

Flying

*confessions
of a free woman*

SHARE YOUR STORY... PASS THE CAMERA

FLYING: CONFESSIONS OF A FREE WOMAN tells the amazing stories of women around the world using a groundbreaking technique called "*Passing the Camera.*" Continue the story by "*Passing the Camera*" with your friends and loved ones.

HOW TO "PASS THE CAMERA"

Would you like to "Pass the Camera" like the women in FLYING do?

Here is what you need:

INSTRUCTIONS:

- Two people - or more
Note – you can "PASS THE CAMERA" with a group, but if you are looking for intimacy you may get a better result with just two people.
- Small handheld video camera (Mini DV, DVCAM, Hi - 8, etc.)*
- *Optional* Extra Microphone attached to the camera to get better sound
- Several blank tapes
- Food, coffee, wine
- A few hours of uninterrupted time (turn off the phone!)
Note – it is best to have at least 1 ½ hours free to allow a free flow conversation to emerge...
- A quiet space

EQUIPMENT:

Use a small camera that is easy to use and can be passed between two or more people. (If the sound on your camera is not so good, it can be helpful to attach an external microphone to the camera to get better sound, but it is not mandatory. Check at your local video store for suggestions. Sony makes several inexpensive external mikes that easily attach to home video cameras.)

Make sure you have several tapes on hand because in “PASSING THE CAMERA” the conversations are uncontrolled and open ended and you might find your conversations lasting for hours. And don't forget to leave the camera on Auto Focus!

ENVIRONMENT:

Choose a location and invite a friend or family member over. Make sure the environment is fairly quiet so that you can hear each other well. Choose a comfortable time - such as a meal, a cup of tea or a glass of wine. Turn off the phone. Give yourself at least an hour and a half of uninterrupted time to devote to your conversation.

HOW TO BEGIN:

Beginning can be scary, turning on the camera can make people self-conscious and slow the conversation, but don't let it deter you! A helpful trick is to turn on the camera and start filming each other from the moment you meet or as you preparing to sit down. Perhaps you are cooking or making tea or opening a bottle of wine – turn on the camera at that point and don't worry about rolling a lot of tape. It will give you and your friends' time to get used to the camera, so that when you start talking about more meaningful things the camera is already part of your environment.

WHAT TO TALK ABOUT:

A helpful way to begin the conversation is to talk about what is on your mind, what is bothering you, or what happened so far during the day. You can also choose a topic you would like to discuss. It is best to pick a topic that is “close to the heart”, which you or your friends are currently grappling with, not just a theoretical topic.

Here are a few topics to consider to “jump start” your discussion:

- Being a women/Being a man
- Motherhood/Fatherhood
- Parenting
- Sex
- Commitment, Monogamy, Multiple partners
- Birth control
- Abortion
- Illness
- A current relationship
- Career
- Sexual abuse
- Aging
- Freedom

It is best not to force yourself to stick to any given topic. Regardless of the topic you choose, once you both are comfortable you'll soon be talking about the issues in life that are meaningful to you.

USEFUL TIPS TO “PASS THE CAMERA:

Following the informal flow of conversation, hand the camera back and forth as you each take turns talking. It is best when the camera is pointed at the person who is talking and then handed off when the other person talks not only in order to get the best sound but because all your attention should be pointed at the person who is speaking. If you are shooting something else your attention will be somewhere else and "presence" will be lost. In groups, this works well as often several people are listening at the same time -- simply hand off the camera when you decide to speak up. Group passings usually evoke a lot of energy and lively debate.

**NOTE: If you have or are passing with someone who has a disability and is unable to hold the camera, you could experiment with propping the camera on some pillows on your lap, or propping the camera on a stack of books in the middle of both people in order to easily swivel it back and forth. Whatever you decide to prop the camera on, try to make it as comfortable and unobtrusive as possible so it doesn't feel like a third observer.*

DOES THIS REALLY MAKE A DIFFERENCE?

To experiment, try placing the camera on a third position (using a tripod or a table) and focus on a frame that includes you and the other person. Continue your conversation. Do you notice any changes? Do you feel differently than when you held the camera in your own hands? Are you more distracted? People often say that even though there is no film crew operating the camera, the camera on the tripod has a larger presence and self-consciousness increases. You decide for yourself and feel free to share your thoughts on our message board.

SHARE YOUR STORY:

SEND US YOUR “PASS THE CAMERA VIDEO TO POST ON THE SITE

Submission clips should run between 2 -4 minutes

Cue your favorite section of your “Passing the Camera” video to post on our site. Please only send us 2 - 4 minutes of a “Passing the Camera” session. You can edit your video or send it to us as it is.

Please note: The Flying Staff reserve the right to edit the video submission if necessary.

HOW TO SUBMIT:

It's easy, quick and simple: Post your “Passing the Camera” video on “YouTube” or “Google Video.” Send us the link and we will post the video on the FLYING CONFESSION website.