



Video and Audio upload (Students)

Video Assignment recommendations

Mobile devices and tablets default to a high quality video setting that will produce large file sizes. This significantly increases upload time in your course for video assignments. Below you will find recommendations that help address these problems.

Understanding Video File Size

The below table displays the approximate file size for a variety of different video resolutions. As you move down the table the video resolution improves and the size of the file increases.

Video Resolution	Length of Recording	File Size (approximate)
VGA	1 minute	24.1mb
High Definition (HD)	1 minute	88.3mb
1:1	1 minute	110mb
Full High Definition (30FPS)	1 minute	124mb
Full High Definition (60FPS)	1 minute	205mb
Quad High Definition (QHD)	1 minute	182mb
Ultra High Definition (UHD)	1 minute	348mb

Warning: The default video resolution setting on most phones has been set at a minimum of Full High Definition (30FPS). This means that a 10-minute video will produce a file size of just over 1 gigabyte.

Recommended video resolution setting

Recommended resolution: For a standard video assignment, we recommend a video resolution setting of VGA. At this setting, a 10-minute video will produce a file size of approximately 240 megabytes.

Maximum resolution: The recommended maximum video resolution is High Definition (HD). At this setting, a 10-minute video will produce a file size of approximately 850 megabytes.

Note: These recommended settings have been chosen as they provide a balance between resolution and file size. The larger the file size the longer the video takes to upload.

How to change your video resolution setting?

In order to change the video resolution setting on your recording device please either refer to the user manual of your device or complete an internet search for instructions.

Example search: "How do I change the video resolution on my iPhone 6?"

Reducing file sizes

Phones

There are a number of free apps available through the Google “Play Store” and the Apple “App Store” that can assist with reducing the size of a recorded video file. Do a search for “Video Compressor” and select one of the free Apps.

Warning: Some of the free Apps only allow you to compress a maximum video length of 10 minutes.

Computers

If you already have your video file on either your PC or MAC there are some free video compression programs available. For MAC users, iMovie can be used to help reduce file sizes. For those using a PC an example of a free program is the open source video transcoder “Handbrake” which will be able to compress your video to provide a smaller file.

Uploading

The below table gives an indication on approximate upload times for a variety of connection speeds and file sizes.

Video Size (video length)	Upload Speed	Time taken to upload (Approx)
120mb (VGA 5 min)	1 Mbps (home internet)	18 minutes
240mb (VGA 10 min)	1 Mbps (home internet)	35 mins
440mb (HD 5 min)	1 Mbps (home internet)	1 hour 5 mins
880mb (HD 10 min)	1 Mbps (home internet)	2 hours 10 mins
120mb (VGA 5 min)	56 Mbps (eduroam)	20 secs
240mb (VGA 10 min)	56 Mbps (eduroam)	40 secs
440mb (HD 5 min)	56 Mbps (eduroam)	1 mins 15 secs
880mb (HD 10 min)	56 Mbps (eduroam)	2 mins 20 secs
120mb (VGA 5 min)	100 Mbps (uq computer)	10 secs
240mb (VGA 10 min)	100 Mbps (uq computer)	20 secs
440mb (HD 5 min)	100 Mbps (uq computer)	40 secs
880mb (HD 10 min)	100 Mbps (uq computer)	1 min 20 secs

Note: Upload times are theoretical and are to be used as a guide only. Other factors can influence the upload speeds.

Recommendation: Students should upload videos to Kaltura or the ePortfolio while they are on Campus and connected to either eduroam or using a UQ computer (fastest option). This will reduce the time it takes to complete the video upload.

Recommendation: Perform a practice upload prior to uploading your final submission so that you can address any issues that may arise.

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