

# How to prepare for a pre-record Session



## Hello!

We're excited to have you on board with us for the [Medlab Middle East](#). Please refer to this guide for your live session, and do not hesitate to reach out if you have any further questions.

For this event, we will be using the browser-based tool Streamyard, which means there is no download necessary. You can easily access the platform via Google Chrome or Microsoft Edge for the best user-friendly experience.

## Technical requirements

- A laptop or a desktop
- Webcam, microphone, and external headphones to prevent audio echoes
- Stable internet connection. We recommend using a wired internet connection. You want to make sure you have an upload speed of 4Mbps. Please test your connection [here](#)
- A recent version of Chrome, Firefox, and Opera. Unfortunately, like Safari, other browsers do not support the technology yet. We recommend Chrome for the best experience.

If you have the above requirements, you are good to go!

## Presentation guidelines

- Kindly download the speaker presentation template available [here](#)
- Ensure your presentation deck is **accessible to the visually impaired**
  - Try to keep text to a minimum and limit the number of slides you use. We advise the following:  
**Text size:** no less than 32 point  
**Font:** Helvetica, Arial and Verdana
  - Take note of how quickly you are speaking and regularly monitor that you are well-paced
- Please ensure that the presentation slide deck is 16:9
- Include impactful images, key facts, and figures
- Include short notes nearby that will jog your memory
- Please do not embed videos into the presentation. If you wish to have a video, then we recommend the below:
  - Size 1280 x 720.
  - Max file size is 100MB.
  - The maximum video length is 5 minutes.
  - Send the video through this link <https://forms.gle/F4YjmKAZXuCFzuud9> 3 days before the recording or live session date
  - Adhere to the time allocated for your session

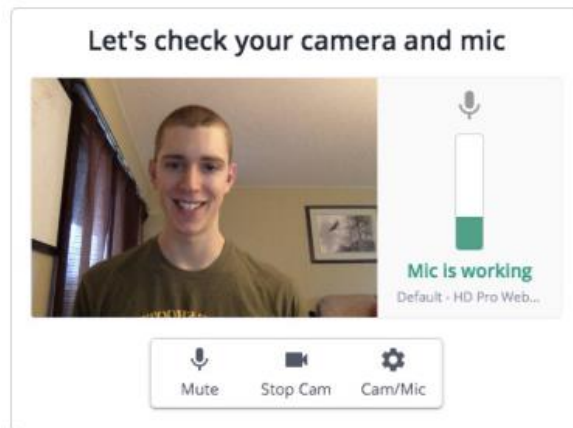
## Before your recording session

- Schedule your time and date slot for recording.
- As the date of the recording session approaches, you will receive a link to join the recording session.
- Platform gear test link: Please make sure that you carry out a system check to ensure your microphone and webcam is working before the session by clicking on this link - <https://test.webrtc.org>

## During your recording session

### 1. Step 1

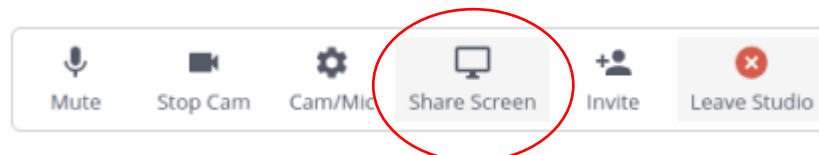
- Click on the link provided to you, and you will be taken to the broadcast studio. There is no need to download or install anything.
  - Allow Streamyard to access your mic and camera
  - Make sure you have the correct mic and camera selected



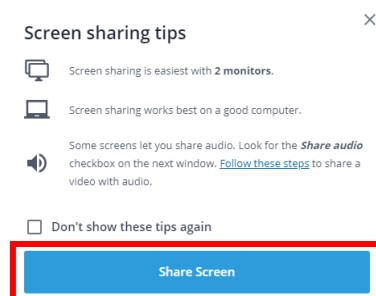
- Enter a display name and enter the broadcast studio

### 2. Step 2 – Presentation sharing

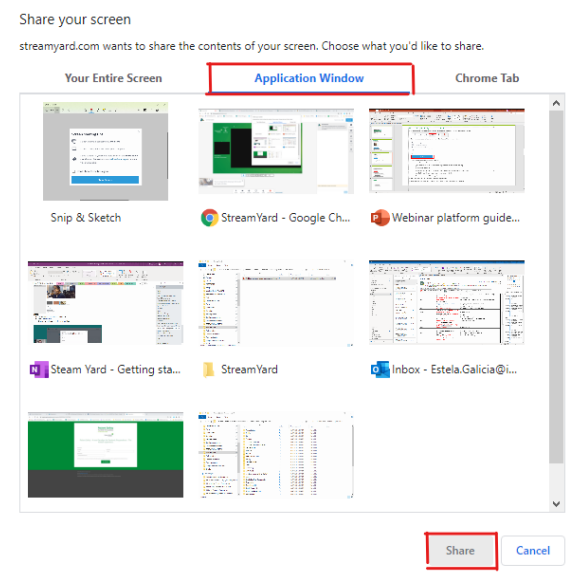
- Please read the guide below if you have a presentation to share
  - There's a toolbar at the bottom of the screen in the broadcast studio. Click the "share screen" button.



- The screen sharing tips will pop up on the screen. Click the blue "share screen" button



- Another popup will appear with three options:
  - Your entire screen: Shares your entire desktop
  - Application Window: It lets you choose one application at a time; great for sharing a PowerPoint or keynote.
  - Chrome tab: This lets you share ANY file from your computer in a chrome tab. Open a new tab, drag the file into Chrome from your computer desktop or folder. Your cursor displays a little '+' sign if the action is successful.



- Then click 'share', and your screen will be added to your show.
- When you are done presenting, click the title that lights up blue to **remove** the screen share.
- Tech support is available before the show for questions or concerns and during the session
- The recording session includes technical rehearsals to make sure you are set up correctly and to discuss program flow

### Tips

- Greet and start the presentation as if you have a live audience
- To connect with the audience – smile, show enthusiasm, and look at the camera
- Choose a well-lit and quiet space
- Disable any notifications to avoid external sounds or popup alerts
- Make sure that your device is plugged into a power source
- Plan, prepare and practice
- Ensure that you test any equipment that you will be using before the session
- Close any unnecessary applications running in the background
- If you are sharing slides, have them open before the webinar begins
- Having two screens helps when you are slide sharing

### Important dates and deadlines

As our speakers commit to this event from all over the globe, we would like to allow you to decide whether you would like to self-record the session and come back for a live Q&A.

Please let us know if you wish to pre-record your session or have a live session **six weeks before the session schedule**.

- Self-recorded video due date: 14 days before the session schedule

### Have any questions? Contact us

Please reach out to us should you have any queries by sending an email to [MLSpeakers@informa.com](mailto:MLSpeakers@informa.com).