

主辦機構



中華人民共和國
香港特別行政區政府
民政及青年事務局



家庭議會
Family Council
www.familycouncil.gov.hk

支持機構



中華人民共和國
香港特別行政區政府
教育局

傳承好家風

短片創作比賽

剪接技巧培訓班

主講：鄧文瀚先生 STEM Sir

資深STEM導師



傳承好家風 短片內容構思小Tips

短片內容

短片長度：1分鐘左右的影片

建議短片的内容：

中華傳統價值及美德，如：孝順父母、尊老愛幼、夫妻和睦、誠信有禮貌等
家中重視的習慣或傳統、與家人相處的互動時刻，不同的家庭關係等，
帶出好家風對家庭的正面影響，及中華傳統價值及美德的重要性。

短片製作過程



短片的靈感

短片的靈感

- 生活體驗：學習某事情的經歷、參加新活動、參觀.....
- 心中重要的想法：開心、感恩、有所啟發成長.....
- 家長的角色：學習者、指導者、被學者.....
- 小朋友的角色：學習者、助人者.....
- 印象深刻的故事：被讚、被獎、被罰、被罵、感到成功、失敗.....
- 生活小節：主動叫人、主動買旗、主動幫人.....

短片故事的例子：

1. 記住父母的生日，生日當天送上生日禮物，或親口說我愛你、我想你。
2. 認真回父母的短訊，不要因父母的電話囉嗦而表現煩躁。
3. 常和父母談心，談談你的工作、新認識的好朋友。
4. 食物要燉得熱的，軟爛的，中老年人脾胃虛弱，不易消化。
5. 寒濕時份，給父母常備暖寶寶、保溫鞋、羊絨褲等保暖用品。

短片故事敘述的五種要素

說明

故事場景

畫面控制

對話 / 表情 /
肢體語言

內心想法

如何利用手機及電腦 免費短片剪接軟件

1分鐘短片製作

CapCut

1. 如何註冊及登入 Capcut

CapCut

範本 新增

產品

解決方案

資源

下載

登入

註冊

免費的全功能影片編輯器，讓所有人 作任何內容

若已是帳戶，可以直接「登入」。

彈性靈活的編輯、神奇的 AI 工具、團隊合作、還有庫存素材，讓影片創作變得前所未有的輕鬆。

免費註冊

我們正在更新《隱私權政策》，預計於 2023 年 10 月 15 日生效，新增內容如下：

- 我們收集的資訊，例如，當您將帳號與其他平台同步時；
- 我們如何使用您的資訊；以及
- 我們在何處儲存您的資訊以及如何傳輸您的資訊。

按一下 [這裡](#) 查看我們的更新版《隱私權政策》。

確定

如首次使用 / 未曾註冊，可先按「免費註冊」成為帳戶。

線上編輯影片

下載 Windows 版

探索更多功能

<https://www.capcut.com/>

2. 決定畫面比例和規格

CapCut

影片 搜尋範本



+ 新建

1. 點選「新建」選項。

影片

空白畫布

- 16:9
YouTube、Facebook
- 9:16
TikTok、YouTube、Instagra...
- 1:1
Instagram、LinkedIn、Faceb...

2. 點選畫面比例，
例如：16:9

圖片

自訂大小

Facebook 發佈內容
940x788px

更多

魔法工具

片段轉影片

移除背景

影像畫質提升器

AI 顏色校正

檢視更多內容

今天我們可以幫助您創作什麼呢？

本開始，還是要從一些 AI 魔法著手，一切都由您選擇。



影片



圖片

新影片

片段轉影片

長片剪成短片 測試版

開始使用範本



最新消息

3. 加入影片及照片檔案

The screenshot displays a video editing software interface. On the left, a dark sidebar contains various media and editing tools, with the '上傳' (Upload) option highlighted in a red box. The main workspace shows a video timeline and a large central area for editing. A yellow tooltip titled '材料資源' (Material Resources) provides information about uploading materials. A red box highlights a large blue plus sign icon with the text '按一下以上傳 或將檔案拖放到這裡' (Click to upload or drag files here). A red text box at the bottom provides instructions: '進入影片編輯介面後，可以點選「上傳」或其他加入影片/照片選項，以加入影片/照片並進行編輯。' (After entering the video editing interface, you can click 'Upload' or other options to add videos/photos and edit them.)

STEM Sir's space

上傳

媒體

範本

元素

音訊

文字

字幕

轉錄稿

特效

目前還沒有任何內容
將您的檔案拖放到這裡

材料資源

您可以上傳自己的材料，也可以使用線上材料

1/2

下一步

按一下以上傳
或將檔案拖放到這裡

將媒體拖放到這裡

00:04 00:06

進入影片編輯介面後，可以點選「上傳」或其他加入影片/照片選項，以加入影片/照片並進行編輯。

3. 加入影片及照片檔案

The screenshot displays a video editing application interface. On the left, a vertical sidebar contains several tool icons: a media icon (cloud with plus), a template icon (document with plus), an elements icon (document with plus), an audio icon (music note), a text icon (T), a subtitle icon (document with plus), a transcription icon (document with plus), and an effects icon (star). A red dashed box highlights this sidebar, and a red arrow points to it from a text box. A yellow notification box is overlaid on the sidebar, containing the text: "元素 現在，您可以在元素中找到庫存影片、照片、AI 角色和貼圖。" and a "確定" button. The main workspace features a video player at the top with a play button, a hand icon, a 100% zoom level, and navigation arrows. Below the player is a large dashed box with a plus sign and the text: "按一下以上傳 或將檔案拖放到這裡". At the bottom, there is a timeline with markers at 00:00, 00:02, 00:04, and 00:06, and a subtitle track with the text "將媒體拖放到這裡".

最左方的工具列有各式各樣範本、元素、音訊、文字、字幕、特效等功能，可加入在影片編輯中。

3. 加入影片及照片檔案

The screenshot displays a video editing software interface. On the left is a dark sidebar with various tool icons. The main workspace is light gray and contains a large dashed rectangular area for media. In the center of this area is a blue rounded square with a white plus sign, surrounded by the text "按一下以上傳" and "或將檔案拖放到這裡". Below this are two smaller buttons with icons for Google Drive and Dropbox. A red arrow points to the plus sign button. At the top of the interface, there is a header bar with a user profile, a share button, and other controls. At the bottom, there is a video player with a timeline and a volume control.

目前還沒有任何內容
將您的檔案拖放到這裡

按一下以上傳
或將檔案拖放到這裡

將媒體拖放到這裡

首次加入影片可在「預覽區域」直接點選「按一下以上傳」，如影片已存放在「Google Drive」或「DropBox」，可直接點選該圖示。

3. 加入影片及照片檔案 (從 Google Drive 匯入)



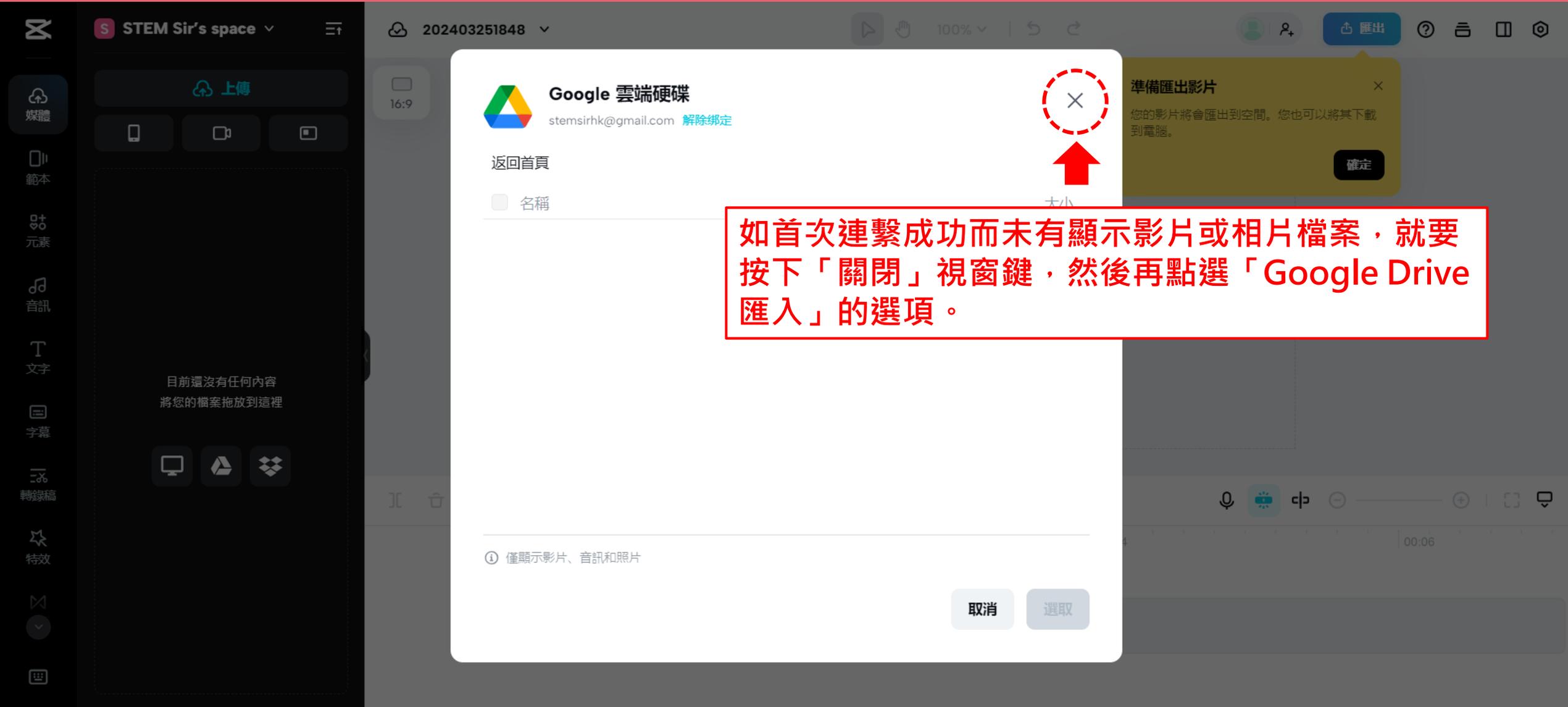
目前還沒有任何內容
將您的檔案拖放到這裡

授權您的 Google 雲端硬碟帳號
登入以授權 CapCut 存取您在 Google 雲端硬碟中的檔案。

繼續

如首次連繫「Google Drive」或「DropBox」，
就要按下「繼續」與相關帳戶進行連接。

3. 加入影片及照片檔案 (從 Google Drive 匯入)



STEM Sir's space

202403251848

Google 雲端硬碟
stemsirhk@gmail.com 解除綁定

返回首頁

名稱

大小

準備匯出影片
您的影片將會匯出到空間。您也可以將其下載到電腦。
確定

目前還沒有任何內容
將您的檔案拖放到這裡

① 僅顯示影片、音訊和照片

取消 選取

如首次連繫成功而未有顯示影片或相片檔案，就要按下「關閉」視窗鍵，然後再點選「Google Drive 匯入」的選項。

3. 加入影片及照片檔案 (從 Google Drive 匯入)

目前還沒有任何內容
將您的檔案拖放到這裡

Google 雲端硬碟
stemsirhk@gmail.com 解除綁定

返回首頁

名稱	大小
<input type="checkbox"/> EE935416-AD2A-44E0-B05E-7EE434E77F54.MOV	59.24MB
<input type="checkbox"/> IMG_8877.MOV	82.60MB
<input type="checkbox"/> IMG_4756.MOV	46.86MB
<input type="checkbox"/> IMG_4753.MOV	29.88MB
<input checked="" type="checkbox"/> IMG_4753.MOV	29.88MB
<input type="checkbox"/> IMG_8911.MOV	30.53MB
<input type="checkbox"/> IMG_8836.MOV	30.53MB

① 僅顯示影片、音訊和照片

取消 選取

1. 進入「Google Drive」後，就能勾選「影片/相片」檔案。

2. 勾選後再點選「選取」按鈕。

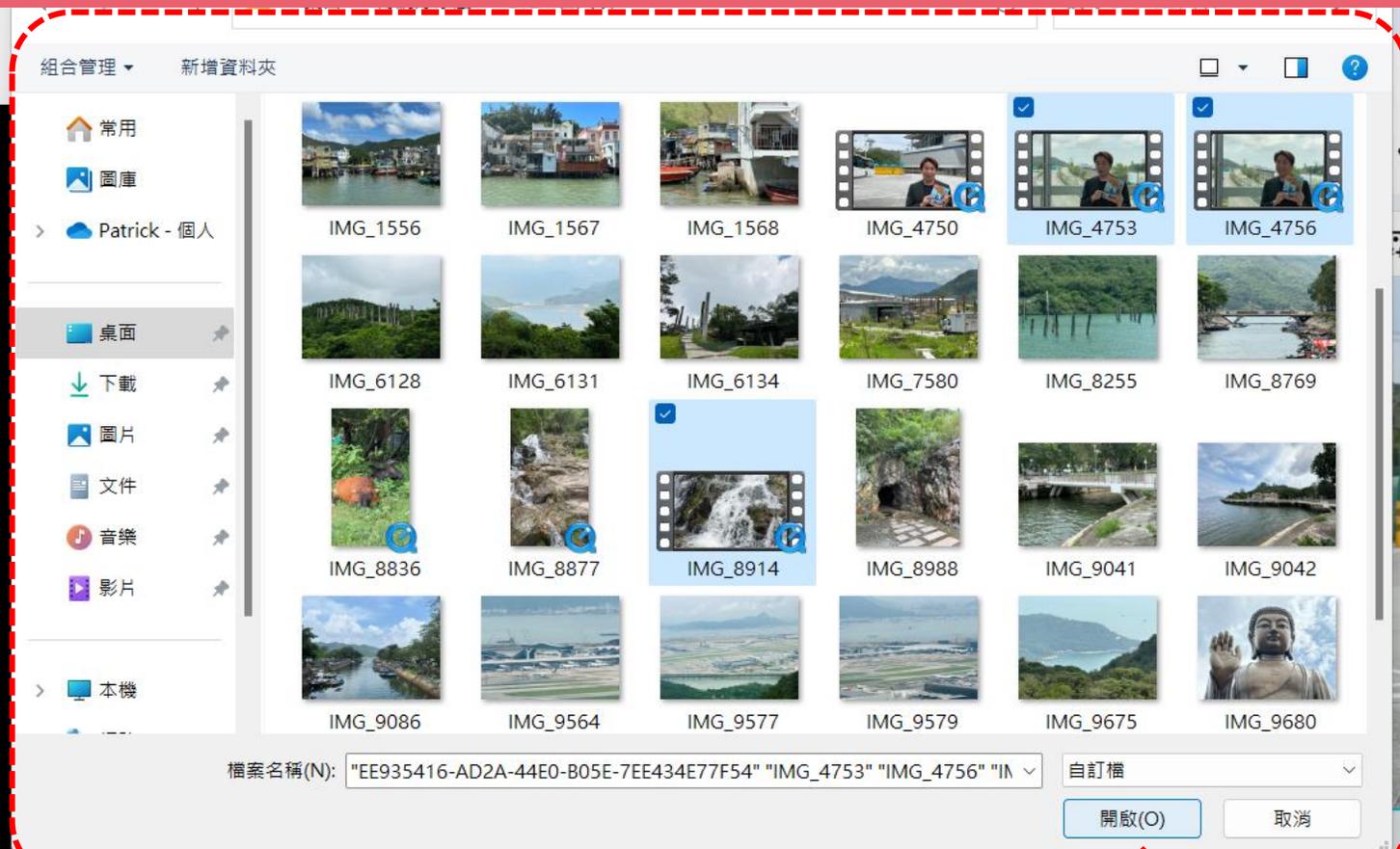
3. 加入影片及照片檔案 (直接上傳)

The screenshot shows the left sidebar of the software. The '媒體' (Media) option is circled in red. Below it, the '上傳' (Upload) button is highlighted with a red dashed box. Other menu items include '範本' (Templates), '元素' (Elements), '音訊' (Audio), '文字' (Text), '字幕' (Subtitles), '轉錄稿' (Transcripts), '特效' (Effects), and a bottom icon.

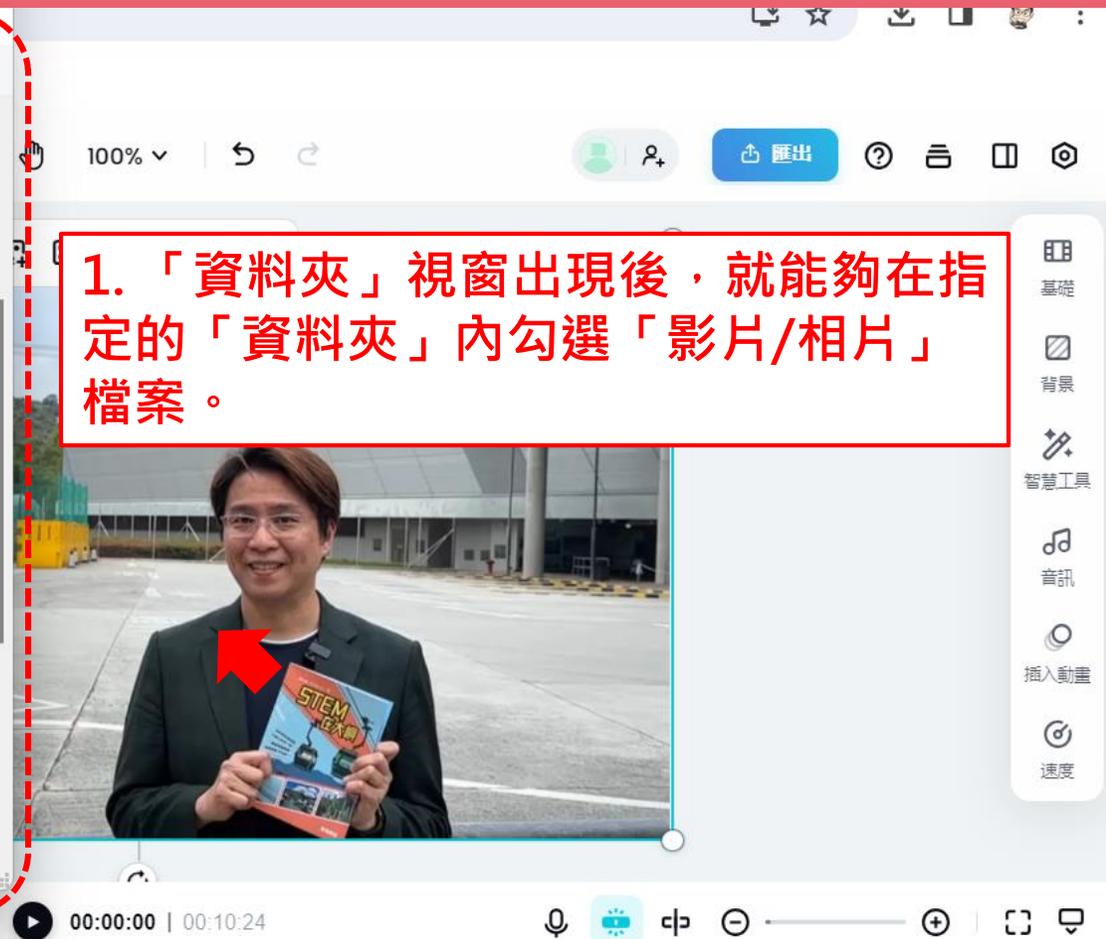
The screenshot shows the main editing interface. At the top, there is a toolbar with icons for zooming, panning, and other editing functions. The central area displays a video preview window with a man holding a 'STEM TEAM' book. A red arrow points from a text box to the '上傳' (Upload) button in the sidebar. Below the preview window is a timeline with a playhead and a video track containing the clip 'IMG_4750.MOV | 00:10:24'. The right sidebar contains various editing tools like '基礎' (Basic), '背景' (Background), '智慧工具' (Smart Tools), '音訊' (Audio), '插入動畫' (Insert Animation), and '速度' (Speed).

亦可在「媒體」選區，按下「上傳」從電腦直接上傳影片或相片檔案。

3. 加入影片及照片檔案 (直接上傳)



1. 「資料夾」視窗出現後，就能夠在指定的「資料夾」內勾選「影片/相片」檔案。



2. 勾選後再點選「開啟」按鈕，把所選的「影片/相片」檔案上傳。



4. 加入編輯的影片及照片

STEM Sir's space

上傳

媒體

範本

元素

音訊

文字

字幕

轉錄稿

特效

已新增

IMG_8914.MOV 00:12

IMG_4756.MOV 00:16

IMG_4753.MOV 00:10

EE935416-AD2A-4... 00:34

IMG_4750.MOV 00:10

「影片/相片」檔案上傳後，會存放在「媒體」元件選區內。

202403251848

100%

匯出

基礎

背景

智慧工具

音訊

插入動畫

速度

00:00:00 | 00:10:24

00:00 00:05 00:10 00:15 00:20 00:25 00:30

IMG_4750.MOV 00:10:24

EE935416-AD2A-44E0-B05E-7EE434E77F54.MOV 00:34

可以直接把「媒體」元件選區的影片/相片拖放在影片編輯區的時間軸上。

5. 調整時間軸素材顯示的大小

The screenshot displays the CapCut video editing software interface. On the left is a dark sidebar with various tool icons. The main workspace is divided into a top preview window and a bottom timeline. The preview window shows a video with the CapCut logo and the text "STEM 在大嶼". The timeline at the bottom shows a video clip with a playhead at 00:45:13. A red dashed box highlights the zoom controls on the right side of the timeline, which include a minus sign, a plus sign, and a slider. A tooltip below the minus sign reads "縮小 Ctrl -". A red text box with a white background and a red border is positioned over the preview window, containing the text: "可以利用「-」/「+」按鈕來調整時間軸素材顯示的大小。". Red arrows point from the text box to the zoom controls and from the zoom controls to the timeline clip.

可以利用「-」/「+」按鈕來調整時間軸素材顯示的大小。

5. 調整時間軸素材顯示的大小

可以利用「-」/「+」按鈕來調整時間軸素材顯示的大小。

縮小 Ctrl -

6. 刪除影片



The image shows a video editing software interface. On the left is a dark sidebar with various tool icons. The main area features a video player showing a scenic view of a waterfront with a pier and buildings. Below the player is a timeline with a playhead at 00:50:06. A red box highlights a video clip on the timeline labeled 'IMG_9086.JPG | 00:32'. A red arrow points down to this clip. Above the arrow, a red-bordered text box contains the instruction: '1. 點選想刪除的部份。' (1. Click on the part you want to delete.)

6. 刪除影片

The screenshot displays a video editing software interface. On the left, a media library panel shows a grid of assets including images (IMG_9564.JPG, IMG_9086.JPG, IMG_9042.JPG, IMG_8914.MOV, IMG_8836.MOV) and videos (EE935416-). A red callout box with the text "2. 點選刪除按鈕。" (2. Click the delete button.) points to a trash can icon in the bottom toolbar. The main workspace shows a video preview window with a scenic view of a waterfront and a timeline below it. The timeline includes a clip labeled "IMG_9086.JPG 00:32". The interface also features a top navigation bar with a user profile, a "匯出" (Export) button, and various editing tools on the right side.

6. 刪除影片

The screenshot displays a video editing software interface. On the left is a dark sidebar with various tool icons. The main workspace shows a video clip of a river scene. A context menu is open over the clip, listing several actions: 分割 (Ctrl B), 拷貝 (Ctrl C), 剪切 (Ctrl X), 貼上 (Ctrl V), 複製 (Ctrl D), 刪除 (Backspace), 下載片段, and 分享影片 (Ctrl Shift S). A red box with a red arrow points to the '刪除' (Delete) option. Below the menu, a timeline shows the clip's duration from 00:00 to 04:00. At the bottom left, a small inset video shows a man speaking.

3. 或滑鼠按右鍵點選刪除。

7. 調整影片速度

The screenshot shows the left-hand side of a video editing application. At the top, there is a navigation bar with a home icon, a user profile icon labeled 'STEM Sir's space', and a menu icon. Below this is a '上傳' (Upload) button. The main area is a grid of video thumbnails, each with a '已新增' (New) label, a duration, and a filename. The thumbnails include: IMG_8914.MOV (00:12), IMG_4756.MOV (00:16), IMG_4753.MOV (00:10), EE935416-AD2A-4... (00:34), and IMG_4750.MOV (00:10). On the far left, there is a vertical sidebar with icons for '媒體' (Media), '範本' (Templates), '元素' (Elements), '音訊' (Audio), '文字' (Text), '字幕' (Subtitles), '轉錄稿' (Transcripts), and '特效' (Effects).

The screenshot shows the main video editing interface. At the top, there is a toolbar with icons for share, hand, zoom (100%), undo, and redo. Below this is a video preview window showing a man in a suit holding a 'STEM 在大蠟' (STEM in Big Wax) brochure. The video is 16:9. To the right of the preview window is a vertical menu with icons for '基礎' (Basic), '背景' (Background), '智慧工具' (Smart Tools), '音訊' (Audio), '插入動畫' (Insert Animation), and '速度' (Speed). A red arrow points from the '速度' icon to a red-bordered text box containing the instruction: '2. 然後在預覽區點選「速度」選項。' (2. Then click the 'Speed' option in the preview area.) Below the preview window is a timeline with a playhead at 00:02:14 and a total duration of 01:25:13. At the bottom, there is a horizontal strip of video thumbnails. A red dashed circle highlights one of the thumbnails, with a red-bordered text box containing the instruction: '1. 在時間軸上點選要進行速度編輯的影片。' (1. Click the video to be speed edited on the timeline.)

7. 調整影片速度

The screenshot displays a video editing application interface. On the left is a dark sidebar with various editing tools. The main workspace shows a video of a man holding a book, with a '速度' (Speed) settings panel overlaid on the right. This panel includes a '速度' (Speed) slider set to 6.6x, a '時長' (Duration) dropdown set to 0.5s, and other options like '音調' (Pitch) and '慢動作流暢化' (Smooth Slow Motion). A red dashed box highlights the speed and duration controls, with red arrows pointing to them. A red text box at the bottom right contains the following text:

在「速度」視窗出現後，透過更改「速度」/「時長」加快或減慢所選影片的播放速度。

8. 手動分割影片

1. 點選「分割」。

2. 把影片位置線移至需要進行「分割」的時間軸上。滑鼠浮標移至相關位置後會變為「分割」浮標，按下滑鼠左鍵可在該位置進行影片分割。

9. 刪除影格

STEM Sir's space

上傳

媒體

範本

元素

音訊

文字

字幕

轉錄稿

特效

202403251848

16:9

分割 (Ctrl B)

拷貝 (Ctrl C)

剪切 (Ctrl X)

貼上 (Ctrl V)

複製 (Ctrl D)

刪除 (Backspace)

替換

下載片段

口播剪輯

分離音訊 (Ctrl Shift S)

分割場景

定格

2. 點選「刪除」。

1. 在時間軸點選「需要刪除」的影片部分，在影片部分按滑鼠右鍵打開快速選單。

9. 刪除影格

STEM Sir's space

上傳

媒體

範本

元素

音訊

文字

字幕

轉錄稿

特效

已新增
00:12
IMG_8914.MOV

已新增
00:16
IMG_4756.MOV

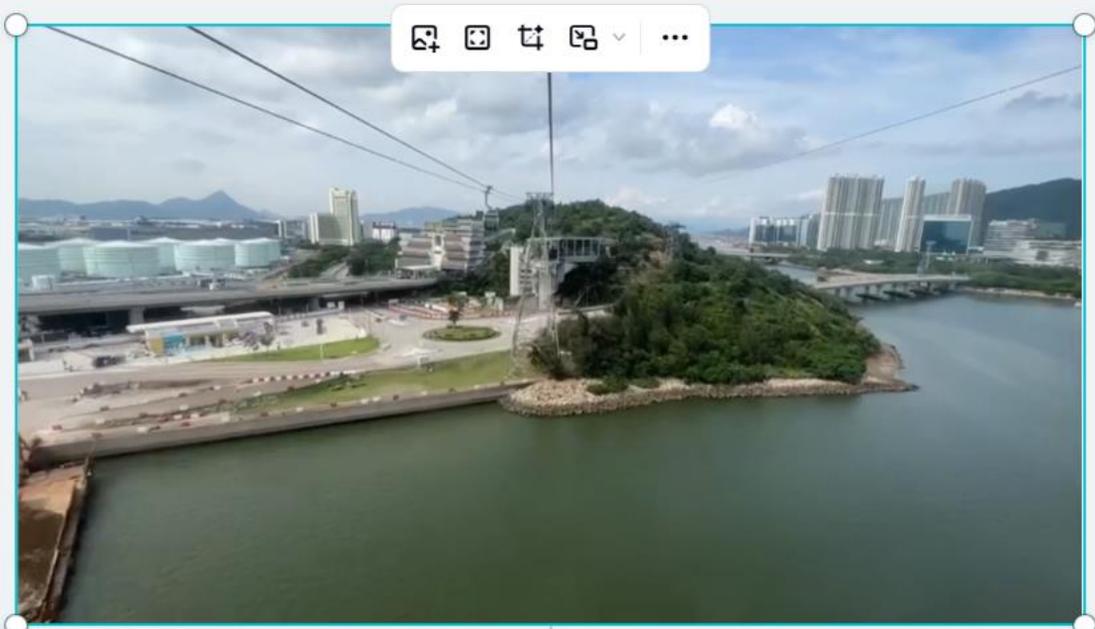
已新增
00:10
IMG_4753.MOV

已新增
00:34
STEM在大蠟
EE935416-AD2A-4...

已新增
00:10
IMG_4750.MOV

202403251848

16:9



也可以點選想刪除的影片或相片後，按鍵盤上的「Delete」刪除鍵，移除所選的影片或相片。

00:00 00:10 01:00

EE935416-AD2A-44E0-1305E

10. 自動分割場景

2. 然後點選「分割場景」。

1. 先選擇需要進行「分割場景」的影片。

*註：分割場景功能為剪接系統跟據影片內的位置變化，進行自動分割。如影片中背景顏色變化差異不大，此功能將無效。請以手動進行分割。

11. 按住影片拖曳調整順序

The screenshot displays a video editing application interface. On the left is a dark sidebar with various editing tools. The main area is divided into a top video preview window and a bottom timeline. The video preview window shows a landscape scene with a cable car and buildings, with a red-bordered box overlaid on it. The timeline below shows a sequence of video clips. One clip, labeled 'EE935416-AD...-44E0-1305E-7EE434E', is highlighted with a red box. Two red curved arrows originate from this clip, one pointing to the left and one pointing to the right, illustrating the drag-and-drop action. A red text box is superimposed over the video preview window, containing the following text:

在時間軸點選要移動的影片，然後按住滑鼠左鍵不放，就可以把該影片移至時間軸上的不同位置，放開滑鼠左鍵就可擺放在指定位置上。

12. 調整相片速度

The screenshot displays a video editing application interface. On the left is a media library with various assets. The main workspace shows a video clip of a river scene. A settings panel on the right is open to the '速度' (Speed) section, showing options for '正常' (Normal) and '曲線變速' (Curve Speed), a speed slider set to 1x, and a duration of 5s. A red dashed box highlights the '速度' option in the settings panel. A red arrow points to the 'IMG_9086.JPG' clip in the timeline, which is also highlighted with a red dashed box. A red text box at the bottom right contains the instruction: '在時間軸先點選要調整速度的相片，然後在右邊選項欄中點選「速度」。' (First select the photo you want to adjust the speed of in the timeline, then click 'Speed' in the options bar on the right.)

在時間軸先點選要調整速度的相片，然後在右邊選項欄中點選「速度」。

12. 調整相片速度

The screenshot displays a video editing application interface. On the left is a dark sidebar with various editing tools. The main workspace shows a video player with a landscape photo of a river and boats. A settings panel on the right is open to the '速度' (Speed) section, where the '時長' (Duration) is set to 5s. A red dashed box highlights the '5s' input field. A red text box with white text is overlaid on the right side of the video player, stating: 在「時長」中，輸入相片的理想播放時間。 (In 'Duration', enter the ideal playback time for the photo.) Below the video player is a timeline with a red arrow pointing to a clip labeled 'IMG_9086.JPG', which is also enclosed in a red dashed box.

在「時長」中，輸入相片的理想播放時間。

13. 調整圖片大細

先將時間軸標示移至需調整的圖片上，畫面上方出現該圖片，同時在圖片的四角上，出現了小圓點，滑鼠按著小圓點便可以把圖片放大縮小。



為影片增加效果、
字幕等

14. 套用重疊特效

STEM Sir's space

上傳

媒體

範本

元素

音訊

文字

字幕

轉錄稿

特效

IMG_9698.JPG

IMG_9680.JPG

IMG_9675.JPG

IMG_9577.JPG

IMG_9086.JPG

IMG_1531.JPG

IMG_1478.JPG

IMG_1004.JPG

IMG_0986.JPG

IMG_8914.MOV

已新增

已新增

已新增

已新增

202403251848

16:9



00:25:15 | 01:03:18

00:00 00:10 00:20 00:30 00:40 00:50 01:00

把影片位置線移至需要進行「套用重疊特效」的時間軸位置上。

14. 套用重疊特效

STEM Sir's space

上傳

媒體

範本

元素

音訊

文字

字幕

轉錄稿

特效



IMG_9698.JPG

IMG_9680.JPG

IMG_9675.JPG

IMG_9577.JPG

IMG_9086.JPG

IMG_1531.JPG

IMG_1478.JPG

IMG_1004.JPG

IMG_0986.JPG

IMG_8914.MOV

已新增

00:12

已新增

已新增

已新增

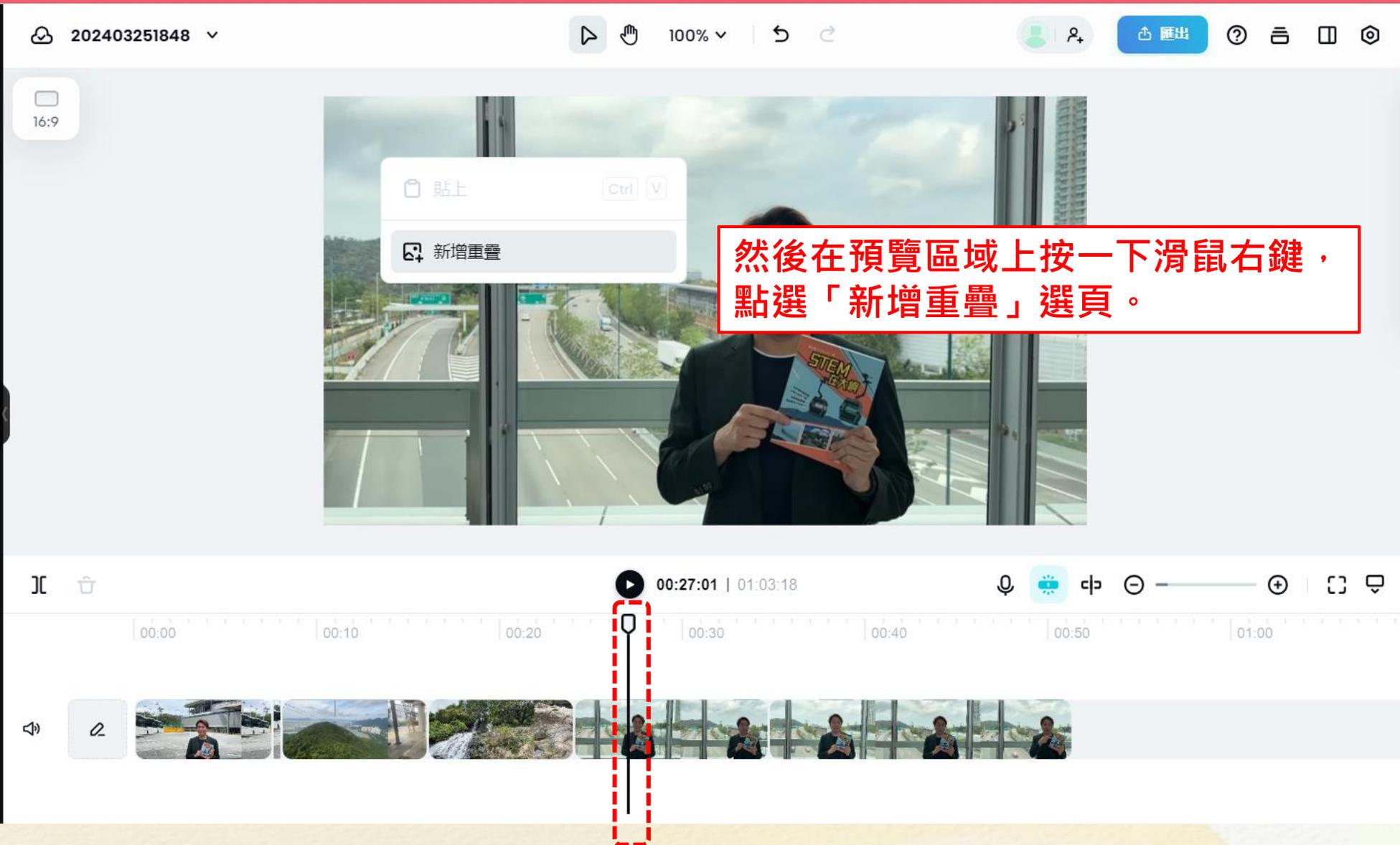
202403251848

16:9

貼上 Ctrl V

新增重疊

然後在預覽區域上按一下滑鼠右鍵，點選「新增重疊」選頁。

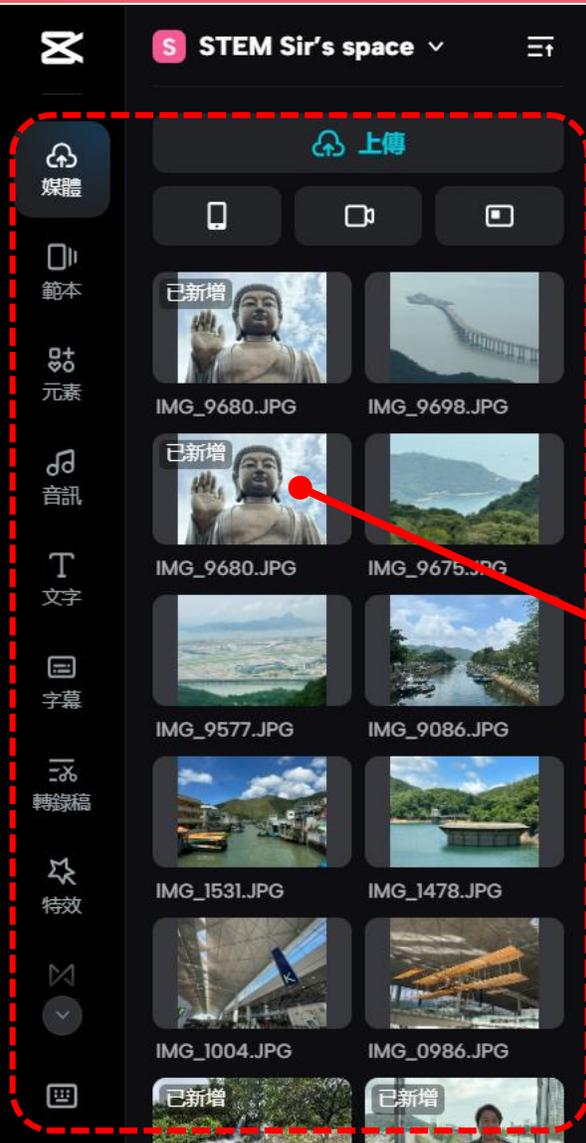


00:27:01 | 01:03:18

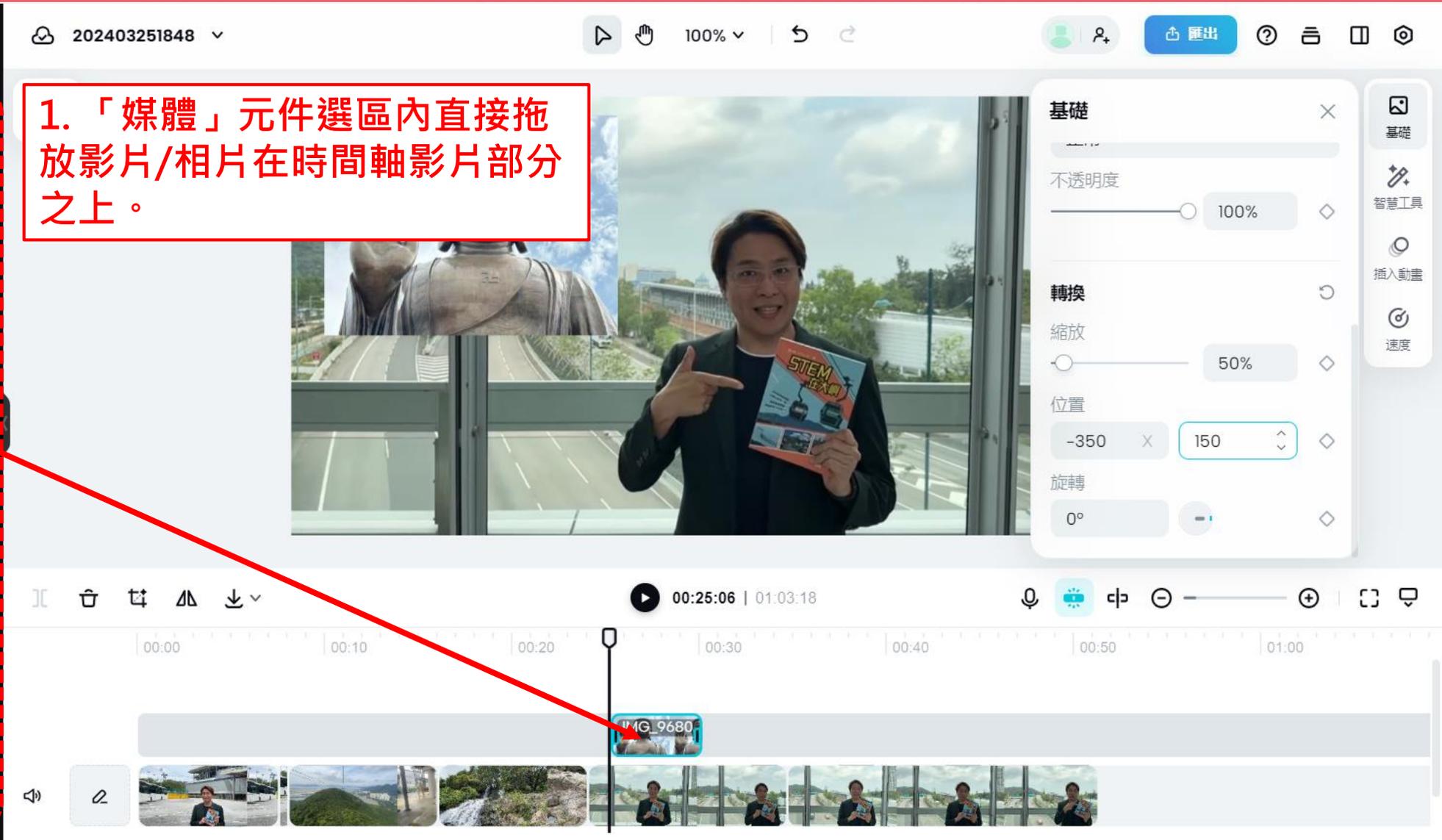
00:00 00:10 00:20 00:30 00:40 00:50 01:00

新增重疊

15. 設定重疊影像大小及位置



1. 「媒體」元件選區內直接拖放影片/相片在時間軸影片部分之上。



15. 設定重疊影像大小及位置



2. 重疊影像出現後，可利用滑鼠直接拖放到畫面中適合的位置。如需調整圖片大細，可用滑鼠點選圖片四角出現的小圓點，進行放大縮小的調整。

16. 設定重疊影像時長/速度

The screenshot displays a video editing application interface. On the left is a media library with various image thumbnails. The main workspace shows a video of a man holding a book with a Buddha statue overlaid on it. The 'Speed' settings panel on the right is active, showing 'Normal' selected and 'Duration' set to 1.5s. A red arrow points to the 'Speed' option in the right-hand menu.

在預覽區點選「速度」選項，可以透過更改時長/速度，更改重疊影像出現時的速度。

17. 重疊影像插入轉場特效

The screenshot displays a video editing software interface. On the left is a media library with various image thumbnails, some marked '已新增' (New). The main workspace shows a video preview window with a person holding a book, overlaid with a Buddha image. A red box highlights the '插入動畫' (Insert Animation) menu, which includes options like '進場' (Entrance), '退場' (Exit), and '組合動畫' (Composite Animation). Below the preview is a timeline with a playhead at 00:25:06. The bottom right shows a '插入動畫' (Insert Animation) panel with various transition effects like '放大' (Zoom), '向左滑動' (Slide Left), '向右滑動' (Slide Right), '漸顯開幕' (Reveal), '百葉窗' (Curtain), and '漩渦旋轉' (Vortex Rotate).

在預覽區點選「插入動畫」選項，亦可以為重疊影像加入「進場」、「退場」或「組合動畫」等轉場特效。

18. 影片間加轉場效果



1. 在「轉場」選區內，選擇所需的轉場效果。



2. 把已選的轉場效果拖放到需要加轉場特效的位置。

19. 加入文字



2. 點選「文字」選項，選擇適合的文字設計後，用滑鼠左鍵按一下。



1. 把位置線移至需要加入「文字」的時間軸位置上。

19. 加入文字

在預覽區點選「基礎」，可在相應位置更改文字內容。

Left sidebar menu with various editing options:

- 熱門
- Thanks FOR WATCHING
- STUDY WITH ME
- LET'S PREP FOR A NEW WEEK
- NEW YEAR
- TITLES
- STYLISH TITLES
- MODERN TITLES
- TODAY BACK TO NATURE
- RECORD-LIFE
- Minimal Titles

Main video editing interface showing a video preview, a text overlay, and a settings panel for the text:

- Video ID: 202403251848
- Zoom: 100%
- Text overlay: MODERN TITLES
- Settings panel (Basic):
 - 1. MODERN TITLES
 - 2. OLD IMAGE / EFFECT
 - 轉換 (Convert)
 - 縮放 (Scale): 26%
 - 位置 (Position): X: 0, Y: 0
 - 新增至品牌套件 (Add to Brand Kit)
- Timeline: 00:02:09 | 00:51:06
- Text label: 文字範

19. 加入文字

熱門

Thanks FOR WATCHING

STUDY WITH ME

DAY 01/30 PROJECT 30

LET'S PREP FOR A NEW WEEK

NEW YEAR

TITLES

STYLISH TITLES

MODERN TITLES

TODAY BACK TO NATURE

RECORD-LIFE

Minimal Titles Change Text Easily

202403251848

16:9

05 STEM在大嶼

作者: STEM SIR

基礎

1 05 STEM在大嶼

2 作者: STEM SIR

Montserrat 20

B I U Aa

利用影片預覽區上「文字圖層」的大小、移動及旋轉工具，調整文字大小及位置。

00:02:09 | 00:51:06

文字圖層

19. 加入文字

The sidebar contains several categories of templates:

- 熱門 (Popular):** Includes "Thanks FOR WATCHING", "STUDY WITH ME", "LET'S PREP FOR A NEW WEEK", "NEW YEAR", "TITLES", "STYLISH TITLES", "MODERN TITLES", "TODAY BACK TO NATURE", "RECORD-LIFE", and "Minimal Titles".
- 媒體 (Media):** For adding video and audio.
- 範本 (Templates):** For text and subtitles.
- 字幕 (Subtitles):** For adding subtitles.
- 轉錄稿 (Transcripts):** For adding transcripts.
- 特效 (Effects):** For adding visual effects.

The main workspace shows a video with a text overlay that reads "05 STEM在大嶼" and "作者: STEM SIR". The video is playing at 00:02:09 out of 00:51:06. The timeline at the bottom shows a text layer labeled "文字範本" with a red arrow pointing to it, indicating that the text layer's duration can be adjusted.

在時間軸上，利用滑鼠直接拉放/縮短「文字圖層」的顯示時間。

The text editing panel includes the following options:

- 基礎 (Basic):** Text input fields for "05 STEM在大嶼" and "作者: STEM SIR".
- 字體 (Font):** Font selection (Montserrat) and size (20).
- 樣式 (Style):** Bold (B), Italic (I), Underline (U), and alignment options.
- 風格化 (Stylization):** Fill color selection (black).
- 新增至品牌套件 (Add to Brand Kit):** A button to save the text style.

20. 調整文字大小

The image shows a video editing software interface. On the left is a dark sidebar with various editing tools. The main workspace displays a video with a green banner containing the text "好家風". A red box highlights the text, and a red arrow points from a text size dropdown menu to the number "24". The dropdown menu is open, showing options from 19 to 24, with 24 selected. The interface includes a top toolbar with playback controls and a bottom timeline.

在基礎部分，
可修改文字的大小，
數字越大文字越大。

21. 調整文字的透明度

The image shows a video editing software interface. On the left is a dark sidebar with various editing tools. The main workspace displays a video with a green landscape background and the text '好家風' overlaid. A red box highlights the text, and a red arrow points to the '不透明度' (Opacity) slider in the right-hand '基礎' (Basic) settings panel, which is currently set to 77%. A timeline at the bottom shows the video's progress.

在基礎部分，
可修改文字的透明度，
數字越大越實色，
數字越小越透明。

22. 插入動畫

The screenshot displays a video editing application interface. On the left is a dark sidebar with various tool icons. The main workspace shows a video preview with the text '好家風' overlaid. A red box highlights the '插入動畫' (Insert Animation) panel on the right, which contains options for '進場' (Entrance), '退場' (Exit), and '循環播放' (Loop Playback). A red arrow points to the '插入動畫' button in this panel. Below the preview is a timeline with a playhead at 00:18:10 and a video track showing the text '好家風' on an orange bar.

在時間軸上，點選文字後，可在「插入動畫」中，直接選取自己喜歡的文字進場/退場效果。

23. 加入自動字幕



選擇「字幕」功能，點選「自動字幕」選項，就能在影片上自動加入字幕圖層。但自動字幕生成後，需要再用人手核對或修改。也可選擇「手動字幕」自行加上字幕。



24. 加入背景音樂

The screenshot displays a video editing software interface. On the left, a dark sidebar contains various editing tools, with the 'Audio' (音訊) icon highlighted by a red dashed box and a red arrow pointing to it. The main workspace is divided into a music library on the left and a video preview window on the right. The music library lists several tracks, including 'Hip Hop Background', '90's old school Boom Bap hip ho...', 'Best background music for corpora...', 'Stylish background music with a calm...', and 'Cartoon sound that causes funny...'. A red box highlights the 'Best background music for corpora...' track, with a red arrow pointing from it to the timeline. The timeline at the bottom shows a video track with a yellow circle and a green bar representing the selected music track. The video preview window shows a scenic view of a bridge over a river with mountains in the background. The top of the interface includes a toolbar with various editing tools and a '202404161212' timestamp.

點選「音訊」選項，在音樂清單中選取適合的背景音樂，並直接拖放到時間軸上。

25. 調整音訊

STEM Sir's space

上傳

已新增 00:12 IMG_8914.MOV

已新增 00:16 IMG_4756.MOV

已新增 00:10 IMG_4753.MOV

已新增 00:34 STEM在大嶼 EE935416-AD2A-4...

已新增 00:10 IMG_4750.MOV

媒體

範本

元素

音訊

文字

字幕

轉錄稿

特效

202403251848

16:9

音訊

基礎 變聲

淡入和淡出

淡入時長

降噪

1. 在時間軸上點選要進行調整音訊的影片。

2. 然後在預覽區點選「音訊」選項。

00:26:23 | 01:03:18

00:00 00:10 00:20 00:30 00:40 00:50 01:00

IMG_4753.MOV | 00:10:20

25. 調整音訊

The screenshot displays a video editing software interface. On the left is a dark sidebar with various tool icons. The main workspace shows a video preview window with a man holding a book. A red dashed box highlights the '音訊' (Audio) settings panel on the right, which includes a '基礎' (Basic) tab, a volume slider set to 12.5 dB, and fade-in/out controls. A red box at the bottom right contains a red-bordered text box with the instruction: '在預覽區點選「音訊」，視窗出現後，可以直接修改所選影片的音量。' (Click 'Audio' in the preview area, and after the window appears, you can directly modify the volume of the selected video.)

音訊

基礎 變聲

音量

12.5 dB

淡入和淡出

淡入時長 0s

淡出時長 0s

在預覽區點選「音訊」，視窗出現後，可以直接修改所選影片的音量。

25. 調整音訊

The screenshot displays a video editing software interface. On the left is a dark sidebar with navigation icons for Music, Audio, Text, Captions, and Effects. The main workspace shows a video preview of a brown horse lying in green grass. A timeline at the bottom contains several video clips, including one labeled 'IMG_B914.MOV' and another with a music icon labeled 'Stylish background music with a calm atmosphere(1372399)'. On the right, an 'Audio' settings panel is open, showing a volume slider at 4.9dB, fade-in and fade-out duration controls set to 0s, and a 'Noise' toggle switch which is currently turned on. A red arrow points from a text box to this toggle switch.

音訊

基礎 變聲

4.9dB

淡入和淡出

淡入時長 0s

淡出時長 0s

降噪

如有需要，亦可在音訊中，選擇「降噪」，以減低背景雜音。

26. 匯出影片檔

The sidebar menu contains the following options from top to bottom: 熱門 (Popular), 媒體 (Media), 範本 (Templates), 元素 (Elements), 音訊 (Audio), 文字 (Text), 字幕 (Subtitles), 轉錄稿 (Transcripts), 特效 (Effects), and a scrollable list of various title and subtitle styles such as 'Thanks FOR WATCHING', 'STUDY WITH ME', 'LET'S PREP FOR A NEW WEEK', 'TITLES', 'STYLISH TITLES', 'MODERN TITLES', 'TODAY BACK TO NATURE', and 'Minimal Titles'.

The video player interface shows a video titled '202403251848' with a duration of 16:9. A red box highlights the video content with the text: 短片完成編輯後，點選「匯出」，並按「下載」選項。 (After the short video is finished editing, click 'Export', and click the 'Download' option.)

The '匯出' (Export) menu is open, showing the following options:

- 匯出 (Export) - Indicated by a red arrow pointing to the button.
- 分享以供審閱 (Share for review) - 人們可以為您的影片加上評論。 (People can add comments to your video.)
- 作為簡報分享 (Share as a report) - 人們只能觀看您的影片。 (People can only watch your video.)
- 分享到社群平台 (Share to social media) - Includes icons for TikTok, TikTok Ads Manager, YouTube, YouTube Shorts, Facebook 粉絲專頁 (Facebook Fan Page), Instagram Reels, and 排程 (Free) (Schedule).
- 下載 (Download) - This option is highlighted with a red dashed border.

The video player controls at the bottom show a progress bar from 00:00 to 00:30, a play button, and a duration of 00:02:09 | 00:51:06. A subtitle track labeled '文字範本' (Text Template) is visible below the video.

26. 匯出影片檔

The screenshot displays a video editing application interface. On the left is a dark sidebar with various editing tools. The main workspace shows a video player with a video titled "05 STEM在大嶼" by "STEM SIR". A red dashed box highlights the "匯出設定" (Export Settings) panel on the right. Below the video player is a timeline with a "文字軌" (Caption Track) containing a "文字範本" (Caption Template) track.

匯出設定 (Export Settings) 視窗內容：

- 影片封面 (Video Thumbnail): 顯示影片預覽縮圖
- 名稱 (Name): 202403251848
- 解析度 (Resolution): 720p
- 品質 (Quality): 建議畫質 (Recommended)
- 畫面速率 (Frame Rate): 30fps
- 格式 (Format): MP4

視窗底部有一個藍色的「匯出」(Export) 按鈕。

出現「匯出設定」視窗後，再按「匯出」選項。

26. 匯出影片檔

The screenshot shows a video editing application with a dark sidebar on the left containing various editing tools like 'Media', 'Templates', 'Elements', 'Audio', 'Text', 'Captions', 'Transcripts', 'Effects', 'Zoom', and 'Grid'. The main workspace is a grid of video thumbnails with different text styles. A white download window is overlaid in the center, displaying a progress bar at 20.0% and the text '匯出中...' (Exporting...). A red box highlights the text '彈出「下載」視窗後，請耐心等待。' (After the 'Download' window pops up, please be patient). The background shows a video player with a '匯出' (Export) button and a timeline at the bottom.

彈出「下載」視窗後，請耐心等待。

下載

20.0%

匯出中...

關閉瀏覽器不會阻止匯出
影片將會儲存在您的空間。

取消

匯出

26. 匯出影片檔

Factorize New Tab Inbox (4,023) - osc... Bookmarks Gmail YouTube 地圖

熱門

Thanks FOR WATCHING

STUDY WITH ME

LET'S PREP FOR A NEW WEEK

NEW YEAR

TITLES

STYLISH TITLES

MODERN TITLES

TODAY BACK TO NATURE

RECORD-LIFE

Minimal Titles

下載



202403251848.mp4
26.9 MB • 完成

「下載」成功後，可在電腦的「下載」位置中取得影片檔案。

00:50 01:00

主辦機構



中華人民共和國
香港特別行政區政府
民政及青年事務局



家庭議會
Family Council
www.familycouncil.gov.hk

支持機構



中華人民共和國
香港特別行政區政府
教育局

傳承好家風

短片創作比賽



立即參加比賽!

