

Tips for Sending Videos Over Zoom

Note: This is written from my experience using a Mac to send videos over Zoom during an OLLI class, but I believe most of this applies to Windows 10 as well, except where noted. It can be used by moderators to pass on advice to instructors.

The most important variable in sending videos over Zoom is the available bandwidth (Internet speed) of the sender and the receiver, however that's not easily controlled so it's desirable to mitigate the bandwidth requirement of the video as much as possible. Here are some suggestions that address these issues:

- Always use videos that are local to your computer rather than streaming from the Internet.
- Make sure no one else in the household is doing any heavy Internet streaming while streaming your videos during a class.
- When sharing the video or your slides, use the "Optimize Screen Share For Video Clips" option -- it's at the bottom of the Zoom Sharing screen.
- Never use videos that are higher quality than 720p. If they are, re-encode them. A simple free app to do this is <http://avidemux.sourceforge.net/>. Its cross platform and works on both Windows and Mac. Remember that your user is watching the video on a small screen, so really high-quality videos won't make a difference.
- If you embed your videos in PowerPoint or Keynote, don't use Presenter View if you can avoid it -- it makes the video quality worse. Another option for Mac users who use Keynote is to use an iPad as a remote -- that will give you a view that is close to Presenter View. You can read about it here: <https://support.apple.com/en-us/HT204378>
- MOST IMPORTANT -- test with someone else over the Internet before using in a class. Just because it works fine locally, even if you test between two computers, doesn't mean it will look fine over the Internet.

--Bruce Gobioff
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