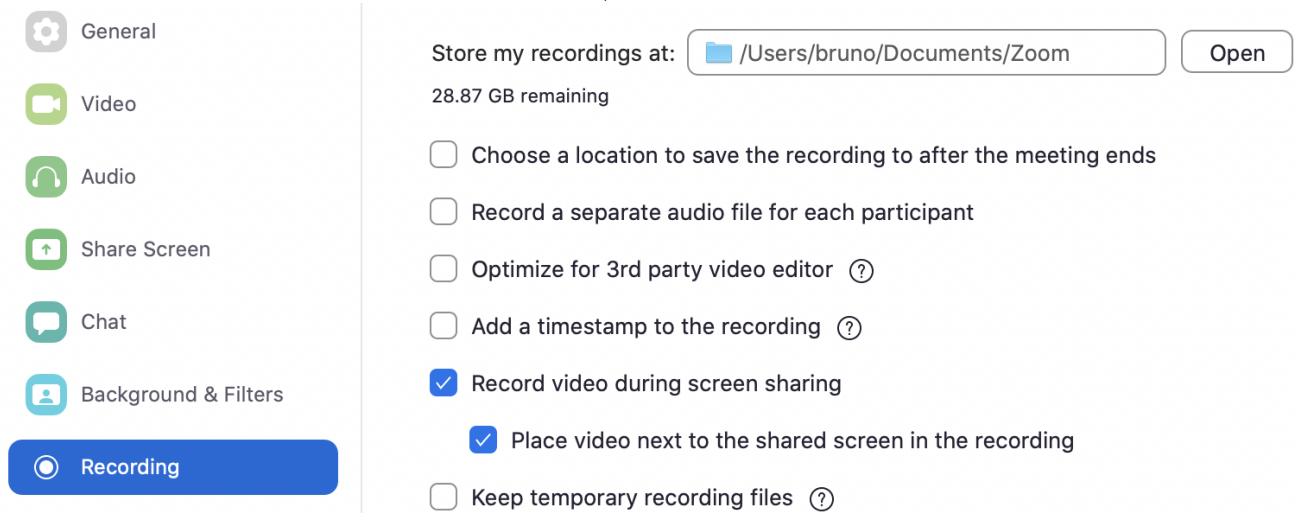


To record your video, you have 2 options, include yourself in a "picture in picture" type video occupying a small section of the screen, or not including yourself at all. We **strongly encourage** you to show your face while presenting, as it makes your talk more interesting to follow. Your content is more important, but a nicely placed self-video can turn a good presentation into an excellent one. Make sure you **room is well lit**, and your **background is neutral** behind you, and try to make sure there is not too much **ambient noise** around you!

Using Zoom

If you want the best option, skip this section in Zoom and go straight to the one discussing OBS. Zoom is great for hosting live meetings, and it offers the option to record these meetings as they happen, but it isn't optimized to cater for where / how you would like your face to be seen on the recorded video. You basically start a meeting with yourself only as the participant, share your own "screen" or window containing your presentation, you press record, and that's about it. You have a few options as to how to place your own video from the webcam to capture your face, but they are quite limited. You can go to Zoom, Preferences /Settings, then Recording, and you will see this:



Inevitably, these are the limitations you will face:

- If you don't want to record your face on the webcam, it's quite simple, don't tick the "Record video during screen sharing". Share your screen, press record, present, stop the recording and end the meeting, the video will save.
- If you want to record your webcam while presenting, you can either use the Zoom interface to re-activate your participants and who the speaker (you) and/or tick the option to "Place video next to the shared screen in the recording". It's trial and error until you like what you see.
- The video X and Y dimensions will depend on your screen resolution and whether or not you tell Zoom to place your video next to it. The recorded video will likely have lots of "wasted black space" around your presentation window and the displayed video. No matter how you try to organize it, Zoom will have its own way to record.
- You will have to test this as you go, until you see a configuration you are happy with. It is quite frustrating and often result in you settling for something that "will do", but isn't great.

Using OBS

Open Broadcasting Studio (OBS) is made for that. It's free to download and use on all platforms, Windows, Linux, MacOS and is quite simple. While it offers lots of options, you do not need to know everything to use it as you want. If you have watched any "produced" youtube videos created by random people on the internet, anything else than a raw cellphone video, it's quite likely they've used OBS. Even news organizations are using OBS when a guest is calling in to talk about a topic. We have made a short "how to" video on using OBS for the purpose of this conference. These are just the basics, you can obviously do much more than what is presented, transitions, different scenes to switch to and from during your presentation if you need show your face full screen, a transition to an embedded video, etc. With OBS, you have total control on:

- Where you place your webcam video, and how big you want it relative to your main window.
- Your video canvas size in pixel (X and Y dimensions) and the aspect ratio, (X/Y). You are no longer limited to what Zoom decides for you or your current screen resolution, or how big your shared window is on your desktop.
- You can get rid of any "wasted black spaces" around your presentation and webcam window. You can use these spaces to put logos, or other information you think should go there, depending on your preferences.
- Any transition you want to create, switching back to your webcam in full when needed, when you show a video you might have, etc.
- You can also optimize sound, video compression quality, bit-rate, codec used, etc. While Zoom's quality is more or less ok in that department, it's much nicer to be able to choose.

As mentioned earlier, this video will summarize the major aspect of recording with OBS. And you will find below some links to useful free software you might need in your journey:

How to simply record with OBS: <https://youtu.be/Z3JcE-jhp0s>

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Open Broadcasting Studio (OBS): <https://obsproject.com/>

Handbrake, if you need to compress a video: <https://handbrake.fr/>

VLC Media Player, to play any video file: <https://www.videolan.org/>

Other methods, final words

At the end of the day, we can't tell you what to use to record your video presentation. The important part is for you to create a recording of your presentation, no matter how you do it. The content/science you are presenting is more important than the container! You might have another software you prefer to use, that's fine. If you are able to use that software and make a nice looking video, you are more than welcome to use that instead of OBS. Just make it look nice!