

Sharing Recorded Videos with Teaching Pyramid

Box, used by Teaching Pyramid for filesharing, has a file size limit of 5GB, which is a huge amount of space! However, video recording, especially using the default video recording resolution settings for the various mobile devices can easily exceed this 5GB limit. These devices are set by default to record in high definition (HD), which results in a large file size.

iPhone 6 Video Resolution & Resulting File Size				
	1 minute h.264	1 hour h.264	1 minute HEVC	1 hour HEVC
720p HD @ 30 frames/sec	60 MB	3.5 GB	40 MB	2.4 GB
1080p HD @ 30 frames/sec	130 MB	7.6 GB	60 MB	3.6 GB
1080p HD @ 60 frames/sec	200 MB	11.7 GB	90 MB	5.4 GB
1080p HD slo-mo @ 120 frames/sec	350 MB	21 GB	170 MB	10.2 GB
1080p HD slo-mo @ 240 frames/sec	480 MB	28.8 GB	480 MB	28.8 MB
4K HD @ 24 frames/sec	270 MB	16.2 GB	135 MB	8.2 GB
4K HD @ 30 frames/sec	350 MB	21 GB	170 MB	10.2 GB
4K HD @ 60 frames/sec	400 MB	24 GB	400 MB	24 GB

Source: <https://www.lifewire.com/how-much-video-can-iphone-record-2000304>

This image illustrates how changing the resolution can alter the file size. For example, the default setting for an iPhone 6 (1080p HD @ 30 frames per second) results in a 1-hour video well beyond the Box upload limit. iPad and Android device record in a similar manner.

Below you'll find steps on how to alter your device resolution. Additionally, you can download Video Recording Apps that will give you access to features not easily available via the devices built-in camera app.

Alternatively, if you have already recorded a video and it is too large to upload, there are apps available for compressing videos to a more manageable size on your mobile device or a Mac/Windows computer.

Finally, if all else fails, you can upload the video to Google Drive or YouTube and share the link with Teaching Pyramid for review.

Change Mobile Device Default Video Recording Settings

- iPhone/iPad (iOS 9)
 - Go to Settings > Photos & Camera, tap Record Video and select the resolution
- Android (v7.0)
 - With the Camera open, click the Settings icon
 - Select "Video size" for the front or rear camera and select the resolution

Video Recording Apps with Lower Resolution Settings

- iPhone/iPad
 - MoviePro: Video Recorder (Deepak Sharma) – \$6
 - PowerCam (Wondershare Software Co., Ltd) – \$4 (iPhone only)
 - ProMovie Recorder (Panda Apps, Ltd) – Free or purchase ProMovie Recorder+ \$3
- Android
 - Open Camera (Mark Harman) – Free
 - Camera MX (MAGIX) – In-app purchases
 - FiLMiC Pro (FiLMiC Inc.) – \$10 (try FiLMiC Pro Evaluation before purchasing)

Video Compression

- Mac/Windows
 - Filmora Video Editor (Wondershare) – \$60
 - HandBrake (The HandBrake Team) – Free
- iPhone
 - Video Compressor (FBM) – \$2
 - Video Slimmer (Shenzhen Socusoft Co., Ltd) – \$3
 - Smart Video Compressor (AppAspect Technologies Pvt. Ltd.) – Free
 - Video Compress (Zheng Weijie) – Free
- Android
 - Panda Video Compressor (farluner apps) – Free
 - Video Compressor by Sunshine (SPIKA INC.) – Free, no ads
 - Video Converter Video Compressor Video to MP3 (Happy4Video Studio) – Free, ad supported
 - Video Dieter 2 (Outplay Lab, Inc.) – Free, ad supported. Receive full features by clicking the “recommend the app” link (does not remove ads)

Sharing via Google via Drive or YouTube

If changing resolution settings and compressing files becomes overwhelming, uploading your video to Google Drive or YouTube will do the trick. Once the link is shared with your Teaching Pyramid liaison, it can be downloaded for review.

Google Drive

- All Google accounts include 15 GB of storage space free via Google Drive and can store files online, which can be uploaded from any mobile device or computer
- Go to <https://www.google.com/drive/> or install the Google Drive App on your mobile device
- Sign In with your Google account credentials
 - You can drag and drop a video file directly to your Drive account from your computer OR share the video to Google Drive from your mobile device
 - Once in Google Drive, select the file and choose “Share” to enter the liaison’s email address
 - Once sent, your liaison will be notified a file has been shared
- It will then be your responsibility to keep or delete the video from your Google Drive account

Sharing via YouTube

- All Google accounts include a personal YouTube channel and offers unlimited upload and storage space of videos, which can be uploaded directly from a mobile device or computer
- Go to <https://www.youtube.com/> or install the YouTube App on your mobile device
- Sign In with your Google account credentials
 - During or after video upload, change the Privacy Setting to “Unlisted”
 - “Unlisted” videos can only be seen by those with the link
- Share the link with Teaching Pyramid and the video can be downloaded and shared with your site liaison
- It will then be your responsibility to keep or delete the video from your YouTube account

Resources

- How Much Video Can You Record on an iPhone? (published 09/18/2018)
 - <https://www.lifewire.com/how-much-video-can-iphone-record-2000304>
- How to change your iPhone video resolution settings (published 10/2/2/10)
 - <https://www.techradar.com/how-to/phone-and-communications/how-to-change-your-iphone-video-resolution-settings-1306774>
- How to change camera video size android lollipop (published 3/9/2016)
 - <https://www.bestusefultips.com/how-to-change-camera-video-size-android-lollipop/>
- Get Started with Drive for free
 - <https://www.google.com/drive/>
- Tips on Sharing Files and Folders with Google Drive
 - <https://www.hampshire.edu/it/tips-on-sharing-files-and-folders-with-google-drive>
- Change video privacy settings (published 2018)
 - <https://support.google.com/youtube/answer/157177?co=GENIE.Platform%3DDesktop&hl=en>