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Staying Healthy Video Guidelines

STRONGER YOU(TH)



STOWARZYSZENIE
MŁODYCH
ARTYSTÓW

C:E:T
Platform
LIETUVA



TOR VERGATA
UNIVERSITÀ DEGLI STUDI DI ROMA



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Introduction

The **“Staying Healthy” Video Guidelines** are a key component of Work Package 3, designed to equip young people with the knowledge, skills, and motivation to build and maintain balanced habits that support mental and physical wellbeing.

To ensure quality, relevance, and credibility, the videos are developed in close collaboration with **wellness experts**. Their expertise ensures that the content is not only engaging but also practical, safe, and evidence-informed.

The video series covers a diverse range of topics, agreed during the TPM in Bulgaria, each addressing different aspects of wellbeing:

- **Connecting DOTS – Guided Meditation**
- **Eco Power – The Power of Music**
- **CET – Healthy Eating Recipes**
- **WalkTogether – Everyday Exercise For Staying Fit (Yoga)**
- **ARCHE – Crafts Therapy**
- **Tor Vergata – Spending Time in Nature**

Each video is designed to be approximately 10 minutes long, **combining theoretical insight with practical application**. For example, a video may include a short introduction explaining the benefits of a practice (e.g. yoga or meditation), followed by a guided session such as a workout, meditation exercise, or cooking demonstration. This structure ensures that viewers can immediately apply what they learn.

To ensure the project meets its objectives, **feedback** will be collected from the involved experts through questionnaire. This feedback will provide valuable qualitative insights into the project’s strengths, impact, and areas for further development.



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Technical advice

Ensure the camera of your device (camera or mobile phone) is set to a resolution of at least 1920x1080. Position the device in landscape mode for optimal footage compatibility across online platforms. Secure the device on a tripod, easel, or any stable structure to maintain a horizontal orientation while shooting. Make sure the person is in focus, and alignment is straight. Also, make sure there is some space above subject's head, in case we need to crop materials and etc.



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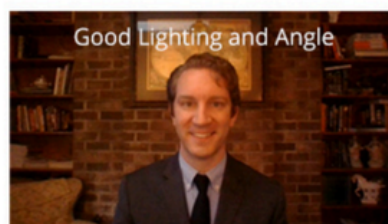
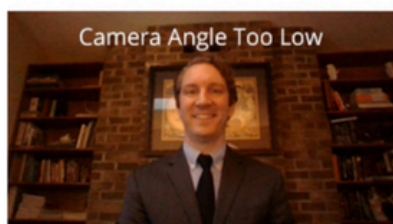
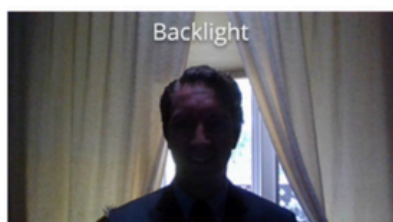
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Technical advice

INDOOR FILMING LOCATION

Please pick bright rooms to avoid shadows and weird dark lightning. However, be mindful of over exposure, avoid noise as much as possible. Also, if you are filming in from of the window avoid direct sunlight that can look weird on camera, shadows, changes of lightning and most importantly never put your subject in such position that their back is facing the window or they're directly under the source of light.

Further examples of what not to do:



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General information about video recording

TECHNICAL SPECIFICATIONS - RECORDING & YOUTUBE	
Minimum video recording standards	Upload YouTube
→ Resolution: 2160p (4k video quality). Dimensions: 3840p x 2160p → Resolution: 1440p (2k video quality). Dimensions: 560p x 1440p	→ Minimum video resolution for HD YouTube viewing: 1280p x 720p. Resolution: 720p → Best for embedding YouTube videos on websites: 640p x 360p. Resolution: 360p
→ A person should be dedicated to film/record the video interviews.	



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Location and Audio

Location	Ideal Description	Audio
Outdoor	Suitable only for welcome videos. Avoid filming between 11:00 AM and 2:00 PM to prevent facial shadows. Record between 2:00 PM and 5:00 PM.	Record in a noise-free area. The better is the quality of our sound interview, the better use we can give to our material for future reference.
Recording Studio	Ideal location for filming. You can stand in front of a whiteboard or green screen (chroma) or use a laptop for support.	Technical speaking, we can 3 options to record our audio: -Wireless microphones. The above microphones should be attached to the camera so we have not only crystal clear audio quality but your shots in sync (image plus sound).
Office	Ensure the background is free of personal or sensitive items (e.g., family photos or private data). Avoid visible logos or product advertisements.	Useful tips: everytime we do an
Classroom	Choose a well-lit room with minimal background noise. Ensure there's space for a laptop and necessary props.	interview we will be advised by our interviewer to wait at least 5 seconds to answer our question in silence. We have to avoid the overlapping sentences between questions and answers. Otherwise, it will not be audible later on in the final video.



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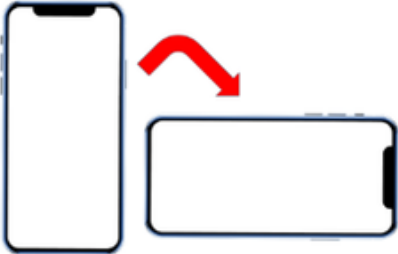
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Key aspects to consider

Conduct One or Two Test Videos	Check the following: → Posture and confidence of the guest. → Adequate lighting (Try a neutral, clear background colour so our interviewer can easily be highlighted. Avoid dark images, our interviewer should be seen cristal clear, no shadows at all. → Clear audio. → Correct framing. Tips: if you don't have video lighting, use natural light by placing yourself near a window.
During Recording	→ Avoid excessive movements or swaying. → Eliminate filler words like "uh...", "hmm...", or "you know...". → Maintain a steady speaking volume and pace. → If recording a long topic in one take is challenging, consider dividing it into two videos. → Ensure proper framing with a medium shot (head to waist). → Leave space to the left of the frame for text overlays during editing. → Verify that text on the blackboard or whiteboard is readable if you use one. → Avoid rapid movements to maintain focus. → Structure your content and avoid improvisation. → The trainer should speak extempore as delivery made in case of classroom set-up. It has to sound natural. → Video quality and Audio levels should be constantly monitored while recording.
	→ Voice modulation be taken care of and the voice should remain same throughout the video as in a classroom situation. Two voices in the same video for lecture and slides may be avoided.



Key aspects to consider

During Recording II	→ All video recording MUST be done horizontal. → A tripod is a must, very important, useful in order to have a stable image. 
During Recording III Interview Scripted.	Possible questions to the person:
Legal Aspects	Another important element is that we need filming permissions for our shootings. Everyone involved in the video interviews has to sign and give to the project authorization to use his/her image.
Saving Videos and Screen Captures	→ Export videos (1080p (1920x1080) using the H.264 codec;) and screen captures in MP4 format before sending them. → Videos and screen captures must have a minimum resolution of 720p; Full HD (1080p) is preferred. → Upload the final video folder to a shared GDrive folder.
	→ Delete videos with errors before submission and only send final versions. → Have a backup of the original material.
Intro/ outro	Done by Giedre and Fabiana



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Disclaimer

By participating in this recording, I agree to the use of my image in our photo/video educational materials in project: Strongeryou(th)

Project info:

NUMBER: 2024-1-PL01-KA220-YOU-000253958

ACRONYM: STRONGERYOU(th)

TITLE: STRONGERYOU(th): PROMOTING MENTAL HEALTH THROUGH THE DEVELOPMENT OF A PREVENTION AND INTERVENTION PROGRAMME THAT WILL ENHANCE YOUTH WORKERS KNOWLEDGE AND SKILLS ON MENTAL HEALTH AND SELF CARE, FOSTER YOUTH RESILIENCE AND PROMOTE WELLBEING

ACTION TYPE: KA220-YOU - Cooperation partnerships in youth (KA220-YOU)

WEBSITE: <https://strongeryouthproject.eu/>



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