



# REMCREAD

Empowering Refugee & Migrant Women  
through Creative Methods and Digital Literacy

## MODULE 5: Editing photos and videos on your smartphone

Lesson plan



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



## Module 5. Editing photos and videos on your smartphone

The module “Editing photos and videos on your smartphone” builds on the skills developed in previous modules by focusing on editing techniques that allow learners to enhance their photos and videos, tell stronger stories, and prepare content for online sharing. It was developed in an interactive format, which can be used in different environments such as a single workshop, a multi-day training, or in blended, online, or face-to-face formats.

The **aim** of this module is to enable learners to use smartphone editing apps with confidence, apply both basic and advanced editing techniques, and create an efficient workflow for managing and preparing content. The module also introduces best practices for exporting and sharing edited visuals on different platforms such as Instagram, Facebook, and TikTok.

The **structure** of the module combines demonstrations, practice, and group reflection. Activities include:

- **Icebreakers** using filters and quick adjustments to spark creativity.
- **App exploration** to become familiar with popular editing tools for photos and videos.
- **Hands-on editing exercises** for photos and videos, applying both basic and advanced techniques.
- **Workflow tips** to save time, stay consistent, and stay organized.
- **Export and sharing practice** with platform-specific settings.
- **Optional group projects** where participants apply all learned skills in creating a short video or photo series.

Educators can use the module as a complete package or select specific activities to suit learners’ needs, language levels, and digital competencies. Each section includes learning outcomes, activity descriptions, materials needed, and timing suggestions, as well as tips for the facilitators, making it practical and easy to integrate into diverse teaching contexts.

Ultimately, this module empowers educators to help migrant and refugee women not only create their own digital content but also refine it into engaging, professional, and shareable material for personal, community, or entrepreneurial purposes.

Below is the Learning Outcome Matrix, analysing the Knowledge, Skills and Attitudes on which the module is based.



|                                                                | KNOWLEDGE                                                                                                                                                     | SKILLS                                                                                                                                      | ATTITUDES                                                                                                                                |
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| <b>5.1<br/>Introduction to<br/>Smartphone<br/>Editing Apps</b> | Getting familiar with simple editing tools/apps for smartphone photo and video editing (such as Canva, Instagram, CapCut, TikTok, Snapseed, Adobe Lightroom). | Familiarity with popular smartphone photo and video editing apps.                                                                           | Eagerness to explore and experiment with editing techniques.<br><br>Willingness to continuously improve editing skills through practice. |
| <b>5.2 Editing<br/>Photos on Your<br/>Smartphone</b>           | Getting familiar with editing techniques for photos using a smartphone app.                                                                                   | Gaining confidence in editing photos.<br><br>Understanding of key editing features such as trimming, transitions, and adding music or text. | Acknowledging that familiarity with navigating a platform typically improves over time.                                                  |
| <b>5.3 Editing<br/>Videos on Your<br/>Smartphone</b>           | Getting familiar with editing techniques and simplified, built-in tools for videos using a smartphone app.                                                    | Gaining confidence in editing videos.<br><br>Understanding of key editing features such as trimming, transitions, and adding music or text. | Acknowledging that familiarity with navigating a platform typically improves over time.                                                  |



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| <b>5.4 Advanced Editing Techniques</b>          | Getting familiar with advanced techniques such as selective editing, sounds and special effects.                                                                                                    | Gaining advanced editing skills for fine-tuning and enhancing photos and videos.<br><br>Problem-solving skills for addressing specific editing challenges.                                                                                | Acknowledge that familiarity with navigating a platform typically improves over time.<br><br>Getting confidence in utilizing advanced editing features for creative expression.                                                               |
| <b>5.5 Tips for Efficient Editing Workflow</b>  | Getting familiar with strategies for organizing and managing photo and video files on smartphones.<br><br>Getting familiar with time-saving tips for the editing process.                           | Gaining time management skills for prioritizing and arranging editing tasks.                                                                                                                                                              | Commitment to maintaining an organized and efficient editing process.                                                                                                                                                                         |
| <b>5.6 Sharing and Exporting Edited Content</b> | Getting knowledge of different sharing options and features on social media apps.<br><br>Getting familiar with the possibilities of optimizing file formats and settings for sharing and exporting. | Capability to understand privacy settings and audience targeting options.<br><br>Understanding of different file formats, their quality and compatibility.<br><br>Ability to adjust resolution and other settings for specific platforms. | Confidence in sharing edited content effectively on social media.<br><br>Respect for privacy and consideration for audience preferences when sharing content.<br><br>Adaptability in optimizing content for different social media platforms. |

## Learning Outcomes:

On completion of this lesson, learners will be able to:

- Use smartphone editing apps for both photo and video content.
- Apply basic and advanced editing techniques to enhance visual content.
- Create an editing workflow to maximize efficiency and consistency
- Optimize content for sharing on different social media platforms (Instagram, Facebook, TikTok).
- Teach editing skills to migrant and refugee women, enabling them to create and share their own visuals

| Activities                                                                                                                                                                                                                                                                                                                                                                 | Objective                                                                                                                  | Advice for the trainer | Materials                                                                                             | Timing | Further Reading/<br>Link to Resources |
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| <p>ICEBREAKER:</p> <p>Welcome participants and set the stage:</p> <ul style="list-style-type: none"> <li>• "Before we dive into editing techniques, let's have some fun exploring filters and quick adjustments on our smartphones.</li> </ul> <p>Ask the participants to choose one photo from their gallery (or you can provide a sample image). They have 5 min to:</p> | <p>Introduce participants to the concept of editing by exploring filters and basic adjustments in a fun, engaging way.</p> |                        | <p>A big training room where participants have space to move around</p> <p>Computer and projector</p> | 20 min |                                       |



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| <ul style="list-style-type: none"> <li>• Apply at least 2 filters and experiment with basic edits (brightness, contrast, saturation etc.)</li> <li>• Try to create 2 contrasting versions of the same photo:<br/>Version 1: Natural<br/>Version 2: Dramatic and bold</li> </ul> <p>When they finish, ask them to share the photos into your common group – Whatsapp or Facebook Group and project them, so everyone can see them.</p> <p>Ask which version they like the most and why</p> <p>What mood or story the edits convey?</p> |                                                                                                                              |  |                                              |           |                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Activity 5.1 Introduction to Smartphone Editing Apps</b></p> <p>Begin the activity asking the participants about their experience with editing apps:</p> <ul style="list-style-type: none"> <li>• What apps have you used for photo or video editing?</li> <li>• What editing features did you find the most useful?</li> </ul>                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>- Get familiar with editing apps suitable for both photo and video editing</li> </ul> |  | Projector, laptop, presentation, smartphones | 20-30 min | <a href="https://shotkit.com/snapeed-beginners-guide/">https://shotkit.com/snapeed-beginners-guide/</a><br><br><a href="https://support.vSCO.co/hc/en-us/articles/202904010-How-to-use-VSCO">https://support.vSCO.co/hc/en-us/articles/202904010-How-to-use-VSCO</a><br><br><a href="https://www.capcut.com/resource/how-to-use-capcut-on-pc">https://www.capcut.com/resource/how-to-use-capcut-on-pc</a> |

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| <p>Introduce the following editing apps for photo and video editing, explaining their features:</p> <p>Photo Editing Apps:</p> <ul style="list-style-type: none"> <li>• Snapseed</li> <li>• Lightroom Mobile</li> <li>• Canva</li> <li>• VSCO – for iPhone only</li> </ul> <p>Video Editing Apps:</p> <ul style="list-style-type: none"> <li>• CapCut</li> <li>• InShot</li> <li>• Instagram Editor</li> <li>• Canva</li> <li>• Adobe Premiere Rush (extra)</li> </ul> <p>Highlight benefits like ease of use, free/paid features, and unique tools.</p> <p>Let the participants to explore a bit and install the one they find the most fitting. Ask them to install one photo editor and one video.</p> |  |  |  |  | <p><a href="https://lightroom-photoshop-tutorials.com/best-mobile-photo-editing-apps/">https://lightroom-photoshop-tutorials.com/best-mobile-photo-editing-apps/</a></p> |
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| <p><b>Activity 5.2 Editing Photos on Your Smartphone</b></p> <p>Demonstrate basic photo editing tools that can be found in most of the apps:</p> <ul style="list-style-type: none"> <li>Adjust brightness, contrast, saturation</li> <li>Use the “Crop” tool to align the composition</li> <li>Apply a filter</li> </ul> <p>Practical activity:</p> <p>Participants select a photo they have taken in the previous workshop and perform the following tasks under guidance:</p> <ul style="list-style-type: none"> <li>Correcting exposure and colors.</li> <li>Removing unwanted elements using a “Healing” tool or “Crop”</li> <li>Enhancing focus with selective editing (e.g., sharpening details).</li> <li>Background removal, if the app they use has the feature (Canva, Pixlr have it)</li> </ul> <p>At the end participants present their edited photos to the group.</p> | <ul style="list-style-type: none"> <li>Understanding the functionality of photo editing apps</li> <li>Learn basic photo editing techniques</li> </ul> | <ul style="list-style-type: none"> <li>Offer individual assistance and answer questions</li> <li>Optionally, if people struggle with using the apps, provide a step by step workflow (see below)</li> </ul> | <p>Projector, laptop, presentation</p> <p>Smartphones (participants bring their own)</p> | <p>30min</p> | <p><a href="https://www.finchley.co.uk/finchley-learning/exploring-the-features-of-photo-video-editing-apps-a-comprehensive-guide">https://www.finchley.co.uk/finchley-learning/exploring-the-features-of-photo-video-editing-apps-a-comprehensive-guide</a></p> |
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| <p>You can project them, so everyone can see them and you can offer constructive feedback.</p> <p>Ask the participants what worked well, are they happy with the result.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                     |                                                                                                    |                                                                                                                                         |       |  |
| <p><b>Activity 5.3 Editing Videos on Your Smartphone</b></p> <p>Demonstrate basic video editing tools that can be found in most of the apps:</p> <ul style="list-style-type: none"> <li>Trim clips to remove unnecessary parts.</li> <li>Add transitions for smooth scene changes</li> <li>Incorporate background music or voiceovers to enhance storytelling.</li> <li>Add filters for consistent style</li> </ul> <p>Practical activity:</p> <p>Split the participants into 4 groups and assign one app for each group.</p> <p>Participants select a few videos from their gallery, they can be from the previous workshop or from their personal archive. They have to perform the following tasks:</p> | <ul style="list-style-type: none"> <li>Learn about video editing apps</li> <li>Learn about the most important tools when editing a video</li> </ul> | <ul style="list-style-type: none"> <li>Offer individual assistance and answer questions</li> </ul> | <p>Projector, laptop, presentation</p> <p>Smartphones (participants bring their own)</p> <p>Handout "Quick guide on editing videos"</p> | 30-40 |  |



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| <ul style="list-style-type: none"> <li>• Create a short video (10-15 seconds)</li> <li>• Use basic tools to adjust length, sequence clips, and apply transitions.</li> <li>• Add text or a simple filter for visual consistency.</li> <li>• Add music or voiceover</li> </ul> <p>After they finish, they share the videos with the group on a common WhatsApp group or Facebook Group, previously created.</p> <p>Offer constructive feedback and ask the others to also express their opinions focusing on pacing, transitions and overall story, if there is any.</p> <p>As a final question ask the participants what they found more interesting in the process and if they found it easy or difficult.</p> |                                                                                                                                                     |                                                                                                                                                                                                                                  |                                                                                          |                  |                                                                                                                                                |
| <p><b>Activity 5.4.1 Advanced Editing Techniques</b></p> <p>Show how to use advance tools such as:</p> <ul style="list-style-type: none"> <li>• Custom filters for colour grading</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>• Learn about advanced editing techniques to enhance creativity and consistency in visual content</li> </ul> | <ul style="list-style-type: none"> <li>• Best would be to present a workflow of editing a photo and then a video, so the participants could understand what is the difference between basic editing and advanced one.</li> </ul> | <p>Projector, laptop, presentation</p> <p>Smartphones (participants bring their own)</p> | <p>20-30 min</p> | <p><a href="https://expertphotography.com/photo-editing-tips-smartphone/">https://expertphotography.com/photo-editing-tips-smartphone/</a></p> |



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| <ul style="list-style-type: none"> <li>• Text animation and overlays to add captions or branding</li> <li>• Special effects like slow motion, speed ramping or masking</li> </ul> <p>Ask the participants to use the photo/videos from the previous activity and enhance them using the advanced features. Suggested tasks:</p> <ul style="list-style-type: none"> <li>• Apply colour grading to create a certain mood</li> <li>• Add dynamic text or stickers for Tik-Tok/Instagram engagement</li> <li>• Experiment with split screens, overlays or creative transitions</li> </ul> <p>Encourage the participants to play and be creative, there is no right or wrong</p> <p>At the end ask the participants to share in the group their photos/videos. Discuss with the group what do they think about the use of advanced tools to improve storytelling</p> |  | <ul style="list-style-type: none"> <li>• Showing examples of before and after, would also help the participants better understand the process.</li> <li>• If working with more advanced participants, you can ask them to guess what kind of edits were made to a certain video/photo and then discuss them further.</li> </ul> |  |  |  |
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| <p><b>Activity 5.4.2 Tips for Efficient Editing Workflow</b></p> <p>Share workflow tips such as:</p> <ul style="list-style-type: none"> <li>Organizing media files into folders by project</li> <li>Creating or using presets/templates to speed up edits</li> <li>Saving drafts</li> <li>Batch editing similar photos/videos to ensure consistency</li> </ul> <p>Discuss about the importance of setting clear goals before editing to avoid wasting time</p> <p>Ask the participants to share their biggest challenge in editing workflow</p> <p>Brainstorm solutions together.</p> | <ul style="list-style-type: none"> <li>Learn how to edit effectively to save time and maintain consistency</li> </ul>          |  | <p>Projector, laptop, presentation</p> <p>Smartphones (participants bring their own)</p> | 10-15 min |                                                                                                                                                                                                                                               |
| <p><b>Activity 5.5 Sharing and Exporting Edited Content</b></p> <p>Show how to export photos and videos using the correct settings for different platforms:</p>                                                                                                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>Learn how to export and share the edits on social media with optimal quality</li> </ul> |  | <p>Projector, laptop, presentation</p> <p>Smartphones (participants bring their own)</p> | 20 min    | <a href="https://helpx.adobe.com/premiere/desktop/render-and-export/export-files/best-practices-for-exporting-video-for-">https://helpx.adobe.com/premiere/desktop/render-and-export/export-files/best-practices-for-exporting-video-for-</a> |



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| <p>Instagram:</p> <ul style="list-style-type: none"><li>• Photos: 1080x566/<br/>Vertical: 1080x1350<br/>(1012x1350 in Grid view)</li><li>• Stories/Reels:<br/>1080x1920px (1082x1440<br/>(3:4) in Grid view)</li><li>• 30fps, vertical format<br/>preferred.</li></ul> <p>Facebook:</p> <ul style="list-style-type: none"><li>• Photos: 1080x566/<br/>Vertical: 1080x1359</li><li>• Stories/Reels:<br/>1080x1920px</li></ul> <p>TikTok:</p> <ul style="list-style-type: none"><li>• Vertical videos at<br/>1080x1920px,</li></ul> <p>Explain how to reduce file size<br/>without compromising quality for<br/>faster uploads.</p> <p>Ask the participants to export the<br/>photos/videos they have edited<br/>previously using platform specific<br/>settings and then try to upload<br/>them, if they agree.</p> |  |  |  |  | <p><a href="#">social-media-and-phones.html</a></p> |
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| <p><b>Final Project – Optional</b></p> <p>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 thematics:</p> <ol style="list-style-type: none"> <li>1. Empowering messages for migrant/refugee women</li> <li>2. Promoting a product or a set of products designed/created by migrant/refugee women.</li> </ol> <p>Let the participants choose between the 2. They have to use everything they learnt before and apply it to their project.</p> <p>Each group shares their project on the Workshop's platform (closed group), either Whatsapp group or Facebook. The facilitator and participants provide constructive feedback on the technical aspects and storytelling.</p> <p>*This can be used as an activity they could do in the free time, after the workshop.</p> | <ul style="list-style-type: none"> <li>• Applying the learned skills by creating a short visual content project</li> </ul> | <p>This final project can be done either at the end of Module 4 or Module 5, if the planned workshops include both modules, they can have this small project as a final assignment before finishing the whole course, as it includes all the competences acquired during both workshops.</p> | <p>Projector, laptop, presentation</p> <p>Smartphones (participants bring their own)</p> | <p>30-60 min.</p> |  |
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| <p><b>Activity 2.5. Summary and questions</b></p> <p>Wrapping up the workshop and answer any additional questions that appear.</p> <p>Hand over to the participants the handouts with information from the presentation and extra tasks to practice at home.</p> | <ul style="list-style-type: none"><li>• Highlighting key principles and addressing concerns.</li></ul> | <p>Here the participants should have the space to ask any additional questions and express what they learnt during the session and what would they like to practice more in their free time.</p> | <p>Handouts</p> | <p>5-10 min</p> |  |
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## Quick Guide: Editing Photos on Your Smartphone

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### Snapseed (Best for Precise Editing)

- **Steps:**

1. Open Snapseed → Import photo
2. Use *Tune Image* (brightness, contrast, saturation)
3. Try *Selective Adjust* to fix specific areas
4. Export → Save a copy

**Tip:** Use *Healing Tool* to remove unwanted spots or objects.

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### Lightroom Mobile (Best for Professional-Looking Edits)

- **Steps:**

1. Import photo → Open *Light* panel (exposure, highlights, shadows)
2. Adjust *Color* (temperature, vibrance, saturation)
3. Apply presets for quick professional looks
4. Export in high resolution

**Tip:** Keep edits subtle for natural results.

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### VSCO (Best for Stylish Filters & Mood)

- **Steps:**

1. Import photo → Apply filter (choose mood: bright, vintage, muted)
2. Adjust intensity → Fine-tune exposure/contrast
3. Save & export

**Tip:** Create a “look” by using the same filter for consistency on social media.

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## Canva (Best for Text, Collages & Social Media Posts)

- **Steps:**

1. Choose *Photo Template* (IG Post, Story, FB Cover, etc.)
2. Upload your photo → Add text, graphics, stickers
3. Export → Share directly

**Tip:** Great for creating flyers, posters, or branded content.

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**Remember:** Always save a copy of your original photo.

**Workflow hack:** Basic adjustments first → Apply filters → Add text/effects  
→ Export.

# Quick Guide: Editing Videos on Your Smartphone

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## CapCut (Best for TikTok & Reels)

- **Steps:**

1. Open → *New Project* → Import clips
2. Trim/split, add text, transitions, filters
3. Export 1080p → Share to TikTok/IG

**Tip:** Try “Templates” for trendy edits in seconds.

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## InShot (Best for Stories & Posts)

- **Steps:**

1. Import video → Choose *Canvas* size (9:16 for Stories, 1:1 for feed)
2. Trim/merge → Add stickers, text, music
3. Export 1080p → Upload to IG/FB/TikTok

**Tip:** Use “Canvas” to auto-fit social media dimensions.

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## Canva (Best for Polished/Branded Content)

- **Steps:**

1. Pick a *Video Template* (IG Story, Reel, FB Post)
2. Replace stock with your clips → Add text/graphics/music
3. Download MP4 (1080p) → Post anywhere

**Tip:** Great for adding logos and consistent branding.

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## Instagram Editor (Best for Instant Posting)

- **Steps:**

1. Open IG → Tap + → Import or record
2. Trim → Add filters, text, stickers, music
3. Publish with caption/hashtags

**Tip:** Use IG music library for easy trending sounds.

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**Remember:** Always export in **1080p** for sharp quality.

**Workflow hack:** Trim clips first → Add effects → Export → Post.