

Ohio Region 8 Documentaries Category

Quick Guide for Students & Teachers

Please refer to [National History Day Contest Rule Book](#) for individual category rules on time requirements, introduction, student involvement and operation, student production, entry production, credits and required written materials.

For documentary submissions, most video editing programs allow you to encode your final video in a variety of ways. Ohio History Day videos should be encoded for submission according to the following specifications:

- File format: .MOV or .MP4
- Codec: H.264 or MPEG-4
- HD 1080p Frame size and Bitrate: 1920x1080 pixels at no more than 8.0 Mb/s
- HD 720p Frame size and Bitrate: 1280x720 pixels at no more than 5.0 Mb/s
- SD Frame size and Bitrate: 640x480 pixels at no more than 3 Mb/s
- Total file size: No larger than 1.5 Gigabytes

Students must submit their entries through a website called [WeTransfer](#). The website is free to use and has a 2GB limit ensuring that students have compressed their files to a manageable size.

Documentary Conversion

If your file is not in MOV or MP4 you'll need to change it. The methods below are an example of what can be found with a simple internet search. Cincinnati Museum Center does not endorse any of the products or websites below. You are encouraged to find a reliable resource that works for your files and needs.

WMV file to mp4 (from wikiHow <https://www.wikihow.com/Convert-WMV-to-MP4>)

1. Click on "Browse" and select the WMV file you want converted to MP4.
2. Navigate to the online video converting tool at <http://video.online-convert.com/convert-to-mp4>.
3. Select any video preferences as desired in the "Optional settings" box, then click on "Convert file." The Online Convert website will automatically convert the WMV file to MP4, and download the file directly to your computer.

WLMP file to mp4 (from appuals <https://appuals.com/how-to-convert-wlmp-to-mp4/>)

First and foremost, you can use the same program that created WLMP files in the first place to convert them into more diverse and more widely accepted MP4 files. If you would like to convert a WLMP file into an MP4 file using Windows Live Movie Maker on any version of the Windows Operating System, you need to:

1. Open the **Start Menu**.
2. Search for "**movie maker**".
3. Click on the listing for **Windows Live Movie Maker** within the search results.
4. Once **Windows Live Movie Maker** is open and right in front of you, click on the **File** button in the top-left corner of the window.
5. Click on **Open project** in the resulting context menu.
6. Navigate to the directory on your computer the WLMP file you want to convert into an MP4 file is located, click on the WLMP file to select it and click on **Open** to open it in **Windows Live Movie Maker**.
7. Once the WLMP file you want to convert into an MP4 file is open, click on the **File** button once again, and click on **Save movie > For computer** in the resulting context menu.
8. Navigate to the directory on your computer you want the converted MP4 file to be saved to.
9. Type a name for the converted MP4 file into the **File name:** field.
10. Open the dropdown menu next to **Save as type:** and click on the listing for **MPEG-4** to select MP4 as the file format the video file will be saved in.
11. Click on **Save**.

As soon as you do so, Windows Live Movie Maker will begin converting the project file into a video file and saving it in the specified directory as an MP4 file. This might take some time depending on how large the selected project file is, so you might need to be a bit patient with Movie Maker during the process.

Documentary Submission

Step 1: go to <https://wettransfer.com>



Step 2: Fill in the information in the box as described below.

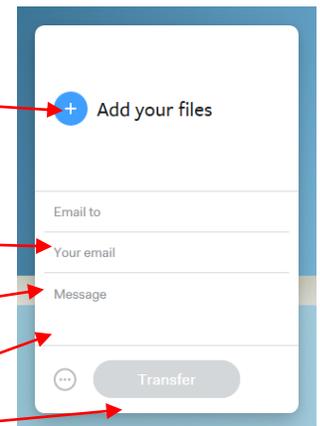
Add your files: (File name should be the title of your project. ~~What if everyone submits files named My Documentary, History Day or some other generic title?~~)

Email to: handrews@cincymuseum.org

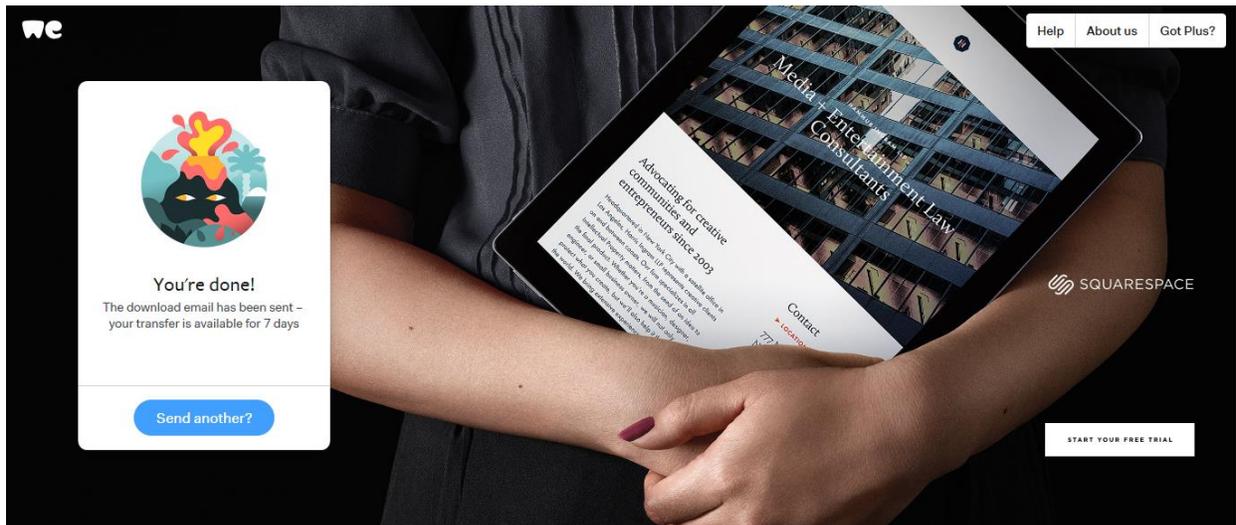
Your email: (this should be the same email you registered for Ohio History Day with)

Message: OHD Region 8 (Individual or Group) Documentary – (Your first and last name)

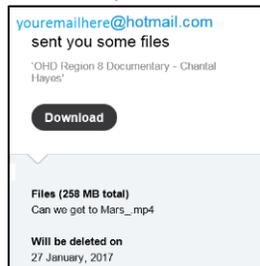
Click on the transfer button.



Step 3: The transfer may take 10-15 minutes depending on the size of the file. When the transfer is complete a message will appear on the screen.

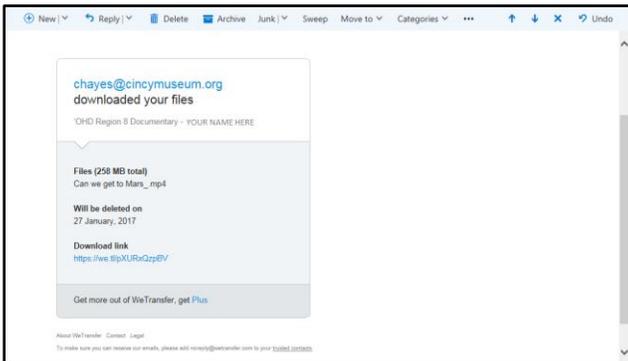


Step 4: I will receive a notification like the one below. As you can see it's very important to put your name in the message line so that I can identify you/your group by the email, participant name and project title. I will email a confirmation to you that I have received and downloaded your documentary.

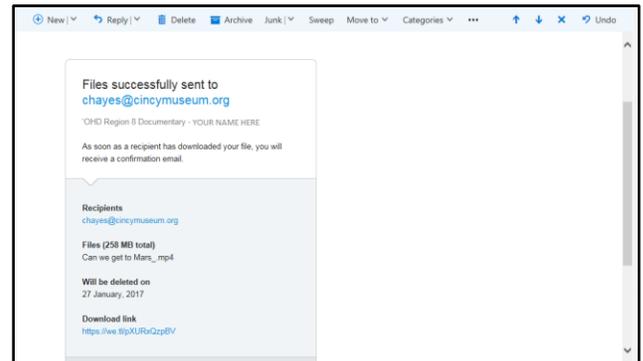


You will receive notifications like the ones below.

Files Sent



Files Downloaded



Step 5: Download a copy of your documentary onto a flash drive or burn it onto a DVD and bring it with you to the competition. Despite our best efforts to make sure everything runs smoothly it's always best to have a backup!