

How can I use video on LGfL?

Video Formats

The LGfL Portal will accept the following video file types:

- .mov** - quick time movie, windows or Mac O/S.
- .avi** - audio video interleaved, an early, uncompressed MS windows format.
- .wmv** - windows media video, a compressed format from windows xp onwards.
- .mpg** - motion pictures experts group, compressed video.
- .swf** - Macromedia Flash can also compress and stream video.

There are basically 4 different ways in which video can be put on the LGfL portal:

1. Inserting into a Learning Module page

You can actually insert a video file directly into a Learning Module as you would do with an image. However, only mpgs and .swfs will work this way as they are compressed. Note that large files will slow down the page loading.

2. Uploading to your web space

Any of the files, up to 15mb in size, can be uploaded into an account's web space using the **upload** function. Hyperlinks can then be pointed to them from a web page if so desired.

3. Using Webdav to upload larger file sizes

For video files larger than 15 megs you will need to upload using 'Web Dav'. This involves creating a network folder which points to your online web space. The 15 meg file restriction does not apply to this method and files up to 70megs can be transferred.

4. Using the LGfL Media Streamer

For full dvds or even larger files the best option is to use the LGfL media server. This will efficiently stream video files across the network, beginning to play the file as it continues loading.

When a video file has been put on the server you will receive a web address which the video can be accessed through. For details on how to get your video file onto the server please refer to the media server guide: <http://support.lgfl.org.uk/media>

User guides on uploading files to your webspace, using webdav and inserting media into learning modules can be found at: www.training.lgfl.net