



THE SUN INSIDE

CONTRIBUTORS INFORMATION PACK

This information pack gives you all you need to create this special film with us. If you need any support, or require this information in a different format, please get in touch with michael@proteindance.co.uk

Content

1. The Sun Inside: Your task
2. Watch our introduction and meet the artists
3. Take part in our Zoom Talk + Q&A
4. Explore and practice your task
5. Read our helpful filming tips
6. What you should wear
7. About the sound
8. Submit your videos & fill in the form

1. The Sun Inside: Your Task

Join artistic director **Luca Silvestrini**, filmmaker **Roswitha Chesher** and composer **Andy Pink** in the making of a new dance film. Focusing on the importance of sunlight, we invite you to film your 'sun inside' ideas to help create a beautiful and meaningful dance film that captures this unique moment in time.

The sun enters and stretches through our living spaces as if brushing a shiny hand of glowing, transparent paint over everything it finds on its way, the outside comes in and transform the inside. Pure energy pushes through our windows and doors, its light reaches places, covers surfaces and casts shadows whilst forming new patterns and designs. Is there a particular place and time of the day when a shape or a pattern of light has drawn your attention, has made you feel different and stimulated your creativity?

Read our **useful tips** in this pack, watch our **introduction**, take part in our **zoom talk**, play with **your ideas** and capture **your best 'sun inside' moment!** Record **up to 3 video clips of up to 60 seconds each** and send these video clips back to us for the opportunity to be featured in the film!

Stay PLAYFUL, CURIOUS and CREATIVE throughout.

2. Watch our introduction and meet the artists

Watch this short trailer with an introduction to the project from Luca, some useful filming advice from Roswitha and thoughts from our composer Andy.

Click here to watch this trailer: <https://bit.ly/3g5Ckqj>

3. Take part in our Zoom Talk + Q&A

We invite you to join us in our Zoom talk online. This will be an opportunity to meet the artists, some of the other contributors and ask any questions you might have. This online talk will be recorded and available for later viewing. If you are unable to attend or to watch it and have any questions you would like to ask, please email michael@proteindance.co.uk

Date: Saturday 23 May 2020

Time: 10.30 -11.30am (British Standard Time)

To join the Zoom talk, follow this link: <https://bit.ly/36do3TY> or use this I.D and password through Zoom: Meeting ID: 990 6709 4584 Password: 730933

4. Explore and practice your task

Walk around your home and look at how the sunlight spills into your rooms or outdoor spaces. Choose a place and observe the surfaces, shadows and patterns the sun has created. Once you have found an inspiring **light** and **space**, start interacting and playing with movement, from **simple gestures** and **walking** to **dancing**. Notice how these **actions** affect you and the light in which you are moving. Look at how **shadows** and **reflections** are made and animate the space around you.

We encourage you to take time to **play** and try ideas. Here are some useful actions for your **movement exploration**:

- reaching towards
- passing through
- stretching out
- curling in
- rolling over
- following patterns and lines
- tracing and hiding
- gathering and throwing
- entering and leaving

During your exploration, think about how fast or slow you are moving. Adopting changes in **rhythm** and **speed** can surprise you and inspire new ideas.

Ask yourself:

Should I involve the whole body or only a part of it?

Should I be in the picture, or simply focus on the reflections or shadows am making?

Should this is a solo or shall I invite other members of my household to join in?

After some exploration, and with some **improvisation** ideas in mind, you might want to pause and reflect on what this has brought up: a sense of fun and silliness? A mix of **emotions** attached to the lockdown period? A desire to move more or to be more reflective? What else? Perhaps, you might want to invest in something you have not yet thought of and this might affect your initial approach and sense of direction.

Now have fun filming your ideas and discover more creative possibilities and opportunities as you start framing them through your **camera's eye**.

As part of your task keep checking your space is safe by doing your own mini risk assessment. Make sure that you have enough room around you and clear the dancing area as much as possible. Roll up rugs to avoid slipping and make sure any wires (from your computer or home appliances for example) are kept out of your way. **Stay alert to any hazards!**

5. Useful Filming Tips

We encourage you to use a digital camera or camera phone.

Prepare for filming your video(s)

- Set your camera phone to non-selfie mode. On a phone, the front camera is better quality and so if possible, use that one.
- For best quality, go to settings on your phone/camera and select 1080HD at 30fps, or if you want to do a bit of slow motion, 1080HD at 60fps.
- Please don't use the camera or phone's digital zoom (this will lower the quality of the footage); instead move the phone closer to the action.
- You can, if you like, set your exposure so that it stays the same throughout your clip. On an iPhone for example, you can tap on the image to get the small exposure square. Adjust the lightness or darkness of the shot so that you get the exposure that you are happy with.

Ask yourself:

Should I position the camera and then move inside that frame?

Should I hold the device myself whilst filming?

Should I ask someone else to dance, allowing me to direct, or ask someone to film me?

Setting up your shot

- Please take your time to find the best camera position.
- When you see what you want to film, take your camera and 'look for the shot'. Think about the best angle, high low, side, left bit, right a bit?
- Keep moving the camera and looking at what is on the screen until you like what you see. Then film a little and check back.
- Are you happy with what is in shot? Is there a shopping bag or a laundry hanger in the corner that you would rather not see?
- What if the 'action' was further to the left, the right? Are you happy with your composition of shot?

Tips for holding your camera

- Hold the camera/camera phone horizontally and use **landscape** for every video, this is because we will be showing the final film in widescreen (16:9 aspect ratio)
- As much as possible keep the camera still.
- Use a mini tripod if you have one. Use elastic bands or string to tie it on to something securely or maybe use a selfie stick!
- Either place camera in a secure place or if you have a camera person (someone from your household) please ask them to hold the camera as steady as possible.

- If you or the person filming for you are shooting handheld, here are some tips to help you stabilize your shot:
 - Keep the phone close to your body
 - Rest your elbows on a nearby object
 - Use your body to absorb bounces and shakes
 - If doing any 'camera movement', please keep this steady and small.

Consider your lighting

To get the most out of your video clip it is important to think about your lighting such as:

- Where is the light source?
- How does it light the space? How does it light what you are going to film?
- Is it going to light you? Or part of your body? How does it sculpt the space or you?
- If you want your face or a specific body part, is it lit? Can it be seen? Or is the opposite, creating a shadow or a silhouette?

Sometimes sunlight is only there for a short while, so perhaps spend some time when you have a moment to get familiar with how you might shoot things. If this light moment happens every day at the same time perhaps you can try more than once.

Last things to consider:

- Please do not do any post-production editing afterwards, as in changing colour etc. We will do this when editing the full film.
- Don't worry about editing off beginnings and ends of your video clips, we will be able to take just the moments that work for the film.
- Each of your video clip(s) should be no more than 60 seconds long and maximum file size for each video clip should be 100MB.

6. What you should wear

To gain a sense of togetherness and continuity in the final film, we would like you to wear clothes that are **white, off-white, pale grey, pale blue**, or as near to these light colours as possible. Please avoid wearing logos, patterns or stripes and don't be afraid to show your skin!

7. About the sound

Please don't worry about playing music when you are shooting your clips, however, be aware of the **surrounding sounds** you are hearing (e.g. sounds that comes from outside, from the room next to yours, from your own breathing). Your microphone will inevitably record these sounds and they may be used in the final edit. Original composed music by Andy Pink will be added layer by layer whilst editing the final film.

8. Submit your video clip(s) and fill in the form

Look through all the footage you have filmed and make your best selection. **You can send up to 3 clips no longer than 60 seconds each.**

Please note only a few seconds of your footage may appear in the final film, but we will try to feature everyone's contributions.

Upload your clip(s) and complete the questions carefully so we can credit you in the final film. Use this link to submit your videos here:

<https://forms.gle/AF2UrWrKTusQ3V9GA>

Please note for your footage to be part of the final film you **MUST** submit your clip(s) and fill in the online form **by midnight, Tuesday 26 May 2020.**

For any support throughout the project please contact: Michael (Project Coordinator) michael@proteindance.co.uk

Thank you for taking your time to read through this information. We hope you enjoy creating your 'sun inside' and look forward to seeing all your videos.