



Prepare your Videos for our e-Learning platform

File Formats We accept a wide range of video file formats, including MP4, MOV, WMV, AVI, and FLV.

Compression We recommend uploading compressed files to save on storage space and maximize how your videos look. Your video-editing software, such as Final Cut, Adobe Premiere Pro, or iMovie, will easily be able to compress your videos.

Codecs We recommend using the H.264 video encoder. This is an open-source codec, so most editing programs should support it.

Note: We also support and recommend Apple ProRes 422 (HQ) and H.265, also called High-Efficiency Video Coding (HEVC).

Frame Rate We recommend a constant frame rate instead of a variable frame rate and we advise you to keep your video's native frame rate. If your video frame rate goes over 60 frames per second (FPS), our platform will reduce it.

Bit Rate We support constant frame rates of 24, 25, or 30 (or 29.97) frames per second.

Resolution Your video's resolution can vary, but most videos will fit a standard definition (SD) resolution of 640 x 480 (4:3 aspect ratio) or 640 x 360 (16:9 aspect ratio), 720p HD resolution of 1280 x 720 (16:9 aspect ratio), or a 1080p HD resolution of 1920 x 1080 (16:9 aspect ratio).

Audio We recommend two-channel stereo audio. The audio for your project should use the AAC-LC audio codec, and the data rate should be limited to 320 Kbps. The sample rate for your audio should be 48 kHz. If your project's audio is less than 48 kHz, leave it at its current sample rate.