

Easy Read



University of
South Wales
Prifysgol
De Cymru

Measuring the Mountain project

How to make your “A day in the life of” video



This document was written by the **University of South Wales**. It is an easy read version of '**Guidance for making your “A Day in the Life of” video.**

July 2020

Introduction



We are the **University of South Wales**. We are running the **Measuring the Mountain** project.



We want you to make a short video showing what a day in your life is like. It should not be longer than 10 minutes.



The aim of the video is to show our Citizens' Jury what your life is like. This is so they can better understand what it is like to be a carer. Or what it is like to be someone who needs care and support services.



We want your video to show:

- what makes your life easier or more enjoyable
- and what can make things harder.



You can film any part of your day that you think it would be useful for the Jury to know about.

Or you can film lots of different parts of your day. For example, you can film:



- a bit when you wake up
- lunch time
- what you do in the afternoon
- going to bed.

It is up to you!

It would be good for the Jurors to know about things like:



- what aids and equipment you use
- what people are in your life
- what appointments you have
- what going out is like.



Do not film anything you are not comfortable with. For example do not film yourself dressing or washing.



We will put your video on our website www.mtm.wales and social media. We might not be able to show every video as part of the Citizens' Jury.

Tips for making your video



Make a plan about what you are going to film, where you will film and who will be in your film.



If you are using a phone to film your video, hold it **horizontally**. The phone in the picture is **horizontal**. This is to stop black lines being on the side of your video when it is being watched.



Do not film in a noisy place. Do a short test video to check:

- **lighting** – it should be bright enough so we can see you clearly.
- **sound** – make sure you can hear the people talking clearly.



Avoid zooming in and out and using special effects or filters. We are more interested in you and what you have to say.



Keep your phone or video camera still. Use a tripod if you have 1. Your film will be blurry if you move your camera too much.

How to send your videos?



Everyone in your video has to read our **Privacy Notice**. You can find it here:

www.mtm.wales/resources



Everyone in your video has to fill out the **Citizens' Jury video agreement form**. You can find it here:

www.mtm.wales/resources



Send your video and Citizens' Jury video agreement forms to Katie Cooke:

Katie.cooke@southwales.ac.uk



For more information and support visit our website or contact Katie:

Phone: 07964 407 739

E-mail: Katie.cooke@southwales.ac.uk

Website: www.mtm.wales/citizens-jury-2020



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