

## Make your point, make it quickly

It is not easy to condense your work in 60 seconds, so make your point early on and do not leave it till the end.

Restate the importance of your work and end with your main message. Your audience is most likely to remember the last thing you say even it is just a 1 minute speech! So save your core message until the end and leave your audience wanting more.

## Have a clear outcome in mind

Your Lightning should be engaging and inspiring; you want to get the audience just as excited as you are about the topic. Frame the topic addressed to help your audience understand what is at stake, why your research is meaningful. Lead quickly the delegates through the most exciting elements of your approach. Arc your lightning talk toward the solution or any unexpected questions you uncovered.

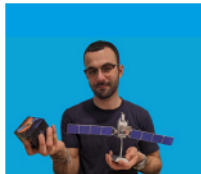
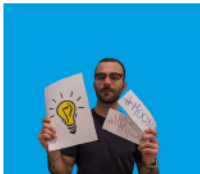
## Less is more, keep it simple

Skip all the "hello everyone" "thank you for your attention" etc. You only have one minute. So make it count and get rid of anything extraneous. Your best bet is to give a simple talk. Use simple body language and simple words.

## Be creative

Personal touches can allow your audience to understand the impact of your research. You can com-

plement your Lightning Talk with drawings, catchy images or keywords that you can print on white A4 paper, or you can use miniature objects like a mini prototype, a mini moon, a mini rocket...Remember: creativity drives interest.



**IMPORTANT:** Mirroring is turned on by default when using Zoom and other services like selfie cameras. You can turn off mirroring in the video settings. Here below is how to do it:

### Zoom

- From your conference window in Zoom, click the up arrow on the video button.
- Click on video settings - this will open *the settings window*.
- Click on "mirror my video" and see which view works best for you.

### Mobile device

There should be an option in smartphones to save either the mirrored image that you see in the preview, or a flipped version which is what a person standing opposite you would have seen. Check your camera settings on your phone.

## Find a well-lit recording location

- For filming inside, position yourself facing towards the window so the natural light hits you
- You can also position yourself towards a light source like a large lamp to appear well lit on camera
- Avoid sitting with your back against the window because it will create a dark silhouette
- If you are filming yourself outside, either film in all shade or all sun to avoid mixed lighting on your face
- Remember that there will be more ambient noise when filming outside

## Adjust your device to record video in one of the following settings

- 1080 HD at 24 or 30 frames per second (this option will take up less recording space on your device)
- 4K at 24 or 30 fps

## Stabilize your device for filming

- Lean it against something stable and sturdy like a desktop computer or large book
- Or use a tripod

## Determine how to position your device

- Film in the horizontal/landscape position to ensure the recorded video fills the screen

## Record the video

- Bring up your video camera and press record
- Speak at a natural volume and look towards your device's camera