

Science Speed Talks

Some tips for successful video recording

You have decided to submit a video to present your research at the Science Speed Talks of the Geneva Health Forum.

A badly recorded video will devalue your presentation.
We write some tips for successful video recording.

1. How to record your video?

The easiest way is to use the camera on your computer.

You can use this online software. It is very easy to use and free of charge and without advertising. Don't stress, you can try as many times as you like. If you make several attempts, remember to save each attempt otherwise they will be lost.

<https://webcamera.io/fr/>

You can also use the free VLC software to record your own computer camera.

You can see the procedure at this link <https://www.movavi.com/fr/support/how-to/how-to-record-screen-with-vlc.html>

The VLC software is available at this link in English or French

<https://www.videolan.org/vlc/index.fr.html>

2. Make sure your computer is plugged in.

Battery failure during recording happens more often than we think. The easiest way is to make sure your computer is plugged in.

3. Be careful about the background you choose.

Your background should not detract from your speech.

The easiest way to do this is to choose a neutral background (white or solid coloured wall). A bookcase is also acceptable. However, avoid being in a kitchen, a bathroom or an untidy room.

If you choose virtual wallpapers (some systems like Zoom offer this option), make sure that it is well adjusted.

4. Make sure the room you are in is quiet.

Close your door. Make sure your cat or children do not come into your room during the recording.

5. Adjust the height of the camera.

If you are using a computer camera, make sure the camera is at the right height. It should be horizontal to your face. If the camera is too low or too high, it will distort your face.

You can easily raise your camera by putting a few books under your computer.

You should stand at a reasonable distance from the camera, not too close and not too far away.

6. Beware of backlighting.

Daylight or a lamp should not be behind you as this will create backlighting and the image will be of poor quality.

7. Use the horizontal format of smartphones

Laptop videos create a horizontal image format. If you are using your smartphone camera, please hold it horizontally to match the other speakers.

8. Choose your microphone and headset carefully.

The easiest way is to use the computer microphone.

Avoid having a headset that is too large. The sound quality is probably better but will devalue your face. A simple headset can be a discreet and effective alternative.

9. How to send your video?

You need to upload your video on this link :

- <https://video.genevahealthforum.com>