



How to submit your Escape the Vape Video Challenge Video

You are allowed to use any device or method to create your video, but all videos must be submitted in an MP4 format and be 100MB or less in size. Depending on the device you are using, the video may automatically record in MP4 format.

Android Devices

If you are using an Android device and want to confirm the format of your video; navigate to the video, select the three dots for more options, and select Details. In the Details section, you will see the date the video was recorded, the format the video is in, and the size of the video.

Apple Devices

If you are using an Apple device then most likely your device is recording in an MOV format, unless you have already changed this setting. To change the recording format on an Apple device: navigate to Settings>>>Camera>>>Format. Under Format, change the setting from High Efficiency to Most Compatible.

If you are having issues recording your video in an MP4 format you may be able to convert your video using editing software. There are many free websites to use to convert your videos, but some are more user-friendly than others. Here are some websites that will allow you to convert your video from MOV, MP3, or other video formats to MP4.

- [Cloudconvert.com](https://cloudconvert.com)
- [Adobe Express](https://adobe.com/express)
- [Movavi.com](https://movavi.com)
- [Kapwing.com](https://kapwing.com)