

Post Your Dream

It is easy to add your video to the Green Dreams Initiative. There are two routes for this to happen:

- 1) By e-mail
- 2) By phone.

BY E-MAIL

1. Check if your video is in the format and size accepted by:

A. Youtube support page.

Supported YouTube formats

YouTube supports a wide variety of the range of **video and audio formats** in use. You can get a quick overview of what may be an issue with your video's formatting by taking a look at the warnings and error messages that we communicate to you while you're uploading your video.

Here is a list of some well-known formats that YouTube supports:

- **WebM files** - Vp8 video codec and Vorbis Audio codecs
- **MPEG4, 3GPP and MOV files** - Typically supporting h264, mpeg4 video codecs, and AAC audio codec
- **AVI** - Many cameras output this format - typically the video codec is MJPEG and audio is PCM
- **MPEGPS** - Typically supporting MPEG2 video codec and MP2 audio
- **WMV**
- **FLV** - Adobe-FLV1 video codec, MP3 audio

Here is a list of some common formats that YouTube does NOT support:

- **Project files:** No project files of any kind are acceptable. It is generally very easy to convert project files to a supported format.
- **MSWMM and WLMP:** You can easily convert these project files to .WMV.
- **Audio files** (MP3, WAV, etc.) and **Image files** (JPG, PNG, etc.): Convert these files to video slideshows.

B. And by our technical guidance page.

You may want to think about a few things before you start to record your video:

Equipment: You can use webcams, mobile phones, digital cameras or a video camera. The important thing is to try to keep the result original and spontaneous. The objective is not to produce a short movie, but rather to capture the immediate impression of the dreamer and his or her opinion on his or her area, or subject.

File Format: Acceptable Youtube formats are AVI, 3GP (mobile phones), MPEG, MP\$, MOV, WMV, others can be checked on Youtube.

Video Size: The video cannot be over 100MB. Do not change the resolution and number of video frames.

Video time: The ideal time for it should be about 20 to up to 60 seconds. Less than that is too short to easily understand your dream, much longer than one minute switches people off. Think how to summarise your dream well in a few sentences that will have people thinking about it afterwards.

2. **Attach your video to an email.**
3. **For the subject write the Title you would like your Green Dream video to have.**
4. **In the message section write:**
 - a. Your full name
 - b. where you are from
 - c. And, if you want, your occupation
 - d. A quick summary of what your/the dream is about.
For example: *My name is Paul Smith, I live near Inverness, I am a mechanic and my dream is about a world without plastic bottles.* If you are already making some of your dream a reality say that in your message.
5. **Email it to dhkeobve0zs2@m.youtube.com**
6. **A verification email should be received in your email inbox a few minutes later, if you do not receive one, please make sure your email was sent.**
7. **Go and see your video at www.youtube.com/greendreamcifal channel and tell your friends where to check it out and how to add their dreams too.**

BY PHONE

It is easy to add your video to the Green Dreams Initiative by phone.

Now you have made your video be sure your video is in the format and size accepted which you can check in this **Youtube support page** link and get filming advice our **technical details page**.

1. **High-end smart phones like iPhone, Samsung Galaxy, HTC and Palm support direct upload to youtube, so you can send it straight to the green dream channel www.youtube.com/greendreamcifal.**
2. **If your phone does not have direct upload capacity attach your video to an email.**