

4. Video film: “Well-being”

Group members:

1. Marcin Wróblewski
2. Maria Bujczyk
3. Michał Przepiórkowski
4. Erwin Rogoża

Approximate time: 2 months

Project description:

The essential aim of our project is to demonstrate to students and adults how to stay healthy in today’s fast moving world and explain why healthy lifestyle is important. We are going to conduct a research, interview some students about their lifestyles routine, duties so that we could find out what to concentrate on the most. We will make our video on a white board where different things related to the information based on the research will be pointed out.

Subjects: Biology, IT.

Main activities:

- Conducting a survey
- Proof reading and drawing conclusion (based on replies)
- Writing the text for the movie
- Composing music
- Filming
- Summarizing

Stages of development:

- Designing a questionnaire and analyzing statistical data
- Mastering a video making software

- Composing music
- Filming and editing
- Designing a presentation

Format: large-scale inquiries

Content: movie and presentation

The visibility through: Facebook and YouTube

<https://www.youtube.com/watch?v=B8LzVu8GiXk>

Resources:

- Books, magazines
- The Internet
- The research
- Our own background knowledge

In December 2016 our group (including Marcin Vrublewski, Maria Bujczyk, Michał Przepiórkowski and Erwin Rogoża) started a project called „StarT project“. We have chosen the topic called „Well-being“. The essential aim of our project is to show to students and adults how to stay healthy in modern world and explain why healthy lifestyle is important. We did a research and a survey about students‘ lifestyles and everyday routines to figure out the common mistakes in their ways of living, so that we knew what we should pay attention to the most.



At the beginning, we had a lot of different ideas how to create a project that would encourage others to change their opinion about health. We didn't dare to create an app, which is very popular these days. Finally, we decided to film a movie by drawing it on a white board.



Since we have chosen the topic about healthy style of living, we wanted our content to be unique, so we decided to start our work by conducting a survey. This way it was easier for us to understand what our school students don't know about „well-being“ topic. However, before making the survey we had to create some interesting questions, which wasn't easy.



Having conducted the questionnaire, our group members analyzed received information and started to create the text for the film. We used many resources, such as: magazines, books and our own background knowledge. After a couple of days, we had enough information and were ready to film. It was hard to find a place, that was perfectly suitable for filming. Finally, we decided to film in school. We also had to purchase a white board, some markers etc.



It took us a few weeks to draw and film on a white board, every scene had to be refilmed a couple of times, because there were some imperfections visible. During the filming, one of our group members composed a melody and did voice overs for our movie. The last step was to make a presentation and compound small fragments into one film.



Despite many difficulties and disagreements, we are proud of the final result of our hard work. We believe, that our dedication to the project was not miserable and the recipients would enjoy our product.

