

“LLL” - 3 TIPS FOR A SEAMLESS VIDEO CALL “LAG LIGHTING LOCATION”

- 1) **LIMIT LAG** – Have a stable internet connection to avoid lag
- 2) **LIGHTING** – Have good lighting to avoid a grainy picture
- 3) **LOCATION** – Have a well-positioned location for your camera

LIMIT LAG

- Check your internet plan to make sure you have adequate video call bandwidth.
- An ethernet connection is typically more stable compared to Wi-Fi.
- Make sure no other computers or devices are streaming on the same network during your lesson.
- Check that your internet TV (e.g. Apple TV) is turned off and not connected to Wi-Fi.
- Close all unused apps during your lesson.
- See chart below for the bandwidth range for video calling. To reduce lag, a minimum of **400kbps** is preferred.

Call Type	Minimum Download/ Upload Speed	Recommended Download/ Upload Speed
Video Calling/Screen Sharing	128kbps / 128kbps	300kbps / 300kbps
High-Quality Video Calling	400kbps / 400kbps	500kbps / 500kbps
HD Video Calling	1.2Mbps / 1.2Mbps	1.5Mbps / 1.5Mbps

LIGHTING

- Make sure your room is sufficiently lit. A ring light works well and is an effective and inexpensive option. Check out this link to ring light product [here](#)

LOCATION

- Choose the ideal location so your camera angle is positioned where you and your instrument are visible.
- Find a spot where it is quiet and there are limited interruptions (visually and sonically).
- Consider connecting to a larger monitor to see your instructor more clearly.

MORE TIPS AND ADDITIONAL RESOURCES

- Inform your instructor of your preferred video conference platform. Options are Skype and Zoom. Your instructor will then send an invitation from your preferred platform inviting you to connect.
- Install the latest version of Skype or Zoom
 - <https://www.skype.com/en/get-skype/>
 - <https://zoom.us/download>
- Check your internet bandwidth using <https://www.speedtest.net/>
- Perform a test run
- See more suggestions [here](#)