

UNITED NATIONS



NATIONS UNIES

**Division for Sustainable Development
Department of Economic and Social Affairs (DESA)**

Technical Guidelines for Video Submissions

The following settings give the best results:

- Video Format: H.264, MPEG-2 or MPEG-4 **preferred** (QuickTime & Flash video)
 - “.WMV, .AVI, .MOV, MPEG, .MP4, .FLV” formats are accepted
- Aspect Ratio: Native aspect ratio without letterboxing (examples: 4:3, 16:9)
- Resolution: 640x360 (16:9) or 480x360 (4:3) recommended
- Audio Format: MP3 or AAC preferred
- Frames per second: 30