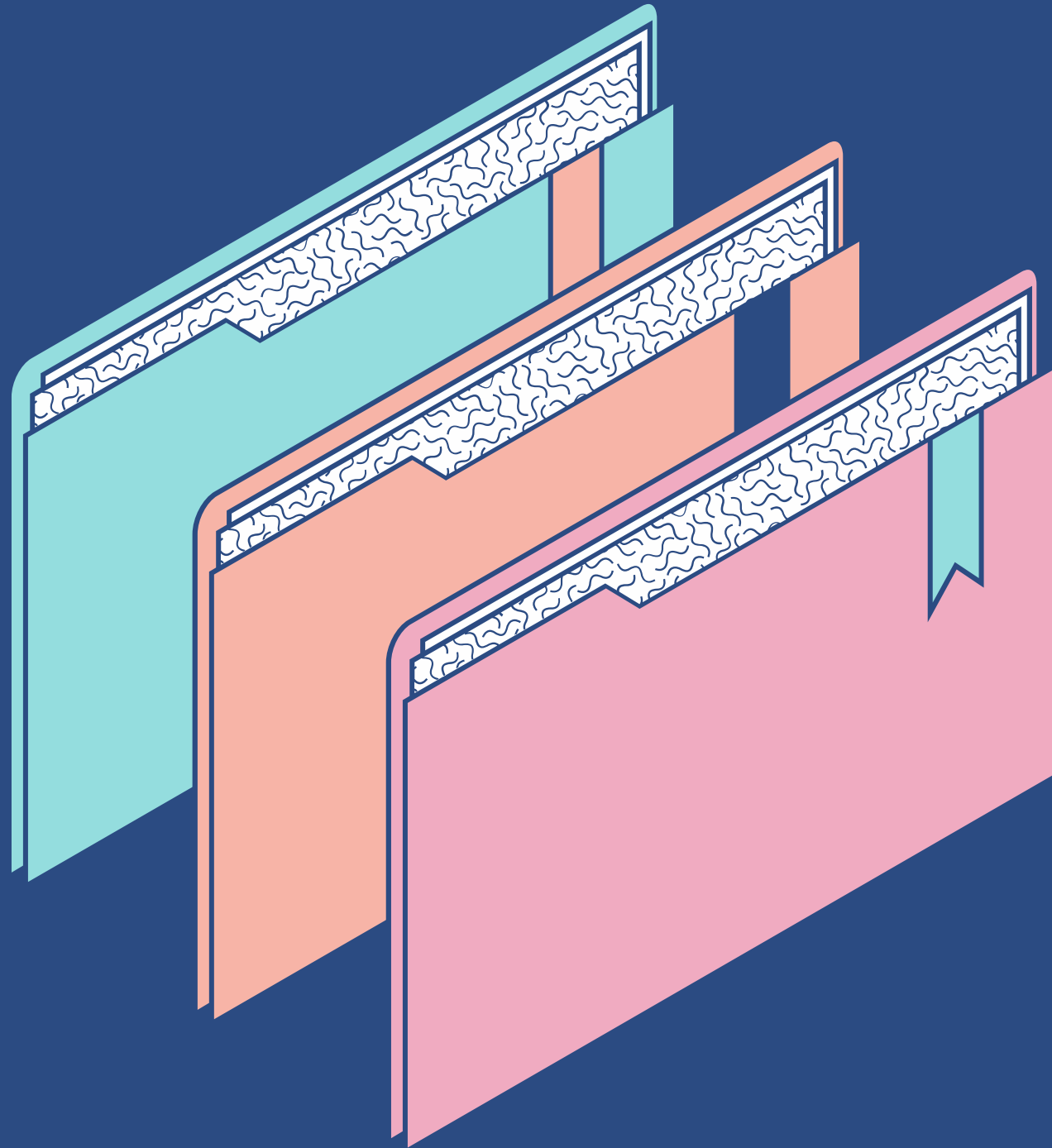


Creating 360-Degree videos with Insta360 Cameras

Media Creation Lab Team

Agenda



PART 1

- Intro to 360-degree Recording
- Intro to Insta360 One R camera

PART 2

- Record using One R touchscreen
- Record using Insta360 mobile app

PART 3

- Edit using Insta360 Studio software

Part 1.1

Intro to 360- degree recording





How 360-degree cameras work

- Consist of multiple lenses (2+)
- Software *stitches* imagery together (fills gaps)
- Software can track, stabilize, filter imagery

Applications for 360-degree recording

- Spaces: entire physical environments
- Scenes: entire group of activity/subjects
- Hopeful recording: pertinent things might appear



Reasons for not 360-degree recording

Considerations

- Intent to focus on specific activity/subject
 - *Mona Lisa*, not Salle des États in the Louvre
- Bystanders: informed consent
- Safety & security
- Battery: ~45 min at highest settings for One R



Recording basics

General recording

- *Exposure* to light results from three settings:
 - *Aperture (or F-Stop)*: pupil
 - *Shutter speed (shutter-exposure time)*: eyelid blink
 - *ISO*
- *Exposure value (EV)* is aperture & shutter speed
- Use *Automatic* settings or find sources for *Manual* settings

360-degree recording

- Know blind-spots (stitch-lines) of camera
- Wipe lenses
- Point to most interesting thing
- Try for even lighting (e.g. overcast days)



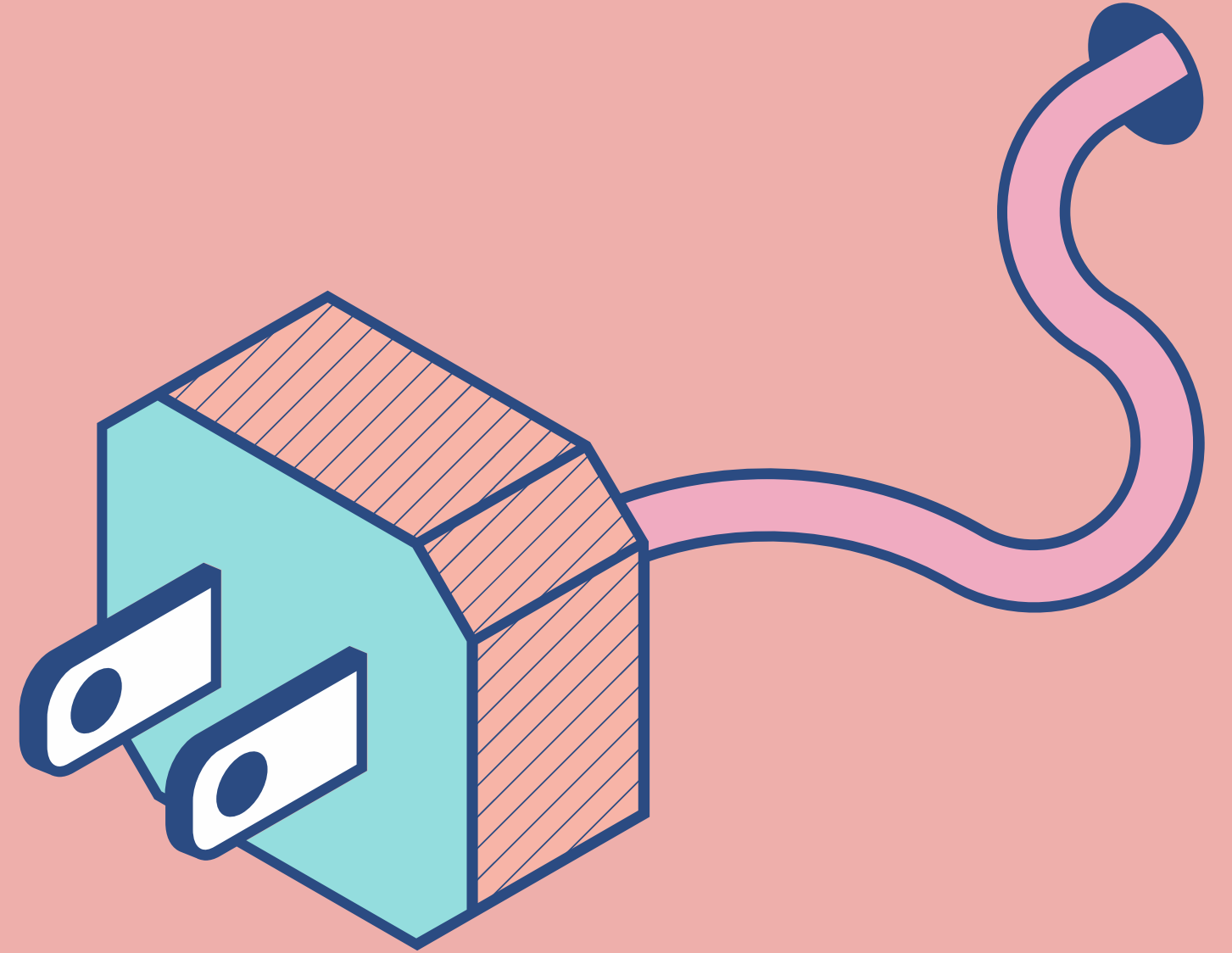
Insta360 One R features/modes

- HDR Photo/Video
- Timelapse
- Bullet Time
- Starlapse
- Burst
- Loop Recording
- Time Shift
- Tiny Planet (mobile app)
- Webcam (dual-screen)

Part 1.2

Intro to Insta360

One R camera



INSTA360 One R

MAIN PARTS

Shutter Button

Power Button

Dual-Lens module

Touchscreen (core module)

USB-C and SD port

Mounting Bracket

Battery



Assembling the Insta360 One R: Phase 1

REMOVE CAMERA FROM MOUNTING BRACKET

1

Slide & hold buckle-lock



3

Open ramp (at back of bracket)



2

Lift front edge and back edge of buckle



4

Remove camera (core-and-lens)

Assembling the Insta360 One R: Phase 2

CONNECT BATTERY BASE TO CAMERA

1

Align battery base with camera and
Press together firmly (no yellow
showing on battery-lock)



2

To remove battery base from camera :
Slide & hold battery-lock and pull the
battery away from the core.



Assembling the Insta360 One R: Phase 3

CONNECT BRACKET, SELFIE STICK, & TRIPOD

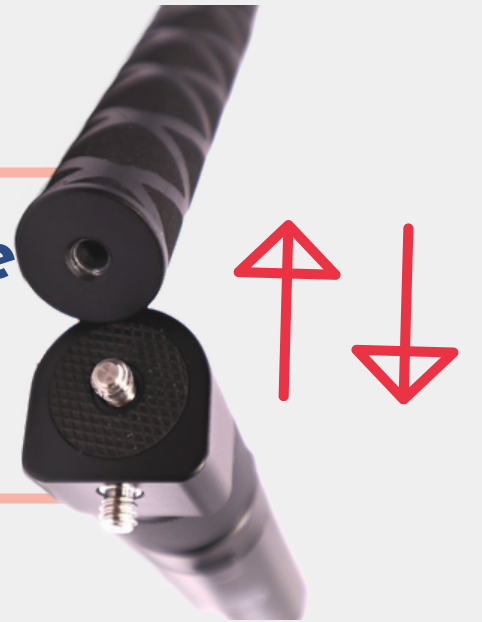
1

Insert camera (w/ battery) into bracket



3

Screw tripod into selfie stick



2

Screw selfie stick into the bracket



4

Extend selfie stick



Part 2.1

Record using One R touchscreen

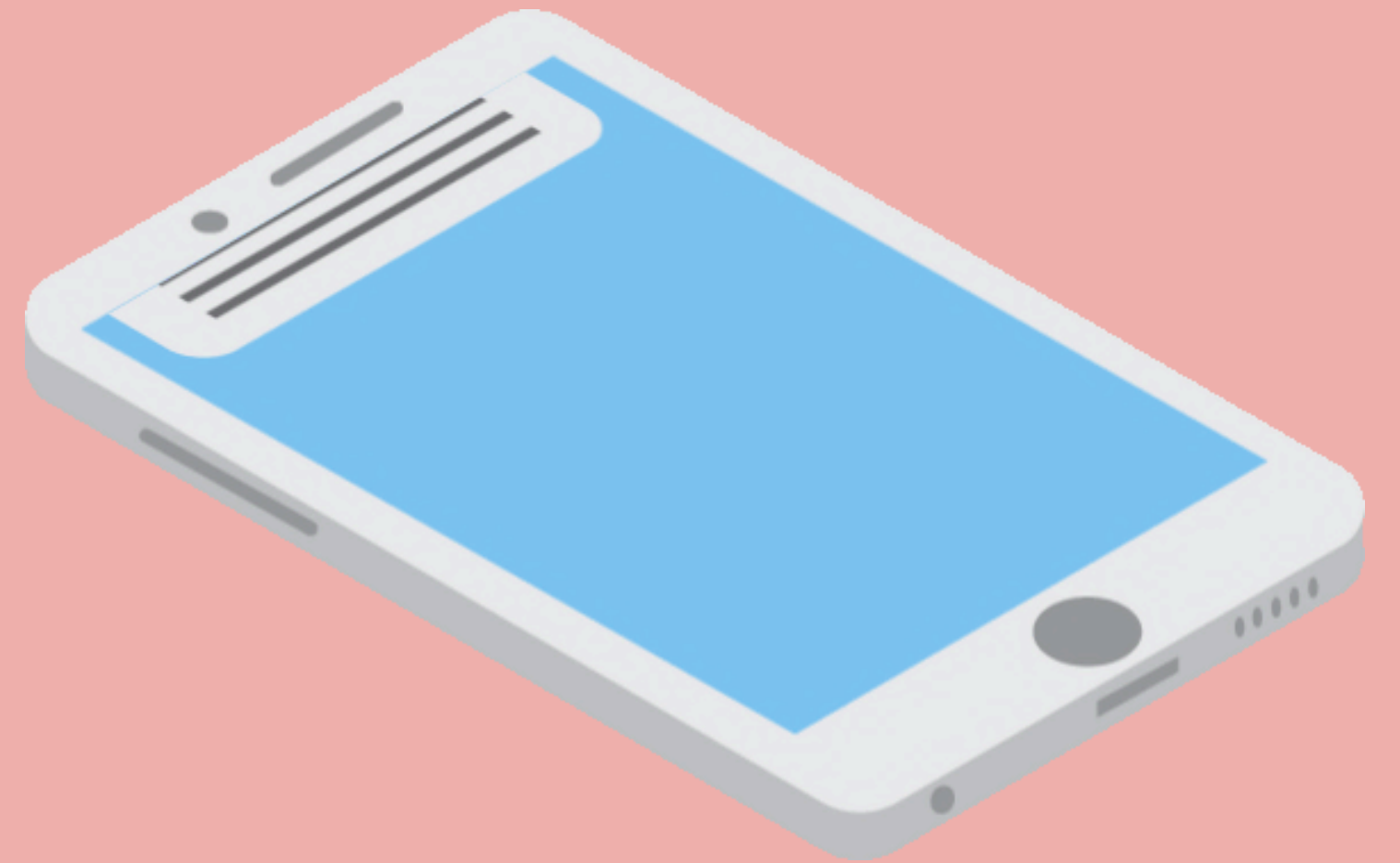




1. Long-press power button
2. (From home-screen), swipe right for modes
3. Tap icon to select mode
4. (From home-screen) swipe left for parameters
5. Long-press shutter button: light blinks

Part 2.2

Record using Insta360 mobile app



BEFORE USING THE INSTA360 APP

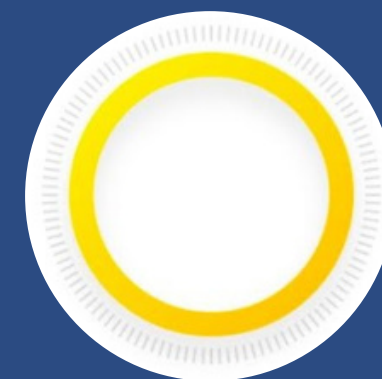


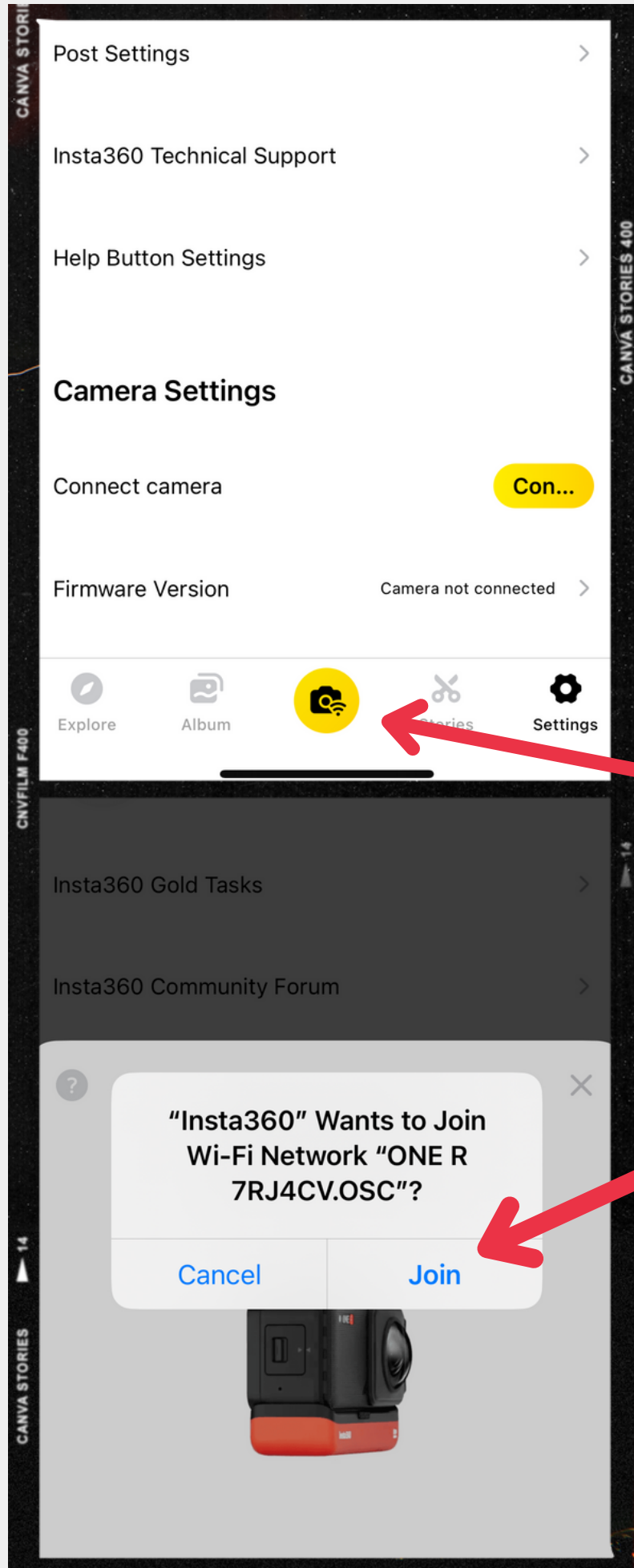
1. Get the camera's serial number:
*Settings-Swipe right for next page-
Camera Info*

2. Enable Wi-Fi

3. Enable Bluetooth

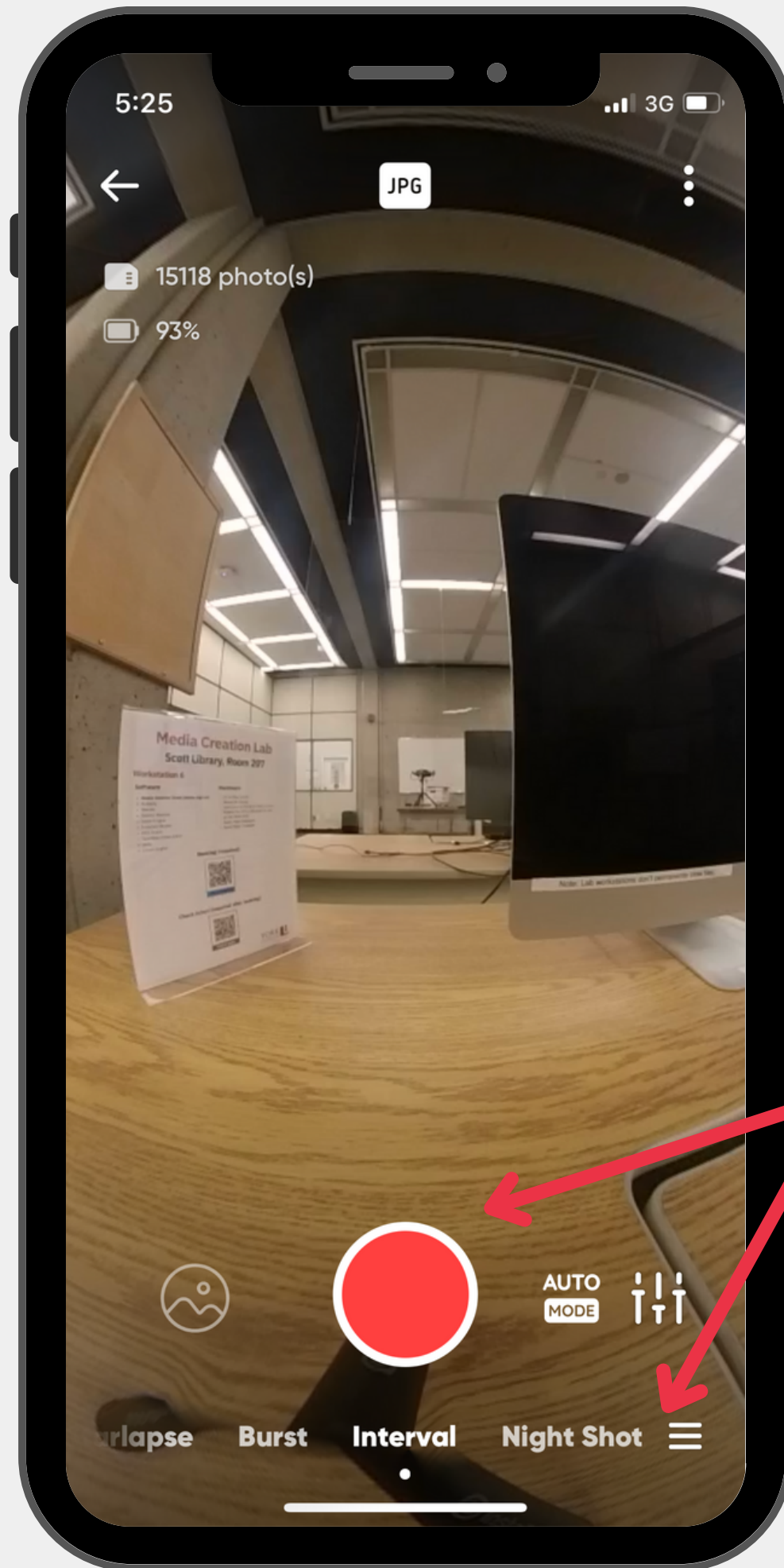
4. Download and open [Insta360 app](#)





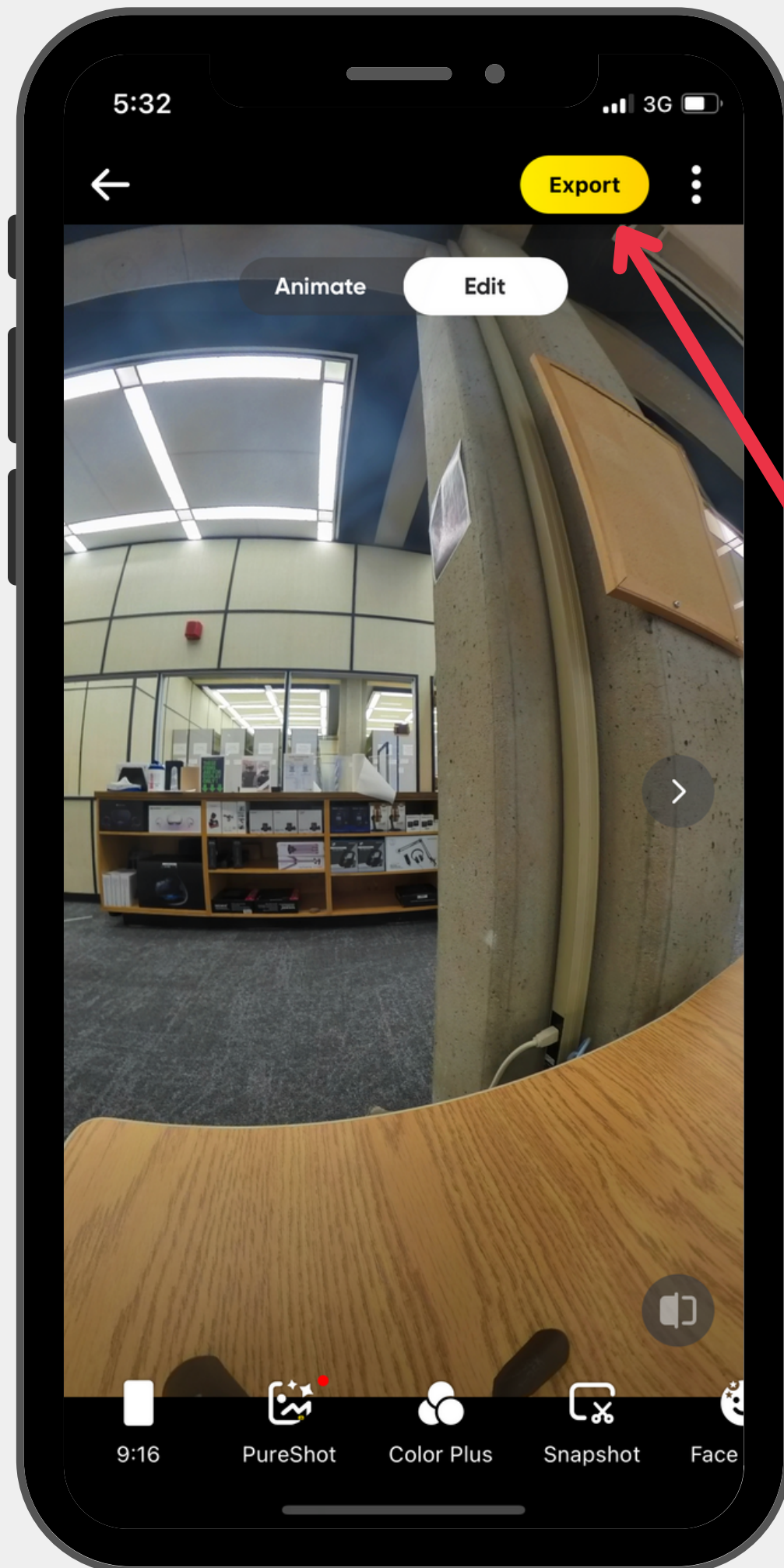
Connect app to camera

1. Turn on camera
2. Open app
3. Tap camera-and-signal icon (or Settings)
4. Make app join camera's Wi-Fi network



Record using app

1. Tap camera icon on main toolbar
2. Select mode at bottom of record/capture screen
 - (Optional) Change settings next to record icon
3. Tap record/capture icon



Transfer images/videos

1. Return to non-recording screen
2. Tap Album icon from main toolbar
3. Select photo or video then select Export

Note: Mobile app only mirrors view of camera

Part 3.1
Edit using
Insta360 Studio



Edit using Insta360 Studio: Phase 1

TRANSFER FILES TO COMPUTER

1

Open port-cover of core module



2

Connect USB cable



3

Turn on camera



4

Locate camera as external drive (e.g. Untitled), and transfer the files to preferred location.

Edit using Insta360 Studio: Phase 2

IMPORT FILES TO INSTA360 STUDIO

1

Download & install
Insta360 Studio

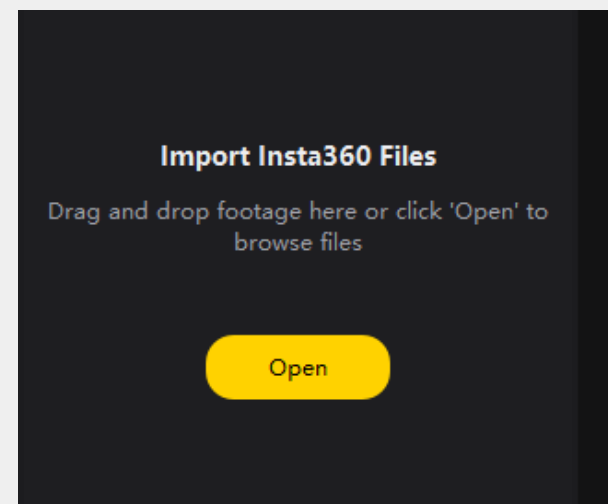


3

Double-click file to view file

2

Import files (from
menu bar or Open
button)



**Trim 360-degree
videos using
Insta360 Studio**



Editing-software basics

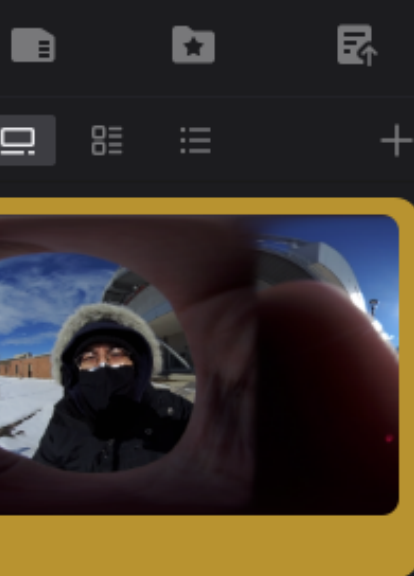
Elements

- Library
- Timeline
- Playhead
- Skimmer
- Scrubbing
- Trim start, trim end

Shortcuts for Insta360 Studio

- Play/pause: Space
- Go to trim-start: [
- Go to trim-end:]
- Mark (playhead) as trim-start: Ctrl + [
- Mark (playhead) as trim-end: Ctrl +]
- Set keyframe (Reframe view): Ctrl + K

*macOS uses replace Ctrl with Cmd



1. Click timeline to set playhead (larger white marker)

2. Click Mark trim as ... (from toolbar)

3. (Optional) Change options using icons in right panel

4. Click Start Export

00:00:56 / 00:04:45



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