Guidelines to produce **VIDEOS** using the 360° and Virtual Reality formats

DIVETOUR project

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01
Introduction

DIVETOUR project developed four 360° videos with different shooting and rendering techniques and styles, to experiment how informative and experiential could be this video content to explain accessibility from the point of view of a person with disability, to teach the right behaviour of tourism staff, to understand spaces and unforeseen situations during a guided tour outside, and to teach how to make accessibility audits in a tourism facility.

The project didn't have the objective to teach students how to make 360° videos, and the prior work made by the partnership has been that of deciding the right subjects to be shot, experimenting the best possible technique to be more effective.

Nonetheless, due to the interest of the participants of the various activities of DIVETOUR (the cMOOC, and the testing of the Web-APP and the Chatbot) in the videos and the way they could be done (in some cases also on a budget and with available products on the market), the partnership has decided to complement the training kit of the Massive Open Online Course on Inclusive Tourism and its new challenges with guidelines for the production of videos like the ones developed for DIVETOUR. This introduction focuses on the features of "360° videos" and VR with their applications in tourism.

What is a 360° video?

A 360° video is a type of video that is recorded from all angles, allowing the viewer to see the entire surroundings in the video. These videos are often shot using specialised cameras that capture a wide field of view, and they are usually viewed using a virtual reality headset or on a computer or smartphone with a viewer that allows the user to pan and rotate the video to look around the scene.

360° videos can be used to create immersive and interactive video experiences, allowing the viewer to feel like they are physically present in the scene. They are often used in entertainment, tourism, and education, and they have the potential to revolutionise the way we experience video content.

What is VR?

Virtual Reality (VR) is a computer-generated simulation of a three-dimensional environment that can be interacted with in a seemingly real or physical way by a person using special electronic equipment, such as a headset with a screen or gloves fitted with sensors.

VR technology is often used in video games, but it also has other applications in fields such as education, training, and entertainment. For example, VR can be used to create immersive and interactive experiences, such as virtual tours of historical sites or simulations of dangerous situations that would be difficult or impossible to experience in real life.

To use VR, a person typically wears a headset that displays the virtual environment and may also use hand-held controllers to interact with the environment. Some VR systems also use additional sensors or equipment, such as treadmills or haptic feedback devices, to enhance the realism of the experience.

VR and Tourism

Virtual Reality (VR) has the potential to revolutionise the way we experience travel and tourism. VR can be used to create immersive and interactive experiences that allow people to explore new places and attractions in a way that is similar to being there in person.

There are several ways that VR is being used in tourism.

1. **Virtual tours**: VR can be used to create virtual tours of tourist attractions, such as historical sites, museums, and natural landmarks. These tours allow people to explore the attraction in detail, learning about its history and features as they go.

2. **Planning tools**: VR can be used to help people plan their travels by allowing them to explore destinations and accommodations in advance. For example, VR can be used to virtually tour hotels, resorts, and vacation rentals, helping people to make informed decisions about where to stay.

3. **Experiential tourism**: VR can be used to create unique and immersive experiences that allow people to try activities they might not be able to do in real life. For example, VR can be used to simulate skydiving, bungee jumping, or other extreme sports, giving people the opportunity to try these activities without the risk.

4. **Virtual travel**: VR can be used to create virtual travel experiences that allow people to visit far-flung destinations without leaving their homes. These experiences can include 360 degree videos of popular tourist destinations, allowing people to explore the destination in detail and feel like they are really there.

5. **Virtual reality attractions**: Some tourist attractions are now offering VR experiences as part of their offerings. For example, theme parks and museums may have VR exhibits that allow visitors to experience different time periods or historical events in an immersive way.

6. **Virtual reality tours**: VR can be used to create virtual reality tours of destinations that are difficult or impossible to visit in person. For example, VR can be used to create virtual tours of remote locations or natural wonders, such as the Great Barrier Reef or the Amazon rainforest, allowing people to explore these places without the need for expensive or logistically difficult trips.

7. **Virtual reality training**: VR can be used to train tourism professionals, such as tour guides and hotel staff, by allowing them to practise their skills and learn about different destinations in a simulated environment. This can help to improve the quality of service and the overall tourism experience.

8. **Virtual reality events**: VR can be used to create virtual events that allow people to experience concerts, festivals, and other live events in a virtual environment. This can be especially useful for events

that are difficult or impossible to attend in person due to logistical or financial constraints.

9. **Virtual reality travel agencies**: Some travel agencies are now offering VR experiences as part of their services. For example, a travel agency may offer VR tours of potential vacation destinations, allowing customers to get a feel for the location and make more informed decisions about where to go.

10. **Virtual reality tourism marketing**: VR can be used to promote tourism destinations and attractions by providing immersive and interactive experiences that showcase the destination's unique features and attractions.

11. **Virtual reality tourism research**: VR can be used to conduct research on tourism and travel behaviours, allowing researchers to study how people respond to different destinations and attractions in a simulated environment. This can help to improve the tourism industry and create more engaging and enjoyable experiences for tourists.

Overall, VR has the potential to transform the way we experience travel and tourism, by providing new and immersive ways to explore and experience the world.

3D render of hotel room, 360° panaromic view

02
The four DIVETOUR produced 360° videos

Overview of the four DIVETOUR produced 360° videos

The partnership of DIVETOUR project participated in the creation of the subject and (when needed) the screenplay of the 360 videos. As said the idea was to match an informative and experiential intent with the best available technique to be used.

The choice was made with the following match:

1. a video explaining the expectations and the fears of a person with a mobility impairment during a tourist walk or visit. The chosen technique was the so called "**wheelchair perspective video**". This technique puts a 360° camera at the eyesight of a person on a wheelchair. The video shows the wheelchair tour and the viewer has the possibility of "feeling and seeing" how sweet or dangerous a path can be, finding obstacles, vibrating with the uneven terrain and so on.

2. A video showing a guided tour of a real tourist destination, with a real group, to show how an expert tour-guide can accompany a heterogeneous group, even in front of unforeseen situations and obstacles. The video technique chosen was that of placing the camera at the height of **a guest**, following the guide on the tour.

3. A video showing a scene in which a person with specific access needs is served by a hotel manager or worker at the reception. In our case we decided to show an older lady with visual impairments carrying a big suitcase entering an hotel and wanting to check-in. The technique chosen for the purpose was an experimental **animated VR video** which could add more interest and engagement, inventing from scratch an environment and its spaces.

4. A video or a series of videos giving tips on how to measure spaces and obstacles in a hotel to report the information on an access guide for the clients and for quick reference for the staff. The chosen modality was the so-called "**interactive VR tour**" where a number of short video tutorials (bidimensional) are linked through buttons to a 360 virtual tour. In this case the result is an interface with virtual buttons and links to guide through a path made of subsequent 360 degrees pictures mapping entirely the spaces of a hotel. This technique has become quite famous especially for real estate agencies during the pandemic, when it was not possible to visit apartments and houses to be bought or rented.

In the following chapters a series of guidelines and tips are given to people who would like to try and make 360° videos using the techniques used by the partnership of DIVETOUR.
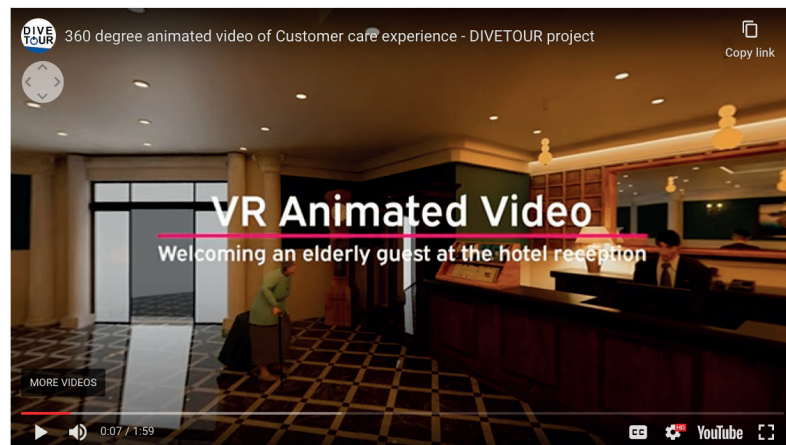
All 360° videos made for the project to complement the Massive Open Online Course are available on the project's Open Learning Community website.
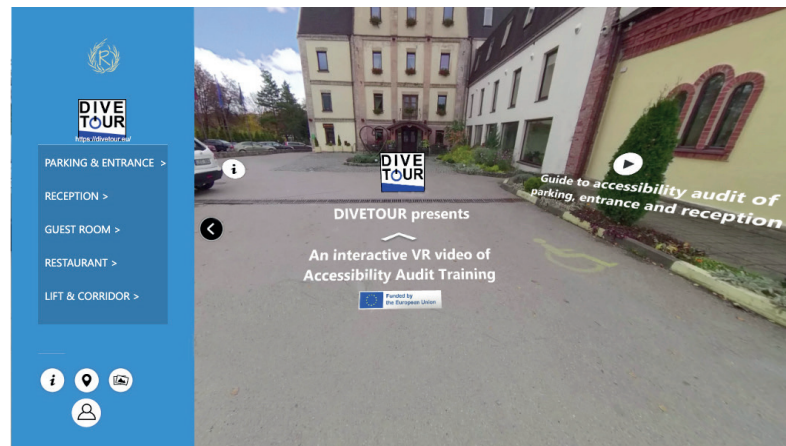
360° videos

Screenshot from the wheelchair perspective VR tour

Screenshot from the VR animated video

Screenshot from the Athens VR tour

Screenshot of the interactive tour of Hotel Romantic in Panevėžys

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03 Wheelchair perspective VR videos

Guide to capture Wheelchair perspective VR videos

To create a virtual reality (VR) tour from the perspective of a wheelchair, you will need to use a 360 camera to capture the footage. Here are some steps you can follow to create a wheelchair perspective VR tour.

1. **Plan your route**: Determine the locations you want to include in your tour and the order in which you will visit them. Make sure to consider the accessibility of each location, as well as any challenges that may be present for a wheelchair user.
2. **Set up your VR camera**: Choose a VR camera that is suitable for capturing footage from a wheelchair perspective using a wheelchair. The camera can be mounted on the wheelchair. Some options of cameras include the Ricoh Theta, Insta360 ONE R, or GoPro Max.
3. **Capture the footage**: As you travel through the locations on your tour, use your VR camera to capture the footage at eye level.
4. **Edit and stitch the footage**: Use video editing software to edit and stitch the footage together into a cohesive tour. This may involve trimming unnecessary footage, adding transitions, and adding audio or other multimedia elements.
5. **Publish the tour**: Once you have finished editing the tour, you can publish it online or distribute it through a VR platform such as Oculus or Google Cardboard.

Keep in mind that creating a VR tour from a wheelchair perspective can be a challenging but rewarding experience. It can help raise awareness of the challenges and opportunities that wheelchair users face and provide an immersive experience for those who are interested in exploring different locations and perspectives.

Screenshot from the wheelchair perspective VR tour

04
Tour guide
VR videos

Guide to capture tour guide VR videos

To create a VR video of a tour guide in a city, you will need the following:

1. **A 360° camera**: This will allow you to capture video footage from all angles.
2. **A tour guide**: You will need someone to lead the tour and provide narration.
3. **A city to tour**: You will need to decide on a city that you want to showcase in your VR tour.
4. **A script or outline**: It can be helpful to have a script or outline for your tour, so you know what points you want to cover and in what order.
5. **A way to edit the video**: You will need a video editing program, such as Adobe Premiere Pro or Final Cut Pro, to stitch together the footage from your 360° camera and add in any additional elements, such as narration or music.

To create the VR tour, follow these steps:

1. **Record the video footage**: Use your 360° camera to capture video of the city as your tour guide leads the tour. Be sure to get a variety of shots, including wide shots of the cityscape and close-ups of landmarks or points of interest.
2. **Edit the video**: Use your video editing software to stitch together the footage and add any additional elements, such as narration or music.
3. **Export the video**: Save the edited video in a format that is compatible with VR headsets, such as .mp4 or .mov.
4. **Share the video**: Upload the video to a platform that supports VR video, such as YouTube or Vimeo, or host it on your own website. You can also share the video with friends or clients using a VR headset or a smartphone with a VR viewer.

To create a VR video of a tour guide with accessibility in consideration, you will need to follow the same steps as creating a VR tour, with a few additional considerations:

1. **Make sure the audio is clear and easy to understand**: People with hearing impairments may rely on subtitles or captions to follow the tour. Consider hiring a professional narrator or using a high-quality microphone to ensure that the audio is clear and easy to understand.
2. **Provide subtitles or captions**: Add subtitles or captions to the video to make it accessible to people who are deaf or hard of hearing. You can use a tool like YouTube's built-in captioning feature or a third-party service like Rev to create the subtitles.

3. **Make sure the video is compatible with assistive technologies**: Some people may use assistive technologies, such as screen readers or text-to-speech software, to access the video. Make sure the video is compatible with these technologies by using appropriate formatting and tags.

4. **Consider adding audio descriptions**: Audio descriptions provide additional information about what is happening on screen for people who are blind or have low vision. You can add audio descriptions by including a separate audio track that describes the action, characters, and environment.

5. **Include information about the tour in the video description**: In the video description, provide a brief summary of the tour and any important details that may be relevant to people with accessibility needs. This can include information about the tour route, any physical requirements (such as the need to climb stairs), and the availability of any assistive technologies.

By following these steps, you can create a VR tour that is accessible and enjoyable for all viewers.
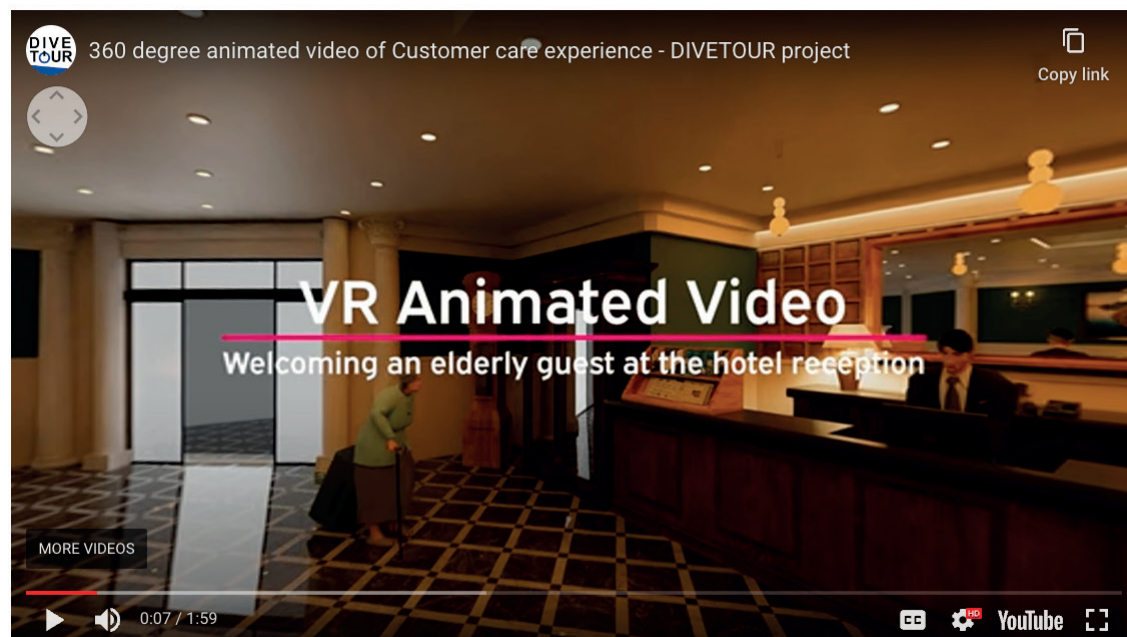

Screenshot from the Athens VR tour

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05
VR based animated videos

Guide to create VR based animated videos

To create a VR-based animated video for accessibility training, you will need to follow these steps:

1. **Choose a topic**: Decide on the topic that you want to cover in your accessibility training video. This could be something like web accessibility, building accessibility, or accessibility in the workplace.
2. **Create a script**: Write a script that outlines the key points you want to cover in your video. Make sure to include information about the specific accessibility guidelines or standards that you want to teach, as well as examples of how to apply them in real-world situations.
3. **Design the visuals**: Use a 3D animation software, such as Blender or Maya, to design the visuals for your video. This could include characters, environments, and any other visual elements that you want to include.
4. **Add audio**: Record any necessary audio, such as narration or sound effects, using a high-quality microphone.
5. **Edit the video**: Use a video editing software, such as Adobe Premiere Pro or Final Cut Pro, to stitch together the animation and audio and add any additional elements, such as music or sound effects.
6. **Export the video**: Save the edited video in a format that is compatible with VR headsets, such as .mp4 or .mov.
7. **Share the video**: Upload the video to a platform that supports VR video, such as YouTube or Vimeo, or host it on your own website. You can also share the video with friends or clients using a VR headset or a smartphone with a VR viewer.

By following these steps, you can create a VR-based animated video that is engaging and informative, and helps to teach important accessibility concepts to your audience.


Screenshot from the VR animated video

06
Interactive VR tours

Guide to create interactive VR tours

To create interactive VR tours of a destination, you will need the following:

1. **A 360° camera**: This will allow you to capture video footage from all angles.
2. **A destination**: You will need to decide on a destination that you want to showcase in your VR tour.
3. **A script or outline**: It can be helpful to have a script or outline for your tour, so you know what points you want to cover and in what order.
4. **Interactive elements**: To make the tour interactive, you will need to include elements that allow the viewer to engage with the tour in some way. This could include hotspots that allow the viewer to learn more about a particular point of interest, or interactive activities that allow the viewer to try out a skill or activity related to the destination.
5. **A way to edit the video**: You will need a video editing program, such as Adobe Premiere Pro or Final Cut Pro, to stitch together the footage from your 360° camera and add in any additional elements, such as narration or music.
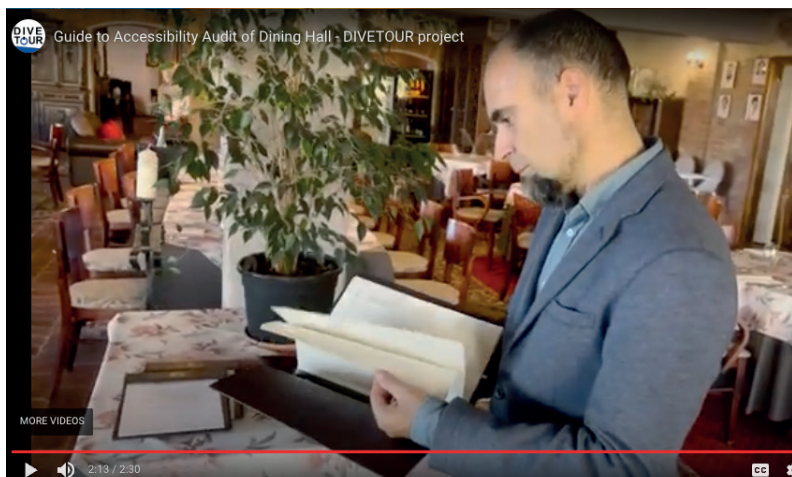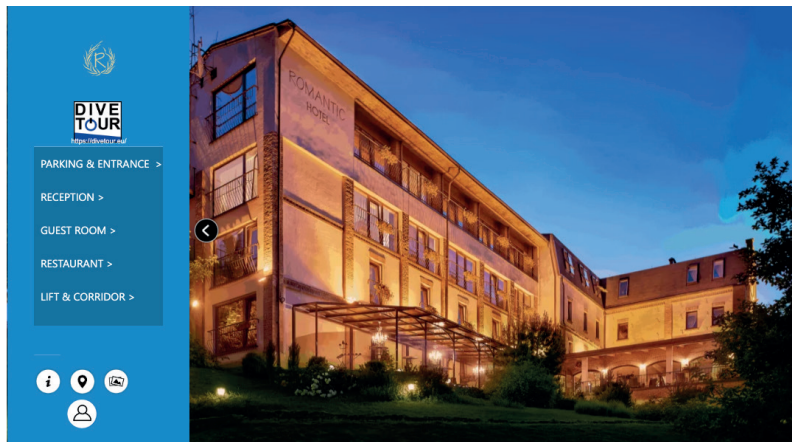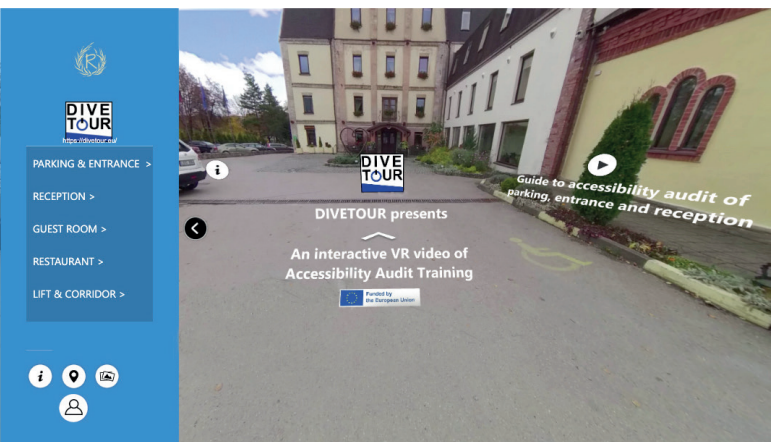
Screenshot of the interactive tour of Hotel Romantic in Panevėžys, with tips for accessibility auditing.

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To create the interactive VR tour, follow these steps:

1. **Record the video footage**: Use your 360°camera to capture the video of the destination. Be sure to get a variety of shots, including wide shots of the destination and close-ups of landmarks or points of interest.

2. **Add interactive elements**: Using a VR development platform, such as Unity or Unreal Engine or dedicated software such as Sketchfab or VR tourmaker, create hotspots or interactive activities that the viewer can engage with.

3. **Edit the video**: Use your video editing software to stitch together the footage and add any additional elements, such as narration or music.

4. **Export the video**: Save the edited video in a format that is compatible with VR headsets, websites, or desktop standalone versions either Mac or Windows.

5. **Share the video**: Upload the video to host it on your own website. You can also share the video with friends or clients using a VR headset or to simply watch it in desktop.

07
Appendix

General guidelines to create 360° videos

As an appendix, we give you a full set of general guidelines to take into consideration when planning, realising, and editing 360° videos. These guidelines were made with the help of the expert researchers in the partnership, not with the intent to teach video making, but as a checklist to develop further skills or a reminder of what is of highest importance when shooting with this particular technique.

A 360° video is a type of video that is recorded with a camera that captures a full spherical view of the scene. This allows the viewer to look around the entire environment as if they were physically present there. To create a 360° video, multiple cameras are typically used to capture different angles of the scene, which are then stitched together to create the full spherical view.

There are several considerations to take into account when shooting 360° videos:

1. **Camera placement:** The cameras should be placed in a way that captures the entire scene, with no blind spots. This can be achieved by using a rig with multiple cameras or by using a single camera with a 360° lens.
2. **Lighting**: Proper lighting is important to ensure that the final video looks good. It's important to avoid harsh shadows and to evenly light the scene.
3. **Audio**: Audio can be challenging in 360° videos because it needs to be captured from all directions. It's important to use a microphone that can pick up sound from all around the camera.
4. **Stitching**: The footage from the different cameras needs to be stitched together to create the full 360° view. This process can be complex and requires specialised software.
5. **Editing**: Editing a 360° video requires specialised software and techniques. It's important to consider the viewer's perspective and how they will be moving through the environment.
6. **Viewing platform**: The final video will need to be uploaded to a platform that supports 360° video viewing, such as YouTube or Facebook. It's important to consider which platform the video will be viewed on and to optimise the video for that platform.
7. **Camera movement**: In traditional videos, the camera is usually stationary or moves in a predetermined way. In 360° videos, the viewer has control over the camera movement, so it's important

to think about how the camera movement will affect the viewing experience.

8. **Interactivity**: 360° videos can be made more interactive by adding elements such as hotspots or branching narratives. This can enhance the viewer's experience and make the video more engaging.

9. **Storytelling**: It's important to consider the story you want to tell and how to best convey it in a 360° format. This may require adapting traditional storytelling techniques to fit the unique characteristics of 360° video.

10. **Viewer comfort**: Viewers may experience discomfort or motion sickness while watching a 360° video, especially if there is a lot of camera movement. It's important to consider the viewer's comfort and to minimise sudden movements or rapid changes in the camera's point of view.

11. **File size and resolution**: 360° videos can be quite large, which can make them difficult to upload and download. It's important to consider the file size and resolution when shooting and editing the video to ensure that it can be easily shared and viewed on different devices.

12. **Safety**: When shooting in a 360° format, it's important to consider the safety of the camera operator and any other people who may be in the scene. This can be especially important when shooting in hazardous or risky environments.

13. **Privacy**: In 360° videos, the camera captures everything in the scene, so it's important to consider the privacy of any individuals who may be in the video. This may involve obtaining consent from people who are in the video or obscuring their faces.

14. **Quality**: It's important to ensure that the final video is of high quality, with good resolution and minimal distortion. This can involve using high-quality cameras and lenses, as well as carefully calibrating and stitching the footage from the different cameras.

15. **Purpose**: It's important to consider the purpose of the video and how it will be used. Will it be viewed on a virtual reality headset, a mobile device, or a desktop computer? This can influence the technical requirements for the video and the way it is shot and edited.

16. **Budget:** Shooting a 360° video can be complex and may require specialised equipment and software. It's important to consider the budget for the project and to allocate resources accordingly.

17. **Location**: The location of the video can have a significant impact on the final result. It's important to consider the look and feel of the location and how it will be captured in the video.

18. **Timing**: The time of day and the weather can also affect the final

video. It's important to consider these factors and to plan the shoot accordingly.

19. **Length**: The length of the video can impact the viewer's attention span and their overall experience. It's important to consider the desired length of the video and to edit the footage accordingly.

20. **Audience**: It's important to consider the audience for the video and what they will be interested in seeing. This can influence the content and the style of the video.

21. **Marketing**: If the video is being used for marketing purposes, it's important to consider the marketing goals and how the video will be used to achieve them. This can influence the content and the distribution of the video

22. **Talent**: If the video features on-camera talent, it's important to consider their performance and how they will be framed in the video. This can be challenging in a 360° format, as the viewer has control over the camera's point of view.

23. **Special effects**: 360° videos can be enhanced with special effects such as animations or graphics. It's important to consider how these effects will be incorporated into the video and how they will affect the viewer's experience.

24. **Post-production**: The post-production process for 360° videos can be complex, as it involves stitching together footage from multiple cameras and possibly adding special effects. It's important to allocate sufficient time and resources for post-production to ensure that the final video meets the desired quality standards.

25. **Distribution**: It's important to consider how the video will be distributed and viewed, and to optimise it for the chosen platform. This may involve creating different versions of the video for different devices or platforms.

26. **Analytics**: It's important to track the performance of the video and to gather analytics such as views, engagement, and conversion rates. This can help to optimise future videos and to measure the success of the project

27. **Format:** There are different file formats for 360° videos, including MP4 and MKV. It's important to consider which format is best for the intended platform and to ensure that the video is encoded and exported in that format.

28. **Codec**: The codec used to encode the video can impact the file size and the quality of the video. It's important to choose a codec that strikes a balance between these factors and is compatible with the intended platform.

29. **Resolution**: The resolution of the video can impact the clarity and

detail of the final product. It's important to consider the desired resolution and to ensure that the cameras and lenses used can support it.

30. **Frame rate**: The frame rate of the video can impact the smoothness and realism of the final product. It's important to consider the desired frame rate and to ensure that the cameras used can support it.

31. **Colour grading**: The colour grading of the video can impact the overall look and feel of the final product. It's important to consider the desired colour palette and to adjust the colours accordingly during the post-production process

32. **Stabilisation**: 360° videos can be prone to camera shake, which can affect the viewer's experience. It's important to consider whether stabilisation is necessary and to use appropriate techniques, such as using a gimbal or stabilising the footage during the post-production process.

33. **Audio mixing**: The audio in a 360° video needs to be mixed and balanced to ensure that it sounds good from all directions. It's important to consider the audio levels and to use appropriate software and techniques to achieve the desired result.

34. **Subtitles:** If the video includes dialogue or other spoken content, it may be necessary to add subtitles to make the video more accessible to a wider audience. It's important to consider the language and font of the subtitles and to ensure that they are properly synchronised with the audio.

35. **Captions**: Captions can be added to a 360° video to provide a transcript of the audio for viewers who are deaf or hard of hearing. It's important to consider the format and placement of the captions and to ensure that they are properly synchronised with the audio.

36. **Accessibility**: It's important to consider the accessibility of the video for viewers with disabilities and to ensure that it can be easily understood and enjoyed by a wide audience. This may involve adding captions, subtitles, or audio descriptions, as well as using appropriate colour contrasts and font sizes

37. **Transitions**: The transitions between different shots or scenes in a 360° video can impact the overall flow and continuity of the video. It's important to consider the type and timing of the transitions and to use appropriate techniques to achieve the desired effect.

38. **Music**: Music can add emotion and atmosphere to a 360° video. It's important to consider the style and mood of the music and to ensure that it fits the tone and theme of the video.

39. **Sound effects**: Sound effects can enhance the realism and immersion of a 360° video. It's important to consider the type and

placement of the sound effects and to use appropriate software and techniques to achieve the desired result.

40. **Voiceover:** A voiceover can be used to narrate or explain the action in a 360° video. It's important to consider the tone, pace, and style of the voiceover and to ensure that it fits the overall tone and theme of the video.

41. **Branding**: If the video is being produced for a specific brand or client, it's important to consider the brand's style, tone, and messaging and to incorporate these elements into the video. This may involve adding logos, graphics, or other branding elements to the video

42. **Length of shots:** The length of shots in a 360° video can impact the pacing and rhythm of the video. It's important to consider the desired length of each shot and to use appropriate techniques to achieve the desired effect.

43. **Composition**: The composition of a 360° video can be challenging, as the viewer has control over the camera's point of view. It's important to consider the placement of elements in the scene and to use techniques such as leading lines or the rule of thirds to guide the viewer's attention.

44. **Focal length:** The focal length of the cameras used to shoot a 360° video can impact the field of view and the sense of depth in the final video. It's important to consider the desired focal length and to use appropriate lenses to achieve the desired effect.

45. **Depth of field**: The depth of field in a 360° video can be used to focus the viewer's attention on a specific element or to create a sense of depth and dimension. It's important to consider the desired depth of field and to use appropriate techniques to achieve the desired effect.

46. **Shooting sequence**: The shooting sequence for a 360° video should be carefully planned to ensure that the final video flows smoothly and makes sense to the viewer. It's important to consider the order in which the different shots will be filmed and to plan the shooting schedule accordingly

47. **Shooting angles**: The angles at which the different shots in a 360° video are filmed can impact the perspective and the sense of immersion in the final video. It's important to consider the desired angles and to use appropriate camera placement and movement to achieve the desired effect.

48. **Shooting distance**: The distance at which the different shots in a 360° video are filmed can impact the sense of scale and the level of detail in the final video. It's important to consider the desired distance

and to use appropriate camera placement and lens choice to achieve the desired effect.

49. **Shooting height**: The height at which the different shots in a 360° video are filmed can impact the perspective and the sense of immersion in the final video. It's important to consider the desired height and to use appropriate camera placement and movement to achieve the desired effect.

50. **Shooting speed**: The speed at which the different shots in a 360° video are filmed can impact the pacing and the sense of motion in the final video. It's important to consider the desired speed and to use appropriate camera movement and frame rate to achieve the desired effect.

51. **Shooting direction**: The direction in which the different shots in a 360° video are filmed can impact the perspective and the sense of immersion in the final video. It's important to consider the desired direction and to use appropriate camera placement and movement to achieve the desired effect.

52. **Shooting movement:** The movement of the camera during the different shots in a 360° video can impact the sense of immersion and the flow of the final video. It's important to consider the desired movement and to use appropriate techniques, such as using a gimbal or a dolly, to achieve the desired effect.

53. **Shooting focus**: The focus of the camera during the different shots in a 360° video can impact the clarity and the sense of depth in the final video. It's important to consider the desired focus and to use appropriate techniques, such as using autofocus or manual focus, to achieve the desired effect.

54. **Shooting exposure**: The exposure of the camera during the different shots in a 360° video can impact the overall brightness and contrast of the final video. It's important to consider the desired exposure and to use appropriate techniques, such as adjusting the aperture, shutter speed, and ISO, to achieve the desired effect.

55. **Shooting white balance**: The white balance of the camera during the different shots in a 360° video can impact the overall colour temperature and hue of the final video. It's important to consider the desired white balance and to use appropriate techniques, such as adjusting the colour temperature or using a white balance preset, to achieve the desired effect.

56. **Shooting shutter speed**: The shutter speed of the camera during the different shots in a 360° video can impact the amount of light that is captured and the level of motion blur in the final video. It's important to consider the desired shutter speed and to use

appropriate techniques, such as adjusting the shutter speed or using a lens with a fixed aperture, to achieve the desired effect.

57. **Shooting ISO**: The ISO of the camera during the different shots in a 360°video can impact the amount of light that is captured and the level of noise in the final video. It's important to consider the desired ISO and to use appropriate techniques, such as adjusting the ISO or using a lens with a fixed aperture, to achieve the desired effect.

58. **Shooting lighting**: The lighting of the scene during the different shots in a 360° video can impact the overall look and feel of the final video. It's important to consider the desired lighting and to use appropriate techniques, such as using natural light or artificial lighting, to achieve the desired effect.

59. **Shooting reflections**: The reflections in the scene during the different shots in a 360° video can impact the overall look and feel of the final video. It's important to consider the desired reflections and to use appropriate techniques, such as using polarising filters or positioning the camera to avoid reflections, to achieve the desired effect.

60. **Shooting shadows**: The shadows in the scene during the different shots in a 360° video can impact the overall look and feel of the final video. It's important to consider the desired shadows and to use appropriate techniques, such as using fill light or positioning the camera to avoid harsh shadows, to achieve the desired effect.

The document is created to be used digitally.
We encourage you to avoid printing unless you feel it is absolutely necessary.