intuitive editing software that allows you to cut, add music and adjust settings of various kinds. If you want to add captions or improve audio, you will necessarily need software of this type.

Among the most popular free editing software there are:

- **iMovie.**
- **Windows Movie Maker.**
- **Avidemux.**

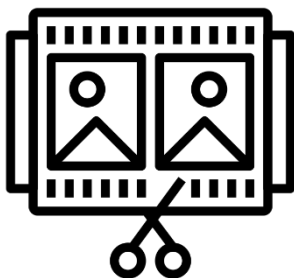
Other editing software, more professional:

- **Apple Final Cut Pro.**
- **Corel VideoStudio Pro.**
- **Adobe Premiere Elements.**



Created by Nikita Kozin
from Noun Project

Cut the superfluous parts. Once you've uploaded the entire movie to the software, start cutting whatever you want is not part of the final result. Cut the sequences that tend to repeat, and collect only the best shots. Depending on the video you are going to make, you may decide between an informal and "wavering" result, or orient yourself on a more precise and professional product. Do things according to the criterion you have in mind.



Created by Iconstock
from Noun Project



Created by Path Lord
from Noun Project

Add sound effects or music. If you are intoned to the video you are going to make, add some music you have on your PC and use it as a soundtrack to underline some passages of the video, or remove the entire sound in the video and replace it with a song. It can be a good way to bypass the problems of poor quality audio footage made with a telephone.

Conclude the project. When you are finished, end the project by exporting the final video file, such as an .avi or a .mov. Open with playback software like Windows Media Player or Quicktime and take a look at your work.

How to make a video with photos and music

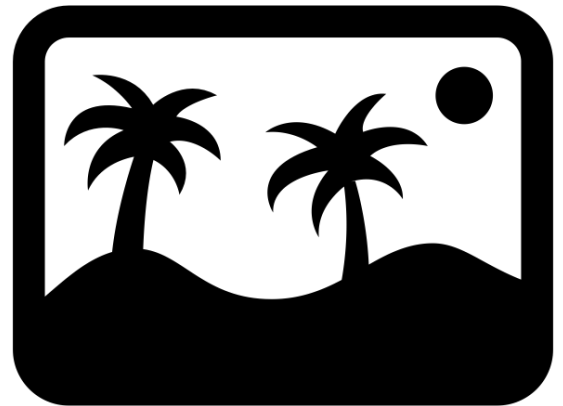
An image, it is well known, is worth a thousand words but if you also add a nice background music then the final effect will certainly be even more spectacular. Precisely for this reason, making a video with photos and music can certainly be an excellent solution to show your shots to other people in a different and captivating way.

To make a video with photos and music you have at your disposal different solutions. The best is undoubtedly that represented by online services, which allow you to create photo slideshows without having to download anything, but there are also very valid "offline" software and apps for smartphones / tablets that allow you to achieve results worthy of note without make no effort. In short: it's up to you to choose the solution that best suits your needs.

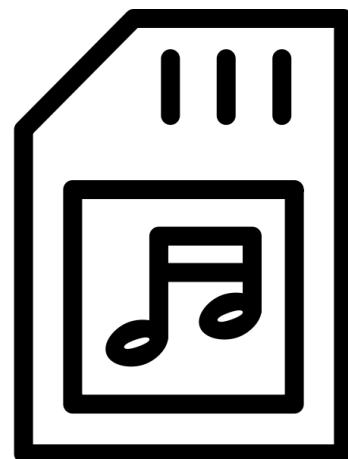
Make a video with photos and music online
The most immediate solutions to make videos with photos and music are those online. Here are some interesting examples
Sharalike
Photopeach

Make a video with photos and music on your PC
If you prefer the "offline" programs to be installed on your computer to online solutions, refer to the solutions listed below: you will not be hard pressed to find one that suits you.
Movie Maker (Windows)
Photo (macOS)

App to make a video with photos and music
Would you like to make a video with photos and music directly from your smartphone or your tablet? Here some solutions that should do just for you.
Quik (Android / iOS)
Google Photos (Android / iOS)
VivaVideo (Android / iOS)
Sharalike (Android / iOS)



Created by NTT
from Noun Project



Created by Creative Stall
from Noun Project

Generate a slideshow

Heaps of holiday photos stacked in the SD card of the camera or in the meanders of the computer hard drive: what to do with it? With Windows Movie Maker, or similar programs, you can create artistic videos with your photos and a backing track in a few simple steps.

Preparation

First download and install Windows Movie Maker on your computer. Then put all the photos in a single folder and find a backing track in MP3 to add to the video.

Import the images

To start, click on the large box on the right, select the images and then click on 'Open'. You can add more photos at any time by clicking on the icon at the top left.

In the right window, preview your video. The left is instead your timeline, where you can edit the movie. You can remove images by selecting them and pressing on Delete, or changing the order with a simple drag and drop.

Add music

Use the 'Add music' button to choose the soundtrack of your video. Just press and select the track between the computer files to give the movie some rhythm.

By double clicking on the spectrogram below the images, you can manage the music settings and, for example, add a start and end fade. Or adjust the track volume.

Select a theme

To go back to video editing, just click on the Home tab. If you're a beginner, the easiest way to style your movie is with one of the automatic themes. There are something for everyone: just select it and hover over the top bar to try them out.

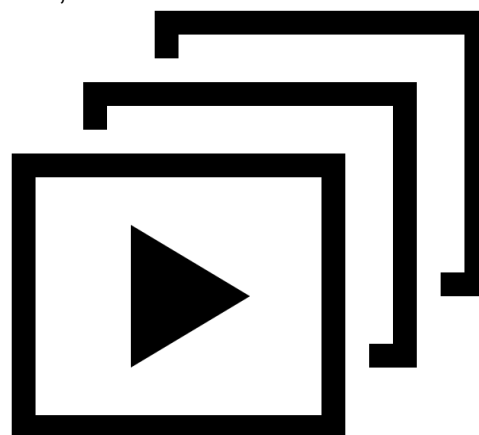
Once you have chosen the theme, you can edit the texts from the timeline. Or, if you want, you can manually add a title, captions and final credits using the appropriate upper buttons.

Add animations and visual effects

From the animation tab you define in detail the fades, on the left side, and the zoom on the images, on the right side. On the visual effects tab, instead, apply filters to photos, such as black and white, sepia or burn.

Create the slideshow

Once the project is finished click on Save the movie and choose the format in which to export it. Done!



Created by Hea Poh Lin
from Noun Project

Section 3 – Editing videos and images

In this section a collection of movies, short videos, songs, books, etc. we liked and recommend to you.



[How To: Edit Videos the Easy Way in Microsoft Photos](#)

Watch our how-to and learn how easy it is to make videos in Microsoft Photos in Windows 10 using the latest features like filters, 3D effects, and more.

some questions

How to Edit videos and images?

different answers



[Video Editor - Edit video, audio, photos with classic features like trim, split, & crop](#) The easiest-to-use home video editing software with special editing features lets you seamlessly stitch together video clips, music & text, apply effects and get a professional-looking home movie in minutes.



[How to Make a Video with Pictures and Music \(Slideshow\)](#)

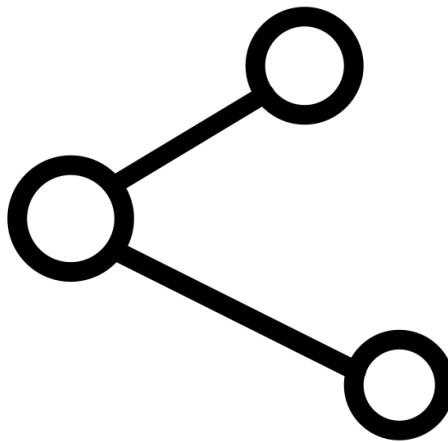
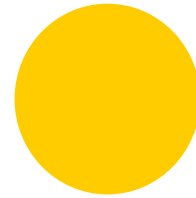


[WeVideo Tutorial](#)

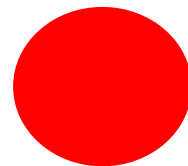
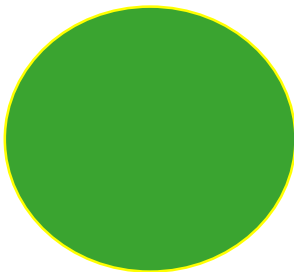
Learn how to use this free online video editor which allows you to edit videos collaboratively with others.

Section 4

Share your clips through the Social Media



Created by Adnen Kadri
from Noun Project



Section 4 – Share your clips through the Social Media

**Social media:
what's that?**

Social Media: let's understand

Social media are interactive computer-mediated technologies that facilitate the creation and sharing of information, ideas, career interests and other forms of expression via virtual communities and networks. The variety of stand-alone and built-in social media services currently available introduces challenges of definition.

Source: [Wikipedia](#)

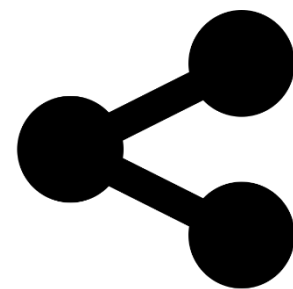
Focus on Social Media

Users typically access social media services via web-based technologies on desktops and laptops, or download services that offer social media functionality to their mobile devices (e.g., smartphones and tablets). When engaging with these services, users can create highly interactive platforms through which individuals, communities, and organizations can share, co-create, discuss, and modify user-generated content or pre-made content posted online. They "introduce substantial and pervasive changes to communication between organizations, communities, and individuals." Social media changes the way individuals and large organizations communicate.

These changes are the focus of the emerging fields of technoselfstudies. Social media differ from paper-based media (e.g., magazines and newspapers) to traditional electronic media such as TV broadcasting in many ways, including quality, reach, frequency, interactivity, usability, immediacy, and performance.

Social media outlets operate in a dialogic transmission system (many sources to many receivers). This is in contrast to traditional media which operates under a monologic transmission model (one source to many receivers), such as a newspaper which is delivered to many subscribers, or a radio station which broadcasts the same programs to an entire city. Some of the most popular social media websites are Facebook (and its associated Facebook Messenger), Instagram, WhatsApp, Google+, Myspace, LinkedIn, Pinterest, Snap chat, Tumblr, Twitter, Viber, VK, WeChat, Weibo, Baidu Tieba, and Wikia. These social media websites have more than 100,000,000 registered users.

Source: [Wikipedia](#)



Created by Hassan ali
from Noun Project

Share the video. Vimeo, Youtube, Whatsapp

After exporting the file, consider sharing your work with others. You could burn the video to a DVD and give physical copies to people. It is an interesting option especially if you have resumed a wedding or some other private event attended by a few people who may be interested in having a copy of the movie.

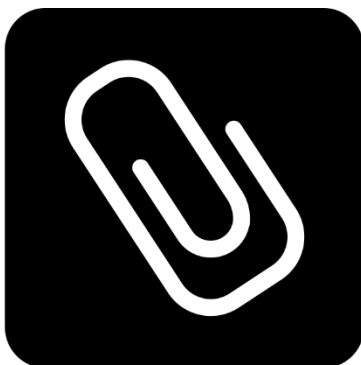
If you think the video can have more appeal, upload it to YouTube. If it does not last too long, you can create a YouTube account and upload it relatively quickly. It will be online in no time and you can share it with anyone you want.

If you want to upload the video online, but would prefer to remain private, you can upload it to **Vimeo** or **YouTube**. You can protect the video with a password, so as to make it visible only to people to whom you want to provide it.

Do not use copyrighted music in any video. Uploading copyrighted material to YouTube may result in the removal of the video, or even the cancellation of the account.



Created by priyanka
from Noun Project



Created by Adnen Kadri
from Noun Project

WhatsApp lets you share photos, videos, audio, locations, and contacts *with* your contacts.

How to send a photo or a video from your Gallery in WhatsApp on Android

Tap the **attach button**. It's the paperclip on the top right of your screen.

Tap **Gallery**.

Choose the photo or video that you'd like to send

Add a **caption** if you'd like.

Tap **Send**.

Share the video. Facebook, Twitter

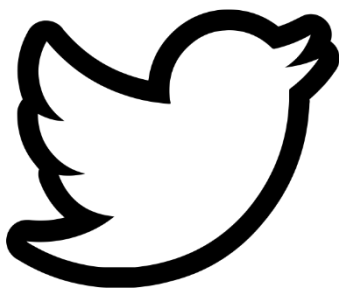
To learn how to upload videos to **Facebook** from your PC, all you need to do is connect to the main page of the social network and click on the Photo / Video item located at the top center. At this point, click on the Upload Photo / Video button to select a video on your PC and upload it to Facebook, or click on the Use the webcam button to shoot a live video with the PC webcam and publish it immediately in your diary.

If you have chosen to share a pre-existing movie that you had already saved on your PC, you must click on the Browse button to choose the file to publish, type a message to be published along with the video and click on Publish to start uploading (the duration of the process depends on the size of the video and the speed of your Internet connection).

If, on the other hand, you have chosen to shoot a live video, you must first click on Allow to allow Flash Player to access the camera functions and then on REC to start recording the video. At the end of the registration, you can also associate a message to your video before posting it..



Created by rivda
from Noun Project



Created by Sara Novovitch
from Noun Project

If you want to insert a video or a photo on **Twitter**, first presses the Tweet button that is placed at the top right as if you wanted to compose a common tweet and wait for the message composition window to be visible on the screen.

Click now on the button with the symbol of a painting (if you hover over the mouse you find the words Add photos and videos) then select, from your computer, the video file you want to share on Twitter and then presses the appropriate button Open attached on the screen to confirm the choice made and start uploading the video on Twitter. Performed these steps you will be shown on Twitter a player through which you can preview the playback of the selected video. Then press the Done button to confirm the selection of the selected file.

Section 4 – Share

In this section a collection of movies, short videos, songs, books, etc. we liked and recommend to you.



[How to Post YouTube Video on Twitter!](#)

[How To Post A YouTube Video On Facebook](#)
How to Download a Video from Facebook -
Learn How to Easily Download a Video from
Facebook Without Using Any Software.

some questions

How to Share a video?

different answers



[How to upload video on Vimeo](#)

Learn how to upload video on Vimeo.com. A step-by-step tutorial that describes how one can upload a video on Vimeo.com.



[How To Properly Upload Videos To YouTube](#)

Derral Eves explains how to properly upload a YouTube video. As well as explaining how title, descriptions, tags, etc. affect your videos visibility.

The course in two pages



Let's start!

Step 1
Decide the roles

Author & Text	Director & Photograph
Description: _____ _____	Description: _____ _____
Music & Sound	Editing & Social Sharing
Description: _____ _____	Description: _____ _____

Step 2
Production

Define the idea	Search & collect info's
Description: _____ _____	Description: _____ _____
Shoot images, sounds, videos	Write & record your text
Description: _____ _____	Description: _____ _____



Step 3
Editing

Video and photo acquisition	Timeline editing
Description: _____ _____	Description: _____ _____
Voiceover & sound effects	Soundtrack & Export
Description: _____ _____	Description: _____ _____

Step 4
Sharing

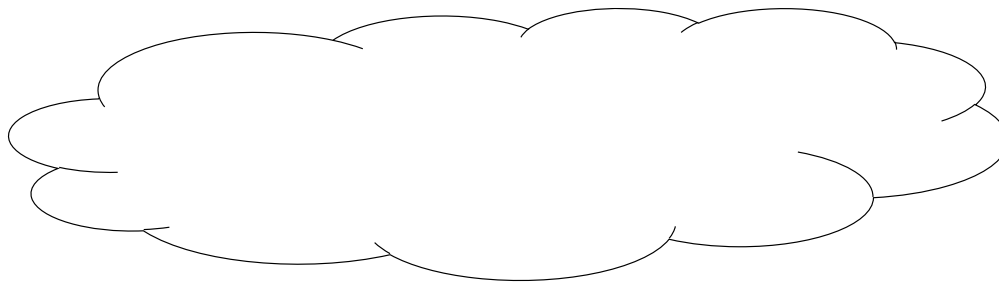
Social network account	Upload video
Description: _____ _____	Description: _____ _____
Tag friends, relatives & course colleague	Post and reply to comments and feedback
Description: _____ _____	Description: _____ _____

The course in two pages



Let's start! Some suggestions...

WIND, FORREST, WALK&TALK, WATER...



Description:

Description:

Description:

Description:
