**Sixth Session of the Assembly of SIDS DOCK**

**Via Telephone and Videoconferencing**

**28 September 2021/29 September 2021**

**400 p.m. to 6:00 p.m. EDT – Eastern Daylight Time**

**9:00 a.m. to 11:00 a.m. TOT – Tonga Time**

**General Guidance on AudioVisual File Submission**

1. **Formatting the Video:**
2. Format: MP4
3. Codecs: H.264 + AAC
4. Resolution: 1920p x 1080p
5. Target bitrate: 2500 Kbps
6. **For file submission, video quality should preferably be as follows:**
7. Recommended Video format: MP4 but any video format is accepted (E.g., MOV, AVI, MKV, etc.)
8. Aspect Ratio: Wide Screen (16:9)
9. Video Resolution: 1080p recommended, 720p minimum
10. **Want to have the best results? This is the recommended configuration:**
11. Sound must be recorded with appropriately placed microphones, giving minimum background noise and without peak distortion.
12. The audio must be free of spurious signals such as clicks, noise, hum and any analogue distortion.
13. Please kindly refrain from including any background music with the statement.