

# HoNOS TRAINING VIGNETTES – HOW VIDEO WORKS ON OUR WEBSITE

## **Delivery**

The HoNOS videos are delivered via progressive download (although the player itself denotes this as 'streaming').

This means that the video is delivered as quickly as your internet speed will allow and downloads it to the Temporary Internet Files folder on your computer.

Having it downloaded to this folder means that if you wish to watch it again in the same internet session, it will not have to download again and you will be able to watch it at full speed with no pauses. In the initial download/viewing, the video may pause several times in order to 'buffer' enough seconds of video for the player to keep playing.

Depending on your internet browser settings, you may potentially watch the video again in another session without it having to download again.

## **Format**

The videos are encoded in FLV (Flash Video) which is fast becoming the accepted standard for delivering video on the internet due to its ability to compress the file size of the video while maintaining a reasonable level of picture and sound quality.

It plays through the free Adobe Flash Player which, according to Adobe, is installed on 99% of computers worldwide. Depending on how the video has been created, you may need to upgrade to a newer version of the Flash Player in order to view the video correctly.

There are two versions for each vignette, the high-resolution video which is around 30mb (size) and a low-resolution version (around 15mb). This is the same video but encoded at a different screen size which, in turn, reduces the file size and the amount of data that has to be downloaded.

## **Viewing**

By default, when the 'Next, watch the video' link is clicked, the player begins to load the high-resolution version of the video, and plays as a certain level of buffer has downloaded.

You have the option of clicking the 'Low quality (slow internet connections)' link which will cancel the high-resolution download and instead begin downloading the low resolution version, again playing as it goes.

On a standard dial-up internet connection, 1mb of data should download on a 56k modem in around 20 seconds but can take significantly longer than that because of connection speed, line noise, and other factors beyond your control. It can take as long as a minute (or longer) to download 1mb on a 56k dial up connection which means even the low-resolution version of

the video could take 15 minutes to download (although you are able to begin viewing the video long before this).

The screenshots on the next page demonstrate how the high and low resolution videos appear:

### High resolution video screenshot:

The screenshot shows the Te Pou website interface. The top navigation bar includes 'TE POU - HOME', 'WORKFORCE', 'RESEARCH', and 'INFORMATION'. A left-hand menu lists various resources, with 'HoNOS training online' highlighted. The main content area is titled 'HoNOS training online' and features a case study for 'Helena'. A progress bar indicates four steps: '1 Read the story', '2 Watch the video', '3 Complete the rating form', and '4 View your results'. The video player is in the center, showing a scene with two people. Below the video, there are two quality options: 'High quality (Fast internet connections)' and 'Low quality (Slow internet connections)'. The video player controls show 'STREAMING' and a progress bar at 0:00:02.518. At the bottom, there are three buttons: 'Do another case study', 'Back', and 'Next, complete the rating form'.

### Low resolution video screenshot:

This screenshot is identical to the one above, but the video player shows a significantly smaller and less detailed image of the training session. The progress bar now shows 0:00:00.574. The quality options and navigation buttons remain the same.