

## Tips for Videoarticle Production

### Plan before you record

- Planning the video before you film helps ensure that the procedure described is clear and understandable. Bear in mind that Videoarticles should not exceed 10 minutes.
- We recommend that you make a short test video to check the recording quality.

### Filming

- Video cameras are recommended. Smartphones may be considered if they can produce high quality videos. Built-in microphones often lead to low-quality audio, so when possible use lapel microphones or record the narration separately.
- Use a stand or a tripod for your video camera or smartphone to avoid vibration.
- Alongside recorded video, you can also include images, animations and slide decks. Note that Microsoft PowerPoint presentations can be saved to video format (<https://support.office.com/en-us/article/Turn-your-presentation-into-a-video-c140551f-cb37-4818-b5d4-3e30815c3e83>).
- Where text is included, make sure the font is clear enough to be readable, including on small screens.
- Use screen capture software to record input shown on a computer, rather than filming the monitor.
- Make sure all the personal protective equipment required to conduct any experiments shown is used while filming.
- Don't forget to include the configuration and setup of equipment used.

### Narrating

- Speak slowly, loudly, and clearly, and avoid background noise and echo as much as possible. Your video should be understandable to non-native English speakers and for viewers from outside your field of research. When necessary, ask a colleague with a good level of spoken English to narrate for you.
- Providing a word-by-word transcript of Videoarticles is optional, but highly recommended.
- An outline of your script highlighting the main ideas can help you to talk freely while being succinct.
- Tell a story and explain your research with passion. This will help to better engage your audience.

### Rules

- Music or other possibly copyrighted sound effects, even from royalty-free sites, are not permitted in Videoarticles.
- If previously published figures, tables, or other items are shown in the Videoarticle, please contact the Publisher to obtain permission for their use.
- Avoid overt product placement in your Videoarticle.
- It is your responsibility to film, record and edit your Videoarticle before submission. The Editorial Office will not perform video editing.
- We may use all or part of your Videoarticles to promote your work or the journal. By submitting your Videoarticle to *Metabolites*, you give us permission to use it for promotional purposes.