Instructions for video preparation

Please follow the instructions below to create your video.

Important notes:
- The video should be no more than 12 minutes long (minimum 10 minutes), and less than 500MB file size. The recommended aspect ratio of screen is 16:9.
- Your video should be in a format that is compatible with Windows and Apple viewers. Suitable formats include those with file extensions .mp4, .wmv, .mov, .avi.
- The video should follow the format of a normal conference presentation and should include slides/visual aids, with **a spoken narration in English**.
- We recommend that the presenter should be visible, within the video frame.
- You will need a suitable webcam; smartphones can be set up to do this. Possible tools for creating videos with visual aids and narration include, but are not limited to: Microsoft PowerPoint (Microsoft 365, PowerPoint 2016 version or later)
- Please take care to ensure sufficiently good sound quality and clarity. Before your submission, please review and check your video to improve its quality (*e.g.* removing awkward silences, etc.).