

Instructions for Video Oral Presentations

SUBMISSIONS OF SUMMARIES OF SCIENTIFIC PAPERS (FREE COMMUNICATIONS) WILL BE ACCEPTED UP TO SEPTEMBER 16, 2019, AT 12:00 PM.

INTRODUCTION

Thank you for attending this *3rd Virtual Congress of Clinical Biochemistry*.

We believe that an online conference will foster new possibilities unavailable in other formats. This does not mean that we reject such other formats. We simply believe that VirtuaLAB enhances and complements all FBA projects.

One of the new possibilities fostered by virtual environments is the chance for each author to complement communications or posters with relevant oral presentations. This is something impossible to achieve in traditional conferences in which there are strict limits as to time and space, and thus valuable presentations are left out. In this limitless virtual space, we offer all speakers the possibility of presenting their original works through a video that will be available for the whole professional biochemistry community.

The presentation of an oral communication in video format for each poster is MANDATORY for abstracts that have been selected for award.

Here are some ideas and guidelines for this video presentation that will lead to a pleasing experience for authors and a useful tool for attendees.

VIDEO FEATURES

To publish an oral presentation of your poster on the congress site, the relevant approval by the FBA Scientific Committee is required. To that end, the video shall meet the following requirements:

- It must be a digital video uploaded to YouTube (www.youtube.com). The relevant link must be sent to VirtuaLAB.
- The video shall be named as follows: VIRTUALAB 2019: Exact name of the submitted work. Main Author (Last name, Initials)
- Videos shall have a maximum length of 10 minutes.
- Narration may be mixed with images, animations or videos.
- All of the material displayed in the video must be the author's exclusive work and not infringe third party copyrights. FBA shall not be liable for damages arising from the infringement of what is herein set forth.

USEFUL SUGGESTIONS

In order to meet the aforementioned requirements, here are some practical useful tips.

1. Rehearse your speech and verify that it does not last more than 10 minutes.
2. Select a well illuminated place with a white background. Verify that no shadows are cast onto it.
3. Place a powerful light source in front of your face and behind the camera. (Diffuse or bounced natural light is recommended to avoid shadows on your face).
4. Place the camera lens at eye level for you to talk in front of it with no need to lower your head.
5. Adjust the camera distance so that mainly your face and shoulders are visible. This way, your voice and your facial expression will be clearer.
6. Make sure there is no background noise during the recording and that your voice does not echo or re-echo.

If you follow these suggestions, your video should look similar to this image:



These technical and formal issues are useful for the teaching material so as to ease the comprehension of the concepts approached. However, you should also take into account another important issue: your attitude in front of the camera. Delivering a speech for thousands of colleagues and not actually doing it face-to-face may be a great challenge. Here are some suggestions you may find useful.

- Speak at a normal speed and volume. Do not rush to meet the time limit. If you have already verified your speech length, there should be no rush.
- Always look at the camera lens. Do not look away. Try to imagine that you are speaking to a specific person and that the camera is his or her eyes. Making another person stand behind the camera can help you focus on the narrative and meet these two first tips
- Do not make specific time references. Do not say, for example, "good afternoon". Bear in mind that your video will be watched at different times of the day.
- Also take into account that your presentation will be seen by people in different countries, so avoid words that might not be understood by attendees in said countries.

If you have additional queries, please contact the Technological and Pedagogical Directorate of the congress.

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