

Endless Loop

***Experimental video Project
(a mix of live-action
footage and online
material)***

Ideation

Music



Bad Habits · WA-FU

Bad Habits

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As a high school student, my daily life is filled with repetition. The routine of studying, homework, and commuting feels like an endless cycle. This monotonous life has been captured through photographs—the same classroom, the same desk, the same route—day after day, it all seems unchanged. This repetitive pattern makes me wonder, is this all life has to offer?

One day, while on my way to school, I randomly heard an electronic track—WA-FU's Bad Habits. The rhythm and mood of the music resonated deeply with how I felt. Its beats and electronic sounds seemed to inject a sense of rebellion and disruption into my otherwise dull routine, prompting me to reflect on “bad habits” and the cycles of life.

Inspired by this music and my everyday experience, I decided to combine the rhythm of the song with the repetitive nature of life to create an experimental film that blends video clips and edited footage. Through rapid cuts of daily scenes, the film breaks the boundary between visuals and music, expressing my awakening from mechanical life and my emotional desire to break free.

Shooting and Editing Script



Scene 1 - Repetitive Daily Life

- **Setting:** *The protagonist runs on a hamster wheel, symbolizing the endless work cycle.*
- **Details:** *Coffee and food as “fuel” to continue working; ticking clock, Newton’s cradle, etc., symbolizing time’s passing.*
- **Emotion:** *The protagonist is exhausted and numb, reflecting the mechanical, meaningless routine.*
- **Cinematography:** *Circular framing to reinforce the theme of confinement and repetition.*



Scene 2 - Overtime and Breakdown

- **Setting:** *After a long day’s work, the protagonist receives an unexpected overtime notice, like chains locking him down.*
- **Details:** *Symbols like the green man on a traffic light, day and night cycle, and tunnel represent endless work.*
- **Emotion:** *The protagonist is drained but forced back to work, symbolizing the oppressive repetition.*
- **Cinematography:** *Fast cuts after the overtime notice, increasing tension.*



Scene 3 - Awakening Dream

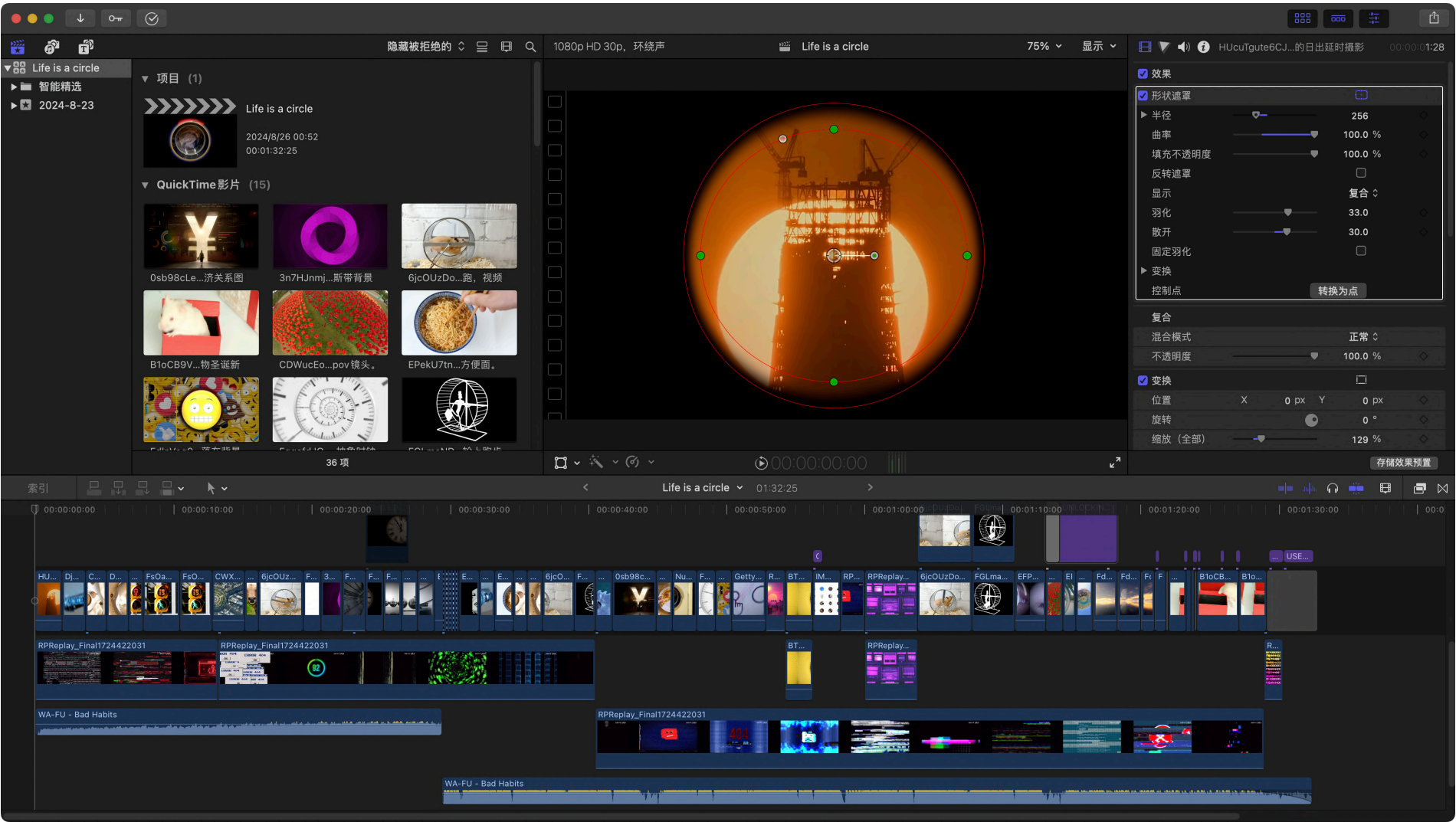
- **Setting:** *The protagonist closes his eyes, dreaming of freedom—flowers, ocean, cycling in the countryside.*
- **Details:** *Bright natural scenes contrast the cold tones from earlier.*
- **Emotion:** *Inner awakening, a desire to break free from monotony.*
- **Cinematography:** *Glitches effects represent the protagonist’s mind breaking free.*



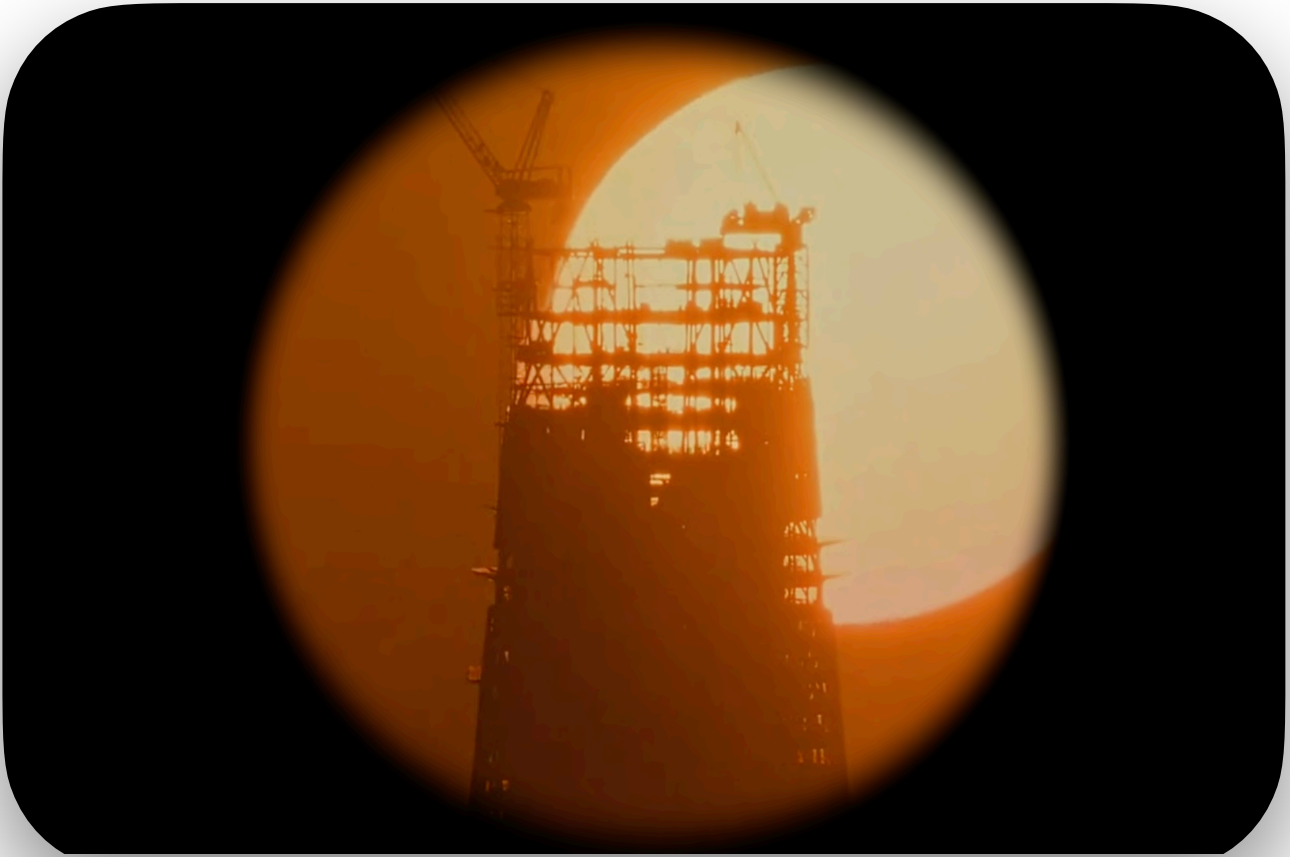
Scene 4 - Breaking Out of the Box

- **Setting:** *The mouse escapes the box, breaking the circular confinement.*
- **Details:** *System message “you win” followed by “new game,” symbolizing new challenges beyond the box.*
- **Emotion:** *Liberation from one confinement, but facing a larger unknown.*
- **Cinematography:** *Full-screen visuals symbolize the breaking of confinement, transitioning to a new challenge.*

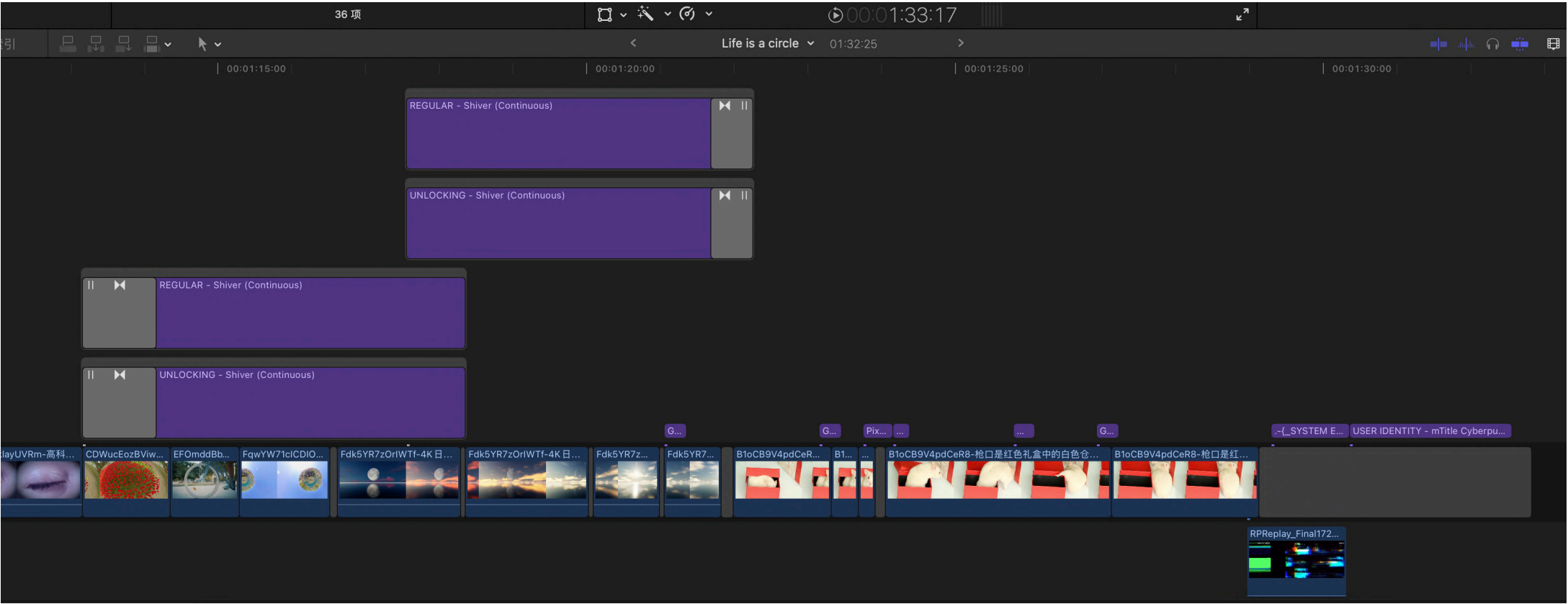
Final Outcome



Working Process



Duration: 01:33



Editing by Software *CapCut*

Link to Video:
<https://youtu.be/p40gi2AwHAY>

Editing and Cinematography Techniques:
Fast Cuts and Camera Transitions / Circular Elements and Masking / Color Contrast / Glitches Effects / Use of Symbolic Metaphors / Full-Screen Visuals and Breaking the Frame