Preparation of Videos for Video Presentations:

- Digital Video Requirements:
  - Length: Video submissions must not exceed 8 minutes in length.
  - We suggest you to use PowerPoint and add the following information: Your video title, your full name and institution, and all video co-authors, your institution logo and a description of your video. The description could be just a few lines to describe your video. You can also add a longer description (abstract). Please note: You can also embed your video file in the PowerPoint.
  - Codec H.264: The preferred codec is H.264. A codec is the format in which your video will be encoded. H.264 files can be either: .MP4 or .MOV video files.
  - Frame rate: 24, 25, or 30 FPS (Constant) Acceptable frame rates are: 24 (or 23.976), 25, and 30 (or 29.97). Tip: It's best to encode your final video at the same frame rate as the original.
  - Bit rate: The preferred bit rate is 5,000 kilobits per second (kbit/s) for 720p HD video. Bit rate controls both the visual quality of the video and its file size. Set the target to at least 2,500 kbit/s for standard definition (SD) video or 5,000 kbit/s for 720p HD video.
  - Resolution: The preferred resolution is 1280x720p (16:9 aspect ratio) HD video.
  - Audio: Preferred codec: AAC-LC (Advanced Audio Codec) Use AAC-LC (low complexity) for the audio codec.
  - Audio Data rate: 320 kbit/s: Audio should be encoded at a constant rate of 320 kbit/s.
  - Audio Sample rate: 48 kHz: Set the audio sample rate to 48 kHz. If your original working setting was less than 48 kHz then leave it as is.

- Video Submission/Upload Procedure:
  1. Please submit your final video file by latest on **August 1, 2020.**
  2. Upload your video via IUGA's WeTransfer account: https://iuga.wetransfer.com and ensure the recipient is set to meeting@iuga.org.
  3. In the 'message'-section please mention the title of the abstract and the name of the presenting author.
  4. Click the 'Transfer'-button.