Inter-Parliamentary Union
For democracy. For everyone.

Stable Internet

To ensure the best possible quality please make sure you have a minimum of 4Mbps upload and download speed available. Ethernet (LAN) cable is highly recommended – Wi-Fi often causes breakups when transmitting sound, this could cause low quality of sound and losing parts of the speech for other participants.

If you use a Wi-Fi connection it might affect your sound quality which in turn will worsen the experience for all the other participants.

USB headset with built-in microphone

Theses should ideally be noise cancelling, to prevent the sound from the ear pad being picked up by the microphone:

Camera and lighting

Be mindful when positioning the camera, it needs to be pointed at the speaker directly. There should be enough light so the speaker can be clearly seen by other remote participants and by interpreters, but there should be no direct light pointed straight at the camera lens.

Quiet workspace

Choose your workspace wisely. It needs to be a quiet space, as soundproof as possible. Here are some things to keep in mind when choosing the perfect working space:

1. Close all windows - no external noises like outside traffic - honking cars or car alarms, loud pet noises – barking etc.

2. Be mindful with noises you create – shuffling papers, mobile device sounds, keyboard strokes, moving the chair, please mute your microphone when you are not speaking.

3. Household appliances (for example, domestic ventilation and air conditioning equipment). If you have a noisy appliance please make sure it is turned off.