



## Whānau Āwhina Dunk It For Plunket

Many thanks for signing up to host a Dunk it For Plunket event! We want to hear from you. Sign up to host your own morning tea. We will send you your own host pack.

In this video, we want to know why you're participating in this event as well as your reaction to your host pack. We would love for you to be a part of our Dunk it video. It is super simple and all the instructions are below.

When answering the questions listed, please make sure that you are in a quiet environment so that we can hear your answers clearly and most importantly, have fun!

### HOW TO JOIN

①

#### Download Cinebody

[DOWNLOAD NOW](#)

②

#### Signup with Email

Make sure to [ACCEPT](#) push notifications.

③

#### Enter Project Code

[NZPTD](#)

Or [click here](#) to join

#### DON'T HAVE IOS?

No worries, we've got you covered! You can always film with your Android phone, or other camera, and upload the footage via the mobile or desktop browser.

[UPLOAD INSTRUCTIONS](#)

[JOIN PROJECT](#)

### SHOT LIST

#### ① Why Participate?

Please answer the following questions to camera:

- What is your name?
- Why are you participating in the Dunk it for Plunket event?

#### ③ Show Us Your Host Pack

Hold your camera steady and film a few clips of what is inside your host pack.

#### ② Morning Tea Invitations

Please answer the following question to camera:

- Who are you inviting to your morning tea? (ie friends, family, work colleagues, baby group.)

#### ④ Morning Tea

Capture footage of your morning tea event. Try to film from a few angles and grab clips throughout your event.

## FILMING TIPS



### Using an Android Device

If you are using Android, please refer [HERE](#).

### Recording on Cinebody

Within the app, once you select the shot you are filming, press the red button to start filming. When finished, simply press the red button again. Your clip will then automatically be queued to upload to the project.

### Charge Your Phone

Please make sure you have a fully charged battery & ample free storage on your phone when filming. You'll need both!

### Filming in Landscape Orientation

You may need to disable your device's orientation lock. Please check your settings in the Control Center of your phone or refer to [these instructions](#).

## COMPOSITION TECHNIQUES



### Sound Bite

Sound bites are shots where you'll actually be talking to the camera and sharing your thoughts. For these it's important that you are lit from the front and in an area where your voice can be clearly distinguished from any ambient noise. Hold your device about 2 feet from your face. Press record and talk.



### Action

Action shots are your opportunity to show us what's going on around you so we can better paint a picture of this year's hike. So feel free to film anything and everything, but follow the shot list at the very least. For these shots, try to keep the camera steady by holding it with two hands and experiment with various angles so we can make the video look more dynamic.

## TROUBLESHOOTING

Is your question not answered here?

Head to the [App FAQ](#) for additional instructions and self-help videos, or email your project manager for further assistance.

### Project Questions

(i.e. What are we doing and why?)

**Charlotte Wood** - New Zealand Plunket Trust  
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### Technical Questions

(i.e. How do I upload existing clips)

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