**REQUIREMENTS FOR VIDEO UPLOAD**

**FLASH PRESENTATIONS**

You must send an abstract, see requirements.

Your presentation should last up to 5 minutes.

There is no limitation on the number of slides or format, deliver your video presentation just as you would present in a live meeting.

Record your presentation according to the “Recording your presentation in Zoom” requirements at the end of this document.

**Recommendations:**

**Vocal range**

Speak clearly and use variety in your voice (fast/slow, loud/soft).

Do not rush - find your rhythm.

Remember to pause at key points as it gives the audience time to think about what you are saying.

**RECORDING YOUR PRESENTATION IN ZOOM**

**You must record your presentation on the Zoom platform and with the best resolution available.**

* **Flash Presentations** should be recorded with the video **OFF** (the speaker must not be visible)
* Your presentation must be recorded in Full screen.
* Upload your mp4 file as a drive link when registering.
* Please review your recording before submitting.

Please refer to this tutorial for help on recording your presentation.

<https://www.youtube.com/watch?v=WmMSXOQVQs4>

**NOTE:**

Acceptance for presentation of a video automatically conveys permission to the Organizing Committee for inclusion of the video in the Congress Online Library.