

## Audiovisual recording

Oral tradition is of paramount importance when it comes to documenting our culture and history. The following are suggested tools that could be useful for preserving elements of traditions and knowledge that, unfortunately, are likely to disappear with the departure of our elders.

Whether the recording is an interaction, an event or even an interview, these images can eventually be used and shared; it is therefore important to know how to handle the camera, to capture optimal images and to obtain ideal sound quality that can eventually be used in a professional production. This section offers advice or suggestions to consider when recording.

### Video footage

In the past, audiovisual production required countless equipment and tools that were rather cumbersome. Technological advances have brought about what is called “the democratization of technology”; meaning that what was reserved for professionals is now accessible to everyone, at low cost.

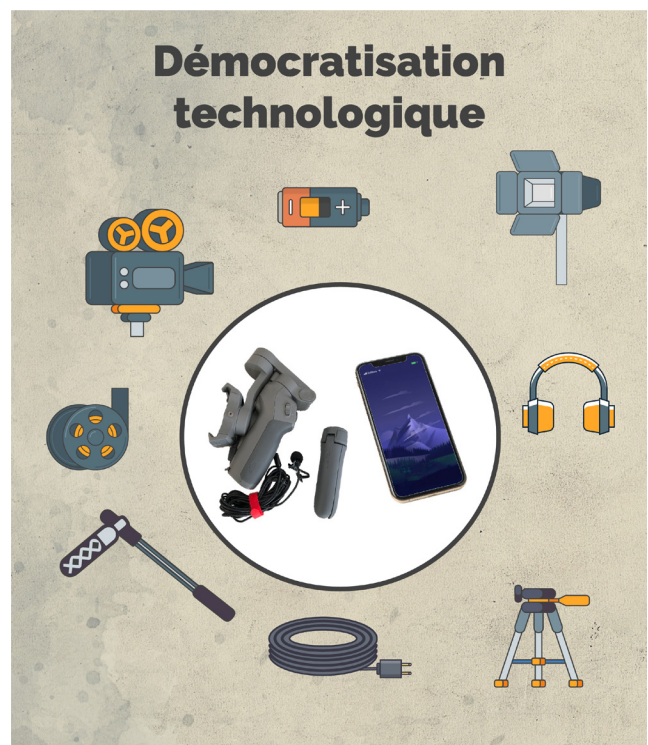
With smartphones, it is now possible to film high quality images without necessarily needing additional equipment.

### Four main principles to consider for good footage:

- Framing and camera angles

When filming someone, it is important to portray them in a favourable light. This can be achieved by paying special attention to the following elements:

1. The subject should be positioned in the center and the camera lens should be focused on him/her;
2. Particular attention should be devoted to the camera angle, using a low camera angle should be avoided (an angle where the camera is lower than the subject and points upwards);
3. To capture the most aesthetically pleasing footage, careful attention should be paid to details which may negatively affect the image (such as cans in the foreground, a toilet visible in the background, etc.).
4. If a smartphone is used to capture the footage, it is strongly recommended to shoot horizontally.



- Stability

Stable footage is much more aesthetic and pleasing to the eye. Certain tools, such as a stabilizer or a tripod, can produce such footage. Some of these tools are available at low cost and are suitable for cellular devices.

If you are on a budget or shooting on the fly and don't have time to set up, it is recommended that the camera or cell phone rest on something for support, as this will reduce shaky footage.

- Éclairage

L'éclairage est particulièrement important. Plus il y en a, meilleure sera l'image, surtout s'il s'agit d'une lumière naturelle. Cependant, l'orientation de la source lumineuse a un effet certain sur la qualité de l'image. Il faut éviter de placer le sujet à contre-jour (par exemple devant une fenêtre).

- Sound

As far as sound is concerned, not all smartphones have the same recording quality. It is strongly recommended to use a microphone connected to the device. The ideal situation is to test the sound quality with the subject beforehand.

It is also important to pay attention to extraneous sounds, sounds that are not welcome in the recording and that could diminish its quality. For instance, it might be appropriate to unplug the refrigerator, to turn off the television or to stop the dryer.

### **Technical checklist of things to remember during a shoot:**

- Recharge batteries (stabilizer and telephone) and have on hand the cables for the devices, if needed;
- Clean the lens before starting to ensure a sharp image;
- Perform sound and lighting tests before shooting;
- Shoot horizontally;
- Do not zoom in, as this causes a loss of quality;
- Record as long as possible, informal exchanges sometimes reveal treasures.