



Podcast and video for science communication.

Professional Setup Essentials

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IR0000032 – ITINERIS, Italian Integrated Environmental Research Infrastructures System
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Mission 4 “Education and Research” - Component 2: “From research to business” - Investment
3.1: “Fund for the realisation of an integrated system of research and innovation infrastructures”



Why Video Podcasting is Becoming the Standard

- 🌐 Platforms increasingly push video content (YouTube, Spotify Video)
- 🌐 Greater brand retention and recognition
- 🌐 Allows content repurposing: short clips, promos, stories, etc.

Professional Setup Essentials

Audio:

XLR microphones (Shure SM7B, Rode Procaster) + audio interface (Focusrite, RodeCaster Pro)

Lavalier mics for talk show formats

Video:

Mirrorless DSLR (Sony ZV-E10, Canon EOS R10) with fixed lens (35mm or 50mm)

Stable tripod, 4K or 1080p at 25fps

Internal SD recording or external (e.g., Atomos Ninja)

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Lighting:

Two LED softboxes (Godox, Aputure) or adjustable panels

Basic setup: front soft light + background separation light

Minimal Crew Needed:

1 speaker

1 technical operator (can manage audio/video/lights)

1 producer/editor (can supervise or review later)

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Recording Method:

- Studio or controlled set with sound isolation
- Sync audio/video with clap or timecode
- Multi-cam only if needed (requires 4+ people and at least 2 cameras + live direction)



THANKS!

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