

Video: Contemplative Practices for a Technological Society

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Virginia Tech

Blacksburg, VA

Client: Dr. Doug Lindner

History

Conference: Contemplative Practices for a Technological Society

<http://www.cpe.vt.edu/cpts/>

Question: How can we reconnect with our own humanity in the midst of a rapidly evolving technological society?



Goals

- Interview prominent instructors and practitioners of various contemplative practices
- Create a short documentary advocating contemplative practices
- Capture and store video content

Roles

Shared responsibilities:

- Scheduling interviews
- Obtaining and checking equipment
- Interview setup and teardown
- Capturing videos of the conference
- Editing videos

Project Phases

Phase 1: Pre-conference interviews

Phase 2a: Filming of the conference

Phase 2b: Gathering interviews from
conference attendees

Phase 3: Editing of interviews

Phase 4: Publishing of content

Results

- 18 video interviews
- Over 700 photos
- B-roll footage
- Edited interview videos

Results



Results



Reflection

- Contemplative practices
- How to conduct a proper interview
- Lighting a set
- Using various recording equipments
- Editing videos and sound

Questions?