

Video Resources



Basic Guidelines

We can accept almost any video format for upload, but for most users we have found the following settings give us the best results to upload to UNMC's [YouTube site](#).

- File format: .mpg; .mp4; .mov; .avi; .wmv, 3g2 (cell phones). No flash (.flv) files please.
- Resolution: 640x480 pixels, 640x360 pixels (wide screen).
- Audio Format: MP3
- Frames per second: 30
- Maximum length: 2 minutes
- Maximum file size: 500 MB

Helpful Links

Resources to help you make and deliver your "I Love UNMC" movie:

I Love UNMC Graphic & Logo for Your Video - [720 x 480](#) or [1920 x 1080](#)

iMovie for Mac - <http://www.apple.com/ilife/tutorials/#imovie>

Windows Movie Maker - <http://www.microsoft.com/windowsxp/using/moviemaker/default.msp>

Tips from Youtube - http://www.youtube.com/t/yt_handbook_produce#

Royalty Free Music - <http://www.freeplaymusic.com/>

Submit Your Video - [click here](#)

Mailing Address

If you would like to burn your video to a dvd or cd, please mail them along with [this form](#) to:

Public Affairs c/o I Love UNMC
Swanson Hall
985230 Nebraska Medical Center
Omaha, NE 68198-5230

Contact Us

If you have any technical questions please contact:

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