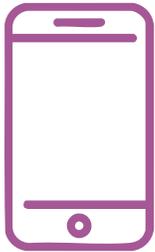




# Guide for Video and Photography Recording

Project  
**The Future of Human Rights in the Digital Age**

## 1. Before the event



- Clean the camera and check the battery. Carry a portable charger (power bank).
- Activate airplane mode + wifi if you want to avoid interruptions during recording.
- Prepare a kit of free apps: Canva (quick graphics), CapCut / InShot (short videos), Twitter/X, Instagram, TikTok (dissemination).

## 2. During the event

### Effective photos:

- Avoid backlighting.
- Look for shots with people + logos/banners.
- Take 3 shots: wide shot, medium shot, and close-up.

### Short videos (15–30 sec):

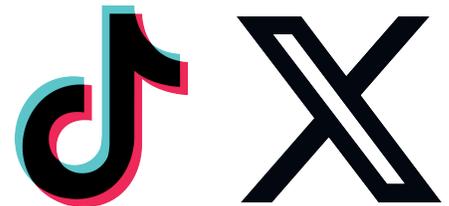
- In vertical format.
- Record powerful phrases or symbolic moments.
- Use subtitles later in CapCut/Instagram.

### Quick notes:

- What happened (main event).
- Who spoke (name + organization).
- What was said (key phrase).
- What's next (commitment or task).

## 3. After the event

- Carousel-type post: Photo + short title, 2–3 slides with key phrases, logo in the corner.
- Reel/TikTok: 15–30 sec with a clip of the moment + large text + royalty-free music.
- Twitter/X Thread: 1) summary + hashtag, 2) photo of the panel, 3) key phrase, 4) call to action.



## 4. Best practices



- Protect sensitive identities (do not publish without consent).
- Speed: publish during or immediately after the event.
- Use official hashtags + tag partner organizations.
- Quick translation: add English subtitles if possible.