



## 提交視像指南 Video Submission Guideline

### 概述和目的 OVERVIEW & PURPOSE

感謝您提交視像以支持今年的百萬唱！本指南可以幫助您發送清晰的視像。所有提交的視像將在YouTube上直播，並在2021年5月29日上午10時至晚上8時重複播放。Thank you for submitting a video to support this year's Singathon! This guide is to help you send in the best video possible. All of the submitted videos will be broadcast live on YouTube and repeated from 10am-8pm on May 29, 2021.

您可以使用智慧型手機、攝影機或任何影片錄製設備。You can use your smartphone, camcorder or any video recording equipment.

### 所需的視頻設置 VIDEO REQUIREMENT

- 1080p (1920x1080 解析度) (1920x1080 resolution)
- 視頻設置-每秒30幀 30 fps
- 景觀方向 (水平) Landscape direction (horizontal)
- MP4 或 MOV 檔案格式 MP4 or MOV file format
- 視頻播放時音響良好 Good sound on video playback
- 提交視像的截止日期為 5 月 9 日 Submit videos by **May 9**

### 拍攝技巧 FILMING TIPS

1. 在沒有干擾的安靜空間中錄製。  
Record in a quiet space with no distractions.
2. 注意主體背景是否複雜或太多色彩。  
Check behind you that your background is not too busy.
3. 將相機穩定下來，或放在三腳架上。  
Put the camera on a stable support or on a tripod.
4. 錄制時相機要視線平衡。Record with the camera at eye-level.
5. 光源要對著拍攝的主角或目標，不要背光或被旁邊的燈光影響光線。Film with a light source facing you. Diffused lighting is flattering coming from a window OR a ring light OR lamp.
6. 如果你有一套清晰的音響，請使用耳機或外置麥克風。Use headphones or external microphones if you have one to record cleaner audio.
7. 穿著這件Singathon T恤！Wear the Singathon shirt!

## 音樂演出 PERFORMANCE

錄製視像開始介紹您自己和您的演出。  
Introduce yourself and your performance at the beginning of your video.

您的演出 Ideas for your performance:

- 唱一首歌 Sing a song
- 演奏樂器 Play an instrument
- 表演舞蹈 Perform a dance
- 或者錄製一訊息，對互聯網觀眾說「嗨！」 Or record a message to say "Hi!" to everyone.

## 編輯您的視像 EDIT YOUR VIDEO

發送之前，潤飾您的錄製視像。免費視頻編輯器可在視窗（Photos app）或 Mac（iMovie）上找到。確保您匯出所需的視頻設置。

Polish your video before sending it in. Free video editors are available on Windows (Photos app) or Mac (iMovie). Make sure you export with the required video settings.

如果用智慧手機拍攝，請使用手機的編輯功能修輯。If filmed on your smartphone, use your phone's edit ability to trim your clip.

## 提交您的視頻 SUBMIT YOUR VIDEO

提交截止日期為2021年5月9日。您可以透過以下任何方式提交視像：

Deadline for submission is on May 9, 2021. You can submit your video with any of the following methods:

- 在週末聖方濟堂送聖體後安排放下 USB（註明您的姓名和電郵地址）  
Drop off USB (labeled with your name and email address) after Holy Communion at SFX Church on the weekends
- 上傳到您的檔案共享帳戶 Upload to your file sharing account (i.e. Google Drive, Dropbox, OneDrive), 或通過 WeTransfer.com 發送到 [sfx.bazaar.singathon@gmail.com](mailto:sfx.bazaar.singathon@gmail.com)

## 團體表演 GROUP PERFORMANCES

由於公共衛生的限制，團體表演被禁止的，但我們仍然希望看到你的善會/團體虛擬地走到一起！Because of the public health restrictions, gatherings for group performances are prohibited but we would still like to see your club/sodality come together virtually!

有許多方法可以做到這一點，但我們明白，這不是一件容易的事。如果有興趣，下面是一些教程：There are many ways you can do that but we understand that it is no easy task. If interested, here are some tutorials:

- <https://www.sweetwater.com/insync/how-to-make-a-virtual-choir-music-video/>
- [https://youtu.be/5M2NwO\\_m9Rk](https://youtu.be/5M2NwO_m9Rk)

以下是一些想法，使其更簡單：Here are some ideas to make it simpler:

- 記錄與所有人會面的 ZOOM 會議的視圖中（在瀏覽器中的 ZOOM 帳戶設置中設置此內容）Record a Zoom meeting with everyone in Gallery view (set this in your Zoom Account Settings in a browser)
- 與每個人進行虛擬會議的屏幕錄製Do a screen recording of a virtual meeting with everyone
  - 屏幕錄製功能可在智慧型手機、平板電腦或電腦上使用Function is available on smartphones, tablets or on your computer
- 讓每個成員錄製一首歌曲的簡短視頻剪輯，並一齊編輯所有作品 Have every member record a short video clip of a song verse and edit all the pieces together
- 使用 Acapella app（來自Apple應用

商店提供的 PicPlayPost) , 需要一些成本能夠錄製更長的視頻長度和更多的人 Use the Acapella app (from PicPlayPost available on Apple app store), some cost required to be able to record longer video length and with more people

每組允許提交多個內容，但將視頻總長度保持在 10 分鐘以內。More than one submission is allowed per group, but keep the total video lengths under 10 minutes altogether.

### **視像同意和發佈 VIDEO CONSENT AND RELEASE**

通過發送和提交您的視像，您授權並允許聖方濟堂區使用作為 2021 年百萬唱的視頻，該視頻將在網上公開。錄像中的所有人士都應在錄製前提供許可，特別是家長必須同意在視頻中使用其子女的姓名和肖像。

By sending in and submitting your video you authorize and give permission to St. Francis Xavier Parish the right to use the video prepared as part of the 2021 Singathon which will be available online publicly. All persons on video should provide their permission before recording, in particular, parents must consent to the use of their child's name and likeness in the video.