



Technical Considerations for Video Conferencing

Check your internet speed



Use speedtest.net to test your internet speed. You can be confident that with these connection speeds the following types of conference calls will work¹:

- 1 (up/down) Mbps for audio conferencing
- 4 (up/down) Mbps for group video conferencing
- 10 (up/down) Mbps for multiple group conferences at once.

If other people are using your network to stream television, play online games, video conferencing etc then that will impact on the amount of bandwidth available for your VC.

If your connection is too slow, check with your Internet Service Provider as they may have a more appropriate plan available.

Optimise your wifi connection



Wifi has an optimal range. Once you move outside that range, speeds can suffer due to a poor signal. Moving closer to your wifi router may help if you're having problems.

Switching from a 2.4GHz connection to a 5GHz connection—an option on many routers—increases speed, but at the expense of range. So you'll need to sit closer to the router if you're using a 5GHz connection.

The activity of other users can impact on the speed of your connection. Too much activity on one wifi network is like 100 people trying to fit through the same doorway. Reduce pressure on your network by asking those doing high-bandwidth, non-essential activities such as streaming television, playing online games, and video conferencing to pause while you run your VC.

Plugging into a wired (ethernet) network will negate any issues with wifi connectivity and your speed may improve.

¹ [Zoom video conference specifications](#) / [Google video conference specifications](#)



Reduce the load on your computer

The speed of your computer will have an effect on the quality of online conferences. Video in particular uses a lot of processing power. The following tips might help your machine to run at its optimum speed:



- Turn off video and mute audio when not speaking
- Keep your software up to date by installing all updates
- Restart your machine before presentations to close items that are running in the background
- Exit or quit unnecessary apps or programs running in the background
- Close unnecessary browser tabs
- If you are using a web browser to access your video conferences, disable or delete unused browser extensions. You might need to disable useful browser extensions as well, as these occasionally interfere with Video Conference software. You can turn them back on again after the VC.

