



REMCREAD

Empowering Refugee & Migrant Women  
through Creative Methods and Digital Literacy

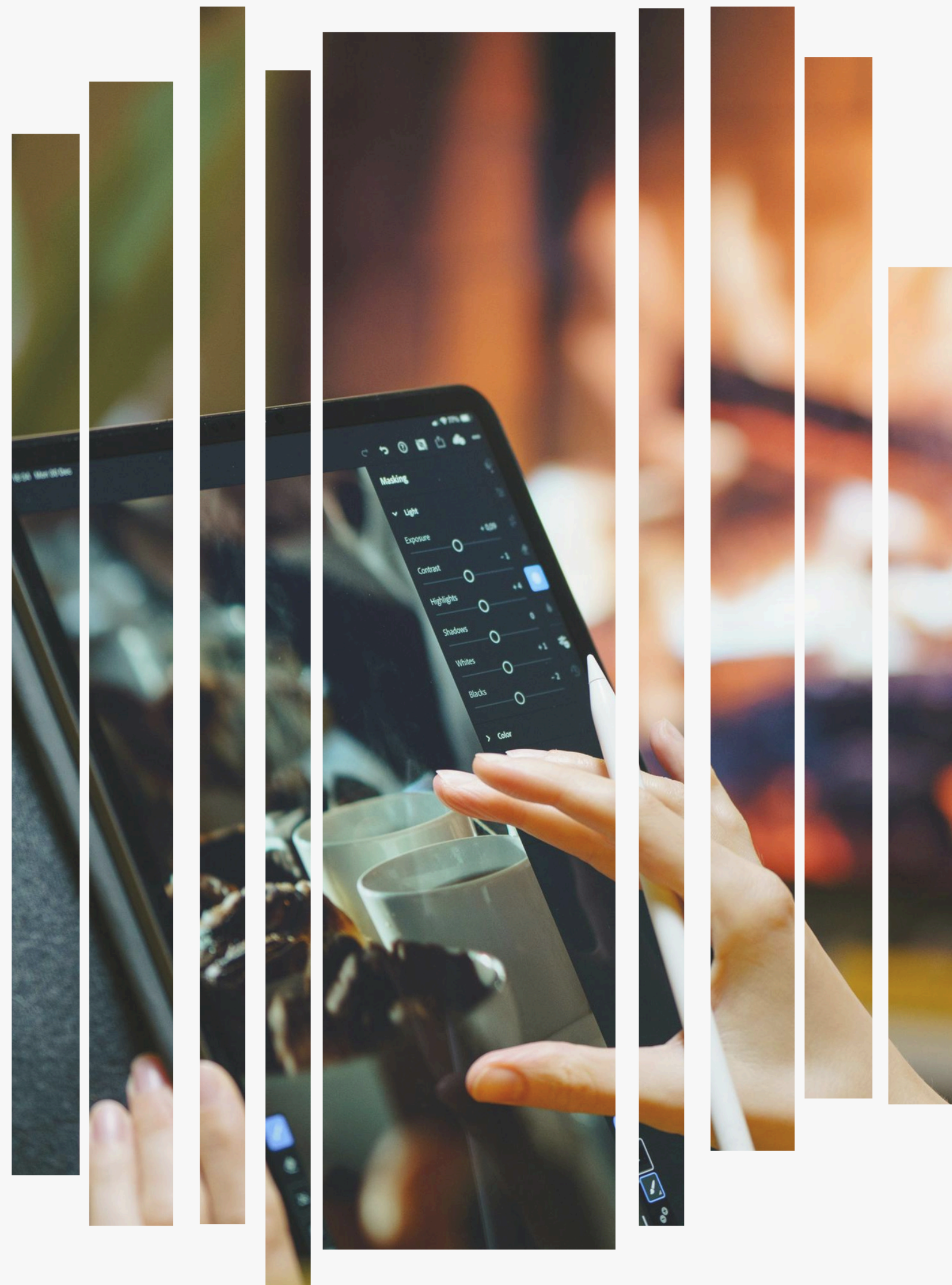
# EDITING PHOTOS AND VIDEOS ON YOUR SMARTPHONE

## WORKSHOP

[MODULE 5 •  
Digital Literacy In-Training Service]



Co-funded by  
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# IN THIS WORKSHOP YOU WILL LEARN

- 01** → How to use smartphone editing apps for both photo and video content.
- 02** → Basic and advanced editing techniques to enhance visual content.
- 03** → Create an editing workflow to maximize efficiency and consistency
- 04** → Optimize content for sharing on different social media platforms







# CONTENT

**01**

INTRODUCTION TO  
SMARTPHONE EDITING APPS  
FOR PHOTO EDITING

**02**

EDITING PHOTOS/VIDEOS ON  
YOUR SMARTPHONE

**03**

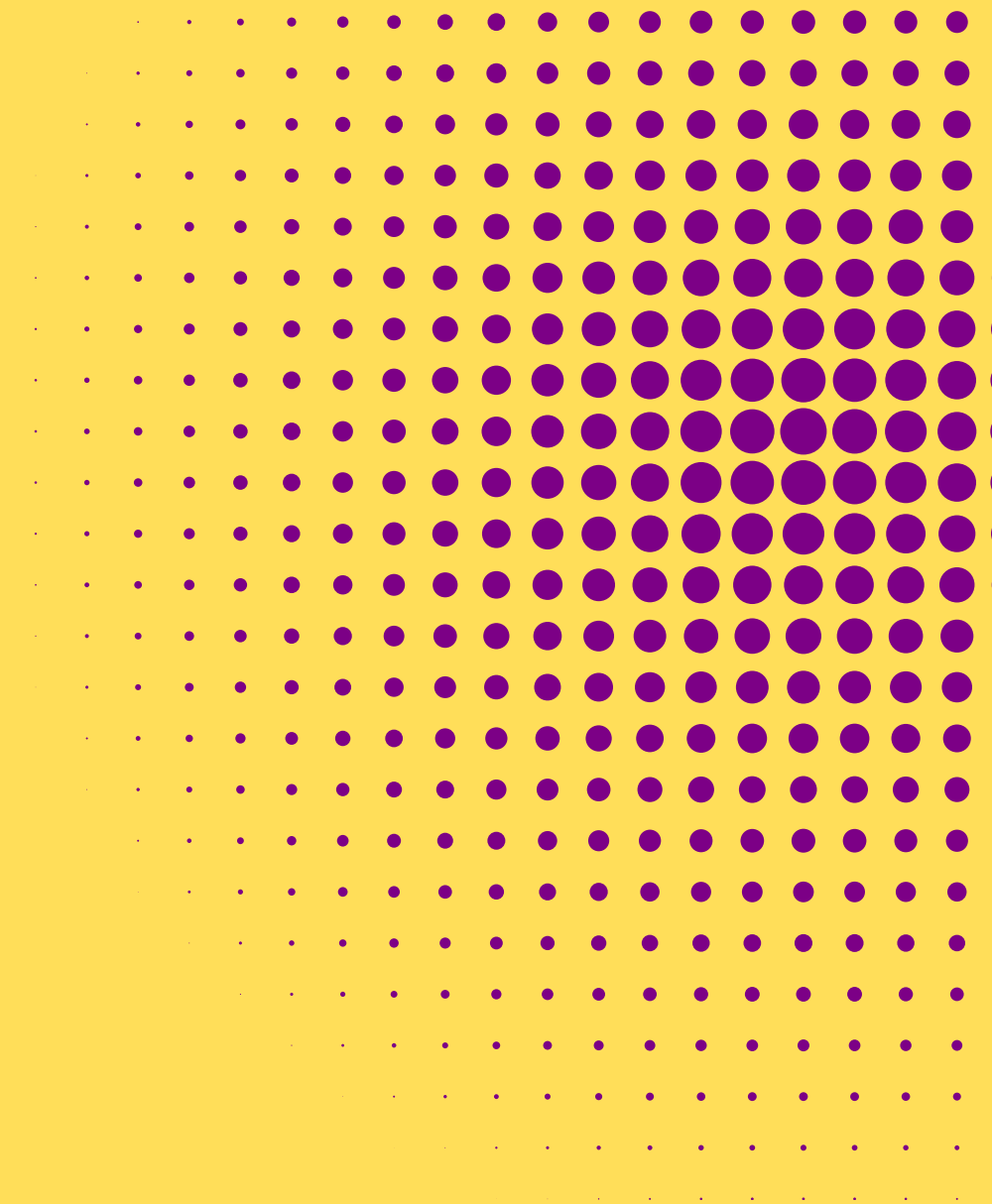
ADVANCED EDITING  
TECHNIQUES

**04**

TIPS FOR EFFICIENT EDITING  
WORKFLOW

**05**

EXPORTING AND SHARING  
EDITED CONTENT







## ACTIVITY 5.1

# Introduction to Smartphone Editing Apps for photo editing







# QUESTIONS

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- What apps have you used for photo or video editing?
- What editing features did you find the most useful?





# FREE PHOTO EDITING APPS FOR ANDROID AND IOS



## SNAPSEED

A powerful and fully free editing app by Google. It offers professional-level tools like brightness, contrast, sharpness, selective adjustments, healing (to remove small objects), and filters like HDR and vintage effects.

**No paid version needed!**

## LIGHTROOM MOBILE

It offers basic editing tools like exposure, contrast, highlights, shadows, and color adjustments. The FREE version has limited functions, but they are enough for basic editing.

## VSCO

Includes a limited set of stylish filters and basic editing tools (exposure, contrast, saturation, and sharpness). The free version has fewer filters compared to the paid subscription but is still great for achieving a creative look.

## CANVA

A versatile design app, great for content creation, that can also be used as a photo and video editing tool. It has a free version and a Paid one, that gives access to more tools.



# SNAPSEED APP

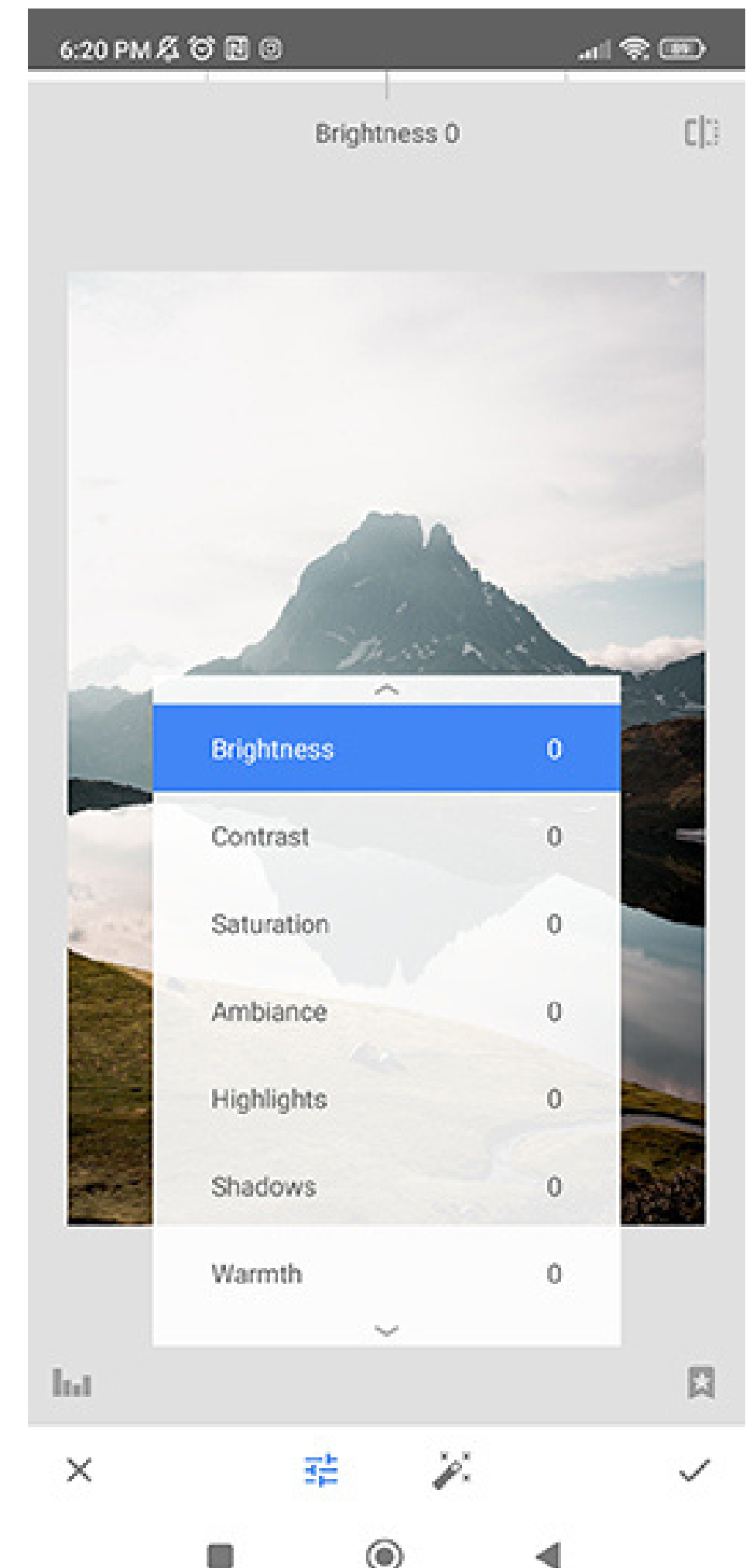


## KEY FEATURES

- **Selective Adjust:** Allows precise editing of specific areas within a photo.
- **Healing Tool:** Remove unwanted objects or blemishes seamlessly.
- **Filters and Presets:** Apply a variety of artistic and corrective filters.
- **RAW Support:** Edit RAW files for higher-quality images.
- **User-Friendly Interface:** Easy navigation with responsive touch controls.

## WHY IT'S GREAT FOR BEGINNERS

- Offers simple tutorials
- Easy to use interface



# LIGHTROOM

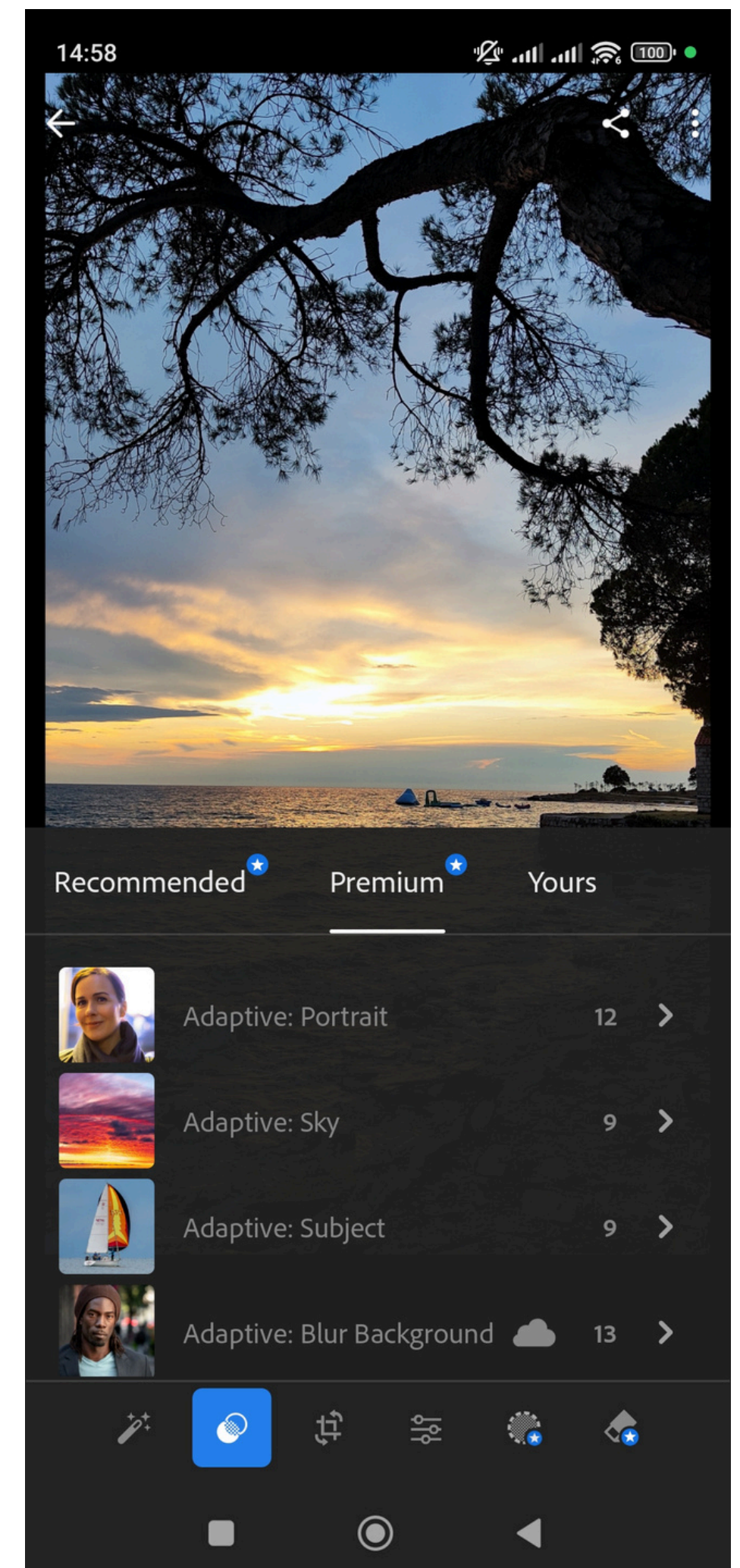


## KEY FEATURES

- **Professional Editing Tools:** Adjust color, light, and detail with precision.
- **Presets:** Apply pre-configured settings to achieve consistent looks.
- **RAW Editing:** Edit RAW photos for maximum image quality.
- **Organizational Tools:** Tag and categorize photos for easy access.
- **Synchronization:** Sync edits across devices with a free Adobe account.

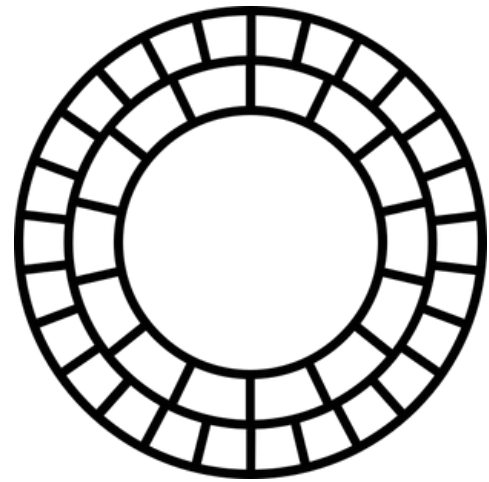
## WHY IT'S GREAT FOR BEGINNERS

- Intuitive interface
- Comprehensive tutorials





# VSCO



## KEY FEATURES

- **Film-Inspired Filters:** Apply a wide range of artistic filters to enhance photos.
- **Basic Editing Tools:** Adjust exposure, contrast, saturation, and more.
- **Video Editing:** Edit short video clips with similar filters and tools.
- **Creative Community:** Share photos within the VSCO community for inspiration (optional feature).
- **Camera Integration:** Capture photos directly within the app for seamless editing.

## WHY IT'S GREAT FOR BEGINNERS:

VSCO's focus on filters and simplicity allows users to achieve beautiful results quickly, encouraging experimentation with different styles and looks.



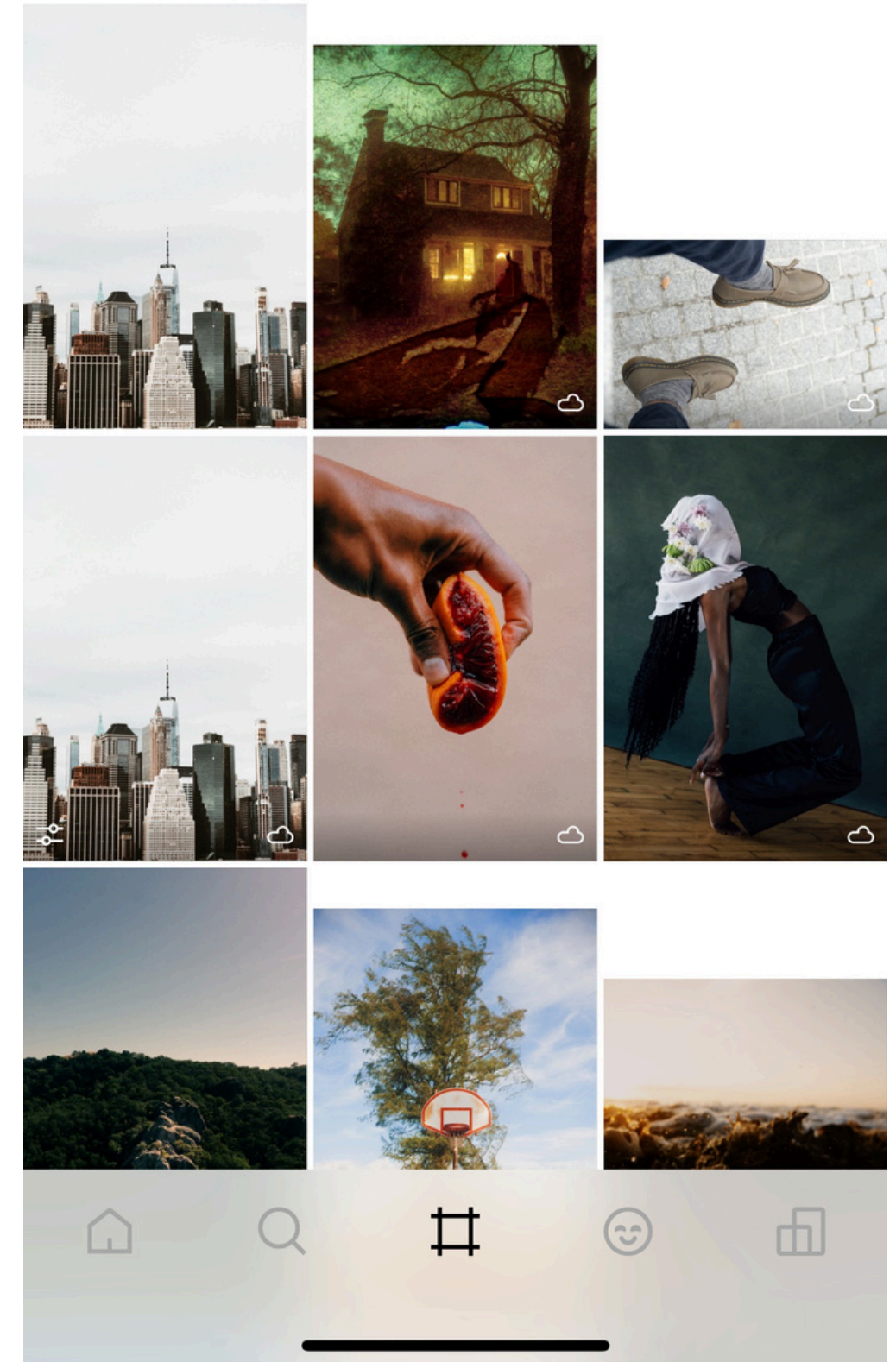
## Studio

Videos

Images

Synced

Not synced





# CANVA

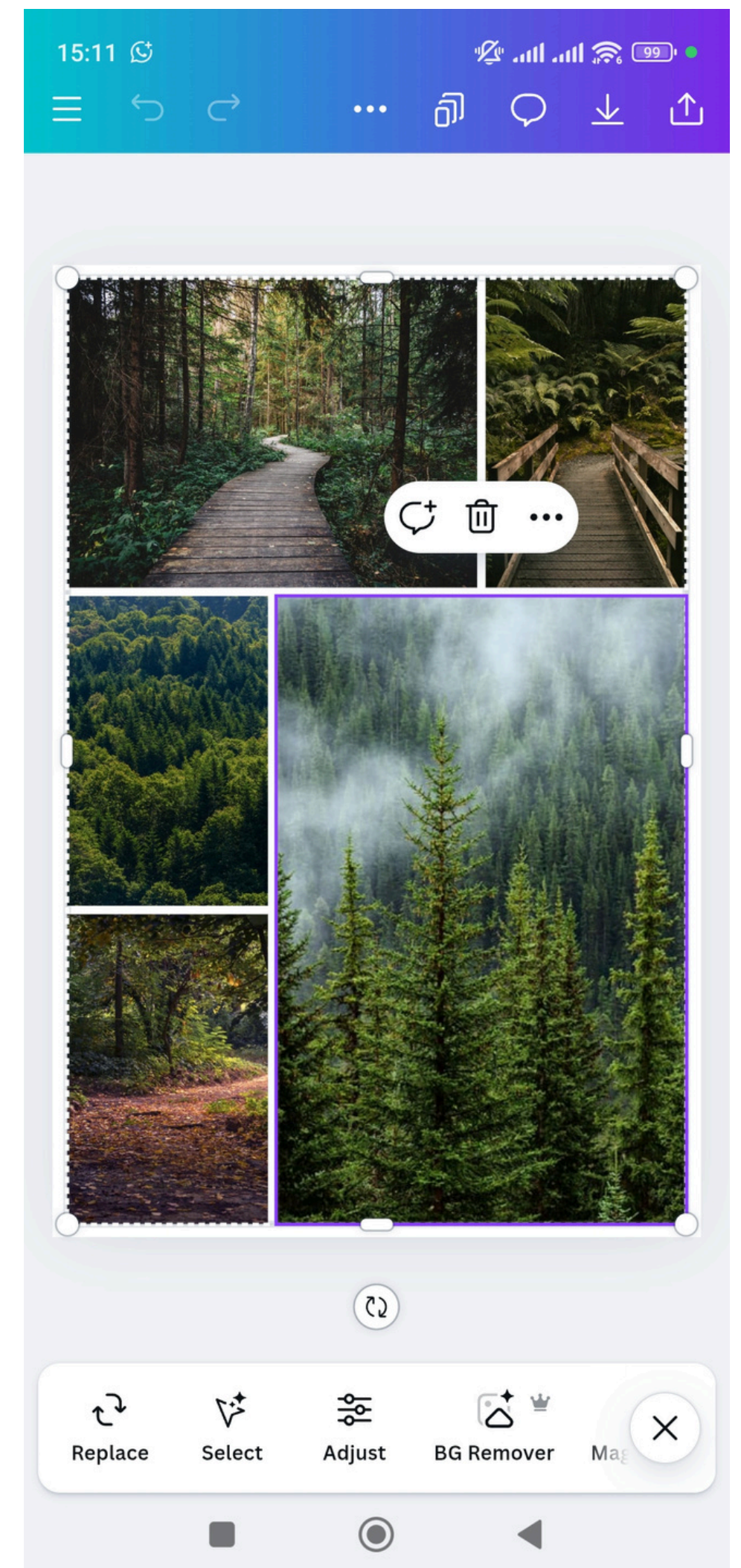


## KEY FEATURES

- **Templates:** Access thousands of customizable templates for various purposes.
- **Drag-and-Drop Interface:** Easily add and arrange elements within designs.
- **Text Tools:** Add and style text with a wide range of fonts and effects.
- **Graphics and Icons:** Incorporate illustrations, icons, and other graphic elements.
- **Collaboration:** Work on designs with others in real-time.

## WHY IT'S GREAT FOR BEGINNERS:

Canva's intuitive design tools and extensive template library help users create professional-looking graphics without needing advanced design skills.







# TASK

Install one of the apps presented, on your phone.

Explore the features for a few minutes.





## ACTIVITY 5.1.1

# Editing photos on your smartphone





# ESSENTIAL PHOTO EDITS

## 1. Light and Exposure

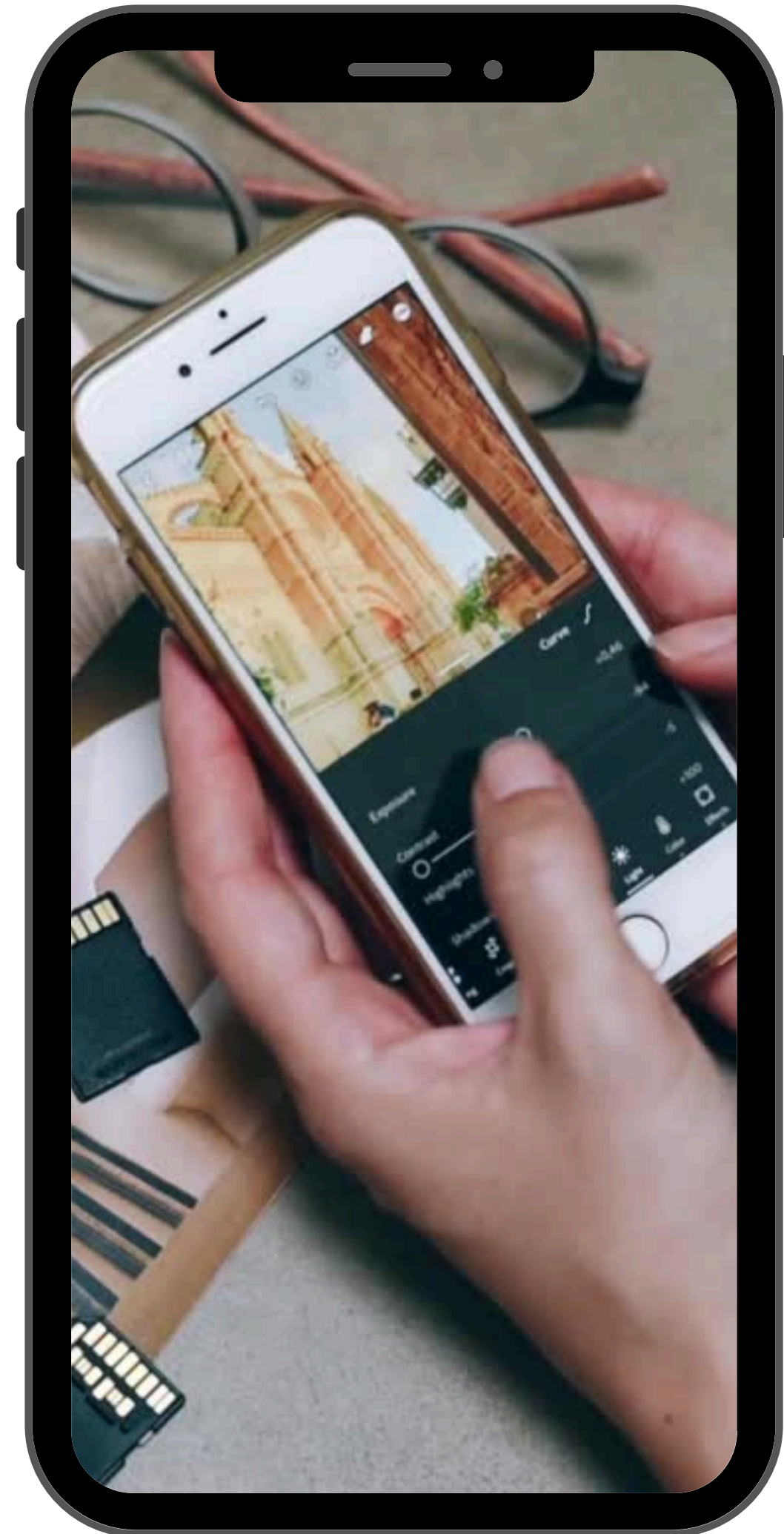
- Adjust Brightness to lighten/darken the photo
- Modify Highlights and Shadows for balanced lighting
- Use Contrast to make details pop

## 2. Color & Tone

- Adjust White Balance to do basic colour corrections on TEMP and TINT, as well as SATURATION
- Then you can go to Colour MIX (in Lightroom) and adjust specific colors
- Apply Filters for a quick style change

## 3. Sharpness & Details

- Use Sharpening & Clarity to enhance textures
- Crop & Straighten for better composition





Example:

# BEFORE/AFTER

Edited with Lightroom  
mobile



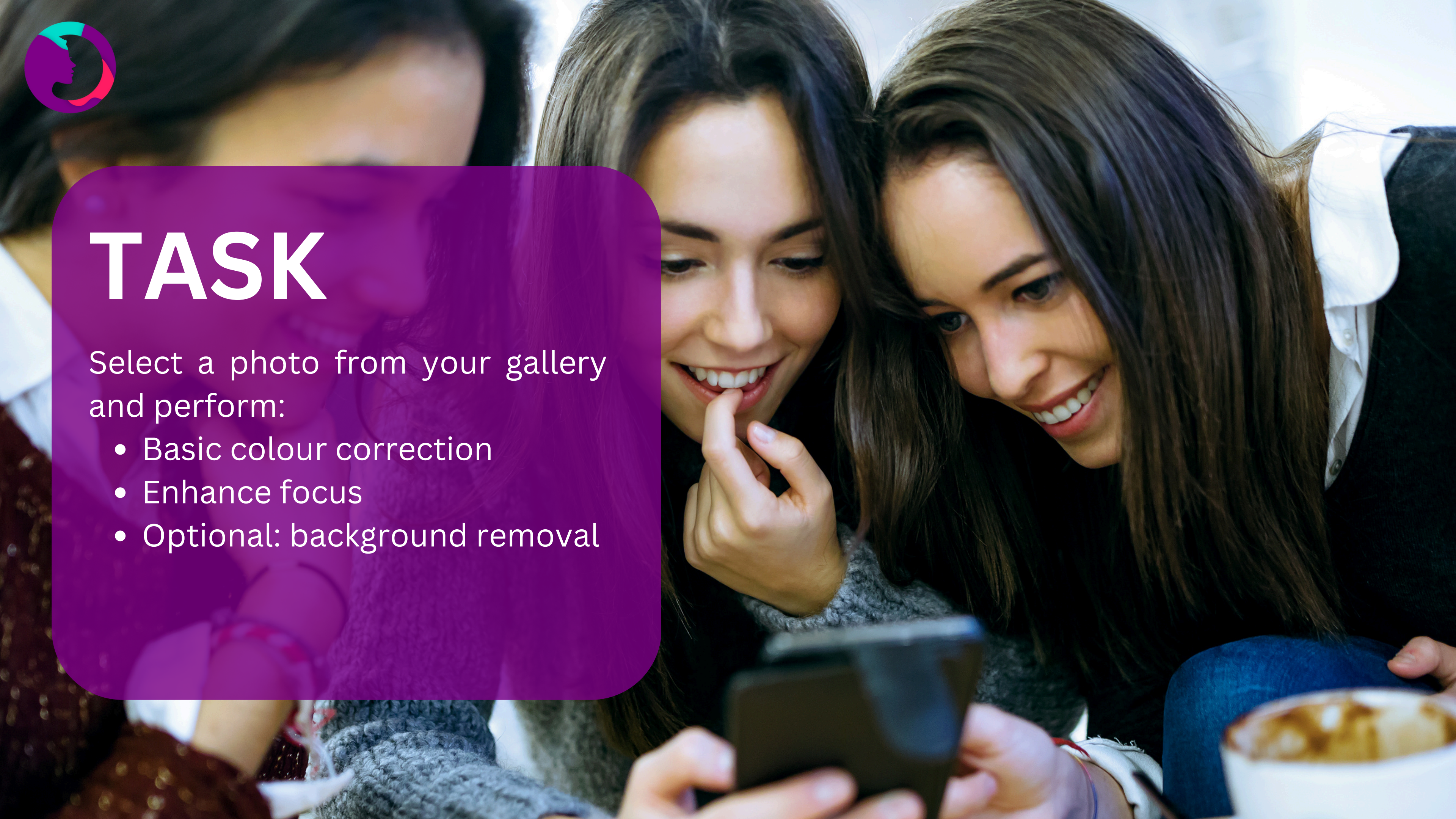




# TASK

Select a photo from your gallery and perform:

- Basic colour correction
- Enhance focus
- Optional: background removal







# QUESTIONS

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- How did it go?
- Was it easy or difficult?
- What did you find most difficult/easy?
- Did you find something new?







## ACTIVITY 5.2

# Introduction to Smartphone Editing Apps for video editing





# FREE VIDEO EDITING APPS FOR ANDROID AND IOS



## CAPCUT

CapCut is a free, all-in-one video editor developed by the creators of TikTok (ByteDance). It's designed for fast, intuitive editing and creating engaging short-form content.

## INSTAGRAM'S BUILT-IN VIDEO EDITOR

Instagram has a built-in video editor for posts, Stories, and Reels. It's simple but optimized for the platform, making it easy to create engaging content without leaving the app.

## INSHOT

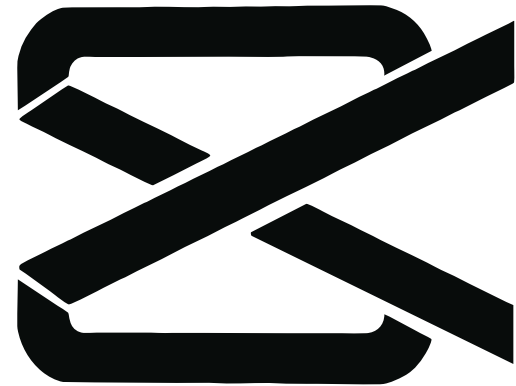
InShot is a user-friendly editing app designed for quick and polished videos, especially for Instagram Reels, TikToks, and Facebook stories. It's particularly effective for trimming, merging, and adding creative elements to short videos.

## CANVA (VIDEO EDITOR)

Canva isn't just for graphics — it also has an excellent video editor. It's ideal for creating visually appealing videos with text, templates, and animations.



# CAPCUT

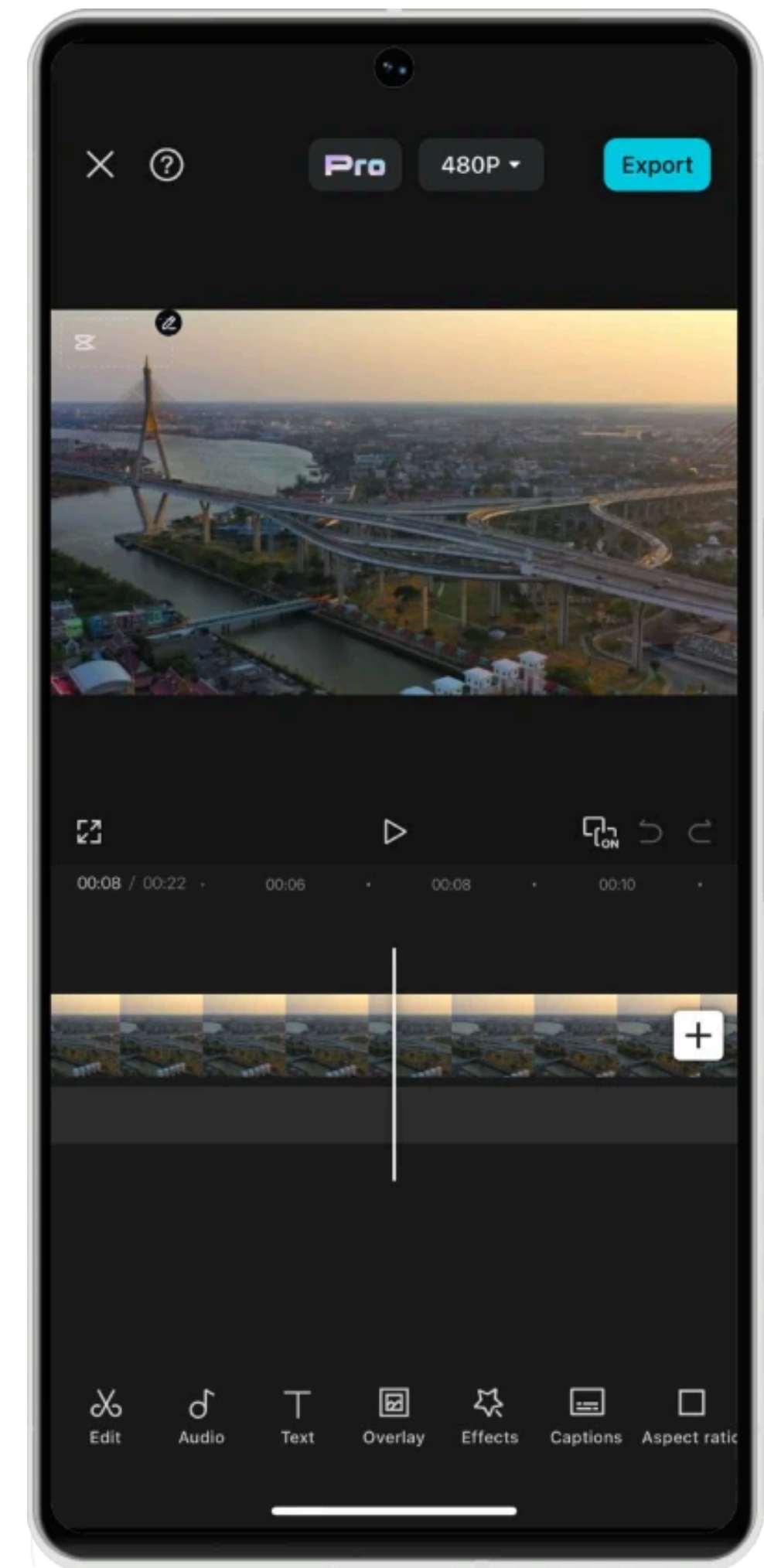


## KEY FEATURES

- **Multi-track editing:** Layer video, audio, stickers, and text.
- **Transitions & Effects:** Smooth transitions, filters, and cinematic effects.
- **Text & Subtitles:** Add captions with customizable fonts and animations.
- **Music & Sounds:** Built-in royalty-free music and sound effects.
- **Export Options:** Easy export optimized for TikTok, Instagram, and other platforms.

## WHY IT'S GREAT FOR BEGINNERS

The simple drag-and-drop style timeline makes editing accessible for first-time users, while advanced features (like keyframing and speed control) keep it powerful enough for more experienced creators.





# INSHOT

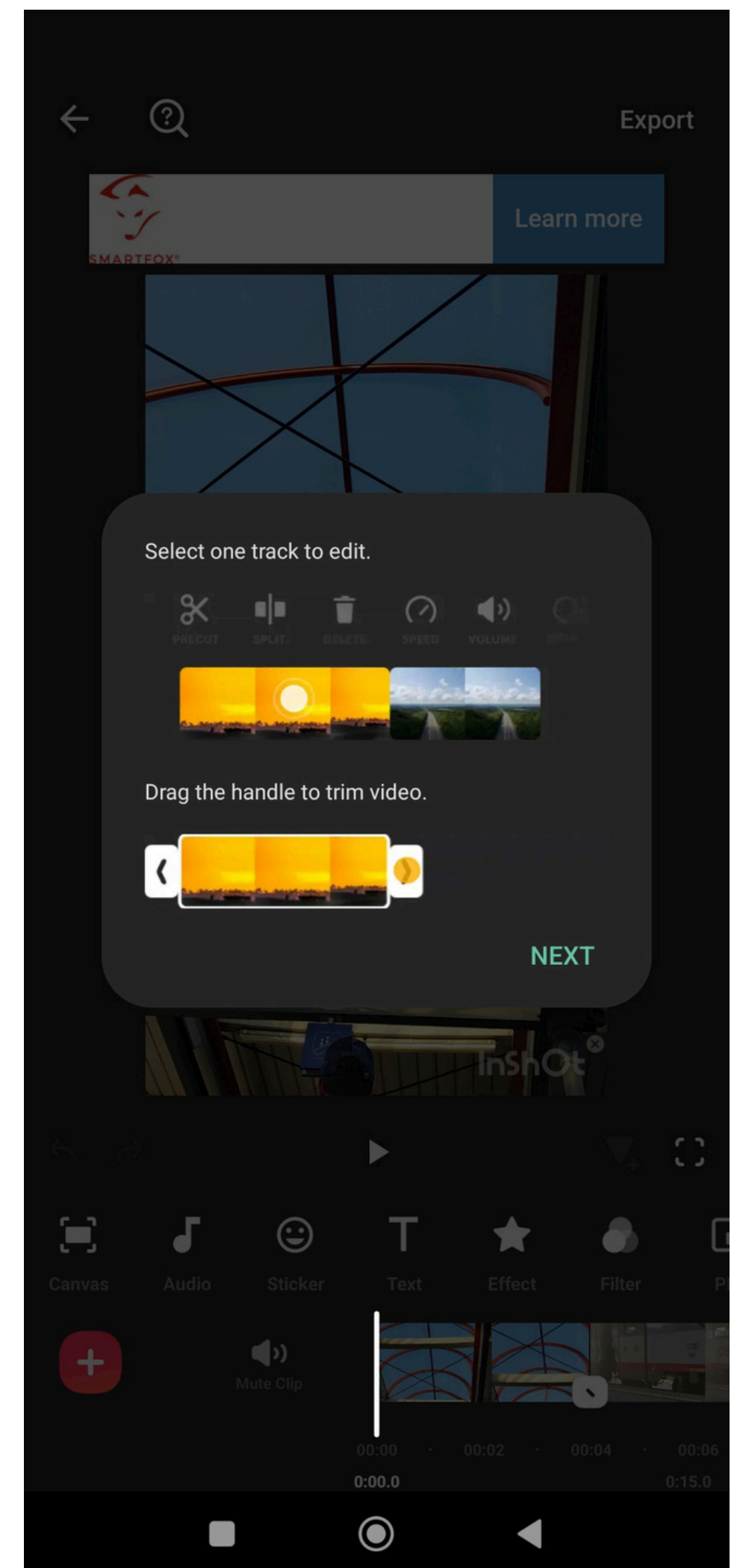


## KEY FEATURES

- **Trimming & Splitting:** Quickly cut, split, and merge clips.
- **Aspect Ratio Presets:** Pre-set canvas sizes for Instagram, TikTok, YouTube, and more.
- **Filters & Effects:** Add filters, transitions, and speed adjustments.
- **Text & Stickers:** Insert text overlays, emojis, and animated stickers.
- **Music Sync:** Add and synchronize music tracks or voiceovers.
- Free version comes with ads and watermarks when exporting

## WHY IT'S GREAT FOR BEGINNERS

InShot's intuitive interface and social-media-focused tools make it easy to create polished videos tailored to platform requirements in just a few taps.





# INSTAGRAM'S BUILT-IN VIDEO EDITOR

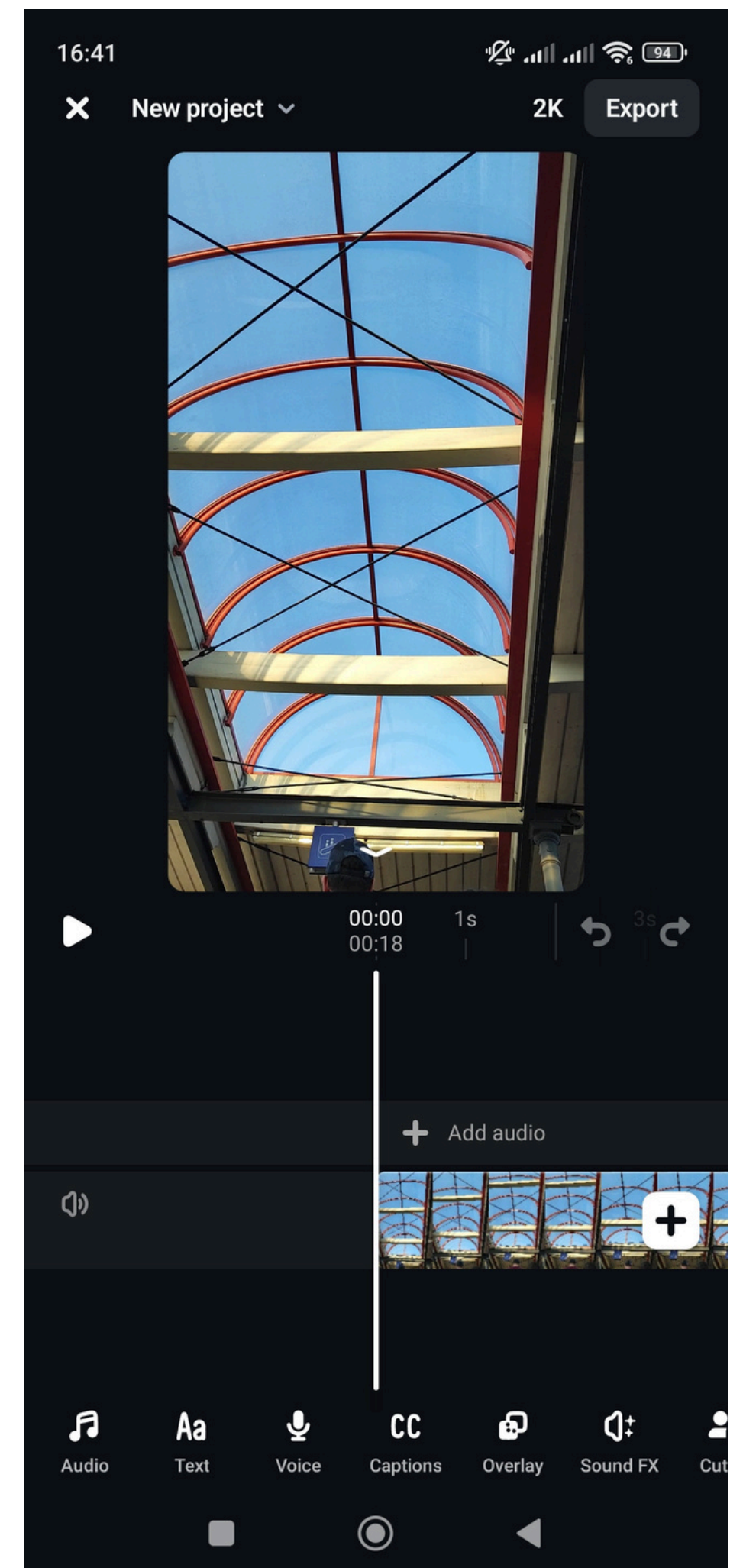


## KEY FEATURES

- **Smart Editor:** Choose your videos and let the app sync them to a song
- **Reels Editing Tools:** Access speed controls, timer, alignment, and transitions.
- **Filters & Effects:** Apply Instagram's signature filters and AR effects.
- **Text & Stickers:** Add text, stickers, polls, and GIFs.
- **Music Integration:** Choose from Instagram's vast music library.

## WHY IT'S GREAT FOR BEGINNERS

It's easiest to use, especially with the smart editor, if you want to create a video and post it right away on Instagram.





# CANVA (VIDEO EDITOR)

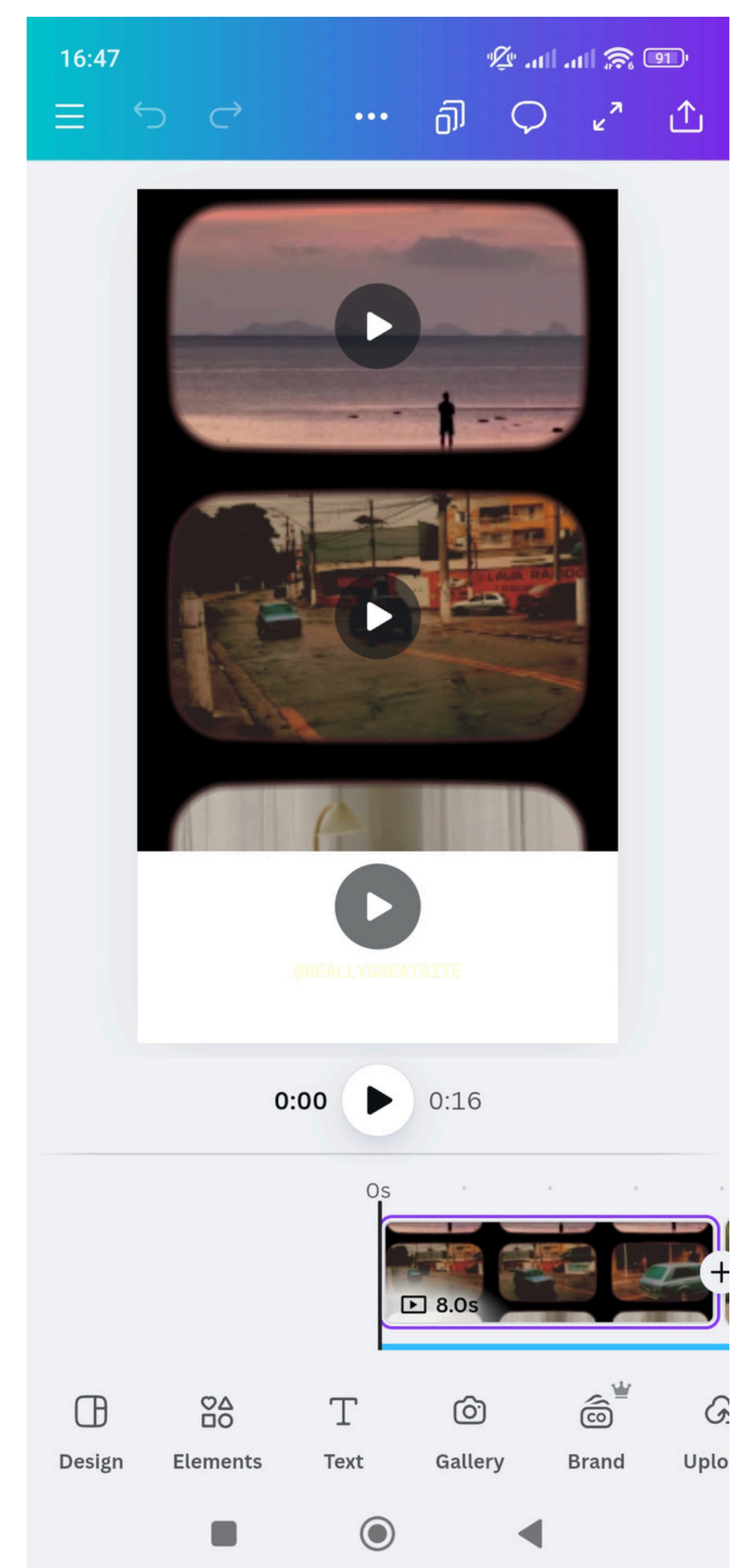


## KEY FEATURES

- **Templates:** Thousands of pre-designed video templates for social media.
- **Drag-and-Drop Editor:** Add video clips, images, graphics, and text easily.
- **Stock Library:** Access free video clips, images, and audio tracks.
- **Animations:** Add transitions and animated text or graphics.
- **Collaboration:** Create videos together in real-time across devices.

## WHY IT'S GREAT FOR BEGINNERS

Canva's template-based editing allows even complete beginners to create professional-looking videos, perfect for social media posts, stories, or reels.







# TASK

Install one of the apps presented, on your phone.

Explore the features for a few minutes.





## ACTIVITY 5.2.1

# Editing videos on your smartphone





# ESSENTIAL VIDEO EDITS

## 1. Trim, cut and adjust

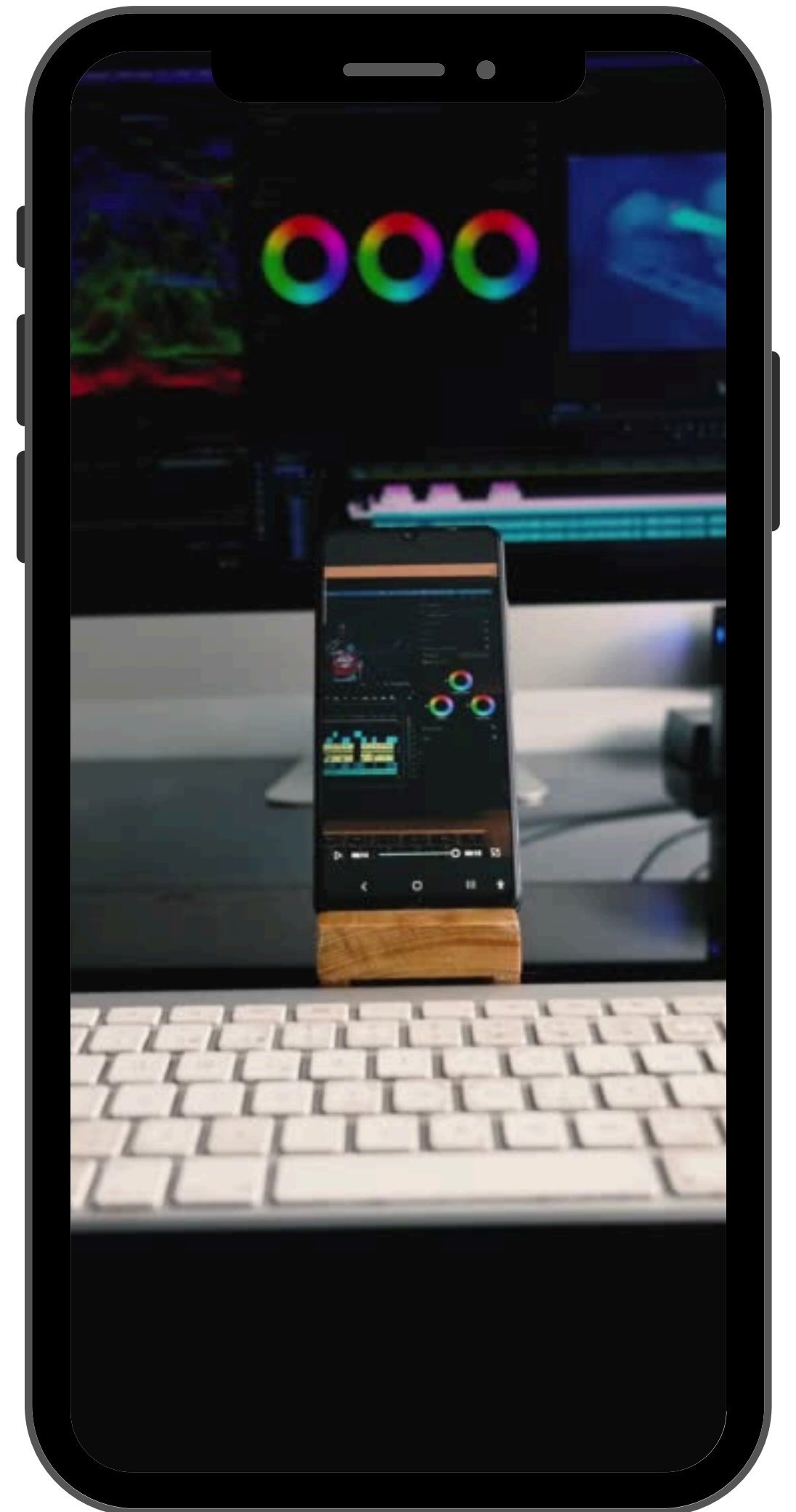
- Trim clips to remove unwanted parts
- Split longer videos into shorter segments
- Rearrange clips for better storytelling

## 2. Add Music or voice over

- Add Music to set the mood, choose from the app's available music for better integration (some apps might delete your music if it is not accessible on their platform)
- Add voiceover to enhance the storytelling and give it a personal touch

## 3. Enhance Look & Feel

- Apply Filters for consistent style
- Choose the Right Aspect Ratio (9:16 for Stories/Reels, 1:1 for IG Feed)







# TASK

Split the participants into 4 groups and assign one app for each group. Participants select a few videos and perform the following tasks:

- Create a short video (10-15 seconds)
- Add transitions and apply one filter
- Add music/voiceover and export it.







# QUESTIONS

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- How did it go?
- What did you find interesting?
- Did you discover something new?
- Was the app easy to use?







## ACTIVITY 5.3

# Advanced Editing Techniques





# ADVANCED PHOTO EDITS

## 1. Color Grading

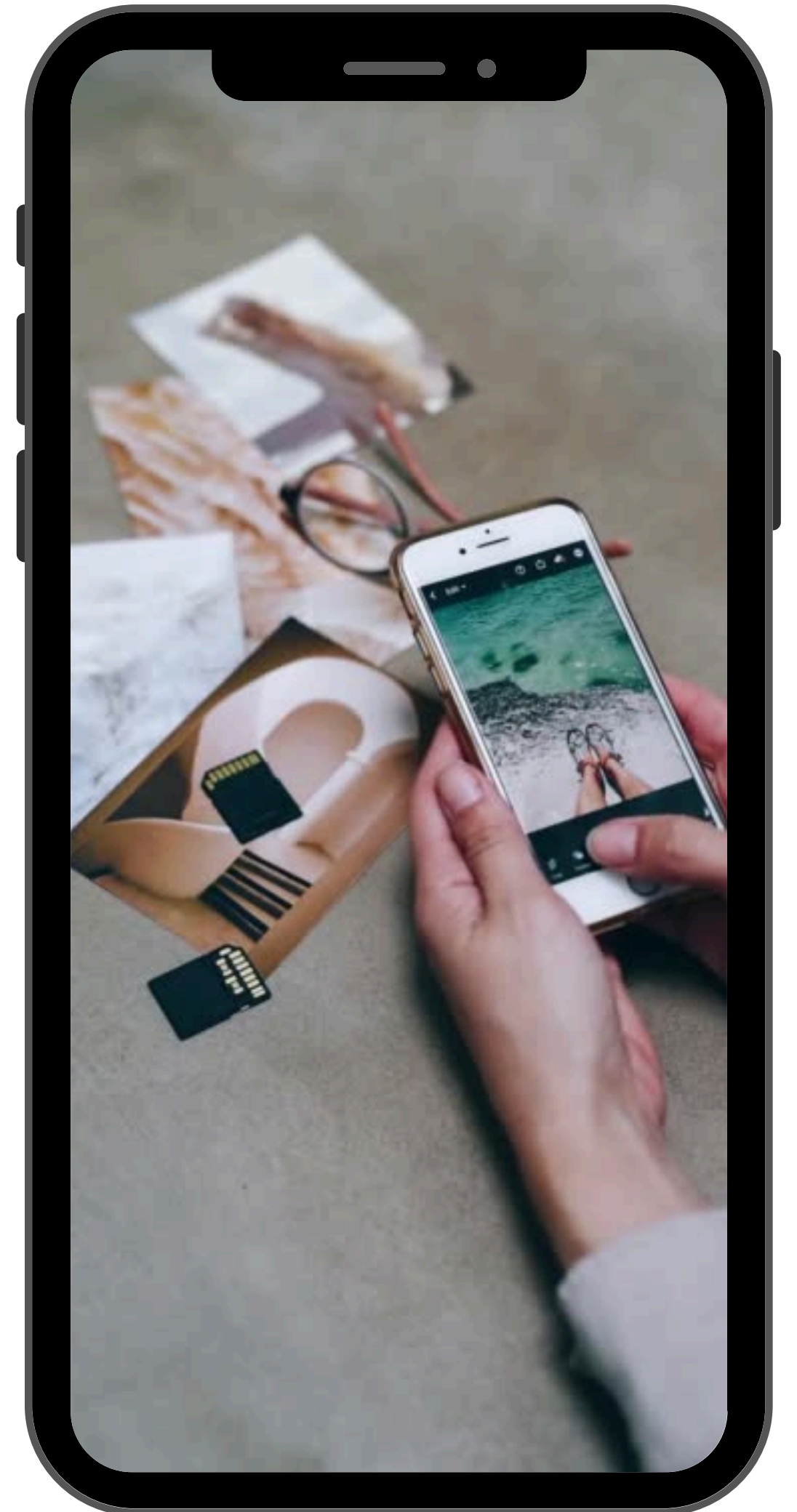
- Adjust Hue, Saturation & Temperature for mood
- Use Presets (VSCO, Lightroom) for consistency
- Keep colors natural — avoid over-editing

## 2. Spot Healing & Object Removal

- Remove spots or distracting objects (Snapseed's Healing Tool).
- Perfect for product photography or portraits where the background needs to be clean.

## 3. Selective Adjustments

- Brighten or darken only specific areas (faces, products, skies).
- Snapseed: Selective Tool → Tap area → Adjust brightness/contrast/saturation.
- Helps guide the viewer's eye to the main subject.





# ADVANCED PHOTO EDITS

## 4. Perspective & Geometry Corrections

- Fix tilted horizons or distorted buildings (Lightroom → Geometry tool).
- Useful for architectural shots or flat lays that look “crooked.”

## 5. Creative Effects & Styling

- Add vignette for dramatic focus on the subject.
- Experiment with double exposure (Snapseed) for storytelling visuals.
- Turn photos black & white and selectively keep one color (color splash effect).

**Pro Tip:** Combine subtle adjustments + creative effects instead of doing everything at once — less is more for a professional look.







# TASK

Ask the participants to use the photos from the previous activity and enhance them using the advanced features. Suggested tasks:

- Apply colour grading to create a certain mood
- Brighten or darken only specific areas (faces, products, skies).
- Remove certain spots or objects



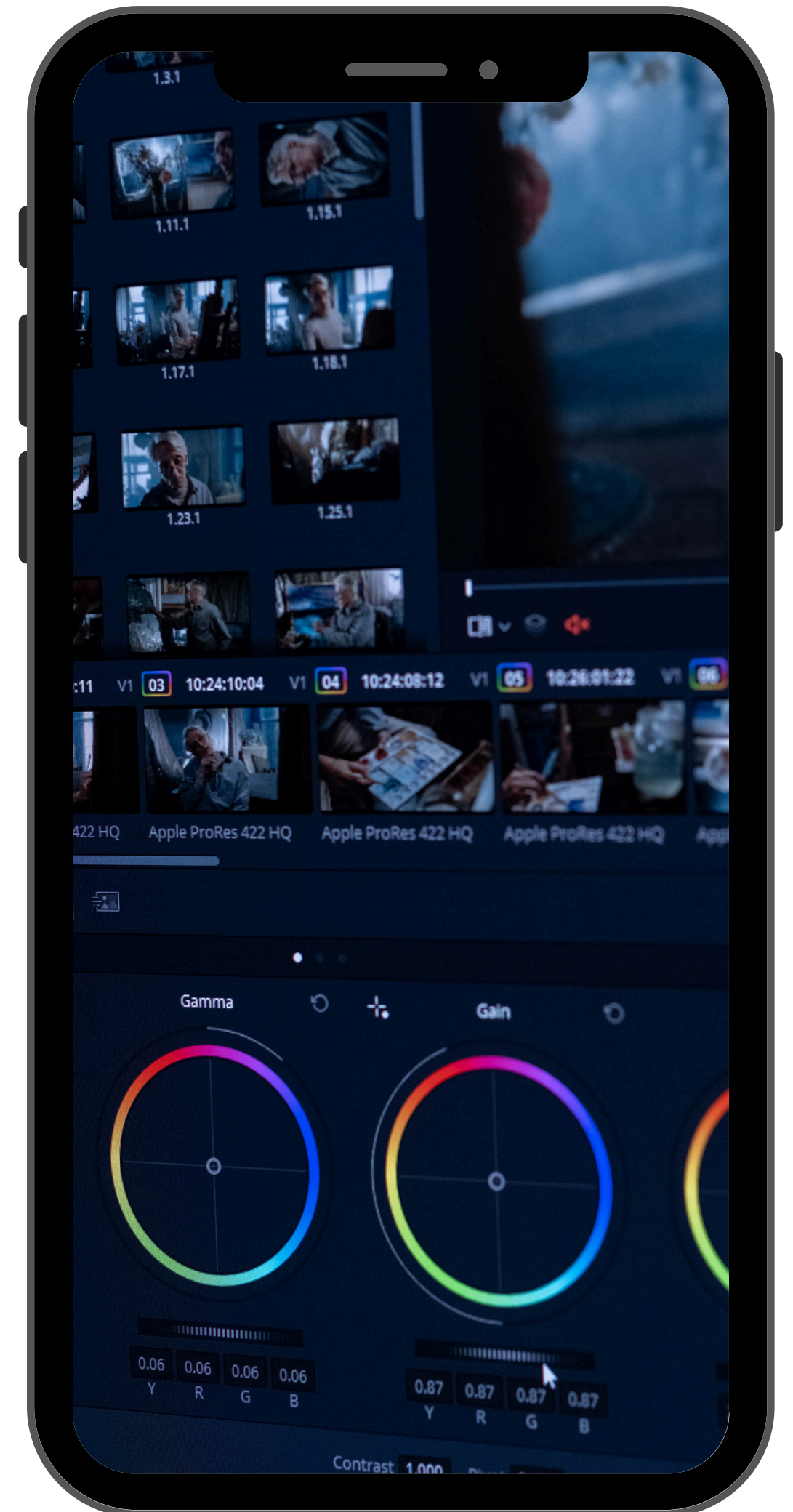
# ADVANCED VIDEO EDITS

## 1. Color Grading

- Adjust Brightness/Exposure to avoid over- or under-lit videos
- Use Contrast to make details pop
- Correct White Balance (too warm = yellow, too cool = blue) for natural tones
- CapCut/InShot: Choose filters for mood (warm, vintage, cool)
- Reduce saturation for a soft, cinematic look

## 2. Text Animations & Captions

- Add Animated Text for intros or key points (CapCut, InShot, Canva)
- Use Captions for accessibility & engagement
- Match font style & colors with your brand or theme





# ADVANCED VIDEO EDITS

## 3. Special Effects

- Slow Motion: Highlight key actions or emotional moments
- Speed Up: Make tutorials or processes more dynamic
- Masking / Overlays: Blend clips or add creative cutouts (CapCut advanced feature)

### Pro Tip:

- Always color correct (fix exposure & white balance) before creative grading
- Keep a consistent look across clips for smoother storytelling
- Use effects sparingly — too many distract from your story







# TASK

Ask the participants to use the videos from the previous activity and create a longer video using the advanced features. Suggested tasks:

- Adjust white balance, exposure and brightness
- Add Animated Text for key points
- Add slow motion/speed up effects
- Use masking or overlays





## ACTIVITY 5.4

# Tips for Efficient Editing Workflow





# TIPS&TRICKS:

## 1. Organize Your Files

- Create separate albums/folders for projects on your phone
- Name files clearly (e.g., IGreel\_food1, FB\_eventphoto2)
- Delete duplicates to save storage space

## 2. Use Templates & Presets

- Video: Canva & CapCut → Ready-made templates for IG Reels, Stories, TikTok
- Photo: Lightroom, VSCO → Apply presets for consistent style
- Save your favorite styles for reuse

## 3. Batch Editing

- Edit one photo → Apply same settings to multiple images (Lightroom, VSCO)
- Use CapCut templates to apply the same look to several videos
- Saves time + keeps visual identity consistent







# DISCUSSION

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- Discuss about the importance of setting a clear goal before starting to edit to avoid wasting time
- Ask participants to share their biggest challenges in editing workflow
- Brainstorm solutions together







## ACTIVITY 5.5

# Sharing and Exporting Edited Content





# TIPS&TRICKS:

## VIDEOS

- Export in 1080p (Full HD) → best balance of quality & upload speed
- Use 60 fps for smooth motion (TikTok & Reels love this)
- Keep file size under 100 MB per minute for fast uploads
- Choose MP4 (H.264 codec) → most social platforms prefer it
- Check Aspect Ratios:

IG Reels / TikTok / Stories → 9:16 (vertical)

IG Feed → 1:1 (square) or 4:5 (portrait)

Facebook → 16:9 (horizontal) or 1:1

### Pro Tips:

- Export and upload directly on the preferred platform (avoid sending via WhatsApp/email, as they compress files)
- Use Wi-Fi when uploading high-res videos/photos to avoid auto-compression by the platform

## PHOTOS

- Export in JPEG or PNG (both work well for social)
- Resolution: at least 1080x566 px for IG feed, 1080 x 1920 px for Stories/Reels
- Keep file size under 2 MB (Snapseed/Lightroom settings let you reduce file size without quality loss)
- Maintain same color profile (sRGB) to avoid color shifts online





# TIPS&TRICKS:



## INSTAGRAM & FACEBOOK

- Photos: Landscape: 1080x566/  
Vertical: 1080x1350 (1012x1350 in Grid view)
- Stories/Reels: 1080x1920px (1082x1440 (3:4) in Grid view)
- **30fps, vertical format preferred.**

## TIK-TOK

- Photos: Landscape: 1920x1080/  
Vertical: 1080x1920
- Stories/Reels: 1080x1920px
- **30fps, vertical format preferred.**

## App-Specific Tips:

- **CapCut/InShot:** Always select 1080p, 60fps, High Quality before exporting
- **Canva:** Download in MP4 (video) or PNG/JPEG (photo) with “High Quality” checked
- **Snapseed/Lightroom:** Export photos at highest resolution → adjust file size only if upload is too slow
- **Instagram Editor:** Avoid heavy compression → edit outside IG first, then upload



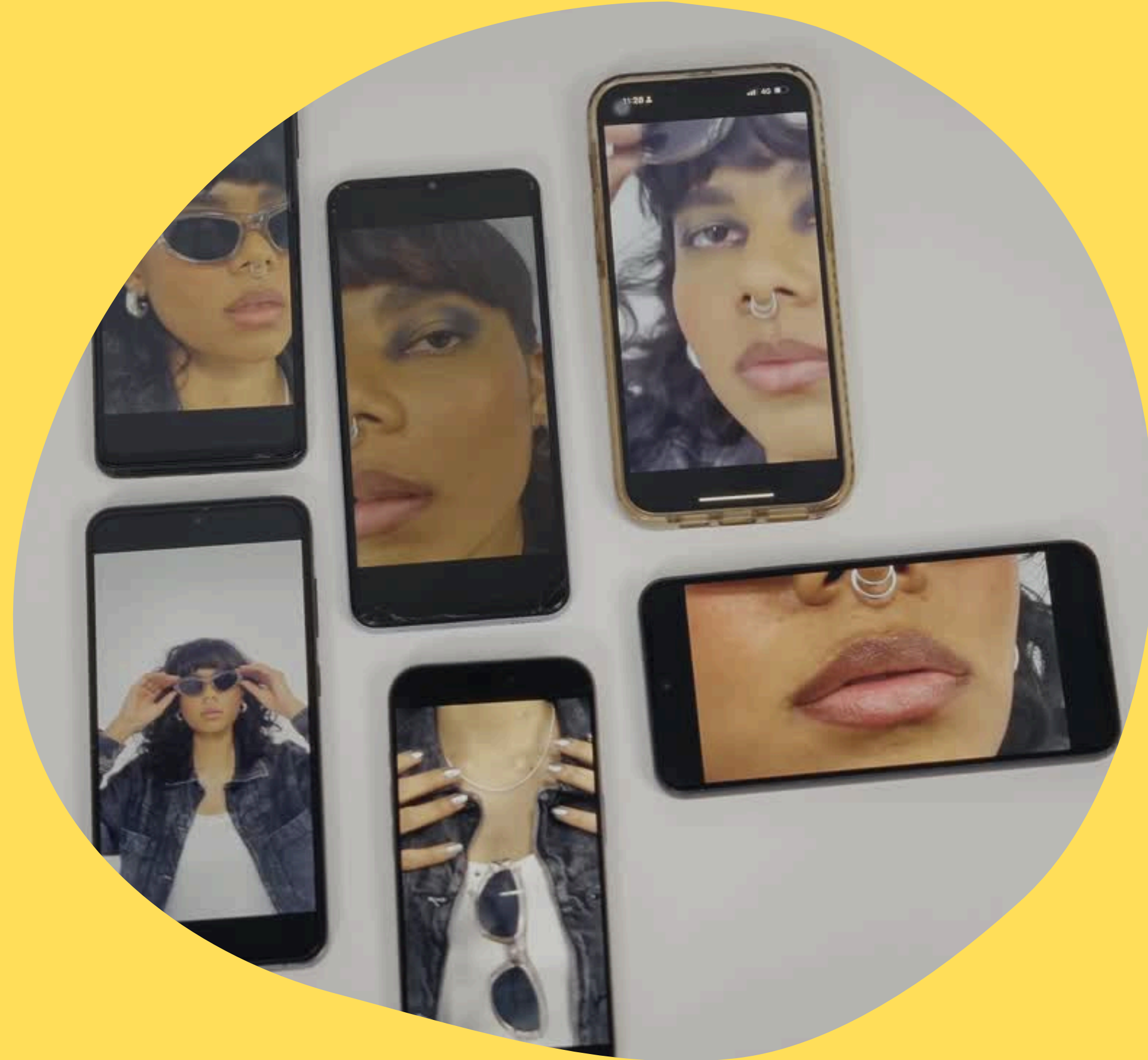




# FINAL TASK AND DISCUSSION

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- Participants are split in small groups and they have to create a short 30 sec video or a series of 3-5 photos. The content could have different themes which are up to the participants.







# FINAL TASK AND DISCUSSION

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- What was something that surprised you today?
- Is there anything new are you taking home with you?
- Any final questions?







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More info about the project:

<https://www.remcreadwomen.eu/>







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**"STOP DREAMING  
AND START  
DOING"**

