



Fratelli delle Scuole Cristiane

Ufficio per le
Vocazioni e il Volontariato

Dear Lasallians,

Fraternal greetings from the Office of Vocations and Volunteers. We are pleased to announce that we're launching the **"100 Vocations story"** which is an online campaign for Lasallian Vocation.

Are you a volunteer? Former Volunteer? Brother? Teacher who loves what is doing? Student or even former student? Well, we are happy to hear your story! Your story will inspire many people and help us get in touch with Lasallians from around the world.

It's very easy! If you are a volunteer, you can do that by recording a short video (3-4mins) to share about your experience and we will post this online or you can also write a short paragraph with 2 or 3 pictures of your experience. This goes as well for the Brothers that want to share their vocational experience, students and former students who are inspired by the Lasallian charism and teachers who found their vocation in teaching.

As Pope Francis mentioned in this exhortation "Christus Vivit", "The young are able to guide other young people and to exercise a genuine apostolate among their friends".

We are inviting you to share this with your friends and colleagues and send us your video or letter on the following e-mail: mbarsoum@lasalle.org. If you have any questions, please do not hesitate to contact us.

We are grateful to your dedication and work for our Lasallian Family.

Mourad Barsoum
Director of the Office of Vocations and Volunteers

General guidelines for video recording

- Locate the place where you will record the video: select a quiet and well-lit space, isolated from ambient noise. Leverage natural light whenever possible or use artificial lighting (by turning on lights or spotlights in the chosen location).
- Set the resolution of your device, either camcorder or *smartphone*, ensuring that it is at least **1080p** (1920 x 1080) or higher (**4k if possible**), at **29.97** or **59.94** / 30 or 60 frames per second (fps) for the US and Latin America, **25** or **50** fps for Europe. These settings are usually found in the "camera settings" menu.
- Choose the file format in which the video will be recorded: it can be **.MP4** or for higher quality **.MOV**.
- If possible, **use an external microphone** (wireless or similar) connected to your camera or smartphone to record audio. If this is not available, please record in a place where there is no ambient noise, i.e., **as quiet as possible**.
- Support the device on a **firm surface**. If you have a **tripod**, use it.
- Adjust the camera or smartphone or cell phone **horizontally**.
- Make sure the camera is at **eye level**.
- Avoid pointing the camera directly at light sources, in view to prevent the shot from being backlit.
- Avoid shadows on the face and/or the person being recorded.
- If you wear glasses, do not stand in front of a window to avoid light reflection on the lenses.