

# LSRC VIDEO COMPETITION!



4/26/2023

## **MAKE RESPIRATORY A STAR!!!**

Come one come all. Be a star and let your light shine on respiratory. The LSRC is having a show, starring you! Make a video for comedy, drama, horror all genre's welcome. Prizes to be given for the best video voted by the LSRC committee and the fans. Show your spirit by making a video of your department or individual cheer for respiratory therapy. Why do you like being a respiratory therapist or what your department does to go the extra mile for the patient?

# Lights, Camera, Action!!

Let's make a video!

## VIDEO CONTEST

*All LSRC members can enter the video contest. Below are the rules and prizes. Let's promote your school, respiratory care department, respiratory care business...have fun, be creative, sit back and enjoy the show!*

### PRIZES:

*People's Choice (voted by attendees of LSRC Convention)*

**1<sup>st</sup> Place:** *One-year free AARC membership (2023-2024)*

**2<sup>nd</sup> Place:** *Each winner will receive a gift certificate for one night stay at the Embassy Suites, Baton Rouge, anytime (excluding special events)*

**3<sup>rd</sup> Place:** *2 complimentary guest passes to the LSRC Crawfish Boil (2024)*

## *Below are helpful hints and directions to submit your video:*

### **YouTube Supported Video Format**

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If you want to upload the videos you shot to YouTube, the first thing you need to know is what video formats YouTube support. Even though YouTube accepts a variety of video formats, there are still some video formats being booted out. Below are the best video formats supported by YouTube.

- MP4 (a multimedia container format standard specified as a part of MPEG-4)
- FLV (Flash Video, a kind of video format )
- AVI (Audio Video Interleaved, a kind of video format)
- MOV (the QuickTime multimedia file format)
- 3GP (a multimedia container format defined by the Third Generation Partnership Project for 3G UMTS multimedia services.)
- MKV (an free container format that holds an unlimited number of video, audio, picture, or subtitle tracks in one file)
- MPEG (the Moving Picture Experts Group, a kind of video format)
- WMV (Windows Media Video)
- SWF (Shockwave Flash)

#### **Note:**

1. **It's stated by YouTube that MP4 is the best format to use. It provides better quality than FLV and is not as heavy as AVI. WMV HD format seems to lose its quality while 3GP and SWF resolutions are too small.**
2. If your videos aren't in the compatible video formats? Don't worry. You can convert video to YouTube recognized video formats with the help of professional [video converter software](#).

### **Make Video Format Best Suitable for Uploading to YouTube**

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Actually, to know the YouTube supported video format for YouTube uploading is just the beginning. If you want to get the best uploading results on YouTube, you'd better to know the best settings for uploading to YouTube. Here's a summary of the audio and video specifications you will need if you want to learn the best video format for YouTube uploading.

- Best video format for YouTube: H.264, MPEG-2 or MPEG-4
- Aspect Ratio: Native aspect ratio without letterboxing (examples: 4:3, 16:9)
- Resolution: 640x360 (16:9) or 480x360 (4:3) recommended
- Audio format: MP3 or AAC preferred
- Frames per second: 30
- **Maximum length: 3 minutes**

## **Dropbox instructions**

### **Sharing Folders**

Shared folders are great for groups of people to collaborate on a set of files. Any changes that are made to the files are automatically synced to everyone belonging to the shared folder.

There are several different ways to create a shared folder. You can create a shared folder from the file system by right-clicking on the folder and clicking "Share this folder". In the web interface you simply select a folder and choose, "Invite to folder". Lastly, you can click on the Sharing button in the left column of the web interface. You can either create a new folder or choose an existing one.

In each case you will be asked for the email address of the collaborates that you wish to invite to the folder. You can optionally enter a personal message that will display in the invitation email.

Keep in mind that shared folders use up everyone's individual storage quota.

### **Linking Files**

You can create a shareable link to any file or folder in your Dropbox account. When a user receives the link, they are presented with a nice interface.

Simply click "Get Link" in the context menu on the file system, browsers, or click on Link icon on mobile devices. This is a quick and easy way to share files with anyone. The great thing about this feature is that they don't need to login to Dropbox to access the files or folders that you've shared with them.

### **Dropbox for Teams**

If you have a group of users that professionally collaborates on files, then Dropbox for Teams is a perfect solution. It allows groups of 5 or more to share a minimum of 1TB of storage.

**Email – [LSRCvideocompetition@gmail.com](mailto:LSRCvideocompetition@gmail.com)**

**Dropbox shared file - LSRCvideo**

Directions: All videos will be posted on YouTube or dropped via drop box to [LSRCvideocompetition@gmail.com](mailto:LSRCvideocompetition@gmail.com)

**1<sup>st</sup>:** Decide on a format supported by YouTube

**2<sup>nd</sup>:** Create your video; no longer than 3 minutes in length.  
(May be humorous or serious, however, must promote the respiratory field)

**3<sup>rd</sup>:** If music is added, you must choose a song approved by YouTube that is royalty free. If not, the video will remain in dropbox and not be placed on YouTube

**4<sup>th</sup>:** Dropbox video to [LSRCvideocompetition@gmail.com](mailto:LSRCvideocompetition@gmail.com) for review. Under the description, please include name, contact information and facility.

**DEADLINE: April 16th, 2023**