BROKEN

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CAMF6001

Narrative Music Video

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1.0 RESEARCH

1.1 SYNOPSIS

My Idea for this project is to do a narrative music video/short film based on the song Invisible by Hunter Hayes. Originally the song that I chose was anxiety by 'Blackbear' which explains about how he depends on drugs/his medication to get over his anxiety but this song has an upbeat background where my plan for my video is to explain and educate my viewers and audience about the dangers and struggle depression can do to a person. That is the reason why I chose Invisible by Hunter Hayes.

1.2 WHAT I WANT TO DO

What I plan to do for this video is to show everyone what I went through these past few years fighting with depression. I want to show everyone that behind my strong façade I am very weak and fragile inside but as a whole I want to show people especially those who has depression and anxiety that if I can get through it so can they and that they will never be alone in getting through the pain

1.2.1 MY STORY IDEA

My idea for this video is basically about depression in general where I will have a two characters who are fighting depression and actually show how they perceive the world in their point of view as a depressed human being. I want to add some narrations in it too so that my viewers can see how deep this conversation can go, I have decided to include myself in this video too because originally I want everyone to know that I have been depressed but I managed break free and live my life to the fullest.

1.2.2 SPECIALITY

What is special about my short film/music video is my target audience which is more on Parents and Teachers because adults need to know and need to be educated about the small little signs of depression so they can help prevent it before it's too late. Not only that my target audience revolves also around Teens and Young Adult that actually are in a state of depression. This video is to educate my friends, family and even strangers about the signs and danger of depression.

1.2.3 INTERNAL IMPEDIMENT

Obstacles or problem I may be facing during the execution of the project would be the weather condition also the health condition of my crew, actor & actresses and also me as the director. Also, there are possibilities that the time needed to execute this campaign would be longer than as planned.

1.3 EXTERNALENVOIRMENT

1.3.1 MEDIA

As an individual talent I am just afraid that it would be hard for me to spread information about my video and spread news about the existence of my video.

2.0 STRUCTURE

I plan on executing this project in a way where I need to do more research on the cause and reasons of depression, how to tackle it and how different people got over their depression. The characters that I have chosen for is mainly focused on the friends that I have around me now that I know are experiencing depression. To make this documentary a success, I need to put more focus on the time, budget and men power. The duration of this project would be about 2 months for shooting and editing. Secondly, for now budget planning has been made which I hope stays that way till the end of the shooting, and the last one is the men power. The men power that I will be using in this project is mostly for my crew and actors & actresses.

2.1 PUBLIC PERCEPTION/MY TARGET

My only worry for this project is that I won't get the response that I hope I would get and that I am scared that the message that I am trying to convey would not reach my audience/viewers.

3.0 SITUATION ANALYSIS

3.1 STRENGTH

From this video I want parents and teachers to understand that without prevention nothing can be changed and to the teens and young adults to make them understand that suicide should not be in their train of thoughts and that they should know that everyone else is feeling the same way as they do just depending on how well they hide it. I am currently in the process of shaping my mind into a better state for a better me and a brighter future. I want to educate the young adults and students about the importance of hope and strength of life. I also want to educate the teachers and parents about the early stages of depression and anxiety and how to help a person in a state of denial

3.2 WEAKNESS

Focus on the issue of depression all around the world and how dangerous it can be. Also is to show to everyone out there fighting with depression that suicide is not the only way to a better life or even hurting yourself. The weakness of my project is me, I am afraid that I can't portray the right message to my respective audience. I am afraid that my scenes would not match my audience maturity level as a general theme in educating them.

3.3 OPPORTUNITY

The opportunities that I hope I can benefit from it is a better life for those with depression and also so that I get a good response from my audience and viewers. The opportunities that I can gain from this project is to expand my horizon more in editing and directing skills. I can understand the mind set and perception of people around me better through criticism and praises. I can also work on my teamwork skills.

3.4 THREAT

Just like my weakness, my only threat is my own self where I question my own confidence and skills whether or not I did a good job in expanding my thinking skills, or whether or not I tried doing something that is suitable for ages and meeting my audiences level of maturity. I also question my skills in editing and directing my actors/actresses to get the scene that I want. All in all my biggest threat and obstacle is my own self. Also the biggest threat here is time, time to shoot and edit and just making sure everything goes smoothly.

4.0 OBJECTIVE

To spread awareness about depression and anxiety also to spread self-love and avoid harm. I want to show the two sides of a depressed person which is the interior and the exterior

5.0 KEY MESSAGE

Depression is not a way of living lifestyle that everyone should be comfortable of. Depression is not an act where you can put up and cover with a smile or a laugh, on the outside you may seem fine but on in the inside you are actually rotting up slowly but painfully. People should know that 1 out of 6 people are reported experiencing mental health problems such as anxiety and depression in any given week. People should know that there are other people experiencing the same pain that they are going through and that there are other ways to get rid of it and live for a better future.

6.0 PLATFORMS

The platforms that I have chosen to showcase my music video is Youtube and IUMW's cafeteria TV that plays students media work.

7.0 AUDIENCE BIASES

What I have to focus on when I am shooting and editing, I have to consider the general stereotypes that my audience would have. Not only that since my target audience ranges from young adults to parents and teachers I'll basically be tackling two different types of age group and generations. I have to make sure that the message that I want to convey reach both generations expectations.

I have to make sure that no complications or misunderstanding involves because the last thing that I want to do is hurt someone's feelings unintentionally.

RESEARCH

1.1

RESEARCH

1.2

2.1 WHAT IS DEPRESSION

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home**.** Depression Is Different From Sadness or Grief/Bereavement
The death of a loved one, loss of a job or the ending of a relationship are difficult experiences for a person to endure. It is normal for feelings of sadness or grief to develop in response to such situations. Those experiencing loss often might describe themselves as being "depressed but being sad is not the same as having depression. The grieving process is natural and unique to each individual and shares some of the same features of depression. Both grief and depression may involve intense sadness and withdrawal from usual activities.

In grief, painful feelings come in waves, often intermixed with positive memories of the deceased. In major depression, mood and/or interest (pleasure) are decreased for most of two weeks. In grief, self-esteem is usually maintained. In major depression, feelings of worthlessness and self-loathing are common. For some people, the death of a loved one can bring on major depression. Losing a job or being a victim of a physical assault or a major disaster can lead to depression for some people. When grief and depression co-exist, the grief is more severe and lasts longer than grief without depression. Despite some overlap between grief and depression, they are different. Distinguishing between them can help people get the help, support or treatment they need.

2.2 TYPES OF DEPRESSION

1. Major depression
2. Melancholia
3. Psychotic depression
4. Antenatal and postnatal depression
5. Bipolar disorder
6. Cyclothymic disorder
7. Dysthymic disorder
8. Seasonal affective disorder

TREATMENT

1. **WORKING TITLE**

   BROKEN

2. **GENRE**

   Narrative Music Video

3. **TARGET AUDIENCE**

   Young adults, teens, Teachers & Parents (any age deemed suitable for my music video)

4. **MUSIC**

   The song that I chose for my narrative music video

5. **OUTLINE:**

   a. **THEME**

      Depression & Anxiety

   b. **CHALLENGES**

      Public perception on how they view my music video. Public perception on whether the message I am trying to express would reach the hearts of my audience and open a new light in their heart about the dangers of depression and anxiety.

   c. **INSPIRATION**

      My past experience with depression and my experience with the people that are directly involved with depression. Not only that my biggest inspiration is my best friend

   d. **ACTION SEQUENCE**

      Beginning: A narrative scene of someone (who TBD) describing what depression is and then a few shots of people describing what depression means to them.

      Middle: Of my two characters fighting with depression inside

      Climax: The characters slowly finding their own light and purposes in life and colours start to fall into place

      Resolution- The characters slowly found peace while being surrounded by the people they love and cherish. The colours are bright compared to the beginning and it shows how the two characters are trying to find their objective in life again to an unresolved future.

e. **VISUAL ELEMENTS**

- Natural surrounding lighting
- Camera Angles & Movements
- Shot distance (close up, medium shot, wide shot)
- Editing (transition, animations and still cuts)
- Graphical Editing (filters are used to get the colour gradient that I want)

f. **AUDIO ELEMENTS**

- Song chosen (Invisible by Hunter Hayes)
- SFX (Narration)
- Voices (pants of my two characters)

g. **CONFLICT**

Why I chose Depression is because not many people in my country Malaysia and around the world knows the dangers and struggle a depressed person is feeling. I want to educate people on why depression is a problem/issue and why we should help prevent it.

h. **AUDIENCE BIASES**

My only worry is that how I am going to make sure that my messages are understandable. Also I want to overcome the stereotypical thinking of depression is a minor health issue and that it is all in their mind.

i. **RESOLUTION**

How I plan to tackle this issue is by educating parents and teachers so that they know how to differentiate a depressed person and what to do, how to act and how to talk to a depressed person. Also I want to educate teens to young adults on how to overcome depression.

6. DURATION OF THE VIDEO

The duration of the video would be around 5 to 6 minutes but the final duration time of my video is yet to be determined.

7. CHARACTERS

Character 1

My first character is a girl fighting with depression since the age of 15 years old. The reason why I chose her as my character is because she has been through what I've been through before when I was depressed. My first character will portray a depressed girl fighting through the expectations that society has of her but instead of fighting back she ends up hurting herself because she has no one to talk to that understand the pain that she's feeling. Also she will portray the interior and exterior of a depressed person.

Character 2

My second character would be about a torn up bullied boy who was played by a girl and getting his heartbroken in the process. My second character would portray the pain of an outcast. Due to the prank that his gf played on him he resorted to shutting out the outside world and being by himself because he lost the trust he had in people and he forgot how to see the goodness in everyone. I chose him as my character because he is one of my closest friend and I could trust him in trying to portray what I needed in a broken boy.

8. EQUIPMENT & SOFTWARE

a. Camera (Sony)

b. Stabilizer

c. Gorilla pod

d. Tripod

e. Camera light

f. Microphone

9. LOCATION

10. CONSTRAINT & CONTINGENCY

So far as constraint is a matter to me it is not, because the locations that I have in mind for my shooting are public locations and I do not require any permission slip to access any restricted places.

11. BUDGET

For my budget list I have put in mind the total budget for me and my crews transportation to my shooting places, and I have accumulated the total amount of 60 pounds.

12. AV SCRIPT

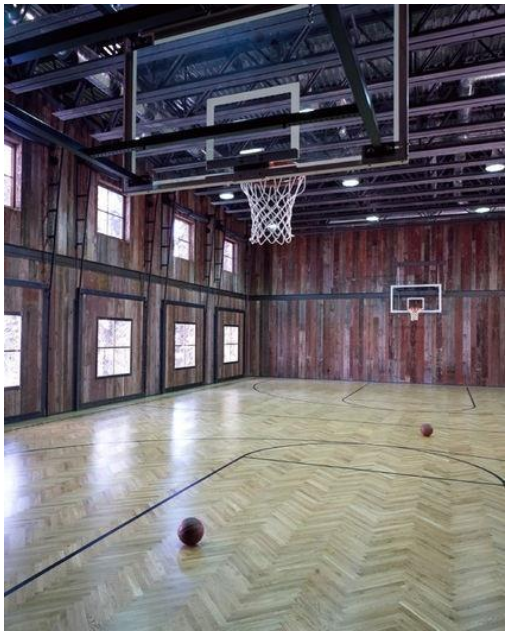
AUDIO	VIDEO
Narration: Hi, My name is Fatin Amelia and I am one of the victim of Depression. This video is to show you what depression means to me and the people around me. I want to share to all of you the dangers of depression. At the end of this I hope you all would understand that behind all the façade I put or anyone else for that matter don't assume that we're always okay! To those hurting always remember that there will always be someone who cares never be afraid to reach out and cry for help.	Medium Close Up: Me sitting on a chair infront of the camera
2nd Narration: Do you know what depression is? 3rd Narration: Can you differentiate people with depression? 4th Narration: What does depression mean to you 5th Narration: Do you have depression or does anyone around you have depression?	Close up: Of my interviewees
Crowded hallways are the loneliest places, For outcasts and rebels, Or anyone who just dares to be different. And you've been trying for so long, To find out where your place is , But in their narrow minds, There's no room for anyone who dares to, do something different. Oh, but listen for a minute, Trust the one,	Wide shot: of my male character walking down a hallway full of students bumping into them once in a while smiling at his friends making stupid jokes. Wide shot: camera turns upside down to show his interior that is in an empty room standing there looking blank. Close up: My female character walking around in town while linking arms with

Who's been where you are wishing all it was, Was sticks and stones, Those words cut deep but they don't mean you're all alone And you're not invisible. Hear me out, There's so much more to life that what you're feeling now, Someday you'll look back on all these days And all this pain is gonna be invisible All invisible So your confidence is quiet To them quiet looks like weakness But you don't have fight it 'Cause you're strong enough to win without a war, Every heart has a rhythm Let yours beat out so loudly That everyone can hear it Yeah, I promise you don't need to hide it anymore. Oh, and never be afraid of doing something different Dare to be something more, Trust the one Who's been where you are wishing all it was, Was sticks and stones Yeah, the words cut deep but they don't mean you're all alone And you're not invisible Hear me out, There's so much more of this life than what you're feeling now	her friends smiling away acting as if she was not bothered by any problems Wide shot: Of my female character holding a blouse with a blank look on her face but when she heard her friends call her she puts on a fake smile Close up: My female character lying down on her bathroom floor with her right palm covering her left arm where she has freshly cut wounds Medium close up: My male character sitting down on one of the chairs to show that he is tired and exhausted of this life. He lifts his head up and zips his jacket open and there you can see a red slash mark from his neck to his collarbone. Medium close up: My female character taking of her ruined make up only to apply a new one. Close up on her arm: she puts foundation on her arm to hide her cut marks with a blank angry face because she is supposed to feel the stinging pain as the marks are still new but her heart are so rock hard she forgot how to feel. Wide Shot: Male character playing football, ball with him nearing the goal but he just stops and lets the ball roll.

And someday you'll look back on all these days And all this pain is gonna be invisible These labels that they give you Just cause they don't understand If you look past this moment You'll see you've got a friend Waving a flag for who you are And all you're gonna do Yeah, so here's to you And here's to anyone who's ever felt invisible Yeah, and you're not invisible Hear me out There's so much more to life than what you're feeling now And someday you'll look back on all these days And all this pain is gonna be invisible I'll be invisible	With a rolled eye he drops on the floor feeling weak the only thing he hears is the beating of his heart Wide medium shot: My female character walking down the streets in the rain feeling free appreciating the cold and suddenly starts sprinting while screaming and she stops in front of the restaurant where she sees her friends laughing and runs again Wide shot together: Both characters running towards an unknown destination, the camera pans to show the beach and both characters just plops down on the sand and cried.

13. STORYBOARD

This scene is where my girl character is in the bathroom with a blooded hands crying and screaming. This scene shows her interior side.



The second scene will portray the interior side of my male character where he will be standing in an empty room with a ball in his hand showing no signs of scoring because he lost all interest in the world.

This scene will portray my male character running aimlessly while crying and screaming for help but the camera will pan around him to show that he is alone

In this scene my female character will be lying down on the bed with teary eyes and blooded hand while staring at the sun streaming into her room but feeling hopeless.

The next few scenes would be about my two characters finding reasons to live. The next few scenes would be them walking around bumping into people but with them being hurt they don't have the strength to scream help and would walk away. In the next few also would portray the struggle that my two characters have to walk around in the sun but not actually feeling the warmth that the sun has.

VICTORIA
VICTORIA
true sound
created by
real artists

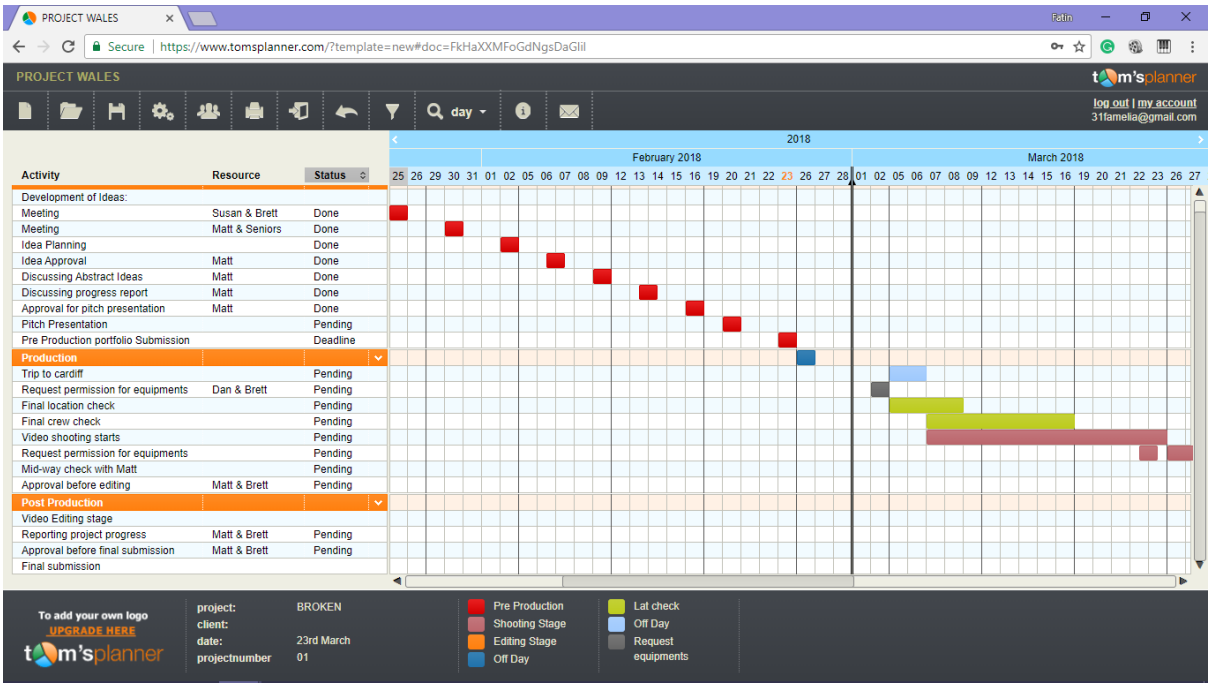
London Victoria Station

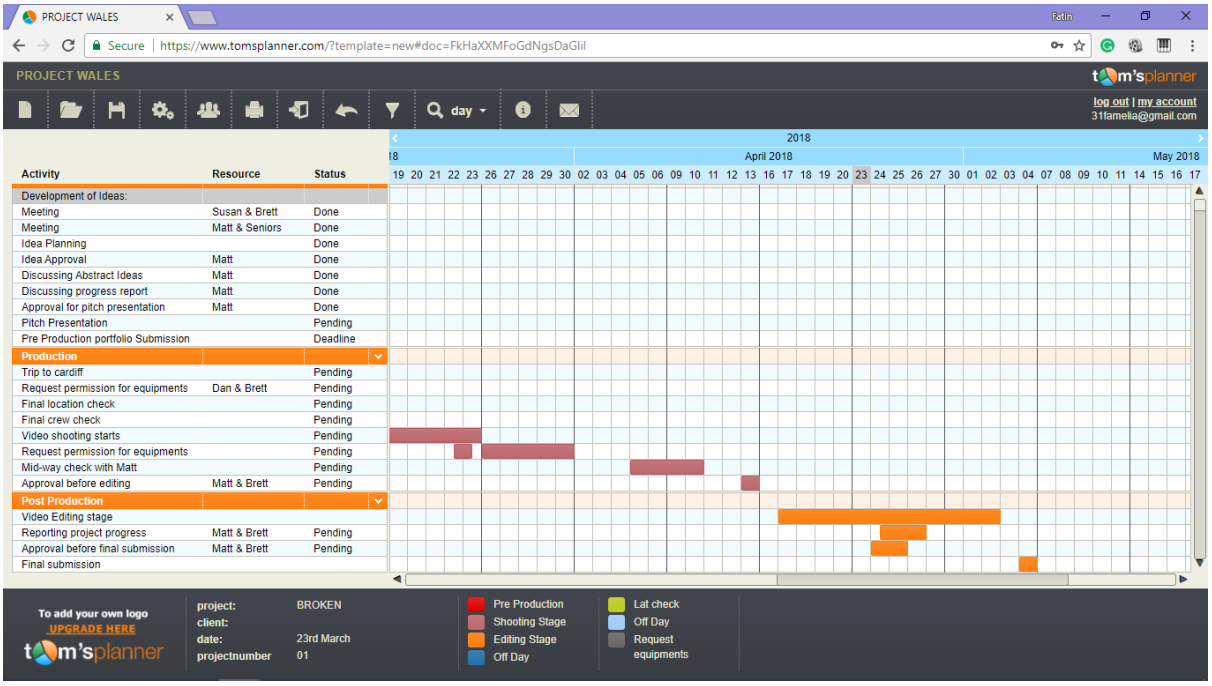
CAFE
FISH
CHIPS
TAKE AWAY

The picture above would be the scenes where my two characters find their hope in life and found the people that they can trust again. After being hurt multiple of times they can finally open their heart to trust and love people especially themselves. They realize that the sun shining down on them all this while, shinning down light on them but they were too busy swallowing down their pride to reach out for help.

The pictures below is going to be my ending scenes of my two characters being content with their life. These scenes will show how my two characters move on from their depression stage and ensuring that they live their life to the fullest for a brighter future. Although they don't know what their future holds for them but they are anxious about it and they can't wait to see what's beyond their future.

14. GANTT CHART





15. RISK ASSESMENTS

The type of risk that I will be facing consist of the weather forecast on the days of my filming. Although for my depression music video the weather would play a very big role in setting the mood of my shooting. The rain, snow and hail are very welcome to me for my shooting but I still have to consider the dangers that these weathers bring. If anything were to happen the chances of my cast and crew getting hurt is very high. The physical injuries that can occur to me, my cast and my crew consist of:

1. Falling
2. Broken Bones
3. Cut wounds
4. Bleeding

The next risk that I have to be aware of is the health, the chance of me, my cast and crew to fall ill is very high. I cannot control my production team's health but I will try to avoid the percentage of them falling ill. I also have to be mindful of my team's mental health, I do not want to be adding stress to them as they have their own projects to think about. Type of mental health that could occur is:

1. Depression
2. Stress
3. Headache
4. Migraine

RISK ASSESSMENT FORM

Fatin Amelia --- +44 07747 203486
23rd March – 26th April
Carmarthen

Complete the following table rating

- each risks severity on scale from Negligable (N), Low risk (L), Moderate risk (M), Severe (S), Very severe (V)
- each risks likelihood on scale from Very unlikely (VU), Unlikely (U), Possible (P), Likely (L), Very likely (VL)
- Determine the risk factor from the table overleaf.

Hazard		Present	Severity	Likelihood	Risk Factor
1	Alcohol/drugs				
2	Animals/insects				
3	Audiences				
4	Camera cable/grip equipment				
5	Confined spaces				
6	Derelict buildings/dangerous structures				
7	Electricity/gas (other than normal supplies)				
8	Fatigue/long hours				
9	Fire/flammable materials				
10	Hazardous substances				
11	Heat/Cold/extreme weather				
12	Laser/strobe effects				
13	Machinery/industrial/ crane/hoist				
14	Materials - glass, non-fire retardant set materials				
15	Night operation				
16	Noise – high sound levels				
17	Non standard manual handling				
18	Public/crowds				
19	Radiation				
20	Scaffold/Rostra				
21	Smoking on set				
22	Special effects/explosives				
23	Special needs (elderly, disabled, inexperienced)				
24	Specialised rescue/first aid				
25	Stunts, dangerous activities				
26	Tall scenery/suspended ceilings				
27	Vehicles/speed				
28	Water/proximity to water				
29	Weapons				
30	Working at heights				
31	Working overseas				
32	Other risks				

Calculate the Risk Factor:

	Very Unlikely	Unlikely	Possible	Likely	Very Likely
Very severe	3	4	4	5	5
Severe	2	3	3	3	5

Moderate	2	2	3	3	3
Slight	1	2	2	3	3
Negligible	1	1	2	2	3

Decide the action to take:

5	Very severe	Take immediate action
4	Severe	High priority
3	Moderate Risk	Programme for action
2	Low Risk	Action may be required
1	Negligible	Probably acceptable

Then list each risk identified

Hazard no:		Risk Factor (1-5)			
Description					
Person(s) exposed (detail if cast/crew (C), outside company (O) or public (P))					
Action to take					
Person/company responsible for action					
To be completed at agreed later date -					
Exposed person(s) informed? (y/n)		Agreed action taken? (y/n)		Risk removed? (y/n)	

Copy and paste this table for each of the hazards, then get the form signed. If the producer has not completed the risk assessment, then they should countersign this form.

Completed by: Position:

Signature Date:

RISK ASSESSMENT FORM

Fatin Amelia --- +44 07747 203486
23rd March – 26th April
Cardiff

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RISK ASSESSMENT FORM

Fatin Amelia --- +44 07747 203486
23rd March – 26th April
Colchester

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RISK ASSESSMENT FORM

Fatin Amelia --- +44 07747 203486
23rd March – 26th April
London

Complete the following table rating

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22	Special effects/explosives				
23	Special needs (elderly, disabled, inexperienced)				
24	Specialised rescue/first aid				
25	Stunts, dangerous activities				
26	Tall scenery/suspended ceilings				
27	Vehicles/speed				
28	Water/proximity to water				
29	Weapons				
30	Working at heights				
31	Working overseas				
32	Other risks				

Calculate the Risk Factor:

	Very Unlikely	Unlikely	Possible	Likely	Very Likely
Very severe	3	4	4	5	5
Severe	2	3	3	3	5

Moderate	2	2	3	3	3
Slight	1	2	2	3	3
Negligible	1	1	2	2	3

Decide the action to take:

5	Very severe	Take immediate action
4	Severe	High priority
3	Moderate Risk	Programme for action
2	Low Risk	Action may be required
1	Negligible	Probably acceptable

Then list each risk identified

Hazard no:		Risk Factor (1-5)			
Description					
Person(s) exposed (detail if cast/crew (C), outside company (O) or public (P))					
Action to take					
Person/company responsible for action					
To be completed at agreed later date -					
Exposed person(s) informed? (y/n)		Agreed action taken? (y/n)		Risk removed? (y/n)	

Copy and paste this table for each of the hazards, then get the form signed. If the producer has not completed the risk assessment, then they should countersign this form.

Completed by: Position:

Signature Date:

RISK ASSESSMENT FORM

Fatin Amelia --- +44 07747 203486
23rd March – 26th April
City of Bath

Complete the following table rating

- each risks severity on scale from Negligable (N), Low risk (L), Moderate risk (M), Severe (S), Very severe (V)
- each risks likelihood on scale from Very unlikely (VU), Unlikely (U), Possible (P), Likely (L), Very likely (VL)
- Determine the risk factor from the table overleaf.

Hazard		Present	Severity	Likelihood	Risk Factor
1	Alcohol/drugs				
2	Animals/insects				
3	Audiences				
4	Camera cable/grip equipment				
5	Confined spaces				
6	Derelict buildings/dangerous structures				
7	Electricity/gas (other than normal supplies)				
8	Fatigue/long hours				
9	Fire/flammable materials				
10	Hazardous substances				
11	Heat/Cold/extreme weather				
12	Laser/strobe effects				
13	Machinery/industrial/ crane/hoist				
14	Materials - glass, non-fire retardant set materials				
15	Night operation				
16	Noise – high sound levels				
17	Non standard manual handling				
18	Public/crowds				
19	Radiation				
20	Scaffold/Rostra				
21	Smoking on set				
22	Special effects/explosives				
23	Special needs (elderly, disabled, inexperienced)				
24	Specialised rescue/first aid				
25	Stunts, dangerous activities				
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Decide the action to take:

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Then list each risk identified

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Copy and paste this table for each of the hazards, then get the form signed. If the producer has not completed the risk assessment, then they should countersign this form.

Completed by: Position:

Signature Date:

RISK ASSESSMENT FORM

Fatin Amelia --- +44 07747 203486
23rd March – 26th April
White Sands Bay

Complete the following table rating

- each risks severity on scale from Negligable (N), Low risk (L), Moderate risk (M), Severe (S), Very severe (V)
- each risks likelihood on scale from Very unlikely (VU), Unlikely (U), Possible (P), Likely (L), Very likely (VL)
- Determine the risk factor from the table overleaf.

Hazard		Present	Severity	Likelihood	Risk Factor
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Hazard no:		Risk Factor (1-5)	
Description			
Person(s) exposed (detail if cast/crew (C), outside company (O) or public (P))			
Action to take			
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Copy and paste this table for each of the hazards, then get the form signed. If the producer has not completed the risk assessment, then they should countersign this form.

Completed by: Position:

Signature Date:

RISK ASSESSMENT FORM

Fatin Amelia --- +44 07747 203486
23rd March – 26th April
Llansteffan Castle

Complete the following table rating

- each risks severity on scale from Negligable (N), Low risk (L), Moderate risk (M), Severe (S), Very severe (V)
- each risks likelihood on scale from Very unlikely (VU), Unlikely (U), Possible (P), Likely (L), Very likely (VL)
- Determine the risk factor from the table overleaf.

Hazard		Present	Severity	Likelihood	Risk Factor
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Hazard no:			Risk Factor (1-5)		
Description					
Person(s) exposed (detail if cast/crew (C), outside company (O) or public (P))					
Action to take					
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To be completed at agreed later date -					
Exposed person(s) informed? (y/n)		Agreed action taken? (y/n)		Risk removed? (y/n)	

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Completed by: Position:

Signature Date:

16. SELF-REFLECTION

It has been a month since I've arrived in Carmarthen, Wales and I've been given two study modules. For the first part of my term we were required to come up with ideas for our project assignment. I didn't have much trouble in thinking about the type of project that I want to do, after weeks of consultations with Brett and Matt we've finally come to a conclusion on the first part of the module.

I am happy to say that I am excited to start the second part of my module. For the past one month I have been here, I have learned a lot of new things such as how to use certain equipment's because back in Malaysia were limited to one camera for any of our production based assignments. So being here has opened a new experience for me in many different ways. Not only that, the first module called the Developing Creative Module is not a strange module to me because back home in Malaysia I took subjects related to the first module.

As the progress continues for the first module I do find it hard to finish my work on time because there's no classes but consultation classes which is every Tuesday and Friday. I meet up with Matt every Tuesday and Friday to discuss about the progress of my ideas up till the day of my Pitch Presentation that I was so proud of. I made it clear to Matt about my ideas for my project and I was confident about what I want to since day one. I felt happy when I first came up with the idea but as progress start flowing the stress starts to build up in me, I start procrastinating more day by day because I was at the comfort of my room and because of that if I have work to do I rather do my work at my friends room, in the living room or at the mac lab but sometimes it's just to cold to walk to the mac lab so I rather stay in the flat to do my work.

Not only that I find it tough to get work done on time because I find it hard for me to adapt to the time zone here in the UK. Being away from my family which is 14 hours by flight just makes me anxious, the fact that my country is 8 hours ahead of UK makes me sad because I cannot contact my friends and family back home at the right time. When I am asleep they are awake so it is just hard for me to get used to the time zone also I constantly miss my mother's cooking and that makes me even more depressed. In the end I lost all motivations to do work at all and I just stayed in my room crying but at the end of the 2nd week here in Wales I realized that I can't stay like this forever so I started to jot down ideas here and then whenever and wherever.

What motivated me even more was when I received a phone call from my mother at 10 o'clock Malaysian time giving me strength to move forward with my life here in Wales. My mother told me that she believe that I can survive her and that I have to focus on the projects and assignments that was given to me because this will be my final chance to study abroad.

In the end I pluck up the energy to start some work until the day of the pitch presentation. I was extremely proud of myself for getting through those depressed times and I took it as an inspiration for my music video. My music video which was originally based on my experience I changed it to a more general theme because I know that my other Malaysian friends find it hard to adapt to the weather and time zone in the UK. Originally I was very angry and disappointed with myself for not taking care of myself and managing my time better, and when it came to the presentation day I was very disappointed with my presentation until my friends came to me to congratulate me because the liked my presentation.

I learned a lot of lesson for the whole month I was here not only that I also learned a lot of new things like how different the education structure here compared to Malaysia. Back in Malaysia my lecturers are very lenient when it comes to classes and assignments but here is quite strict which I like because it gives me the push that I need. Though we don't have class I still took advantage of the freedom that was given to me. I wish I could've payed more attention to my portfolio so that I don't have this regrets lingering in me.

What I like about the system here is that we have our own building so we won't be confused about the where about of our consultation classes. I also like the fact that we have a small café in our block so at times I won't have to eat breakfast so I would just grab something from the café. The lecturers here are nice friendly most importantly they are very understanding so I'm not lost behind from my friends because Matt always makes sure that I know what I am doing and he always keeps in check about the flow of progress. Matt also helps me with ideas if my brain just won't cooperate with me and the ideas and advice that he gives are all exactly what I have thought about before.

One of the struggle that I know I'll be facing is the fact that one of my characters does have depression. I have known her for a really long time and I've been there when her

depression hits her and for our projects she is going to have to get into character again and the challenge that I have to face is by making sure that she is not hooked up onto the old feelings that she has. I am worried about the fact that whether or not I can lead my cast and crew well, whether or not I can convey the message that I want to show to my audiences well. I want to think that I have to confidence to do this project but in the end I am still scared and discouraged that's one of my biggest fear. I am also hoping that no misunderstanding will happen when I showcase my videos to the people back home because I'll be showcasing it to two different types of age group and both age group has different mentality and logic so if I don't convey it well it can be a problem.

All in all I am excited for the next step of my project but at the same time I question myself will I do well or will I fail to exceed my expectations. Whatever it is I hope I can give my 200% focus and love into making this project a success. I believe that I can do it and I am excited as to what lies ahead of me.