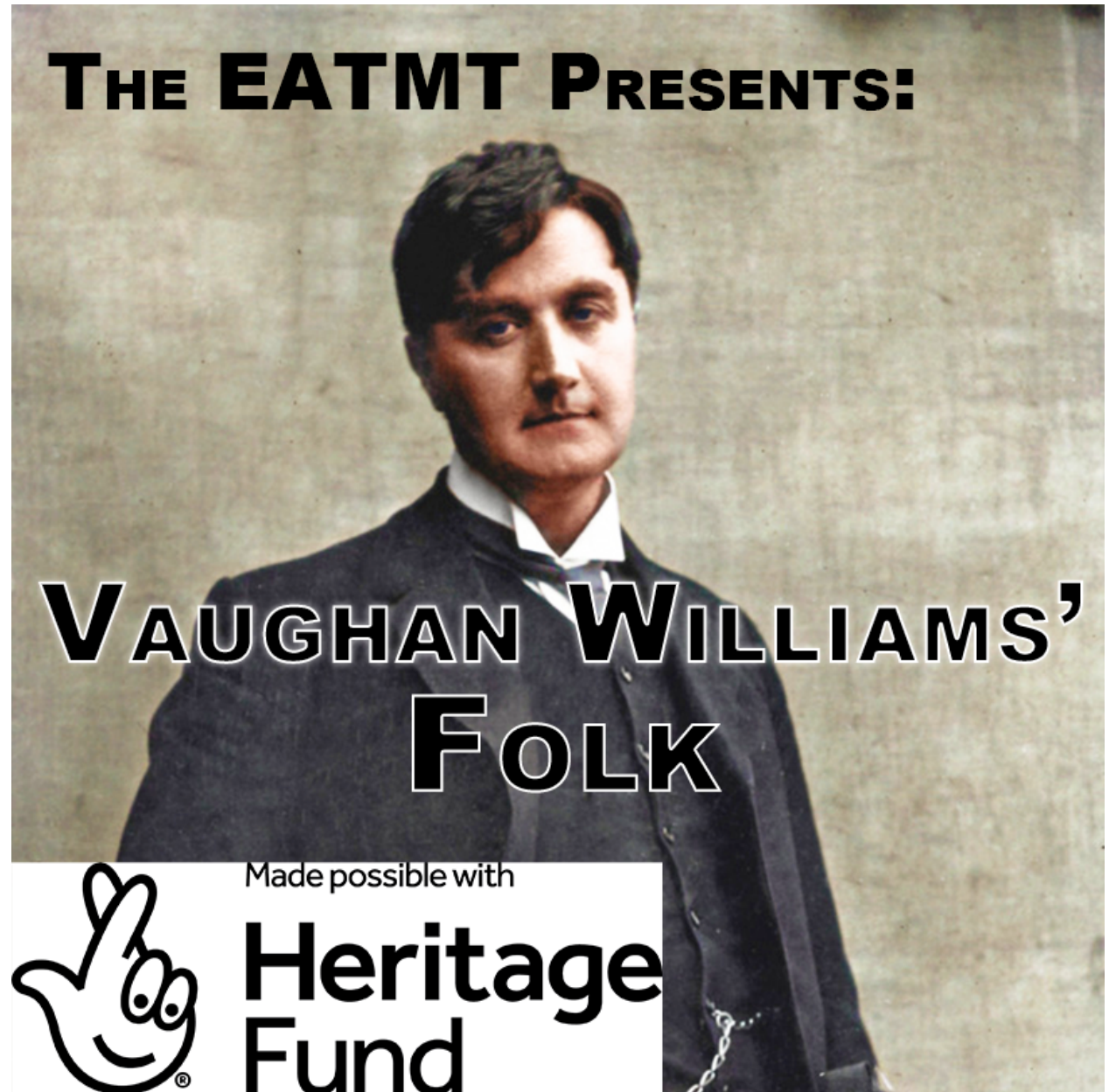




# Podcasting and Film Making

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Jake Lee-Savage



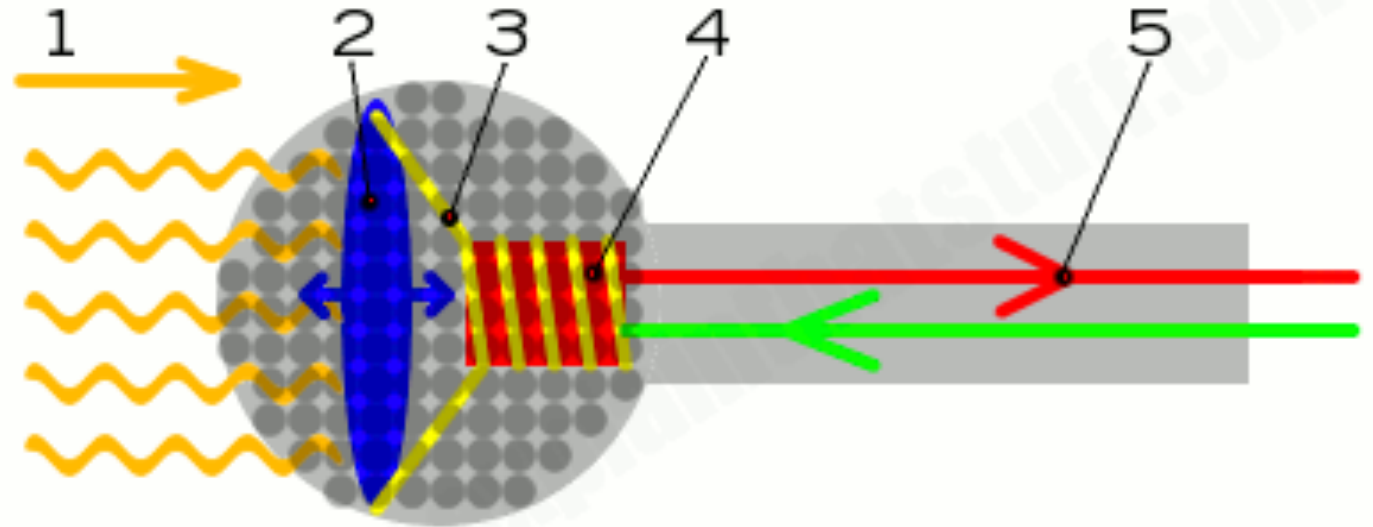


A black and white photograph of a microphone on a stand next to a piano keyboard. The microphone is positioned diagonally across the frame, with its head pointing towards the top right. The piano keyboard is visible in the lower left corner. The background is blurred, showing what appears to be a recording studio environment. The text "Fundamentals of Sound" is overlaid in the center of the image in a white, sans-serif font.

# Fundamentals of Sound



# How do microphones work?



[www.explainthatstuff.com](http://www.explainthatstuff.com)

## Process:

- Sound Travels in waves and can bounce off solid objects (e.g. hard walls) or be absorbed by soft ones (e.g. curtains)
- A microphone has a membrane that moves when these waves hit it, converting it into an electrical signal that is recorded as sound by our audio recorder
- Factor this into your recording technique when out in the field, for example choosing a location to record in



# Our Basic Kit



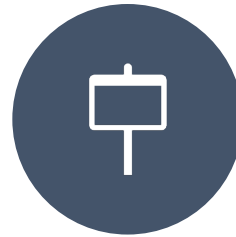
RECORDER



MICROPHONES



CABLES



STANDS



HEADPHONES



# Recorders

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- We use audio recorders as our main means of capturing sound which is transmitted by our microphones via an XLR cable.
- Each one has a different amount of tracks you can work with though generally two tracks is plenty for podcasting as it allows mono and stereo recording.
- We need to make sure that our settings are always **48kHz/24bit depth** (though 16 bit depth is fine as well) and that we are **recording in WAV**. Format, never MP3!!!
- Some good brands to look for on the affordable end of the scale are Zoom, Tascam and Sound Devices.





# Microphones

- Lots of different types!
- Dynamic - unpowered, can handle loud noises, not very sensitive. Good for out in the field interviewing and doing vox pops.
- Condenser – Requires 48v phantom power, very sensitive, capture incredible detail, great for capturing in studio interviews and music
- Lavalier Microphone – Tiny little microphone worn on the body, always paired with transmitters and receivers so that they are wireless
- Shotgun Microphone – Long mic used for capturing specific sounds and rejecting whatever it isn't pointed at
- Hydrophone - A microphone for capturing audio underwater!





# Cables

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- Very simple!
- In the fundamentals of sound recording we use one cable, an XLR. This is used to link microphones with audio recorders or cameras.
- You may also encounter mini-XLR, Hirose, 3.5mm, etc... but generally this is only for specialist kit.





# Stands

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- When we are out recording we must make sure that our mics are supported.
- Handheld – we can hold the microphone, reporter in the street style
- Microphone Stand – great for if it's a long interview or we are mounting stereo pairs of mics
- Tripod – If its windy or harsh conditions outside these are optimal
- Boom Pole – Used more in film and TV but amazing if on the move outside
- Don't worry about spending loads, cheap stands are fine!





# Headphones

- The most important rule of sound recording is...  
Listen!!!
- Always be monitoring your audio with headphones when recording! This will prevent you from missing if something goes wrong as well as allowing you to capture the perfect sound
- Any headphones will do but Sennheiser are the best brand or Audio Technica



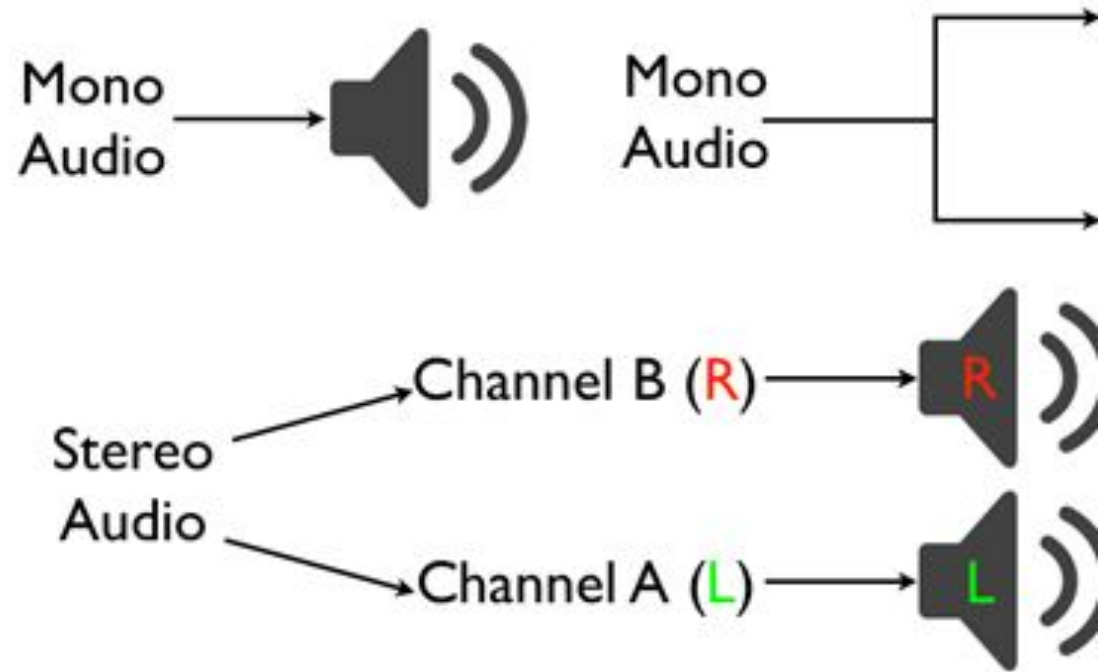


# Mono and Stereo Recording

- This is recording audio using a single microphone (or a collection of audio inputs summed down into a single channel)
- Perfect for interviews as there is a single audio source
- Stereo recording is when you have two sources or two microphones, recreates how our ears work and creates "space" in the recording
- Perfect for music or atmospheres

## Mono vs Stereo

- Mono - One single Channel of Audio
- Stereo - Two Channels of audio (**Left** and **Right**)





# Tips for getting the best sound

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- Choose the right space to record in
- Use the right technique for what you're meant to capture
- Use the correct microphone for the job
- Is it dialogue or music? Bear this in mind when deciding on the above
- But most importantly...





The background is a dark blue field filled with numerous small white dots. Overlaid on this are several patterns: a series of green and pink dots forming a diagonal line from the top left towards the bottom right; a series of green and pink dots forming a horizontal line across the middle; a series of green and pink dots forming a vertical line on the right side; and a series of green and pink dots forming a diagonal line from the bottom left towards the top right. Additionally, there are several green and pink lines and rectangles scattered across the field, some of which are larger and more prominent than others. The text "How to Tell Stories!" is centered in the middle of the image in a white, sans-serif font.

How to Tell Stories!



# What's the narrative?

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- What are we focusing on when we tell the story?
- What is the emotional drive behind it?
- How are we going to structure are story?
- Linear vs Non-Linear?





# How to interview

- Location, where is best?
- Questions
- Background Information first
- Take notes throughout
- Listen out for something interesting
- Be nice!





# Basics of Filming

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# Filming whilst out recording

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- Lighting – Make sure to have light on subject, try to avoid bright light behind as it obscures their face
- Always film in landscape! (unless its for TikTok/Social Media)
- Try and avoid any logos or writing being in the shot as this can be a copyright issue
- Sync sound and visuals by getting subject to do one clap whilst filming directly into camera
- Always film at either 25fps or 30fps, no need to film any higher
- We should always work using .mp4's if possible







# Kit

- Anything can work!
- Phone is a great option, here is something I filmed on my phone:  
<https://www.youtube.com/watch?v=TaZ5aJJq-Ck>
- Or if you have a fancy camera that's great too!
- Make sure to use a tripod if possible, as it frees up your hands and allows you to get a beautiful steady shot
- If possible bring extra lighting just in case the location is dark



# Links!

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- Website:  
<https://www.jakeleesavage.com/>
- The EATMT Podcast:  
<https://open.spotify.com/show/2483JE38068BYIXIPAomYB?si=270044c5d746435f>
- Podcasts I make:  
<https://open.spotify.com/show/0hSr3AGvsRWhEsBjEzEnbQ?si=b30f8db27efa48c6>

