



These “Bite-sized” Training Program guides are designed to help Lifelites Volunteers and champions to train and support hospice staff on the use of the magical Lifelites equipment in small bite-sized chunks.

Introduction to GoPro Camera and iPad apps

1. Introduction – checking previous knowledge

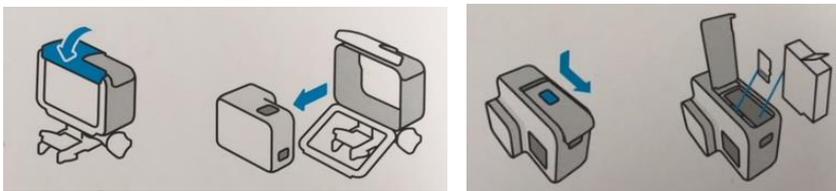
Begin the session by checking if your trainees have used a Google Home before. Try and get anybody that hasn't used these to get hands on and use the equipment in the session – don't show them yourself – get them to use the equipment.

2. Explain the benefits of the Go Pro Camera

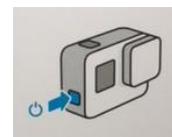
- The GoPro is a compact action camera with a high quality 10mp camera and video camera
- It is shock proof and is waterproof to 10m and so it can be used to obtain high quality action shots and videos in all environments.
- The Go Pro is positioned in a case that can then be mounted on various accessories for multiple uses – making it accessible to many users.
- It also can be controlled by voice and it can be connected to an iPad and then controlled by the iPad app which also makes it accessible to more users.

3. Basic controls and operation

- The GoPro comes within its case but show how to remove it by opening the clip on the top and then show how to remove the SD card and battery cover:

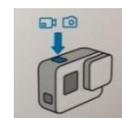


- To turn on the camera press the mode button on the side of the camera, press and hold until it comes on.



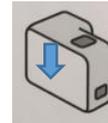
- To go between the different modes, press the mode button again and select the required mode (photo, burst, time lapse, time lapse photo, video).

- To take an image or video press the button on the top of the camera



- The screen on the front of the camera gives you information regarding the mode you are on, the storage capacity and also the battery of the camera.

- To enable voice command, turn on the GoPro, open the utility drawer by swiping down from the top of the screen, then select



You can then use these voice commands to control the GoPro

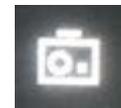
GoPro start recording	GoPro stop time lapse
GoPro stop recording	GoPro video mode
GoPro take a photo	GoPro photo mode
GoPro shoot burst	GoPro burst mode
GoPro time-lapse mode	GoPro turn off
GoPro start time lapse	GoPro HiLight

- To turn off the GoPro, press and hold the mode button or if using voice command say **'GoPro turn off'**
- You can charge the device or connect it to a PC to download images and video footage by connecting the USB cable to the device.



4. Controlling your GoPro from your iPad

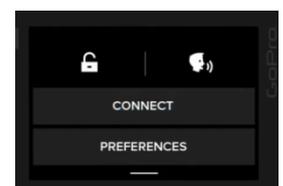
- Ensure Bluetooth is enabled on your iPad. (Settings>Bluetooth).
- Open the GoPro app on your device.
- Click the GoPro symbol in the top left corner, and then Add Camera.



- Select your GoPro Camera (Hero) and turn the camera on.
- Open the Utility Drawer by swiping down on the touchscreen of the camera.



- Select Connect, Select Connect your cameras ID and password new device and Select GoPro App to see
- Click continue and you will receive a pairing request on your device, Select 'Pair'
- You will receive a request to join the Wi-Fi network for the GoPro, select 'Join'
- You are now connected to your iPad device.
- You can have the same view as the GoPro and control taking pictures and videos.



- You can now view the pictures and videos on the GoPro by selecting the Grid in the bottom right hand corner, you can edit videos and select single images from videos, you can delete images or videos.

Note: Deleting will delete from the SD card memory

5. Editing photo and video content using Quik

If you have the facility to show it there is a great 2 minute video that shows how to use the Quikstories feature: <https://youtu.be/fgUQkTLkFNA>

Creating a Quik story – the quickest way to create a compiled video of video and still images

- Make sure Bluetooth and Wi-Fi are turned on, on the iPad. QuikStories uses Bluetooth to search for photos or videos shot within the last 72 hours.
- Launch the GoPro app and pull down on the Home screen to search for new footage.
- QuikStories searches for photos and videos only (time lapse and burst photos are not supported). If new footage is found, QuikStories will ask you if you'd like to get your media. Tap "Get It" to copy files from your GoPro to your iPad and get a QuikStory.
- As footage is copied, photos and videos shot within two hours of each other are automatically edited into QuikStories. Your QuikStories will continue updating until all photos and videos have been fully copied. All originals remain on your GoPro.
- You'll get a notification that states "Your QuikStory is ready!" once your clips are ready to be viewed and/or edited. This notification cannot be turned off, as it is built into the app.
- Push Notifications can be set to Off by visiting Settings on your iPad.

Adding or removing content from your Quickstory

- You can add photos or videos from your recent GoPro footage, your GoPro cloud account, or your iPad's camera roll.
- Open your QuikStory by tapping the thumbnail at the top of your Home screen. This will open your QuikStory in Quik, where you can edit it.
- Tap the pencil icon that appears on any of the clips during playback.
- Decide where you want the new photo or video to appear, and tap the + icon to view your camera roll.
- Select the media you'd like to add. On iOS, Quik will default to your Camera Roll; select a different source by tapping the down arrow next to Camera Roll and selecting any of the options displayed. On Android, you can scroll across to select an album. To access the camera footage copied for your QuikStory, for example, select the "GoPro Recent" album.
- Tap Add to add the selected items to your QuikStory. Once added, you can rearrange the order of your media, and edit the individual clips and photos.

To remove videos:

- Open your QuikStory in the Quik app.
- Find the item you want to remove, and tap the pencil icon.
- Tap Delete to remove the clip.

- Alternatively, you can drag the item to the lower part of the screen and drop it over the Delete icon to remove.