



Distribution: General
18 September 2023

United Nations Decade of Sustainable Energy For All (2014-2024)

**Seventh Session of the Assembly of SIDS DOCK
Via Telephone and Videoconferencing
25th September 2023
10:00 a.m. to 12:00 p.m. EDT – Eastern Daylight Time**

General Guidance for Audiovisual File Submission

1. Formatting the Video:

- a. Format: MP4
- a. Codecs: H.264 + AAC
- b. Resolution: 1920p x 1080p
- c. Target bitrate: 2500 Kbps

2. For file submission, video quality should preferably be as follows:

- a. Recommended Video format: MP4 but any video format is accepted (E.g., MOV, AVI, MKV, etc.)
- b. Aspect Ratio: Wide Screen (16:9)
- c. Video Resolution: 1080p recommended, 720p minimum

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3. **Want to have the best results? This is the recommended configuration:**
- a. Sound must be recorded with appropriately placed microphones, giving minimum background noise and without peak distortion.
 - b. The audio must be free of spurious signals such as clicks, noise, hum and any analogue distortion.
 - c. Please kindly refrain from including any background music with the statement.

**For more Guidance for Audiovisual File Submission for the seventh session of the Assembly of SIDS DOCK, please contact:
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