



Optional video-poster recording suggestions:

Submit a video recording of up to three minutes to highlight your poster presentation.

- Submit a video recording of up to three minutes on YouTube or Vimeo. Be sure to check if your file is in the correct format. Formats acceptable can be found here:

[Supported YouTube file formats - YouTube Help \(google.com\)](#)

[Preparing to upload – Vimeo Help Center \(zendesk.com\)](#)

Recording suggestions:

- Record your presentation on your computer using OBS Studio, Zoom or Google Meet.

- **Google Meet/Zoom:**

Start a meeting with just yourself, open your poster power-point file, share your screen, and record your video.

- **OBS Studio:**

OBS Studio is a free and open-source cross-platform streaming and recording program built with Qt and maintained by the OBS Project. For guidelines on how to record your video using OBS Studio please check the video linked below:

[How To Record Your Computer Screen with OBS - Quick Tutorial - YouTube](#)

Audio suggestions:

- If possible, use microphone and remember to test audio before recording. A wired headset will generally produce the best quality audio and pickup less ambient noise.
- If possible, record presentation from a quiet location.

Video editing suggestions:

- If necessary, it is possible to edit videos on your phone or computer. We recommend that you use an app or video-editing software that you are more familiar with. There are plenty of options of simple and free software, one that we recommend is OpenShot Video Editor, information can be found in the link below:

[OpenShot Video Editor | Free, Open, and Award-Winning Video Editor for Linux, Mac, and Windows!](#)