



Info sheet for Young International Communicators

Media Training 'My voice' - 12.06.2022

Drugan, Bulgaria

On June 12th Policy and Citizens' Observatory: Migration, Digitalization, Climate organized the Media Training 'My voice' in the frame of the three-day series of workshop entitled 'Leaders on the town and village square'. During the training, migrant and refugee youth and Bulgarian youth acquired practical skills in media behavior and speaking in front of people and in front of a camera. They also learned more about the ways of creating a video report and participating in an interview in a commentary studio. The info materials used for the preparation of this Info-sheet are provided by Katerina Borisova, film director and Trainor in the Media training 'My voice'.

Some of the main points of the Media training 'My voice' are presented in this Info sheet for the young intercultural communicators interested in creating or participating in media products or willing to address media with an intercultural focus.

- Talking in front of camera:

Firstly, you have to plan what to say in front of camera. Every video needs a strong beginning, middle and end. One way to plan what you are going to say in your presentation is by making 'thought bubbles' as each of them represents one of your ideas and this way the audience can visualize and understand your main points more easily. You can go from one thought bubble to another, connecting them. It is not always a good idea to write down everything you want to say because it becomes like a scrip. This makes you look not natural and like you are acting. It is better to do several test videos and practice your speech so that when you are doing the reel one you are able to speak from the heart, confidently and casually, with as much confidence off script as you do when you are reading from a scripted voice-over (© 2015 Alexa Fischer – alexafischer.com).

Then, before starting to walk in front of camera in order to present yourself successfully it is important to do a vocal warm up following these steps and applying different techniques: Connect to your breath; Warm up your face; Warm up your nasal resonators; Warm up your chest resonators; Warm up your articulators; Integrate your voice (©2013 Alexa Fischer www.alexafischer.com).

- Feeling confident on camera

A way to build confidence during public speaking and when you are in front of the camera is by using acting tools without this meaning that you need be an actor. Start by identifying your fears and back-holders so that you can work on them. Then inspire yourself to amaze the audience with what you are sharing. It is important to not underestimate the work on how to overcome fear and build confidence. You can do this by exercising in front of camera. Some knowledge about the basic body language and the inside out approach as well some knowing some breathing techniques can be very useful when speaking in front of camera. (Katerina Borisova 2022)

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