Connecting with People over Video

This is a challenging time and the in-person connections we were used to having are, in a large part, not possible at this time and for the near future.

Connecting over video is a great solution and a way to maintain connection with loved ones. There are various sources that list the benefits of talking over video, such as this one.

Personally, I have found that video chatting has been an excellent way to socialize since the pandemic set in, and has kept me from feeling lonely. I am quite an extroverted person, and used to socializing a lot. I was really worried about how this would go for me. However, being able to see my friends' and family's faces has been a great relief! At the end of the day, I feel like I've actually SEEN people, and a few times I've even felt "socialed out"!

Here are instructions on using my top 3 video chat options for Microsoft platforms:

Tips for safe video chatting (just in case):

- Don't share sensitive data like credit card numbers over video.
- Make sure you have downloaded the official app for the platform.
- Chat with people you trust.
- Don't show anything in video that you wouldn't want your mother to see!

Facebook Video Calling

To chat on Facebook, you first need to have a profile: https://www.Facebook.com/

To use Facebook video chat on your phone, you will need to download an app.

PLEASE NOTE: It is unclear whether video calling through Facebook is encrypted or secure.

For a video chat with one person:

a) Click at the top right of the screen.

b) Open a conversation with the person or people you want to video chat with.

c) Click in the top right corner of the chat window.

(These instructions are from the Facebook help centre: https://www.Facebook.com/help/287631408243374/?helpref=hc_fnav)

Here is a video that you can use to follow along and get video chat on Facebook working: https://www.youtube.com/watch?v=ADnmMMbSuOA

To make a group video call through Facebook:

a) Go onto Facebook and at the top right, click on the messenger icon . Then, in the window that opens, click 'New Group'.
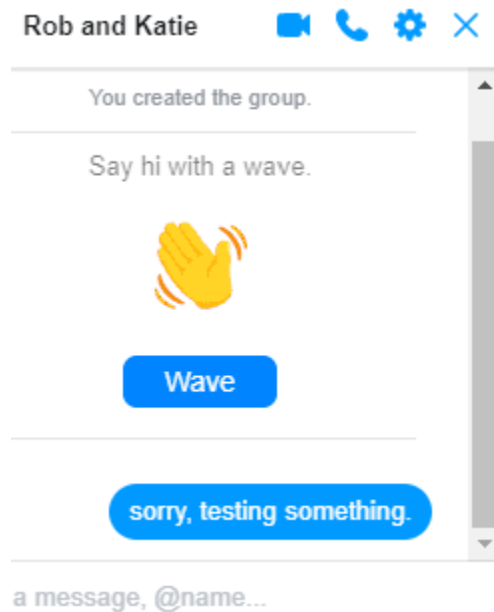

b) In the new window, you can name the group, and then select the people you want to invite to the group:
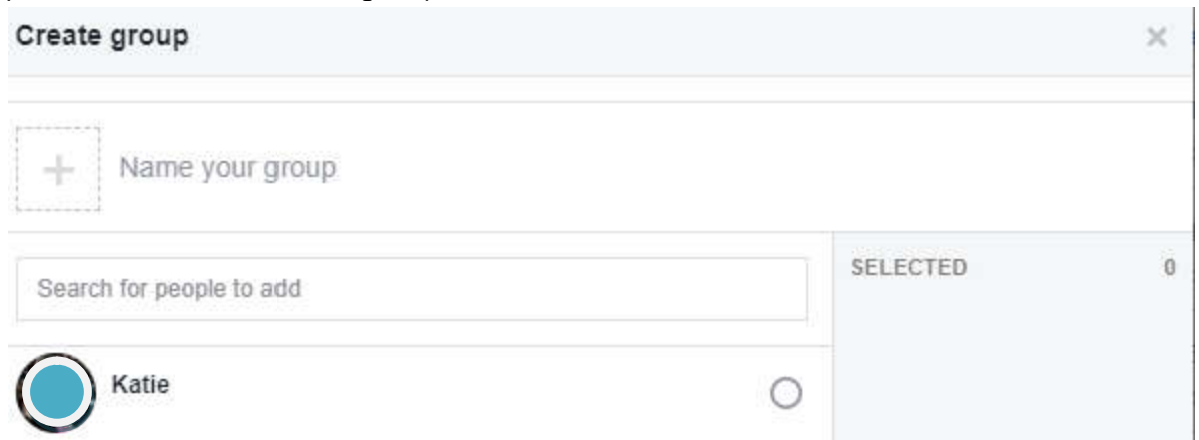
At the bottom, click create group.

c) In the window that pops up at the bottom of the screen, you will see everyone is in the group.

d) You can now hit the [video icon] icon beside the names and everyone will be called at once!

Up to **50 people** can video chat together at the same time on Facebook Messenger! Only one person needs to make the group, and once it's made, anyone can start a video call to the group.

Zoom

Please Note: Zoom is not encrypted and video call sessions are not secure, but the company has been taking actions to improve this. (https://www.cnet.com/news/using-zoom-while-working-from-home-here-are-the-privacy-risks-to-watch-out-for/)

To use Zoom, you first need to sign up and sign in: https://Zoom.us/signup

To schedule a meeting, click on 'schedule a meeting' in the top right corner:
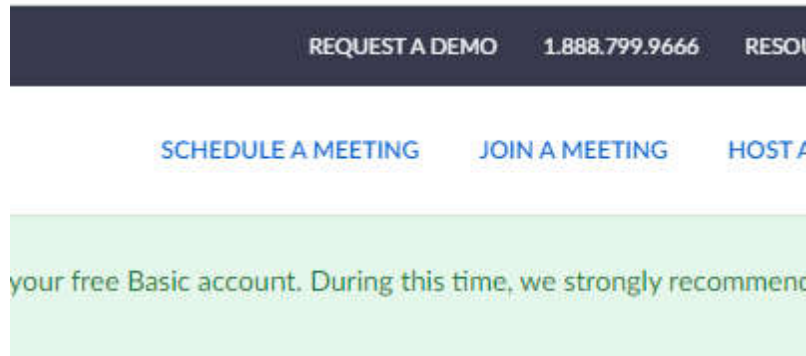
a) Select the options you want from the page that comes up. Here is a video explaining the options: https://www.youtube.com/embed/XhZW3iyXV9U?rel=0&autoplay=1&cc_load_policy=1. **To increase the security of your meeting,**
    - Keep "Require meeting password" selected
    - Keep "Enable waiting room" selected
b) Click save!
c) On the next page that comes up, select "Copy the Invitation" on the right:

d) In the next window, select "Copy Meeting Invitation"
e) You can now paste the invitation into an email and send it to anyone you want to join the meeting.
f) When it is time for the meeting, as the host, you will need to let people into the meeting from the 'waiting room'. Once you have joined, you will see how many participants are waiting in the Manage Participants icon at the bottom:
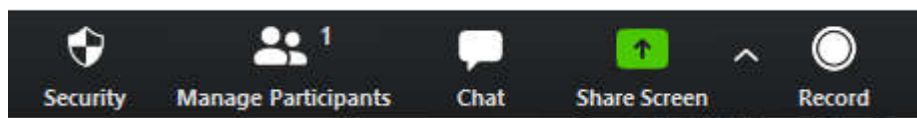

Select that icon to see the list of people waiting. You can now admit people individually by selecting 'Admit' or hit 'Admit All' to let everyone in at the same time.

To join a Zoom meeting:

a) Copy and paste the link from the invitation into your browser and hit enter.
b) When you are asked for a password, copy and paste the password from your emailed invite.
c) You will be asked whether you want to open Zoom. Hit 'Open Zoom':

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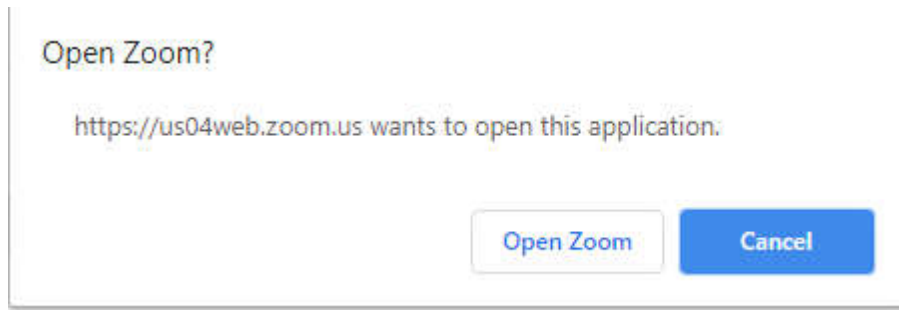
d) If you don't have Zoom on your computer, this will prompt the program to start the process of downloading onto your computer. Follow the instructions as they come up. You can also go here to download Zoom: https://Zoom.us/download. **(Hosts will also need to have Zoom downloaded!)**

e) You will now get a window asking if you would like to use computer audio.
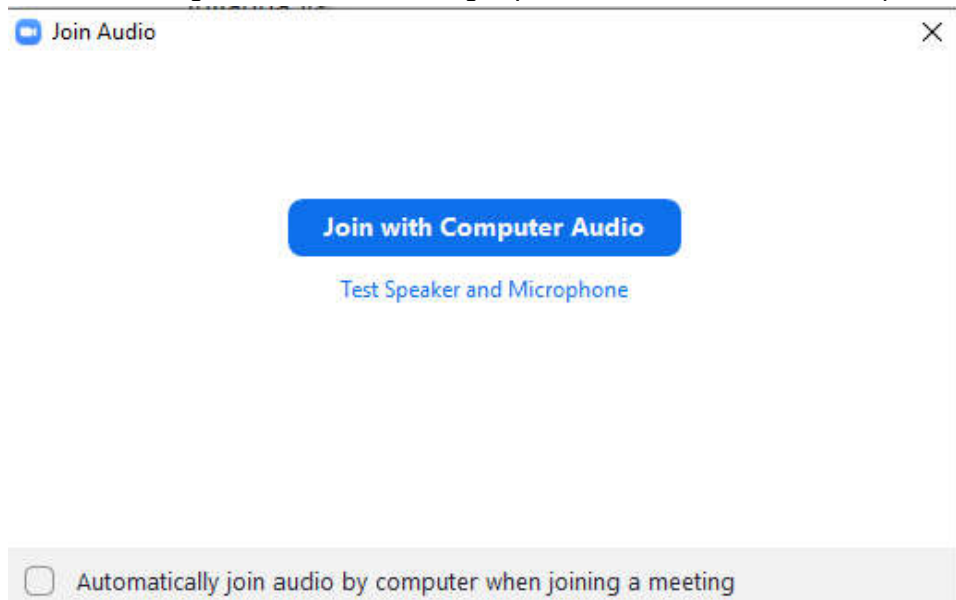
You can choose to first test your speakers and microphone if this is the first time you are using the program,.

f) This should open a window where you will see the other participants (unless you're early or they are late!!). Make sure that your audio and video is turned on. In the bottom left, it should look like this:
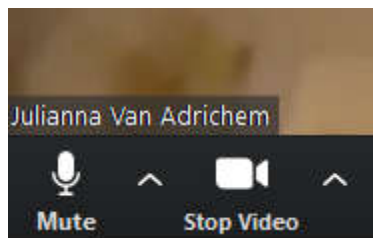
The **free** plan with Zoom allows you to host video conferences of up to 40 minutes for between 3 and 100 **participants**. Video chats between 2 people have no maximum time.

Skype

Skype videos are encrypted, so they are secure: https://support.skype.com/en/faq/FA31/does-skype-use-encryption

1. You first need to have Skype downloaded to your computer: https://www.Skype.com/en/get-Skype/. A ".exe" file will start downloading in the bottom left corner, like this:
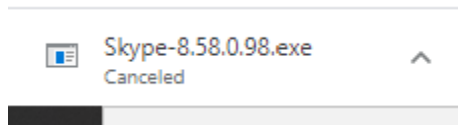
(I don't want it downloaded twice, so I cancelled it. Yours won't say 'cancelled'!)

2. Once that .exe file is finished downloading, either a window will pop up, or you click on it, and then follow the rest of the prompts. These instructions cover those steps: https://www.dummies.com/education/internet-basics/how-to-download-and-install-Skype/

3. Now you should see this:
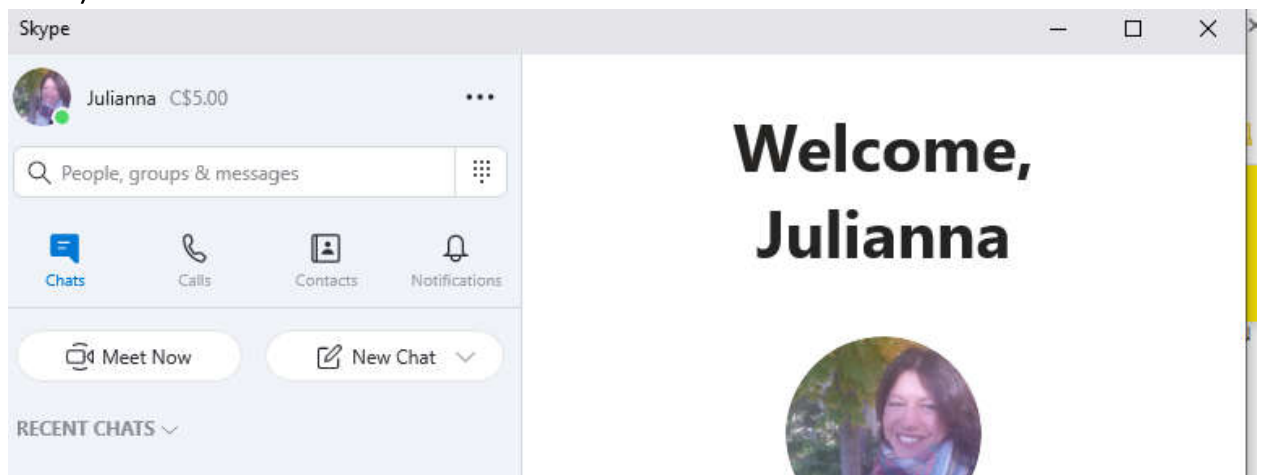
I'm cutting off my list of contacts to keep their information private!

4. Next you have to find people that you want to talk to. Start typing a name beside the magnifying glass. You can see whether the picture is of the person you are looking for. Because everyone on the planet (almost) is using this, there can be many people named 'Julianna', so make sure you have the
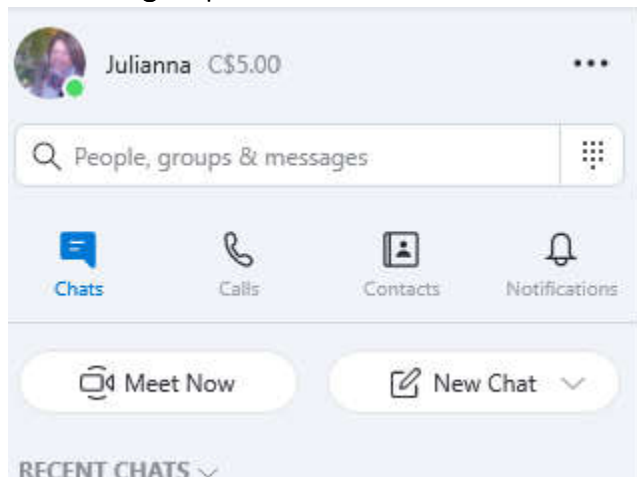
right person! Best to ask people what their name on Skype is. This does make it more challenging to use this platform.

5. To start a conversation with one person, click on their name, and in the top

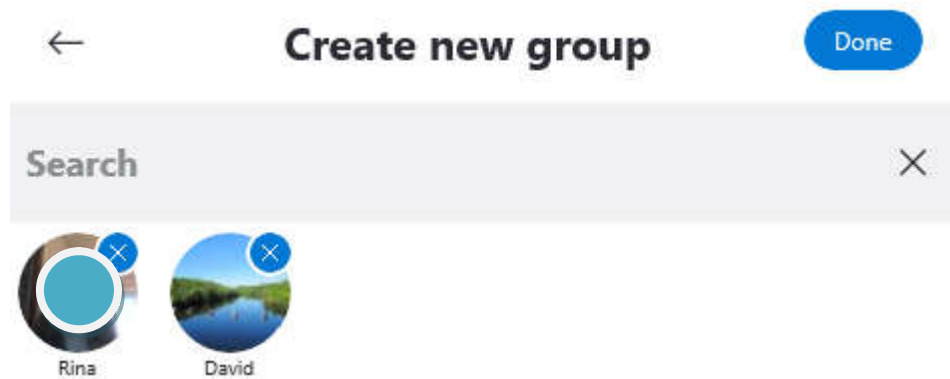right corner of the window, hit the 📹 icon:

6. To start a group conversation, hit the 'New Chat' button:

7. Type in a name for the group and hit the arrow at the bottom of the window:

8. In the next window, select the people you want to have in the group and hit 'Done'.

9. Now at the top, you can hit the [video icon] icon to start a video call. You can also add more people to the group by hitting 'invite more people' and selecting who you want to add.

50 people can join a Skype call at once.

I hope this helps and that you can use these instructions to connect with more family and friends! There are many videos on YouTube about these tools, so if you need more instructions, see if you can find a video, or feel free to get in touch!

Promosaurus is a business created in August of 2019, and based out of Guelph, Ontario, Canada. We provide marketing, business development and event planning services to social enterprises nearby and far away. During the pandemic, we are focused on our new service, Pivot with Promosaurus. To learn more, contact us, check out our website or follow us on social media!

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Reach new heights,
Become larger than life,
& Last through the ages!

Promosaurus does not accept responsibility or liability for any issues that may result from using our 'Connecting with People over Video' guide.