



## Video abstract guidance notes

All video abstract submissions for ASM 2022 must fit the following criteria:

**Length:** 2 minutes (maximum)

**Size limit:** 100MB

**File type:** MP4, AVI or MOV

### Introduction to video abstracts

Video abstracts offer a creative and engaging method to convey your research. Video abstracts are not intended to describe the contents of your paper in the way that a written abstract or a general scientific summary would. Rather, in a video abstract you can demonstrate your research and scholarly activities physically, illustrate complex theoretical phenomena through practical demonstrations, introduce viewers to the equipment and tools you have used in your research and engage with your audience in a more informal manner. If you have visual data such as simulations or animations, video abstracts are a good place to showcase them and explain their implications in real time. As such, they should be engaging and interesting and offer viewers more than you could write in an abstract. The key is to be creative and make full use of the audio-visual medium.

### Top tips for a good video abstract

The tone of your video should be relaxed and friendly.

If you're writing something you're going to read out, write it as you would say it and not as it would be written in an article. It might be difficult to put scientific terms into conversational language, but imagine you are telling the story to a lay person.

To increase the chance of your entire message getting across, your video needs to be engaging but also as short as possible, and **no more than 2 minutes**.

### What to film

Video abstracts should be two minutes in length. To ensure your audience watches to the end you must hold their attention. Structuring your abstract to tell a story about your research is a good way to do this.

## **Be creative**

ASME welcomes creativity and you can include practical demonstrations, animations, interviews and anything else you can think of. Alternatively, you can keep the structure very simple but always try to engage with your audience.

You can have one or multiple presenters and film group discussions.

Within reason, you can film at any location you like. Please ensure you obtain permission beforehand.

## **Before you begin**

Many research institutions have a press department that may be able to offer assistance. They may be able to lend cameras and microphone equipment and may even be able to edit your video footage. Be sure to contact your university press officer for more advice *before* you start filming to see how they can help you.

## **Record with a smartphone or a tablet**

### **A few tips:**

- Put the smartphone on horizontal position so it records in the landscape mode (widescreen);
- Check the camera is in Video Mode;
- Use a Hand-Grip or Tripod Mount – keep the image steady at all times and the phone has to be placed at eye level;
- Lock Exposure and Focus by tapping on the screen to select what you want to focus and then tap and hold until you see the AF... /Lock (meaning your settings are saved). You can even create some depth of field by sitting far away from your background and focusing on you/top of your chair if you're recording on your own;
- Record in Airplane mode so you're not interrupted;
- The grid format of most of the phones will help you to compose your image correctly (Settings – Photos and Camera – Grid ON);

## **Audio-visual quality**

Whether your video abstract contains lots of edited footage or a very simple single shot, audio-visual quality is essential to ensure your audience gets the most out of your efforts. If it is difficult to follow because of poor visual or sound quality it will not be watched.

### ***Tips for improving visual quality***

#### **Lighting**

**Do:** Try to ensure that you have as much light as possible when filming your video. Natural light gives better results and filming your piece to camera outside is a good way of ensuring even lighting conditions. Sometimes your own office or laboratory can be the best place to discuss your research. If you are sitting in your office ensure the lighting is adequate. Try to use multiple light sources to avoid creating too much contrast.

**Don't:** Sit directly in front of a window or any other light sources.

#### **Vibration**

**Do:** Try to reduce vibration to a minimum by using a tripod or use a camcorder with a stabilizer. This will make the overall quality of the video look better after compression.

**Don't:** Attempt to film while walking and don't zoom in and out too often.

## **Background**

**Do:** Ensure the background behind the presenter in your video is suitable if they are performing a piece to camera.

**Do:** The simpler the background, the better it will look on a computer screen.

**Don't:** Use blank walls, empty whiteboards or blackboards as a backdrop. Stationary backdrops are better for compression but coloured backgrounds, posters or the bookshelf in your office might be better, more interesting alternatives.

## ***Getting a good shot***

**Do:** In case you decide to talk to the camera, be sure to keep your eyes on the lens throughout the video. In this set up you can place the subject at the centre, or to the left or right of the frame, in order to use the space

**Don't:** Have too wide a shot, this puts too much information around the subject and we lose focus on the subject and their message; also don't put your subject too close to the background

**Don't:** Have the subject look down by placing the camera below their eye level

**Don't:** Chop off the subject's head

## **Animations**

**Do:** Incorporate data, animations or simulations into your video to further illustrate your work and engage your audience.

**Don't:** Display animations by filming them on a computer screen or a wall projection while you present to camera. This method makes animations very difficult for viewers to discern. If you want to use presentation slides, there are many ways you can convert them into online Flash movies.

## ***Audio quality***

### **Noise**

**Do:** Ensure that background noise is kept to a minimum if you film in your lab: loud extractor fans/motors etc. will reduce the sound quality and will be very difficult to edit out

**Don't:** Film next to busy roads or in high wind if you film outside

## ***Extra hints and tips***

There are lots of great resources online to help you make the best of your footage

Don't forget that you may already have movie editing software on your computer and there are numerous websites that offer advice on how to make the most of these resources.

We have provided a few links to other useful sites below. (Note that these links lead to resources located on servers maintained by third parties over which ASME has no control. ASME accepts no responsibility or liability for any such resources. The intellectual property rights in such material are owned by third parties and may be subject to other terms of use and/or privacy policies)

[Microsoft: Video Editor](#)

[Apple: iMovie](#)

[Vimeo](#)

[Go! Animate](#)

[Smart Blog on Social Media: 11 tips for creating better online videos](#)