



In partnership with Pittsburgh Filmmakers

# UPLOADING YOUR VIDEO & SUBMITTING

Once You've finished your film, you'll want to upload it to either [Vimeo](#) or [YouTube](#).

The file you upload will most be used for both the competition and exhibition.  
With that in mind, you'll want to ensure the uploaded file maintains it's high quality possible.

Typically, videos should be uploaded with the following settings...

**Video:** H.264 / 1080x1920 / 30fps / 20,000 kbit/s

**Audio:** AAC-LC / 320 kbit/s / 48 kHz

Please note: These settings are ideal...

However if your camera recorded 1280x720, that's then preferred size. Same for frame rate (fps).

For assistance with specific programs, please feel free to use [Vimeo's Compression Guide](#).  
<https://vimeo.com/help/compression>

These setting apply to both Vimeo and YouTube.

Now that your film is online, send Geri Baker ([bakerg@carnegiesciencecenter.org](mailto:bakerg@carnegiesciencecenter.org)) an eMail with...

- The Film's Name
- Web Address / URL

Later, you can check <https://www.youtube.com/user/cscsteam> to make ensure you're video was successfully submitted.

Lastly, CHECK the copy – spelling of your name, number of students – make sure this is all correct as this will be used to print your certificate and more!

**Geri Baker @ Carnegie Science Center**

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