



**Master in Planning and
Management of Tourism Systems**



Google Flow

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HUMAN HERITAGE PROJECT (#2)

- Check my comments in **column U** of our google sheet
- In order to understand if the avatar videos are better than the short videos, insert in the two new **columns W and X** the number of avatar videos you published and their average number of visualizations
- Use any **watermarks removing** free online AI tool to remove the **HeyGen logo** from the avatar videos (e.g: <https://online-video-cutter.com/remove-logo>)
- A few channels highlighted **in red** do not have any visualization. In these cases, its admin can **stop posting** and just focus on helping **making avatar videos** for the other channels of the his/her group (and/or the remaining short ones).
- The requisite of posting 4 times per day means that you should publish at least **300 videos** before the exam. This is the **minimum number of videos to be admitted to the exam**

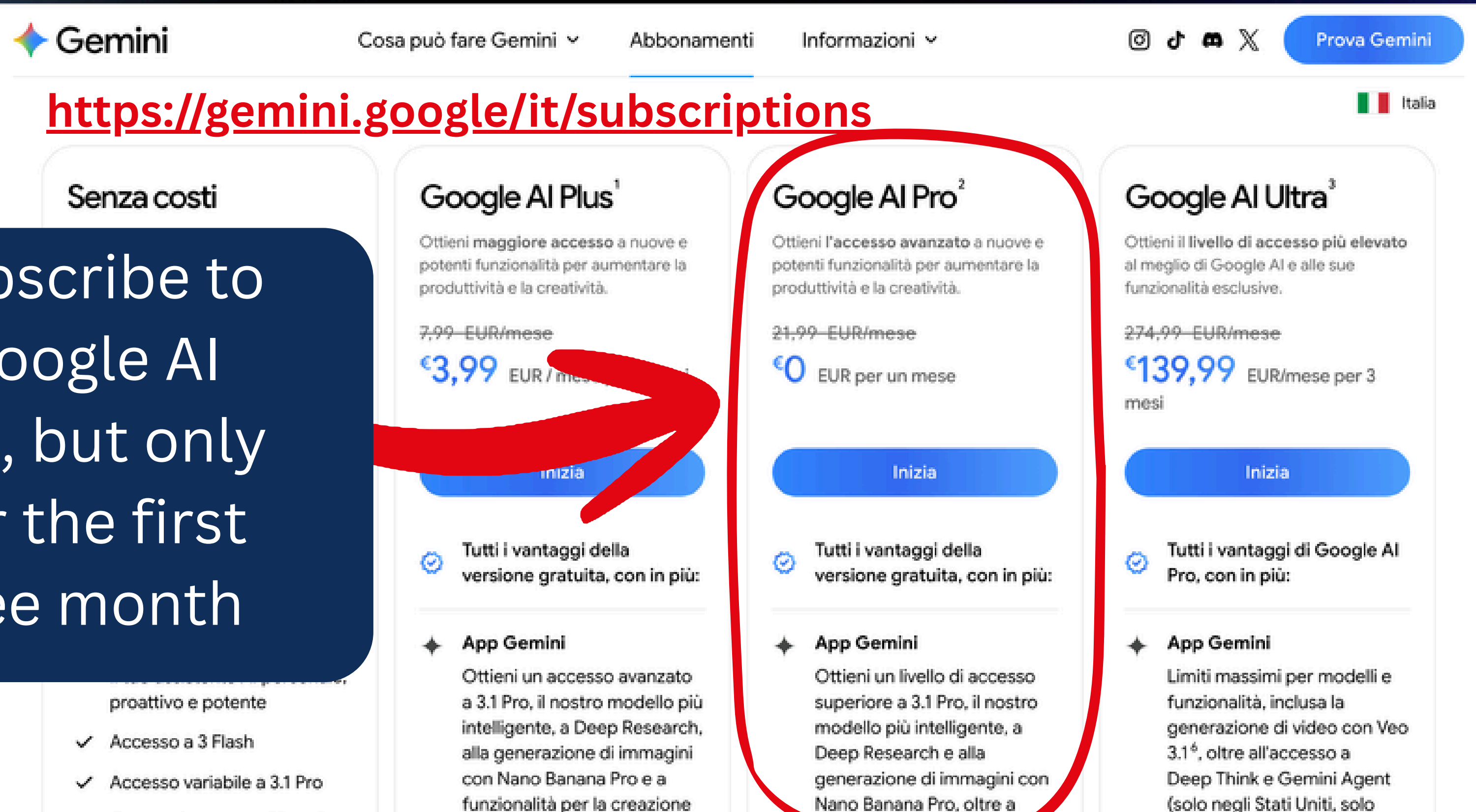
SHABONO MOVIE UPDATE

- This is new guide of [Google Flow](#) is designed to help you make your first shots
- The best way to ensure [character consistency](#) between shots is that of uploading as first frame of the shot the last frame of the previous shot
- More powerful tools to ensure character consistency are only available to Google AI Ultra users. I will use them to [re-generate the whole movie](#) with consistent characters once they will be made available to Google AI Pro users too. Thus, do not worry now if your shot at present are not very consistent
- Do not use the word "[shapori](#)" in your Scene, if it is present. Replace it with the word "[shaman](#)" instead. Same for "[hekuras](#)": use "[spirits](#)" instead
- Contact the companions of [the Scene after yours](#) to tell them how you are going to finish your Scene. This will help them better link their Scene to yours
- AI tools are [easy to use](#), so any other guide beyond these few pages is unnecessary
- Scenes [11, 13 and 43](#) (the End Credits) were added to the movie last week

HOW TO GET 1000 CREDITS WITH GOOGLE FLOW

- When you finish your free credits, subscribe for free to Google AI Pro **only for the first month**: in this way you will have **1000 free credits** at your disposal. Use an email **different from your UniBG account**
- Now you have **1000 credits** to make **one Scene** of the movie (see next slides). Use you credits wisely; each video costs **20 credits**, so they are enough to make **50 video clips** of 8 seconds each with Google Flow (as each clip lasts exactly 8 seconds)
- Then, **3-4 days before the end** of the first free month, remember to **cancel your subscription**, so you won't be charged anything

HOW TO GET 1000 CREDITS WITH GOOGLE FLOW



<https://gemini.google/it/subscriptions>

Italia

Subscription Plan	Price	Key Features
Senza costi	Free	Accesso a 3 Flash, Accesso variabile a 3.1 Pro
Google AI Plus ¹	7,99 EUR/mese (€3,99 EUR/mese)	Tutti i vantaggi della versione gratuita, con in più: App Gemini (accesso avanzato a 3.1 Pro, Deep Research, generazione di immagini con Nano Banana Pro)
Google AI Pro²	21,99 EUR/mese (€0 EUR per un mese)	Tutti i vantaggi della versione gratuita, con in più: App Gemini (livello di accesso superiore a 3.1 Pro, Deep Research, generazione di immagini con Nano Banana Pro)
Google AI Ultra ³	274,99 EUR/mese (€139,99 EUR/mese per 3 mesi)	Tutti i vantaggi di Google AI Pro, con in più: App Gemini (limiti massimi per modelli e funzionalità, inclusa la generazione di video con Veo 3.1 ⁶)

Subscribe to Google AI Pro, but only for the first free month

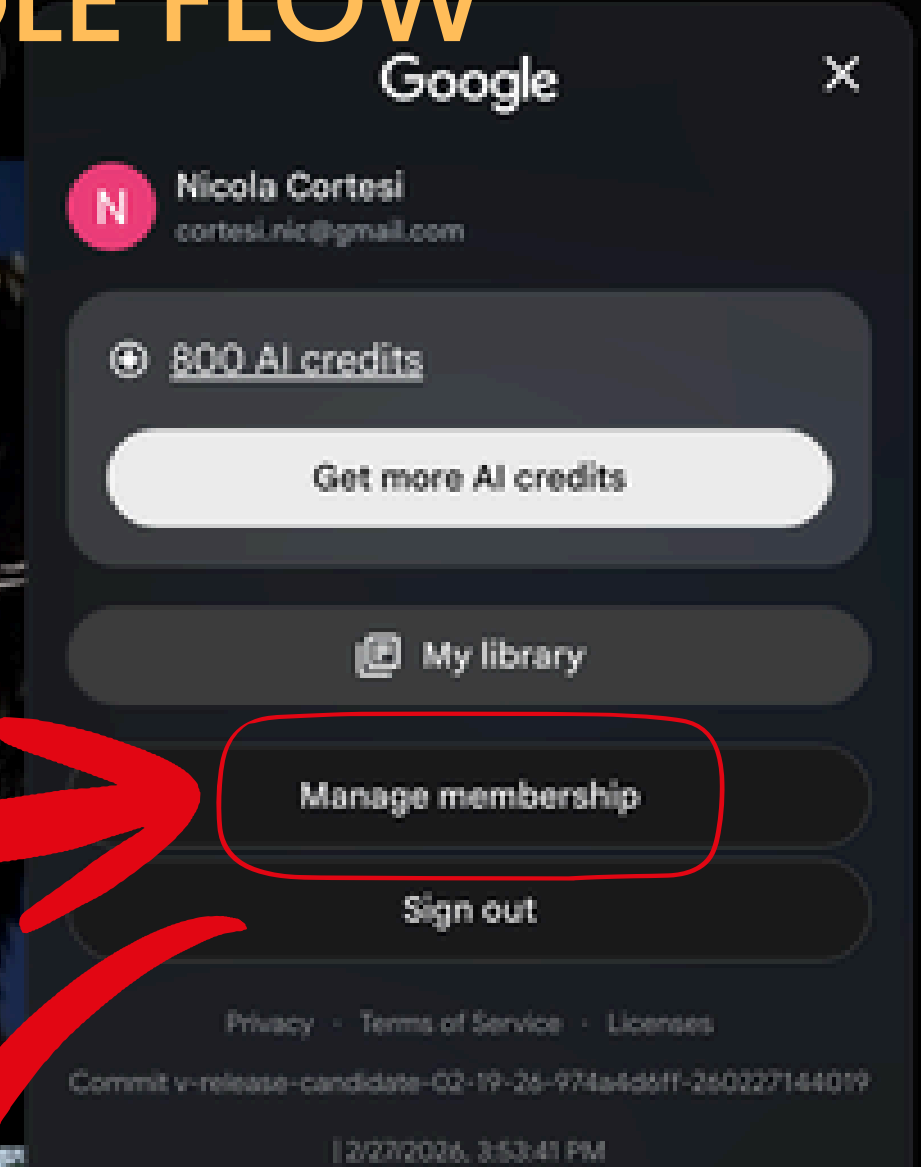
HOW TO GET 1000 CREDITS WITH GOOGLE FLOW

<https://labs.google/fx/tools/flow>

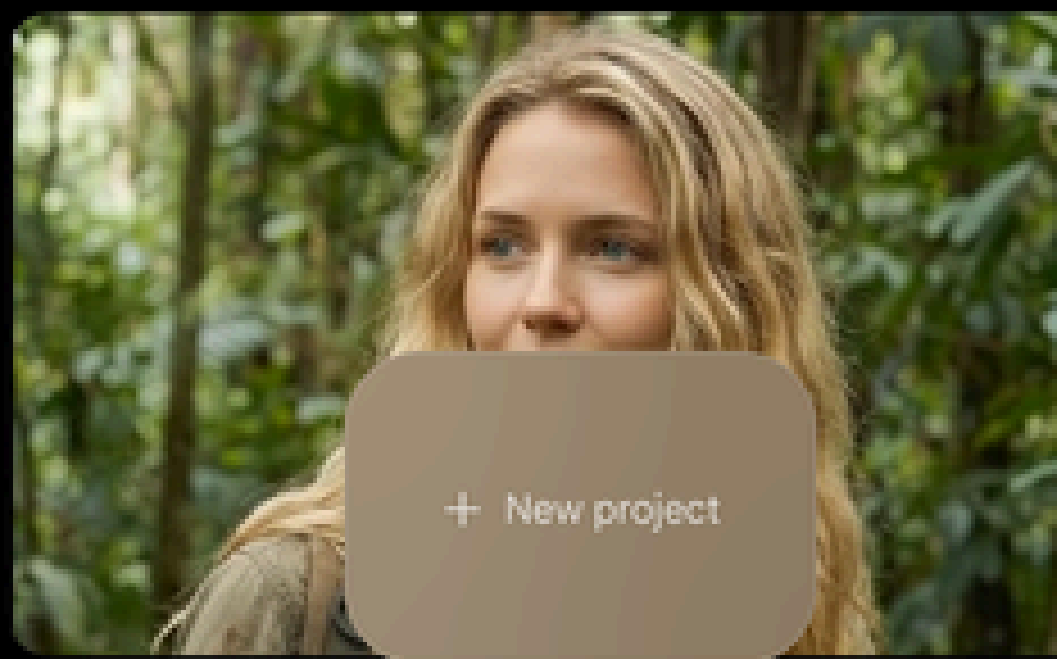
Nano Banana 2 is Here!

We've updated the original Nano Banana model, with significant improvements in image generation, stylization, multiple references and editing.

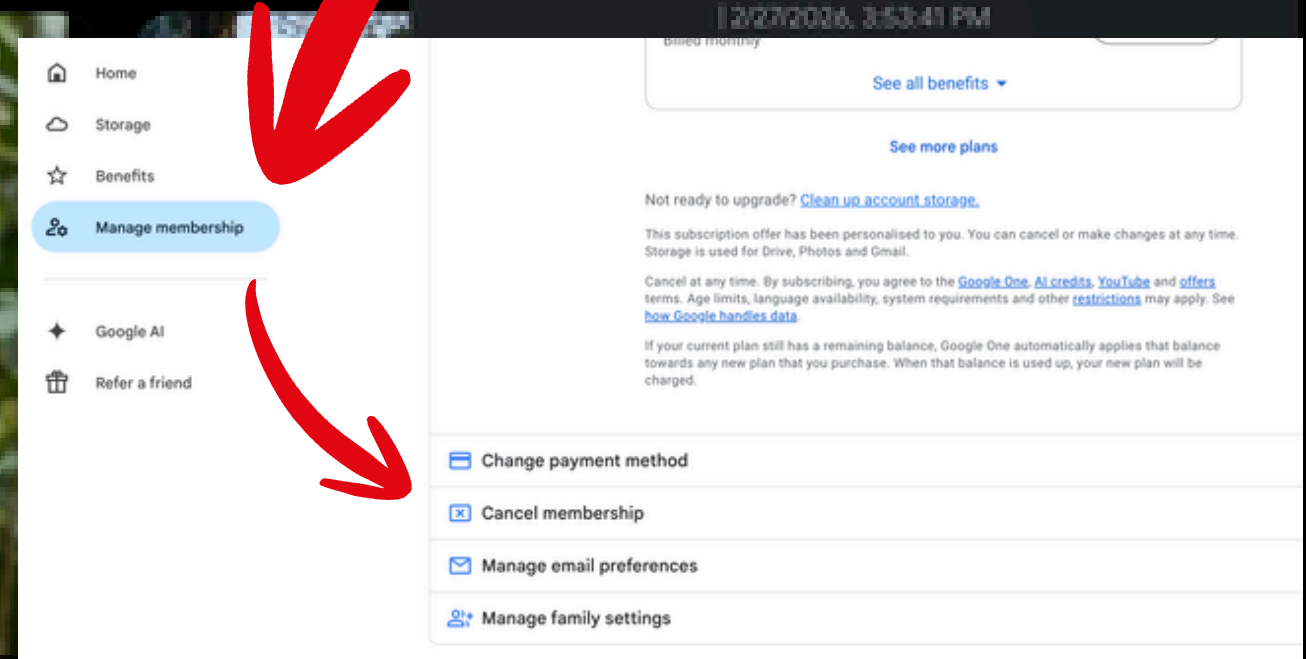
Cancel your subscription from here



Scene 10



Ingredient Archive



Scene 9

GOOGLE FLOW MAIN VIDEO PROMPTS

The two main types of video prompts of the last version of Google Flow are:

- **Frames:** use it to convert an image in a shot, or to create a shot between two existing shots. Just upload the first frame of the shot (usually it is the last frame of the previous shot) and write the prompt. You can also use it if you don't have any characters in your shot (e.g: for the first "establishing shot" of a Scene (see slides of lesson 2). In this case, do not upload any frame.
- **Ingredients:** upload all the characters, objects and locations inside the prompt (limited to a total of free for Google AI Pro users). Then, specify in the prompt what every character does or says. If in your shot there are more characters/objects than those present in the first frame, you cannot use the "Frames" tool; use this one instead.

GOOGLE FLOW LESS USEFUL VIDEO PROMPTS

The following video prompts are only available when you click on an existing video:

- **Extend:** continue an existing shot, keeping the same characters and location of the previous shot. In theory it is very useful, but in practice you won't use it a lot, as it can only extend shots that last exactly 8 seconds, and most of your shots will be smaller once you cut them in CapCut and cut them
- **Insert/remove:** add or remove objects to an existing shot. Not as powerful as a true Video2Video editor, but it can still be useful sometimes
- **Camera:** it let you choose between a few common camera motions and positions and re-make the shot with that selection. For a more complete list, see the slides of the second lesson

GOOGLE FLOW MAIN LIMITATIONS

Subscription type

- 1000 credits per month are not enough to generate all video clips we need, that's why we assigned each Scene to a different Group
- Cannot select the more advanced features to maintain consistency between faces, voices, dresses, musics and environment only available to Google AI Ultra users (features "Actor Gallery" and "Voice Seed")
- Only Ultra users do not have the Veo watermark embedded the videos

Technical limitations

- Cannot generate a video clip longer or shorter than 8 seconds
- You can generate multiple video simultaneously (up to 4), but each video generation takes roughly one minute
- You cannot select the voices of the actors, so you must use a different tool (e.g: ElevenLabs)
- Video2video tool of Google Flow is quite limited yet: it can only remove or add objects, but not modify them

Intrinsic model limitations

- Veo 3.1 has issues at inserting exactly the number of objects you specified in the prompt
- Veo 3.1 doesn't always understand your prompt very well
- Veo 3.1 cannot generate videos of existing persons
- Veo 3.1 cannot generate videos of children
- AI cannot generate videos with naked bodies

THINGS TO AVOID

- **Never buy credits** of Google AI Pro subscription or of CapCut Pro subscription
- Never generate videos with the models **Veo 3.1 Quality** or **Veo 2 Quality**, as they cost 100 credits each instead of 20
- Never generate a video with one or more characters using the **Text to Video** tool: upload instead their images already generated and available in our shared google drive and use the **Ingredients** tool to create **more consistent characters**
- Never use the voices generated by Google Veo, as they are not consistent with previous shots: **replace them in CapCut** with the voices generated by **ElevenLabs** (the names of the voices to use of each character are listed in column D of the Storyboard)
- Try to avoid too many **static shots** only with dialogues, as they are quite boring

MOVIE SCENES

Each Group will make 3 to 5 Scenes, depending on its total number of members:

- Group #1: Scenes 18, 27, 35, 40, 42
- Group #2: Scenes 21, 39, 41
- Group #3: Scenes 14, 22, 32
- Group #4: Scenes 17, 23, 33, 38
- Group #6: Scenes 16, 26, 31, 36, 37

Each member of the group will **only make one Scene** out of the 3-5 assigned to his/her group, in order to save credits (check **columns E-H** of the Storyboard to discover exactly which Scene was assigned to you).

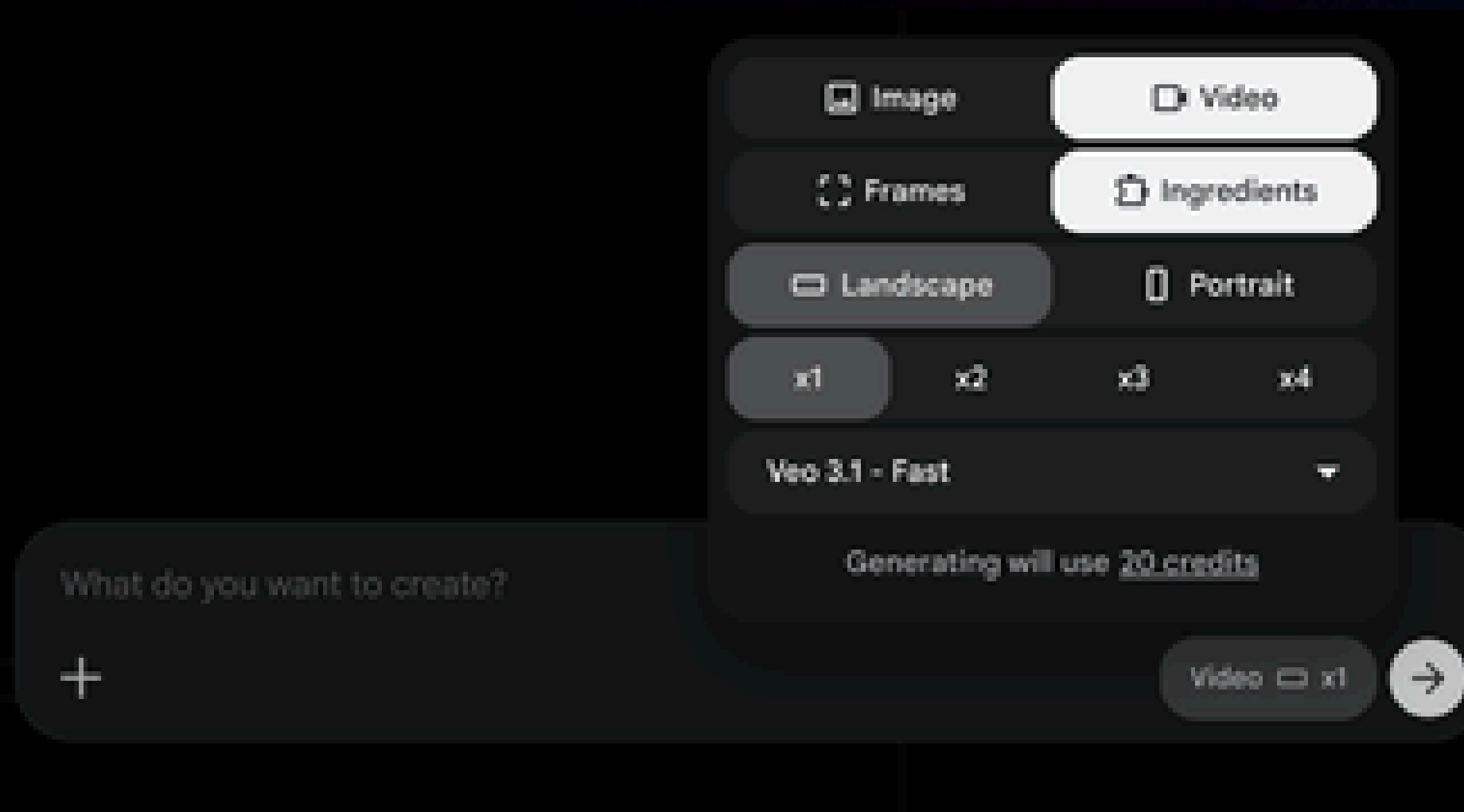
There are 3-4 people in charge of each Scene. You can create your Scene independently, or with another companion of your Group (to be able to use more credits). The best Scene generated will be included in the final cut of the movie.

YOUR FIRST SHOT

- Read the **original text** of your Scene available in the Storyboard.
- Select the **most important part of the Scene**: the story that you want to show on the screen (you can't show everything). Each Scene should last only between **80 and 100 seconds**
- Create **a copy of the Storyboard** on your local drive which you can modify as you like, e.g: to insert dialogues.
- Start **choosing the dialogues**. You can modify the existing ones, or shorten them if you think that it would improve the narration. Write down the dialogues in column D of your local copy.
- **Visualize the Scene** until you see it clearly. **Simplify and shorten** the text of the novel
- Open **Google Flow** (<https://labs.google/flow>)
- Click the button "**Create with Flow**" in the middle of the screen. The first time they will ask you to login with the same account you employed to subscribe to google AI Pro

YOUR FIRST SHOT

- Click the button “New Project”
- In the prompt at the bottom, click on “Video” and then select the “Ingredients” prompt type
- Select “Landscape” format, “x1” to generate a single shot, and the video model “Veo 3.1 - Fast” to spend only 20 credits instead of 100



YOUR FIRST SHOT

- Then, **upload the images** of the characters in the shot using the "+" button (if the shot is inside the Shabono, there is also a character called "Shabono" to represent the village in the background)
- Now insert the description of the shot. Start the first shot of each Scene with the sentence: **"Cinematic, photorealistic, 35mm film grain."**
- Imagine the first shot. What do the characters say? Where is the **camera**? At which **angle**? Does it **move**? Which is its **focus**? How is the ambient **lighting**? Specify all these details in the prompt (see examples in the next slides) until all is clear and you can press the "->" button to generate the shot
- If you don't like the shot generated, **improve the prompt** and generate a new shot, until you are satisfied with it. If you like only part of the shot, you can keep that part and discard the rest when you upload the shot in CapCut
- Finally, download the shot with a **resolution of 720p**

YOUR FIRST SHOT

- Then, open [CapCut](#) and create a [new project](#)
- Import your shot from Media → Import
- [Drag the shot](#) from the top left of the screen to the bottom, until it appears as a video track
- You will often need to [cut the second part of the shot](#), as 8 seconds can be too much for a normal shot (in any movie, most of the shots last only 4-6 seconds). In this case, just select the shot in the bottom part of the window and click on its right border. [Drag it to the left](#) to cut the last part of the shot. In alternative, you can use the tool [Split](#) (icon shape:] [) in the center-left of the screen to split the shot in two parts, and then delete the second part with the [backspace key](#).

Note that shots can also be copied and pasted with the usual Ctrl-C and Ctrl-V shortcut, or dragged around the window to move them in another position

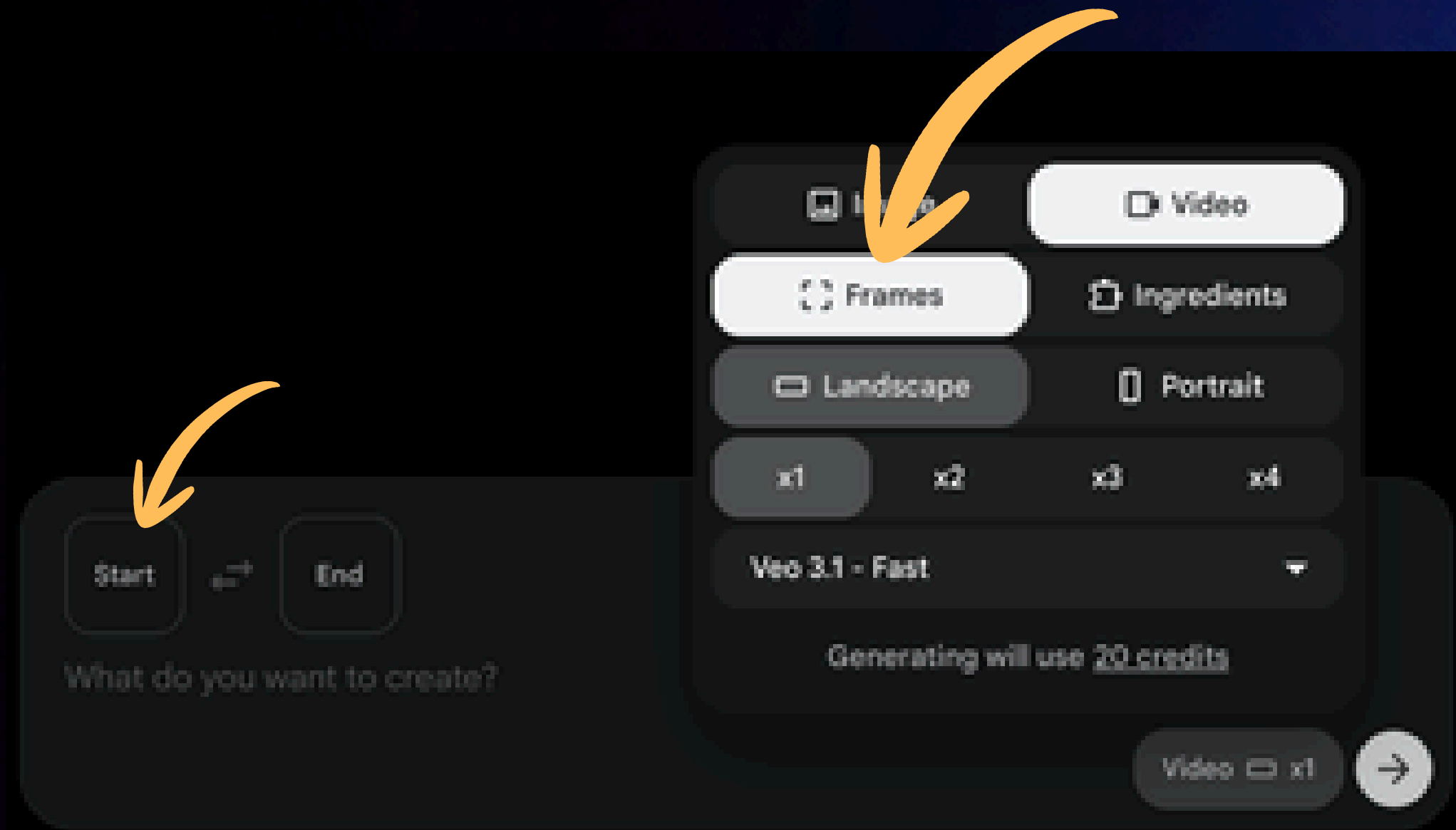
YOUR FIRST SHOT

- Then, click on the last frame of the shot until a **white vertical line** appears over it. You will notice a menu with **3 horizontal lines** at the top of the screen (see **yellow arrow** to the right)
- Click of that menu and select the “**Export still frames**” option to download the last frame of your shot



YOUR FIRST SHOT

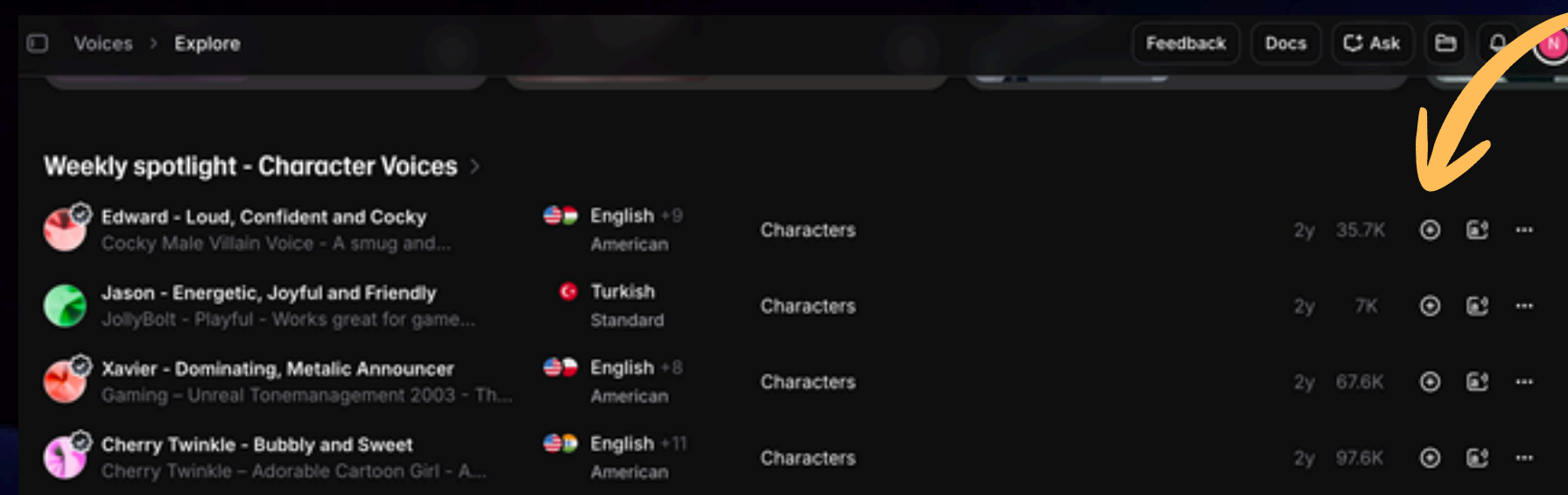
- Now, go back to Google Flow and select the “Frames” prompt type*.
- In the “Start” menu, upload the last frame of the previous shot that you’ve just saved
- Now you can write the prompt of the **second shot**. If more characters/objects are needed than those in the uploaded frame, use the “Ingredients” tool instead to upload an image of each character/object



* In case your final shot lasts exactly 8 seconds, use the tool “Extend” of Google Flow, that takes into account not only the last frame of the previous shot but all the frames of the previous shot, to increase the consistency of the characters.

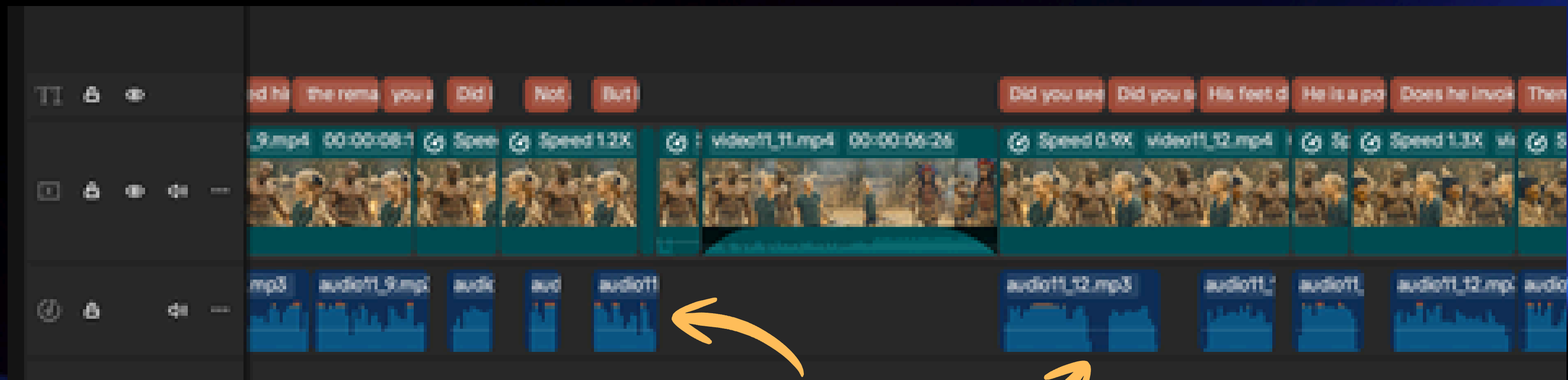
YOUR FIRST SHOT

- If your shot includes speech, go to Elevenlabs (<https://elevenlabs.io/>) and generate the voice(s) of the characters using the “Text to Speech” tool to the left.
- You need to import the character’s voices before: to do so, go to the “Voices” menu and select “Explore”. Each character has one predetermined voice that will be used through all Scenes of the movie. Search for the character’s voices indicated in column D of the Storyboard (only use English voices) and add them to your voices clicking on the “+” button to the right of the selected voice (see the yellow arrow below)
- Generate the voice until you like it, playing with the options “Speed”, “Stability” and “Style Exaggeration”. Download the voice and import its .mp3 file in CapCut with Menu → Import



YOUR FIRST SHOT

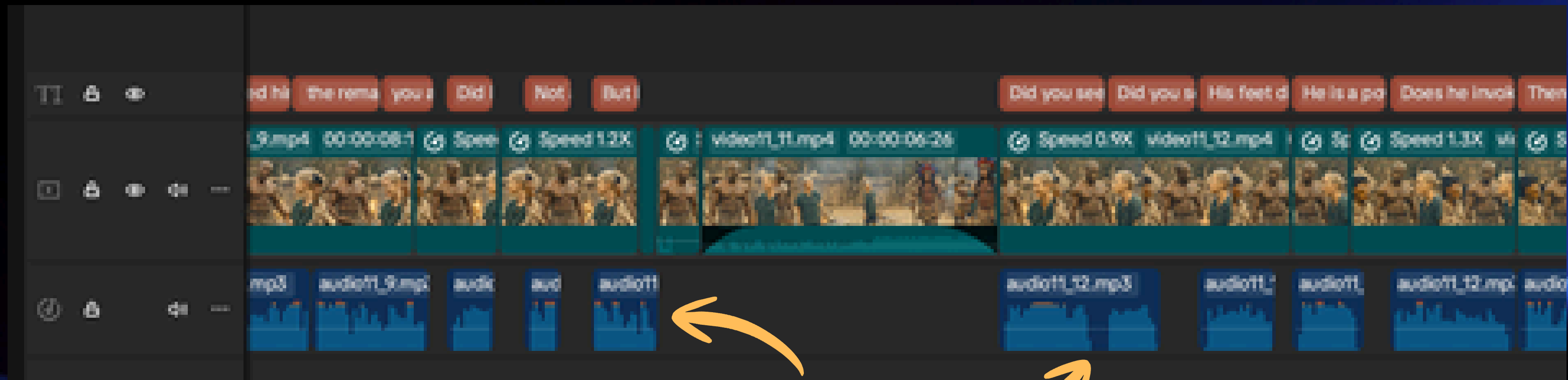
- Then, **drag the voice** to the bottom part of CapCut window, just below the track of your shot.
- Adjust the position of the audio track to **synchronize the speech** with the shot (lips synch). If the speed of the audio track is different than that of the speech generated by Google Flow, you can create the speech again in Elevenlabs, changing its speed, or you can increase or decrease the pauses within the speech, by cutting the audio track in two or more parts



Audio tracks

YOUR FIRST SHOT

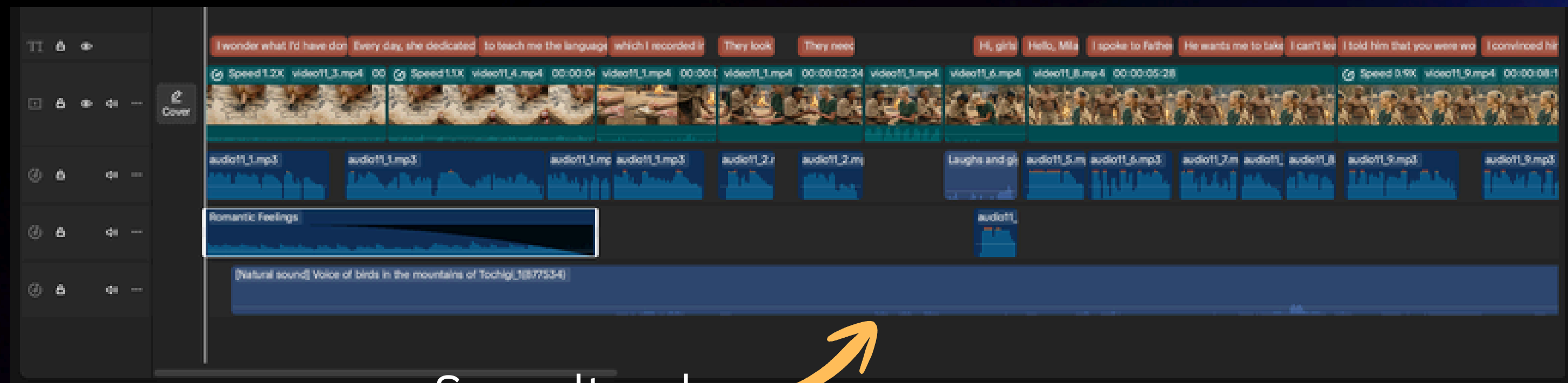
- Once the audio track is synched, you can remove the speech from the video track. You can just remove the speech, leaving the eventual audio intact (e.g: background sounds), with the option “[Isolate Voice](#) → [Remove voice](#)” that appears when you right-click over the video track. Do not use the option “[Extract audio](#)” even if it useful at times, as it is only for Premium users and it won’t allow you to export the video if you use it in your CapCut project.



Audio tracks

YOUR FIRST SHOT

- Keep using the strategy “generate a shot → take its last valid frame → use it as the first frame of the following shot” until the Scene is complete.
- Add an appropriate **soundtrack** (e.g: “voices of birds in the mountains of Tochigi” soundtrack available in Audio -> Sound effects menu) to increase immersion

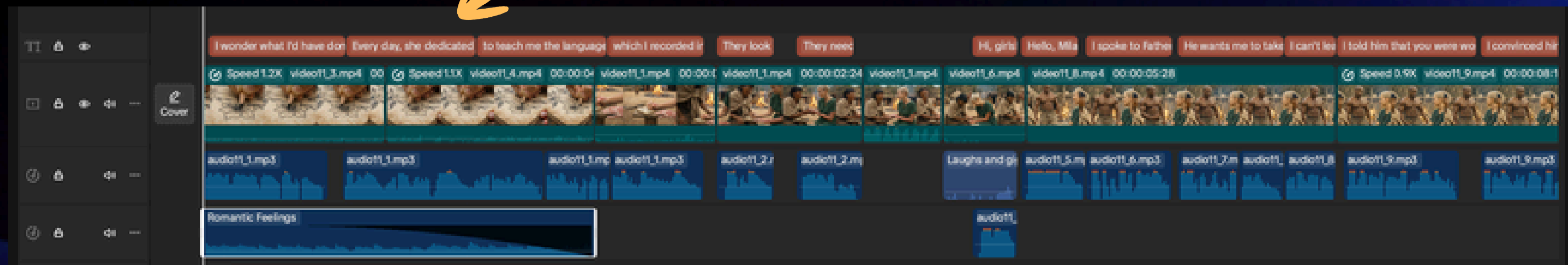


Soundtrack

YOUR FIRST SHOT

- Finally, add **english subtitles** below each dialogue (Text → Default Text). Drag it over the video tracks
- Move the caption at the **bottom** of the screen.
- If you click over a brown text box, on its right it will appear a window, from which you can insert the text, the font (use the font “**System**”), and the font size (“**6**”)
- You can generate subtitles quickly using copy and paste and changing the text. Do not use the “Captions” menu, as you won’t be able to save the Scene unless you are a Premium user.

Subtitles



WHEN YOUR SCENE IS READY

- When the Scene is ready, use the “Export” tool to the top right of CapCut to save the .mp4 video file of the Scene in your local hard drive. Always export your Scene with a resolution of 720p (the original one of Google Flow videos) and a frame rate of 30 fps.
- Then, copy the .mp4 file in our shared google drive, inside the folder numbered with the same number of your Scene (see link in the moodle). Save two versions of the Scene in the google drive: one with the english subtitles, and one without any subtitles

SHOT EXAMPLES

Prompt: ("Ingredients")

Cinematic. Photorealistic. 35mm film grain. Static cowboy shot at eye level. The male character in the second frame appears in the background of the first frame, walking towards the girls. When he is close to them, he says: "Hi girls!". Then, the two women turns towards him. the blond girl smiles and says: "Hello, Milagros!"



SHOT EXAMPLES

Prompt: ("Frames")

Cinematic. Photorealistic. 35mm film grain. Static medium shot at eye level. The blond woman to the right of the frame laughs, and says to the man: "Did he believe you?". The man answers, smiling: "Not at all! But I assured him that you were fine".



SHOT EXAMPLES

Prompt: (“Ingredients”)

Cinematic. Photorealistic. 35mm film grain. The camera turns right (pan shot at eye level), showing the man in the second frame passing close to the three people in the first frame, walking in a regal way until he reaches them. Then, he walks out off the screen from the left side, without saying a word.



CAPCUT MOST USEFUL TOOLS

Most useful tools available in **top left** menu of CapCut:

- **Media:** use to import video generated with Google Flow, and speech generated with Elevenlabs. Drag each file with the mouse to the bottom part of the screen to create your Scene
- **Audio:** to include background noises (birds singing, fire cracking, etc) and music (you can also use Suno if you don't find the music you like)
- **Text:** to add english subtitles (there is also a "Caption" button, but it is only for Premium user. However, you can easily insert captions manually with the Text button. There will also be a version of the movie without any caption.
- **Transitions → Overlay → Black fade:** use this transition to end each Scene or when changing location inside the same Scene

CAPCUT MOST USEFUL TOOLS

Most useful tools available in **top right** menu of CapCut:

- **Export:** always export your Scene with a resolution of **720p** (the original one of Google Flow videos), format **.mp4** and frame rate of **30 fps**
- **Audio:** the “Volume” horizontal bar allow you to decrease volume until you remove all audio from a video shot. In this way you can later insert your audio files (e.g: character speeches) below the video shot
- **Speed:** decrease it to create **slow motion** shots.
- **Fade in/out:** for smoother audio transitions (the same control can be activated by dragging horizontally the two small white dots inside each audio or video shots)
- **Adjust:** modify lightning, contrast and other various colour options
- **Export still frames:** the only way to export a single image to your hard drive, to upload it later in Google Flow to generate a video

CAPCUT MOST USEFUL TOOLS

Other useful tools available in CapCut:

- **Crop → 16:9**: very useful to convert your shot in a medium shot or in a close-up shot directly from CapCut, without having to generate the shot again with Flow.
- **Media → AI media → AI video**: from here you can access Text2Video and Image2Video tools similar to those available in Google Flow. Free users can generate only 1 video per month. However, if you select as model Gemini Veo 3.1, you can generate other 3 free videos per month. So, you have 4 bonus videos!
- **Turn on/off the main track magnet**: very useful to put all your video shots in a sequence without any gap between them
- **Turn on/off linkage**: group video shots and audio clips together, so when you move one of them, also the others are moved together. Very useful when you add or remove or cut your shots