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Abdallah Al Alfy

Alfy is a content writer of 17 years, writing in multiple literary and content disciplines, and translating professionally since his early teens. Full name of Abdallah Al Alfy, he is also a licensed pharmacist in multiple countries. Alfy's pharmaceutical background has often been an asset in scientific and medical writing.



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Alfy's content and copywriting have varied internationally from pharmaceutical products to IT services, venue promotion to landscaping. His literary pursuits culminated in works of poetry, fiction and social commentary to be featured in multiple publications as well as various websites and blogs online. He is also the proud author of two published non-fiction books and a serial novel in ongoing publication.

Alfy joined the Banty team in 2021, having previously served as Literary Director for The Mercenary Writer. With interests in a vast array of writing disciplines, he brings you multiple perspectives on the spectacular services offered by Banty. Alfy goes by his family name to make things easier for English speakers, since many of his Arabic-speaking friends already call him by it.

You can reach Alfy for questions or comments regarding his articles for the Banty blog using: alfy@banty.com

Video Calling From The Road

Posted By [Abdallah Al Alfy](#)

Professional Video Chats Away From Home



You may have read about the increasing popularity of video conferencing software and video chat solutions with the rise of remote work. In fact, you may have read about it [right here on Banty's blog](#). Video conferencing whilst working remotely typically happens from a variety of locations, but the most common type of remote work video call typically happens from the same location in your home, or your home study. The next most common type of remote work video call usually happens from your hotel room. There are a few other types of video chats carried out by professionals working remotely, usually to accommodate other things that are going on. For example, [calling from your car is covered in another one of our blogs](#).

But video calling from the road now is more than about sitting outside somewhere quiet, with still wind and good light. And video calling from your car has evolved to a whole new meaning. The video call from the car mentioned in the previously indicated blog covers calls from a regular car as a good solution when one must make a video call in the outdoors. However a video call in a vehicle which also functions as a working space doesn't necessarily qualify as a video call in the outdoors. That's right. Once again, the future is here. And it's name is mobile offices.

No, I don't mean those admittedly very convenient wheeled desks, some of which are designed as perfect work stations. Nor am I talking about luxury sedans or limos with backseats equipped as offices for rich and busy businessmen while they're being chauffeured around town. This isn't a Lincoln Lawyer type situation. I'm talking about fully mobile office rooms. There are three such options available to you now, today, and one available in the future.

1. Converted or Upgraded RV



RVs come in all shapes and sizes. Many of them are already quite soundproof, meaning you can make a professional video call from the kitchen table of your RV whilst parked at the beach. The vast majority of those RVs however, don't come with dedicated office space, which can make the work you might need to do preceding a virtual meeting or after it a little challenging to arrange. Not to mention that while RVs purposed as mobile homes can be suitable for a video call, not every RV is suited to the purpose of video chatting.

However, a number of people have opted to repurpose their RVs; either fully converting them to mobile offices, or, (in larger RVs with more than one space) repurposing a space within the RV as a tiny office room using space disposable to the owners' lifestyle. For example: an extra bunk bed nook for a couple who use the main sleeping area and have no children living with them. While making these upgrades it might also be a good idea to soundproof the vehicle for any future video

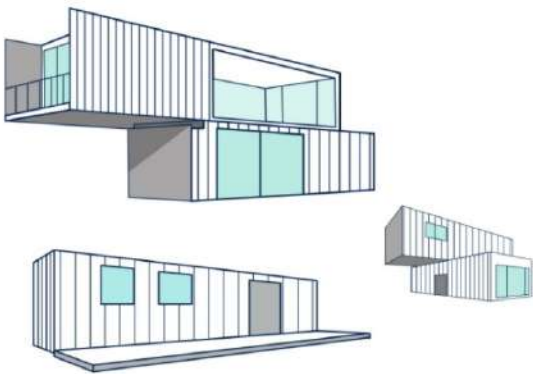
calls. In the future you might very well hear of coworking travelling spaces with 3 or 4 large desks in a converted RV and a dedicated driver. The travel business applications for such an industry are myriad.

2. Mounted Office Pod

A number of prefabricated offices are now being sold as "pods", with quite a few nice options going for them. These office pods are the natural descendants of offices built from containers or container materials, sometimes called "trailer offices" or "trailer homes" because they can be customised as living or working spaces and then be mounted on a cargo trailer big enough to move them elsewhere. But these trailer offices are usually for those looking to house several desks.

Office pods are the newer, sleeker solutions for individual mobile offices. Their prices vary so simply buy the one your budget most aligns with, mount it on a cargo trailer, and attach it to your car. Voila! You have a mobile office! Even if you don't opt for a more expensive option with soundproofing insulation, you don't need to hunt for the perfect quiet spot for video calls in your new mobile office. Just park somewhere that isn't too noisy and the pods' regular walls will keep out most minor disturbances.

Of course, if you're handy enough, you may want to build yourself a pod and spend even less on your new mobile office! Make sure to account for access to internet and electricity as well as ventilation though!



3. Converted or Upgraded Trailers



Actual trailers which fulfill many of the functions of RVs but lack a motor of their own and need to be hitched to your vehicle. Not the prefabricated container enclosures often referred to as trailers because they can be mounted on a cargo trailer. Sometimes referred to as campers, these bad boys can often also be upgraded with some degree of soundproofing if it isn't sufficiently built into them. Perfect for video calls from "home" without being permanently stationary, if you use one as a combined home and office. A whole new concept of home office.

Then again, you can also repurpose an old trailer to make a pretty decent dedicated office. Particularly for the mobile life if you buy a small RV. Dedicated office space for your job in the trailer and comfortable sleeping in your smaller RV, hitched to its front and pulling it onwards. Or you can reverse the sleeping and working spaces if you're

so inclined. Sleep in the trailer and work in the RV. The main advantage of buying a large trailer instead of a large RV is that trailers are often cheaper than RVs of comparable size and features, because they lack their own motor driving system. You can essentially buy one to use with your existing vehicle, or if you own an RV of a smaller size, you can buy it to give your mobile home an extension.

These were three options available for mainstream purchase today, if you'd like to jump onto a video call from the road. Your fourth, and rather futuristic option, which I expect will come soon, will be driverless RVs, purposed as mobile offices. Those will most likely be soundproofed so you can video chat with your team from the most crowded streets without worrying about noise on your video call.

Building Better Productivity Habits Using Video Calls

Posted By [Abdallah Al Alfy](#)

Bonus Points if You Use Banty



Being productive can be challenging. Downtime is great, but often enough we power down at the first opportunity out of habit rather than inherent need. And habit can also help us exploit the times we “don’t” need to power down, to take on more productive, life enhancing steps whenever we can. You might already know habits can help us utilise more of our energy. But did you know that a video call online with video conferencing software can build such habits and improve existing ones? Keep reading to find out how a virtual meeting or a regular video call can improve your productivity habits.

1. Schedule Video Meetings as Cues



On any given day, there's a number of people I'd like to catch up with. Professionally, personally, or educationally. But the practicality of meeting them physically can be challenging. Particularly if some of them live in other cities, or even other countries. Some of you are probably the same, at least on a personal level. If this is the case, then make a list of all such people in your life. Now select the ones who might be open to scheduling regular meetings using virtual meeting apps and wouldn't be offended by strict time limits. These people now make up your regular video call list. If you have a 20 minute video conference call scheduled with a friend, resolve to reply to personal emails for the next 40 minutes straight afterwards. If you have a 30 minute video call scheduled with your doctor, resolve to carry out a health-related activity right after it. Maybe call your pharmacy for medication right away, log your food, or exercise for 10 minutes. Carry on in that manner.

2. Virtually Meet People Who Inspire You



Inspirational people are not necessarily celebrities. In many of our lives there are people who inspire us. Finding the energy to start and maintain productive habits is easier when we're inspired. Scheduling a video meeting as a cue for a productive action is great, but it becomes easier to follow up on said action if we're meeting online with somebody who inspires us to be productive. For an added perk, use **Banty's video conferencing software** to simultaneously **stream an inspiring YouTube video** with the person you're virtually meeting with on a video call.

3. Get an Accountability Partner



Using your contact list (or rolodex if you still find it helpful) to schedule brief, regular video calls to keep you productive is a good strategy. But you can top it off by getting a formal accountability partner. Schedule a regular video meeting with someone who understands your plans for building better productive habits and shares them. Together, you can discuss progress, plan out next steps, and even outline self-imposed consequences for failing to make the bare minimum amount of time for a few tasks. You could even get multiple accountability partners, or even a support group together. To make this process a little easier, Banty offers you an **extra screen sharing option** that most video conferencing apps do not. Use the **whiteboard feature** available on **all Banty platforms**, in order to illustrate ideas on the fly with your accountability partner(s). Or even draw quick diagrams for everyone on your video call!

Applying only one of the ideas above might prove useful in improving your productive habits. Applying two or all of them in combination can boost these habits even more. You can begin working on setting up those regular virtual meetings starting today. Whether or not you do so with **Banty** is up to you, but as far as virtual meeting software goes, we do offer you some **pretty interesting features**. And you can try them all out **for free**, the first 14 days.

Why Virtual Dating Can Help an Established Relationship

Posted By [Abdallah Al Alfy](#)

Digital Dates are Great for Temporary Long Distance Situations



For most people who pursue romantic relationships, there is no true substitute for interacting in person. However, virtual dating via video call online has made astonishing strides in the last decade or so, and a significant number of people embark on entirely virtual relationships for a significant length of time before ever meeting. That said, digital dating via video conferencing software is not just beneficial for individuals looking to meet somebody new online. In some cases, individuals who are already together could stand to strengthen their relationship using video conferencing software and virtual meeting technology. Cases where individuals in an already strong and established relationship need to undergo relatively extensive time apart, whether incidentally or on a regular basis. Below, we've listed some of the reasons as to why that virtual dating can be helpful for these couples.

1. It Keeps you Sharing Regularly



Established relationships are built on both parties' actions and their repetition. The repetition of these actions is not necessarily habitual but these actions strengthen the relationship regardless of that, because they forge a mental and emotional connection. On video call, a lot of these desirably repetitive actions can be replicated to a great degree. This is because video calling is primarily a tool of visual and verbal connection, and it offers you a great medium to connect with your significant other. One of those actions is sharing. Sharing information about your day, about the work that's keeping you away, and more. If you're away from your significant other for a significant amount of time, a regular video call encourages you to share details of your time away. A regular video call encourages your significant other to share daily details from home as well, keeping you connected to where you've laid down your roots.

2. It Allows You and your Significant Other to "See" Rather than "Imagine"

There's this thing romantic partners do when they're apart; they each imagine what the other is doing, their exact surroundings and what it's like to be where they are. On a video call, you can show your partner your accommodations, the view outside the place you're staying, what you were up to before they called, and if they want to see the city you're currently staying, you can schedule your virtual date with them on video conferencing software at a time when you're actually outside.

This allows your significant other to be a part of your experience in your temporary new location via virtual meeting and video calling, despite not being physically there with you. Of course in healthy relationships, a little wondering and imagining keeps the emotions engaged. In the same sense that getting a little hungry every now and then can be good for you. But like the best and most satisfying conclusion to hunger is always to eventually eat, the best conclusion to the aforementioned imaginary wonder is always factual fulfillment. Which video conferencing can provide a lot of. Of course, a virtual meeting is less helpful in that particular regard if you and your partner have been to the exact same locations together in the past, but it's still somewhat helpful. Your video call on a virtual date connects them to the current reality of that location you both shared before.



3. It Gives You Something to Look Forward To



Assuming you're at a good headspace in your relationship, your partner's presence in your life is a positive thing. If you have to be away for a while from someone you love, it might feel like a bit of a drag. In the words from the "3 Doors Down" song "I just can't wait to get back home." And while you're already looking forward to going back home to your partner, a virtual video conference call with your significant other can be a powerful reminder of what you have to look forward to when you go back home to your partner.

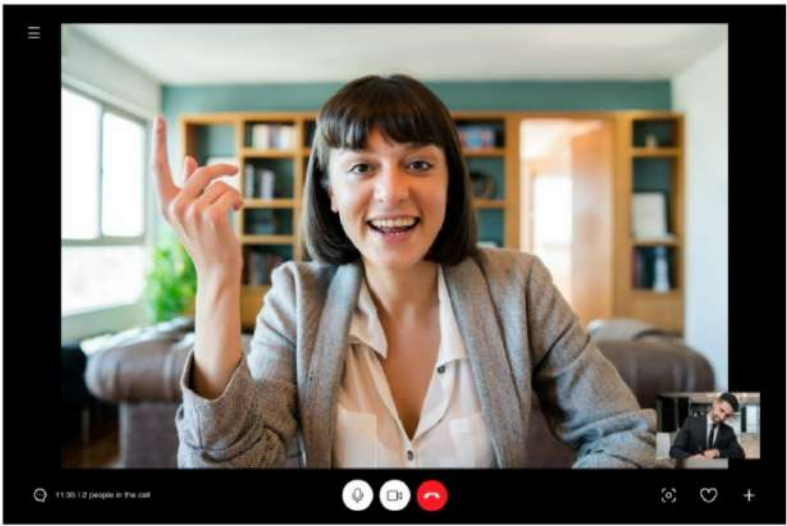
The reason being hopeful during the time you have to spend away is important is because being more positive makes it easier for you to exert the necessary effort to power through whatever's keeping you away, whether it's your job, the resolution of family affairs back home, or something else entirely. However, that is not all. A regular video call with your partner during time away can be an event to look forward to in and of itself, which should keep your days infused with regular doses of positivity till it's time to head back home.

If you're in an established relationship and you regularly need to travel far from home, these are a few reasons why virtual dates can be helpful for you. Of course, aside from talking and sharing, there's also a variety of things you can do on those virtual dates with your significant other, such as [playing games](#) or watching [YouTube](#) films together. Start a [14 day free trial](#) with any of our subscription Banty solutions today! Learn more about the right Banty account for you [here](#).

3 Ways Video Conferencing Helped Recruiters

Posted By [Abdallah Al Alfy](#)

A New Age of Hiring Efficiency



In the past, HR recruiters would need to schedule a telephone interview, an in-person HR interview and an in-person hiring manager interview. This meant they had to spend a lot more time eliminating potential candidates to streamline the hiring process, and it still took them too long sometimes. With the introduction of video conferencing software in the recruiting field, things became easier for a lot of HR hiring specialists. Specifically, the ones working with employers who embraced the greater efficiency video conferencing software brought to their teams. The following are a few ways that virtual meeting solutions helped recruiters in companies that embraced said solutions.

1. Faster Interview Process



The old interview process is the one listed above. Telephone interview, HR interview and hiring manager interview. Now, a significant number of employers embrace a process whereby their recruiters simply email potential candidates a choice of times to speak with the hiring manager in a single video call. This is the entirety of the interview process for some organisations. This enables HR recruiters to offer several more viable replacements for hiring managers than they could have with the older interview process; in case the hiring doesn't work out with a particular candidate. Which brings us to the second point.

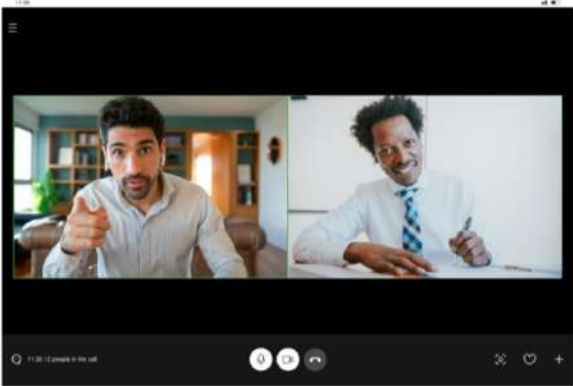
2. Faster Interview Cycle

The cycle differs from the process. The interview cycle is basically a turnover rate for interviews. Except a high turnover rate for interviews during a hire for a particular role is usually a very good thing. As opposed to a high turnover rate for people to fulfill a particular role. A high turnover rate for hires basically means that no one you hire for the job sticks around long enough to make good progress, whether it's because they're dissatisfied with the job or because you end up having to let them go. Whatever the reason, it's a hiring failure.



But a high turnover rate for interviews means you can efficiently have more interviews within a smaller amount of time. This means you can interview more candidates than you would have if your candidates were coming in for two in-person interviews on two different days, as well as interviewing initially on the phone. Additionally, you neither have to account for the time it takes a new candidate to arrive and find their way in, or an interviewed one to leave and find their way out. You could literally schedule four or five virtual interviews back-to-back, in a single day.

3. Saving Money & Boosting the Talent Pool



Some organisations frequently need to consider people who live within flying distance from them for certain roles. People who live in other states, provinces or even countries. These people would often be flown out for interviews at the organisations' expense. Airline tickets, accommodations, all of these can be rather significant expenses if you make several hires like those a year. Nowadays, an efficient video call can take care of that long distance interview for you. Saving your company immense expense!

On top of that, the talent pool your organisation can now draw from is considerably expanded. There are roles organisations need to hire for without paying for flights and accommodation for anyone. Your company needs the hire, but doesn't need it enough to fly someone over. In the past that meant that those who lived too far away at the moment were automatically disqualified, because they couldn't come in for an interview. Nowadays, the interview can be done via video call and if they're hired for the role they can relocate for it. Or they could remain where they are if their role is mostly based on remote work.

Are you looking to take your organisation's recruitment into the future? Consider suggesting a **Banty Business** account for your HR department, or even a **Banty Enterprise** account for your entire team if your entire organisation can benefit from **secure, easy and feature-rich video chatting software**. Banty is ideal for business functions, from large scale video conferences to **long distance slide presentations**.

How to Have a Video Call From the Water

Posted By [Abdallah Al Alfy](#)

From Sea, Pool, Lake or Bathtub

I'm a bit of an aquaphile. I really enjoy swimming. If the water is pleasant to be in, clean, calm and at a nice temperature, I like to swim in it all day long. I just *really* love swimming. Sea, lake or swimming pool, doesn't matter. Given the freedom, I can spend all day in the water and come out for breaks only reluctantly. In my childhood, I frequently did 12 hour shifts in the swimming pool, during which I wouldn't come out of the water once.

Summer brings out my inner water demon even more than usual, and while I know most of you probably don't share quite *that* level of enthusiasm for swimming, I'm sure summer brings out a bit of the water demon in you as well. So if you've been spending a significant amount of time in the water this summer and you're looking to spend more, you might be thinking you'd like to get in touch with others via video call online without leaving the particular comfort of your pool. Or whatever body of water you're dipping into. While this isn't an ideal scenario to use video conferencing software, we've come up with a few ways to make it a smooth experience for you.

Read this list to connect with friends and family from the water whilst using virtual video calling software, without spending a lot of money on expensive phone or tablet coverings. Or having someone from your family or loved ones hold out a device for you at the edge of the water while you strain to make yourself heard. Instead, we hope to help you make the water video call and virtual meeting an easier fix than it currently is. For you and for your other fellow water demons this summer. And we hope to do that without costing you a bit of money you can probably avoid spending.



1. Buy a Waterproof Phone Pouch



You can buy a waterproof phone pouch for a relatively small amount of money. Some of your local stores should be offering that option of a very affordable waterproof pouch. As you can see from the image, the pouch is transparent plastic. What you can't see is that it's also relatively adapted to allow you to use touchscreens through it. Of course, given that we're going for the cost effective option, you may need to tap your icons once or twice more than you normally do, but once you get the hang of it, it shouldn't give you any trouble.

Encased in a protective pouch like that, your phone shouldn't have any trouble helping you in making a video call online from wherever you're swimming, provided you have access to a good, strong internet connection.

While we're looking at the most cost effective options, consider buying a waterproof phone pouch online, although the cheapest of your options would likely take too long to arrive in some locations; which means summer might end before they arrive. Still,

the pouches that arrive late will make great gifts for someone next summer. And given the low prices you can get them for on some websites, you might as well buy yourself a spare! As well as buy your friends a few!

Just make sure the pouch you get has a cord or lanyard so you can secure your phone around your neck. Or if that bothers you while swimming, like it does me, you can go ahead and double twirl the lasso hole around your wrist to make a bracelet of the cord while you swim.

2. Swim (or Bathe) Somewhere With Reception

Back in 2019, before the COVID crisis ground all travel to a halt, I took a trip back home to one of the world's most beautiful beaches. To get there from the closest town, you can go one of three ways. On foot, by boat or by camel. I'm not even sure if you could get there by horse, donkey or mule. To get there by car you'd have to take a four by four through an off road route carved into the mountains and rocks from a town further away. The latter route doesn't even show up on google maps. You'd need a satellite view to make it out. I elected to go there by boat, and I continue electing to do so. I've found it to be the fastest way, and it's quite fun. Naturally, reception at this beach is less than reliable. At times, it's nonexistent. Making a video call over there is far from a good idea and I avoid it if I can, opting to text instead.



The moral is, if you know you'd like to make a video call from the water, swim somewhere you're fairly confident in finding good reception for your cellular data. Better yet, a place with a wide Wi-Fi coverage. I don't just mean your back yard either. Or a local hotel swimming pool. There are beaches nowadays entirely covered by very strong Wi-Fi. Of course if you're going somewhere with good reception but you're reliant on external connections for high quality internet because your data plan isn't ideal, there may be other, portable options to strengthen your internet connection. However, if this is the case, it may be cheaper to simply upgrade to a higher data plan for the summer. Or you could keep the upgrade. This depends largely on the deals available wherever you'll be using your data, or on the roaming agreements your local telecom providers have abroad.

To summarise, if your data package is adequate for video calling, it may be easier to stick with swimming locations where the reception is good enough to enjoy a high quality video call. Of course, if your internet connection is less than ideal, it might be a good idea to use a video conferencing software solution which allows for optimising the quality of your video call. Banty offers [numerous video calling solutions](#) and all of them offer you the option to [control the quality of your video call](#).

3. Double Check Your Device



Make sure your device is up to par for a video call. If you have multiple devices you can use from the water and you're using a swimming pool or a tub at home, that might be less of a problem. But if you're going to the beach and nothing you brought is good for that video call you decided you want to make, it's already too late. Device malfunctions can happen with even the most high end brands and if you're relying on a cheaper device as a holdover till you purchase a strong new one, it's important to make sure it won't fail you at the wrong time.

Start by double checking how well it connects to your data provider and to WiFi. Once that is done, make sure to double check the acoustic abilities of your device; which is to say your device's microphone and speakers. The final thing you need to check is the image the camera shows, and how that image translates as a video feed. Preferably do all your tests from within the waterproof phone pouch I advised you to buy above.

If your device passes these tests at one point but fails them when the tests are repeated a few times it's worth weighing your options. If you really want to make a video call from the water then maybe go to the trouble (and possibly the expense) of bringing another, better functioning device with you. If failing to make the video call wouldn't bother you that much, then you can give it a try and if doesn't work, just wait until you're somewhere that you can use other devices with virtual meeting solutions.

These are the three main things to mind when you seek to make a video call from the water. Happy swimming, water demons! Enjoy your time off and don't forget to pack sunblock or sunscreen if you're swimming in the great outdoors this summer!

The Best Holdover Snacks for Back-to-Back Virtual Meetings

Posted By [Abdallah Al Alfy](#)

Power Through a Long Day



Do you have about a gazillion virtual meetings scheduled today? Or another day in the near future? Very little time to eat at normal hours because of how your day is planned? Not to worry. We've got you covered. We've gone ahead and compiled the best things you can eat on the fly to hold you over throughout your busy day of video conferencing, video calling and virtual meeting. These snacks aren't meant as proper substitute meals, but rather temporary fixes to get you through each video call with your blood sugar in good shape and your hunger in check, without being so filling as to slow you down. Read on for a good idea of what to keep on hand to power you through the next succession of video calls.

1. Trail Mix



When you think of Trail Mix you're usually thinking of snacks ideally suited for hiking or perhaps urban cycling or some equally near-strenuous activity, sustained over a few hours. But the great thing about trail mix is that you can choose your ingredients to best suit your purposes. Also, the snack you know as trail mix has a different name outside of North America. The name for trail mix in a number of European countries directly translates to "student fodder". The significance of this snack in helping with sedentary activities such as studying, sitting through lectures, or taking exams, is evident from this naming.

So trail mix is a great choice to help you power through the video call rush you're anticipating. Since you're not hiking, just make sure you halve the normal portions of dried fruit or sugared confections/chocolates and focus instead on things like nuts, seeds and sugar free dark chocolate. Of course if you have certain health conditions, you might need to get creative with your trail mix. For example, a nut allergy means you need to eliminate anything you're allergic to from the regular medleys of nuts

which form the basis of many (or even most) trail mixes. Certain diabetic conditions might mean you need to eliminate dried fruit and small sugared confections/chocolates altogether instead of just halving their portion.

For easy consumption in the tiny gap you have between video calls, or to surreptitiously grab a bite during one such video call, fill up half of a clean and empty 500ml recyclable beverage bottle with your trail mix, put the lid on and shake well till it's properly mixed. Keep the mix by your desk and when you have an opportunity to do so, simply remove the lid, raise the bottle, and chew on the first rush of trail mix that pours in. No matter how hectic your day, you'll probably have time for at least 1-3 such "sipping bites" before your next video call online or virtual team meeting.

2. Rice Cakes

If your blood sugar hasn't already taken a major dip, rice cakes can be a reasonable option to maintain your blood sugar at the right level to get you through a few virtual meetings via video conferencing software. They're lightweight, they're nice and slow to digest, and they can be customised to your taste with both sweet and savoury dips and spreads. Rice cakes are also perfect for not robbing you of your appetite for when you finally have time for a proper meal.

The calorie count from rice cakes is also considerably less than many other snacks out there so you don't need to be too worried about the occasional few rice cakes whilst waiting for your next video call, or during your next virtual meeting. You can reasonably expect to remain within your weight maintenance (or weight loss) targets if you make use of rice cakes as snacks, provided you match any potential dips, condiments, or spreads appropriately.

To be able to have this snack in quick bites between virtual meetings or sneak a few whilst you're video conferencing, opt for the smaller varieties available, the smaller, the better. Alternatively, you could break a few pieces apart from the larger rice cakes beforehand.



3. Popcorn



Popcorn makes for an interesting food which you can flavour quite creatively. It's light, it doesn't digest too fast, and because of its low density, it can curb your hunger quite effectively without you needing to eat too much of it between your bouts of using video conferencing software. Popcorn isn't quite as low caloric as rice cakes but it's not too much to worry about either. Like rice cakes, your main weight concerns with snacking on popcorn between video calls come from what you choose to flavour your popcorn with. Lightly salted popcorn with a dollop of oil or butter can work for most people without very particular dietary restrictions or requirements.

On the other hand, drizzling it with sugar, caramel, other sweet additions, or drenching it in butter, can make popcorn quite a calorie rich food, and is only advised for those who both; have no issues with blood sugar or weight gain. Particularly if used as a repetitive snack. Otherwise, popcorn is another easy choice for a holdover snack between each video call, during a full day of video conferencing.

Of course, to spare yourself a few avoidable video calls, you may choose an advanced video conferencing platform to manage one video call with multiple individuals smoothly whenever possible. [Try one of our virtual meeting platforms at Banty for free, a whole 14 days.](#)

Transitioning to an Online Practice

Posted By [Abdallah Al Alfy](#)

What You Need to Know



You've heard of telemedicine before. Long before the COVID-19 Pandemic you've heard of doctors and other health care professionals who were already seeing their patients via virtual visits on video calls. Some of these health care professionals were basically seeing some of their patients virtually as well as seeing other patients in person, while some of them had transitioned to practicing online completely. But ultimately it comes to the same thing. Practicing virtual medicine using video conferencing software.

Now the COVID-19 Pandemic rolled around and a lot of you are exploring your own options to practice telemedicine, seeing your patients via video call online. Because you hear the buzz. Virtual medicine is here to stay. Some of you may have already started setting up your virtual medicine clinics and practices while others are still dipping their toes in the water. Regardless, we've come to you with a few tips to make your transition into telemedicine via video chat a little bit smoother. Here's a little of what you need to know about video chatting with your patients.

1. Use the Right Instructions



As a healthcare provider, whether you're a doctor, a nurse, a physiotherapist or generally a healthcare professional who regularly sees patients, you get comfortable with a certain routine at your physical practice or office. Open wide, breathe in deep, point to where it hurts, move your arm gently to the side, etc. Depending on your patient, you have a developed protocol.

Now you're starting work remotely for your virtual practice. Don't panic. The good news is that a lot of those old routines translate. You just need to adjust them a little, and intersperse your old routines with video call related instructions. Center your elbow on the webcam, shine a brighter light on that bruise, unmute yourself so I can hear you.

While you adapt to the new video chatting patient care techniques, it might be useful to keep a list of things you had to say to your virtual patients during any given virtual medicine video call so you can use it later. Place the list near the device you use for telehealth video chats. That way you can sneak a quick look at it if you feel a little off balance. You can call it your video cheat sheet. Eventually, you'll find ways to work these new things into your routine instructions and you'll be giving the right instructions without needing to refer to the video cheat sheet.

2. Prepare Your Examination Room



It's important to remember that your virtual examination room is only virtual to the *patient*. To *you* it's a physical room which you're using to reach others virtually. Of course there are differences as to what you would need in a physical examination room. You don't need a screen for the patient, or an examination recliner or bed to lie patients down, nor do you need to slap a sphygmomanometer on anyone's arm, but you still need a room you can work virtually out of.

Make sure that you test how your room is lit, and how that lighting appears on your screen. Try a few different experiments with the light sources in your room such as your lamps, curtains, or blinds. Set up your room to have mostly flat surfaces on the inside to avoid too much echoing. The less surfaces you have, the more ideal.

Some video call technology, [like Banty Medical](#), allows a certain level of noise cancellation. However it is generally more ideal to select a room with doors and windows you can close to good insulative effect, from an aural perspective. If where you live is unbelievably noisy, perhaps you should think about sourcing noise cancellation gadgets externally and making sure they're functioning about 10 minutes before your telemedicine video conference call.

3. Don't Neglect Rapport



Just because you're using technology to deliver telemedicine visits to your patients remotely via video call, it doesn't mean your virtual appointments should be impersonal. Virtual visits with a doctor are the same as in person visits. It's important for the patient to connect with you and trust you so that communication between you is better. This topic is [covered in more detail in another blog post](#) from the patient interest perspective, but it bears mentioning regarding the best interests of your virtual clinic as well.

Starting the video call with a few familiar signs would be helpful. For example, you don't need a stethoscope around your neck for actual usage but it would be useful to show the patients something they're familiar with. A prop, if you will, but a necessary one. It might even feel more familiar to your patient if your practice's usual receptionist or medical assistant started video conferencing with the patient then passed the video call off to you.

Don't worry. You're already ready for this. You're embracing the future of healthcare practice and that's a good thing. To make a good thing even better, you should choose the best medical video conferencing solution possible. [Try Banty Medical](#) for a free trial period.

Done on the Run

Posted By [Abdallah Al Alfy](#)

5 virtual meetings scheduled around a busy day outside



Sometimes you’re just too busy to sit around in your office or home study and take video call after video call online. You might be busy with something work related that’s keeping you moving up and about, driving all over town, you might be busy with something else, like a day at the beach or theme park with your family, or a day filled with yard work and other activities. It happens. Sometimes, particularly if you work for yourself but also in other circumstances, there are a number of meetings you just can’t miss that are scheduled on your day off.

This article will act as a guide as to the best times to schedule up to five video chat meetings over the course of a work day where you may be busy outdoors. If you’re busy driving around running errands for work or otherwise then this probably means you’ll need to take video calls in your car. There’s some [useful information about doing that](#), as well as other types of outdoor video calling, [here](#). If you’re busy around the house you may need to simply step inside for each video call before stepping outside again. This goes without saying but if you’re busy with children outdoors, or individuals with a need for constant supervision, you should make sure another trusted and capable adult is watching them outdoors while you use your video conferencing software. Now let’s look at when to schedule those virtual meetings.

1. 9 am on the Dot



Or 9:30 am, maximum. The reason the start of the work day is a good time is because the 9 to 10 period of the day is a time when few people cannot do without you. If you’re busy outside because of work, your coworkers are probably clearing their desks, drinking their coffee and catching up on their emails from last night, boss included. If you’re spending a day by the riverside with your significant other, he or she can probably stand to take care of a few things that you’ll both need later in the day during that time slot. If you’re taking your kids to the park or prepping them for some splashing around in the pool outside, they’re probably still running around looking for their shoes or their floaties and so on, and so forth. 9:00-9:30 is time you can grab. 9:30-10:00 is also time you can grab but less so.

2. 12 pm to 1 pm - Back to Back Meetings

Like everything else, scheduling video calls efficiently is important for successive successful (yes I did that on purpose) video conferences. In point number 2 I advised reserving a half-hour slot on the assumption that you’re leading a particularly long meeting. But if you’re leading five video conferences a day, it’s safe to assume that three of them can be limited to 20 minute slots quite generously. Why 12 to 1? That’s a typical lunch hour, right? Well, kind of. 12 pm to 2 pm is roughly when most people opt to start their lunches, and the bulk of those people usually opt to start somewhere between 12:30 pm and 1:30 pm.



But these are urgent virtual meetings that you’re having under extraordinary circumstances. Anyone who was looking to start eating between 12 pm and 1 pm could push their lunch for twenty minutes easily. This means you have 3 twenty-minute slots for 1 hour, to hold three virtual meetings during, using video conferencing solutions. And 12 to 1 for you outdoors is the hottest hour of the day, particularly if you’re not holding these meetings on a very cold winter’s day. It’s time you and anyone involved in your day could very well use to take a break while you sit on a video call. Or three.

3. 3:45 pm



By the time 3:30 to 3:45 rolls around, you’ll be ready to do something different for another 15-30 minutes. You’ve had a good swim and a bite to eat or you’ve finished half your yard, you have time for another video call. For everyone else, there’s another perspective to consider. During the final hour of the work day, from 4 pm to 5 pm, a lot of people enter into “finish work mode”. They think of 4 pm as the step before 5 pm when they can finally go home. The last thing they want to do is cut into that time with a video call. So starting at 3:45 pm motivates everybody to be done within roughly 15 minutes. If the meeting does run any longer it will usually be because it was absolutely necessary. That way you can go back to your busy day that will likely end after 5 pm, while still experiencing a video call conducted in record time.

How do you feel about this guide to scheduling five video calls a day while you’re on the move? If you’d like to keep your video conferencing meetings even tighter, give [one of Banty’s video chatting options](#) a try.

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Posted By [Abdallah Al Alfy](#)

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The Perfect Virtual Clinic

Posted By [Abdallah Al Alfy](#)

A Day in the Life of a Telemedicine Doctor



Do you practice virtual medicine via video call online? Are you considering it? Whether you're an active user of video conferencing software to deliver telehealth care to your patients virtually, or you're just weighing the pros and cons, you've probably experienced or heard the good things about running a virtual clinic as well as a few disadvantages. Likely you know that any process has advantages and disadvantages, and that advantages outweighing disadvantages is the way to go about a choice, which is why you still like the idea of telemedicine virtual meetings.

While eliminating any disadvantages in virtual healthcare is not entirely feasible, we decided to take you on a literary tour of a hypothetical perfect day in a virtual clinic, so you can form a better idea as to how best to use telemedicine video conferencing solutions. Of course, feel free to set your own goals as to how best your telehealth

video conferences are utilised. If you haven't practiced any virtual medicine yet and you'd like to try a telemedicine video conference or two before you decide, get your [free trial of Banty Medical today!](#) Read on to experience a potentially perfect first day in your future virtual clinic.

1. Start of Day

It's 9 or 10 am. You've had a light breakfast, your coffee, and spun 10 minutes on your stationary in the time it usually took you to drive to your practice. You're sitting in your office at home, which you use to converse with patients. You're fed, caffeinated, hydrated, fresh and raring to go. Your kids are off from school today and your partner is off from work, so there's some bustling in the house but it doesn't matter. You can't hear them and nor will your virtual patients be able to hear them during your telemedicine video call. You've insulated this room against sound when you were setting up the launch for your virtual practice.

You start the virtual work day by accepting a video conference with your receptionist on your [Banty Medical](#) account. Your receptionist updates you on a few of the patients you'll be seeing this morning. This video call sets the tone for the start of your work day. You have 5 patients in the morning. Your receptionist refers your first patient to your Banty address. She describes her condition and demonstrates it on the video call camera. You diagnose without a problem and send a prescription to her pharmacy.

The next patient isn't so cut and dry. You give a few instructions to get a better idea of the condition. In the end, you think you know what's wrong but you're not certain enough to diagnose. You refer to a specialist just to be sure. You go through three patients, but the next one isn't for another half an hour. It's too early to eat again. You take another 10 minutes on the stationary then go hang out with the family for a small break. Get yourself a small glass of fresh squeezed juice, then head back to your home office to get back to your work day.



2. Middle of Day



It's 12:30 pm. Your receptionist helped you see a few more patients in your Banty examination room. You used the [Screen Sharing feature](#) in your Banty examination room to review some blood work in real time with one of your patients on a video call. Using the same feature, You showed another patient a short slide presentation on a few natural ways to control blood sugar because he's approaching pre-diabetes.

You watched a YouTube video about an upcoming medical conference with a friend from med school in real time, using [Banty's YouTube sharing feature](#). You got on the video call to discuss the trip because you were both planning to go. Now it's almost time for lunch. You eat outside by your swimming pool with the family. It's a nice day and you have a little time so you take a quick dip. You head back to your home office to see four more patients before you go over some paperwork and shutter up for the day.

2. End of Day

It's 4:30 pm. You've finished your last telemedicine virtual meeting with a patient for the day, you've done some paperwork, and you're going over the practice's tax accounts, which your accountant emailed earlier in the day. You stumble across something you don't quite understand so you ask your accountant to jump onto a video call with you on Banty.

Using [Banty's Screen Sharing feature](#), you show him your concern and explain it in real time. He explains a big part of it but there's something you're still not sure about. So you share [Banty's whiteboard feature](#) and he illustrates what he means in real time. That finally makes more sense to you. Your receptionist jumps in on another video call with you and you review the patients of the day with her to make sure you haven't missed any appointments.

It's 5:00 pm now. You log out, switch off your device, and leave your home office. You lock it to secure your patient information. That's the extent of how much you need to worry about patient privacy. You installed state of the art physical security in your home office when you launched your virtual clinic. Your patients' information at home is as physically secure as it's digitally secure, because of the various protections Banty Medical provides.



How was your perfect day? If you'd like to try to experience a day like that in your telemedicine clinic, take the first step in such a process. [Try Banty Medical for free.](#) You'll want to stay later.

3 Things Health Professionals Should Avoid While Practicing Telemedicine

Posted By [Abdallah Al Alfy](#)

The Don'ts of Virtual Medicine



As a healthcare professional practicing telemedicine, there are a few common mistakes to make when approaching virtual healthcare via video call online. To avoid putting your patients, your patience (pun intended) and your practice through suffering from three of these common mistakes we've listed them for you to help you stay away from them.

Naturally the reputation of your practice is paramount, and as providers of a platform for telemedicine video chatting, it is important to us that your launch of an online practice extension to your medical office goes smoothly. That way, [Banty Medical can continue to be your first choice](#) for telehealth video conferencing software, as your telemedicine virtual practice continues to prosper. We want your telehealth virtual clinic to succeed.

1. Don't Relax Your Appearances

Telemedicine video calls bring a certain freedom with them. And that's wonderful. At banty, we're all about the liberating effect of the video call online. In fact, the freedom telehealth care video conferencing software gives you as a doctor or a healthcare professional is something we often like to discuss and highlight. And it's [the first point I made](#) in a previous article.

And this new freedom can be exciting. You're embracing a new age so you might be tempted to feel everyone else is too. Health care as it should be. Content, not exterior. Theoretically, you should be able to deliver healthcare in your pyjamas while eating breakfast or shirtless while you sit by the pool, or even the ocean. Except most of your patients haven't really embraced that mentality yet.

The truth is that telemedicine via video chat isn't only a major transition for doctors and healthcare professionals who are new to it. It's also a major transition for the majority of the world's patients. And it might sometimes be a challenge for you to integrate these patients into a healthcare model with heavy reliance on telemedicine video chatting. Adding unorthodox presentation of care to the equation might just prove a little too much.

What you should do is take your telehealth virtual meeting in an appropriately lit office-style room, decorated in the clean, sterile setting common to doctors' offices. A couple of anatomical charts in the background might be in order. In fact, it might even help if you wear a whitecoat and a stethoscope on the video call even though you don't "technically" need to, just to be safe.

2. Don't Allow Your Frustration to Show



Doctors and other healthcare professionals might sometimes face some unique challenges when they transition to telemedicine video conferencing. Some of your potential challenges during a telemedicine video conference are [discussed in a previous article](#). However, these challenges are not your purview alone. For many of your patients, telemedicine virtual meetings are just as much of a transition as they are or were for you. And while [you can share some literature to help them better prepare for a video conference with you](#), many of them will be approaching telehealth video calls at a comparatively older age, having spent a significant portion of their lives receiving exclusively in-person healthcare.

Whether you become frustrated with some aspects of the transition on your end, or you become frustrated with the way your telemedicine video call patients are handling your instructions, it is important to not allow your frustration to show. The

first link to a previous article under this section (point number 2) mentions a few ways to ensure better communication with your patients and hopefully make things a little smoother for both of you. Of course, if you can't help but show frustration at some point during a video conference, make sure to communicate clearly to your patient that you're frustrated with the process, not with him or her. Even if you *are* actually frustrated with him or her.

3. Don't Neglect Patient Privacy

[Another topic mentioned in a previous article](#), patient privacy is as paramount during a telehealth virtual meeting as it is during an in-person medical appointment. However, there are some differences in how patient privacy is secured during a virtual medical appointment as opposed to an in-person one. Virtual medical appointments via telehealth video calls need to fulfill a number of security requirements.

Firstly, virtual medical appointments should be held via secure telehealth video conferencing solutions, [such as Banty Medical](#). Make sure to vet the security credentials of any virtual medical appointment software that you choose to use for telehealth video conferencing. Once you're sure the software you use for telemedicine video conferences is secure, turn your attention towards your working room.

Physically securing the room you remotely work from during, before and after a telehealth video conference is important because information can be physically stolen in many ways, and digital attacks can be blended with physical attacks (such as installing a flash drive which infects your computer with malicious software).

You should also secure any devices you use for telemedicine because there are remote ways to access the telemedicine video call related information stored on these devices. This will involve learning a little bit about how malware infects devices as well as teaching it to your staff (and household if you bring your device home), but the process will bring you considerable peace of mind.

Keep away from the don'ts highlighted above for a smoother telemedicine experience on your video calls with your patients. There are other things to avoid doing on video conferencing solutions with patients of course, but these are the three major ones.



Video Calling Can Solve a Global Conundrum

Posted By [Abdallah Al Alfy](#)

Or at Least a Middle Eastern One

I thought of calling this piece “How to Have Your Cake and Eat it Too.” For a number of fortunate people, when a holiday comes up, so does a rather consistent choice in their lives. Holidays are traditionally designated family time, but the industrial revolution has also given rise to another holiday activity. Holiday travel. In that context, when a cultural or religious holiday comes up, does one spend it with one’s family or does one enjoy a trip away from home? This choice, which is sometimes fraught with tension, has made an appearance on every continent but Antarctica.

That said, it is more common in societies where a higher number of adult siblings tend to live in the same city as each other and their parents. This is, of course, exemplified in Middle Eastern societies. In the Middle East, children who permanently move to other parts of their country when they grow to adulthood are the minority. More children start their own families in the same city they were born, unless they get a lucrative job offer abroad, outside their country entirely. I know this having been born and raised in the Middle East.



The reasons this is more common in Middle Eastern countries could fill a book, so let’s not get caught up in that. I imagine there are other regions where this holiday conundrum is more common as well. Suffice to say that the conundrum is global but has some regional concentrations. What I’d like to talk about is how video conferencing software can and *has* been solving this conundrum significantly for over a decade now. Or rather, just the former. All I have to say about the latter is that Some people *have* been essentially going on their trips whilst joining their extended family via video call online. Now let’s look at developing the ways video conferencing solutions can solve this conundrum.

1. Large Screen Holiday Set Up



If your heart is set on flying to the Bahamas next Eid or maybe you’re going to the Maldives next Christmas, here’s a great way to make sure you don’t miss out on the next family holiday. Take the largest screen in your house and set it up with a camera for video chatting in Mom and Pop’s house before you go! You won’t be needing the screen while you’re gone anyway, so you might as well set it up for a good video call.

You can set it up in the dining room, the living room, or wherever your family spends most of the holiday. If you really want to catch the whole holiday you can bring along a wheeled cabinet to move the screen along. The screen doesn’t have to be huge. Something just a little bigger than a regular laptop screen will do. That way, your virtual presence during the holiday is properly felt during the video call. You just need to be lifesize, not larger than life!

2. Set Up Several Screens



There’s a chance you’ve got more than one fairly large screen in your home. Much like the screen mentioned above, you won’t need any of them during a trip away from home for the Holiday. If you’re looking to stay in video conference with your family throughout the holiday in every room while you enjoy your vacation, and setting up a single screen on a rolling cabinet isn’t feasible, consider setting up a screen in your folks’ (or uncle’ or cousins’) place for video calling in every room.

That way you can have your cake *and* eat it too. Salmon fish in the Yemen while listening to old Uncle Al’s politically incorrect jokes at the family Thanksgiving dinner. One long video call that never ends really. Of course, don’t actually search for Salmon to fish in the Yemen. Or do I don’t know. It’s the name of a book and a movie by the same name, but I’ve never done it. The important thing is that you can use video call technology in conjunction with multiple screens to never miss a moment of the family get together during the holidays, while making good your escape from them at the very same time!

3. Get Yourself a Virtual Presence Device



In the idea above I went a little more basic than fixing a monitor on a wheeled rolling cabinet in case it wasn’t feasible. For this idea, I’m doubling down on the use of wheels for all you techies out there! The truth is, [I’ve talked about virtual presence devices before](#), mainly because they’re such a great idea. I’ve also talked about their video call usage in multiple sitcoms to what I mostly saw as hilarious effect.

Basically, Virtual Presence Devices, or Telepresence Robots are screens on wheels held up by a stick. You can program them to go anywhere remotely so you can be well, *virtually* present. If you’re a true techie, you can probably make your own without it costing you too much money. I’m sure I have at least four or five friends who can build their own. If you’re more like me, a tech enthusiast with no *technical* programming and electric wiring skills, you can shell out a bit more money and buy one.

Change locations with everyone from the dining room to the living room and back again. Follow your cousin around to annoy him. You can even knock on the washroom when someone’s in there saying you need to go. Although that may get the “virtual you” locked up in a cupboard. Make sure not to be too annoying when you’re attending a function as that type of robot because you’re not some sort of super cyborg really. Your capacity to defend yourself is rather limited.

What did you think of these three ways to both have your cake and eat it too during the holidays? If you want to match these ideas with the best possible video chatting system to avoid interrupted video calls, go ahead and check out some of the [solutions we offer you here at Banty](#).

The Telemedical Conundrum

Posted By [Abdallah Al Alfy](#)

How long do you go without practicing medicine in person?



There are some telemedicine doctors who never launch an exclusively virtual practice. They take the hybrid approach, which means they stay current about treating patients in person. But there are telemedicine clinics which function exclusively via telehealth virtual meetings. As telemedicine virtual clinics snowball in popularity amongst healthcare professionals, this number is only likely to increase.

With the idea of an exclusively virtual telemedicine practice becoming more common and enough time elapsing on any virtual practice already established, a new issue will arise within the medical community. Doctors and other healthcare professionals becoming out-of-practice at in person medical practice. As this increasingly becomes an issue, a number of solutions will likely be proposed in different jurisdictions.

That is of course until such time as the jurisdiction for all healthcare professionals falls to a global organisation, if that day should ever come. Let's take a look at some

of the solutions that are likely to be proposed for this issue in different countries and their various jurisdictional subdivisions.

1. Continuing Medical Education Addendums

A number of countries regulate medical healthcare professions by demanding that their licensed health professionals spend a number of accredited hours every year continuing their medical education. The professional licenses for those who fail to complete said hours eventually become inactive in some form or another; varying from temporary suspension to near-permanent exclusion (as opposed to fully-permanent exclusion, because total requalification is theoretically possible.).

With the rise of telemedicine doctors and healthcare professionals who practice exclusively via video call online, there will be a correlated rise of healthcare professionals who go lengthy amounts of time without practicing in person. To counter this, the regulatory authorities in jurisdictions which impose Continuing Medical Education hours may end up stipulating that some of these hours be spent practicing healthcare in person, as opposed to attending virtual seminars or conferences. Or even in person seminars and conferences.

This way, those who practice medical professions can never become out of touch with in person healthcare, even if the majority of their practice is online.



2. Separate Licensing



This solution will probably evolve as a path to exclusive telemedicine practice via video conferencing software in the longer terms of regulatory evolution, if ever it does. Rather than enforcing a unified license for all practitioners, healthcare providers who practice in person might end up having a separate license from virtual healthcare providers who rely on telehealth virtual meetings to practice. Theoretically, much of the licensing requirements for both types of licenses should be the same, at least initially.

Those who do not practice one type of healthcare exclusively might end up needing to hold a dual license in order to practice both; in person healthcare, and video call reliant telehealth care or telemedicine. This solution might take a little longer to evolve, and is less likely than other solutions to evolve because of a number of political factors, but it is not possible to completely exclude the idea of its occurrence in some jurisdictions, as things currently stand. There's still a chance that this is where the future lies.

3. Refresher Seminars



Rather than impose dedicated CME hours on telemedicine video call doctors and other video conferencing healthcare providers, the entire process might be left mostly unchanged. The one exception is that long-term exclusive telemedicine healthcare providers looking to return to in person practicing might be required to take a refresher seminar after a certain period of halting in person medical practice.

Otherwise, exclusive practitioners of remote medicine and virtual healthcare via video call or video conference would go through the same procedures as in person healthcare providers. This is the path of least resistance and is likely to be the first or second bureaucratic procedure to be introduced out of the three potential bureaucratic procedures mentioned in this post. That way, only members of exclusively video calling virtual clinics who seek a return to in person healthcare need to make any changes.

Video call telemedicine is growing at an exponential rate, and whether any of these potential regulatory procedures come to pass, or different regulatory procedures come to pass, the bottom line is that video conferencing telehealth, virtual medicine practice and virtual clinics are all growing to the point of warranting significant regulatory changes in the near future, not just pertaining to patient security and privacy, but pertaining to the standard of healthcare practice as a whole.

How to Liberate Yourself with Telemedicine

Posted By [Abdallah Al Alfy](#)

Become a Free Healthcare Professional



You've taken the decision. Or at least, you're seriously thinking about it. You want to shed your physical ties to one geographic location while still pursuing your calling in healthcare. Embrace telemedicine video conferencing software and every patient of yours in a virtual video call online. You want to work out of affordable hotels with good internet connections "from the coast of Ipanema to the island of Capri".

Or maybe you just want to permanently move to Kuala Lumpur, or enjoy the surreal mixture of luxury and harsh beauty that you can find in parts of Eastern Europe, the Balkans and various Baltic states before the encroachment of economic redevelopment destroys some of that unique character. Maybe you just want to jump in an RV and tour North America. Whatever you want to do, now is the time. In a way, you can be your own "Doctor without borders". Or Healthcare professional of any type.

You want to do any and all of that. But you're not sure about all the steps involved.

The truth is, neither am I. Because every case is different. That said, we've come up with a few crucial things for you to do before you can embrace life as a "Doctor (or Nurse, Physiotherapist, Speech Therapist, etc) on the Road" relying on telehealth virtual meetings. Because as beautiful as it is to dream of a life liberated by telemedicine video conferencing solutions, your career is a serious matter and making an informed decision is as important in large life choices as it is in a health decision. Let's walk you through these things every medical professional should do before hitting the road.

1. Sort out your Licensing Situation

If you want to practice as a healthcare professional using virtual medicine video calling technology, you have to make sure you're licensed in terms of your practice. For example, if you're licensed in Bulgaria but you're treating patients in India, you want to make sure it's not illegal in Bulgaria for healthcare professionals to remotely treat patients located in countries where you're not licensed. And ideally, you also want to ensure it's not illegal in India for you to offer medical advice remotely when you're not located in India, as long as you disclose where your licensing is active.

A number of people who practice remotely simply practice via virtual healthcare video call with patients where they already are licensed, since the jurisdiction of their licensing has no problem with jurisdictionally licensed healthcare professionals located at an international location practicing remotely with patients within the jurisdiction.

If you're up for taking multiple licensing exams then that's an option, but for the simplest way out, simply investigate where your current jurisdiction stands on you practicing remotely from abroad via video call virtual meetings. If there is legislation that makes it too complicated then go ahead and get licensed in a single, lucrative jurisdiction which allows you to practice from abroad and build your virtual video chat practice there. After that, you can leave and practice over there from wherever you're located.



2. Save Up for a Rainy Day



If you've already got a decent amount of liquid in the bank relative to your lifestyle, then you don't even need to worry about this point. But if you haven't gotten everything in order you might want to take care of this step. Not a crazy amount of money. Just enough to get you through your projected expenses for five or six months. If you've really taken the decision and you own any real estate or property you intend to sell, you don't need to save either. That money or a portion of it can be your emergency survival fund.

Because yes, in theory, if you've gone about setting up your video chatting virtual practice correctly, you should be working from your first week as a nomad virtual healthcare provider. However, if for whatever reason your virtual practice takes a hit, you'll need some savings to tide you over until you figure out your next move and how to get yourself some new patients without going somewhere you don't want to, or spending more time than you're willing to in one place.

3. Plan Sustainably

In the point above I advised you to save for a rainy day because you need something to lean on when you're on the road. But the truth is, you might never need that emergency survival fund at all if you plan carefully. See, the truth is that your loss of patients is inevitable. Hopefully because most of them get better, unfortunately because a few of them will want to see other healthcare professionals. It happens to all healthcare professionals. Video call telemedicine or not.

Now given that healthcare is traditionally considered a more ethical profession, it sounds a little mercenary to say this but you need to have an attrition recovery plan in place. Sure, you can just worry about getting new patients as some of your regulars phase out of your virtual practice, but winging it in this regard is not very protective of your newfound freedom.

Assign a budget to gaining new patients. Online adverts maybe? Or rather than assigning a budget, you can get paid to promote yourself! Maybe take virtual video conference speaking engagements? Perhaps giving patient awareness seminars via video conferencing or teaching other healthcare professionals at a virtual Continuing Medical Education event or other video conference? [The kind our Banty CME service specialises in?](#) Maybe build the ultimate attrition recovery plan by assigning a budget to gaining new patients from your earnings in virtual telemedicine speaking engagements? Those are just a few ideas to get ahead of inevitable patient attrition.



Now you've gotten a few ideas as to where to start. Good luck on wherever your journey will take you. To support your new endeavour, [we'd like to offer you the chance to explore Banty Medical at no charge](#). Try seeing your patients virtually on us for a while.

Revelation: You Can Video Chat During a Commercial Flight, but You Shouldn't

Posted By [Abdallah Al Alfy](#)

More Accurately, You Shouldn't During *Most* Commercial Flights



Did you know you can make a video call online during an actual commercial flight? Not before, not after, but during? Maybe you did, but not a lot of people are aware of that. This is because not every airline offers internet on every flight. The reasons different airlines have different rules for offering internet online vary, from business viabilities to "flight regulations messing with the nations".

Now before I go on let me apologise. The title of this article has the words "you shouldn't" and I've always hated articles which boss the readers around. Believe me, I know how that feels. Some upstart stranger shouldn't be telling you what to do and what not to do, be that stranger an author or someone you passed by in the street. But I wrote the title that way to make a point. I believe video chatting during most commercial flights is such a bad idea, that I broke my own rules.

The reason I felt the need to clarify that I mean most commercial flights rather than all of them is that some ultra-luxurious commercial flights offer passengers what essentially amounts to private cabins. Flying under those circumstances is, honestly, not a bad idea for video conferencing. I have to assume that flying at that level of luxury automatically means the flight offers high quality internet access to the passengers of their private cabins, so there's no need to even wonder whether such flights offer internet or not. For the rest of you mortals flying coach/economy, business class, or even first class on a regular, mainstream airliner, let's get into why video calls during a flight are usually not a good idea.

1. You Have No Privacy



During most commercial flights any number of people can hear you. This means that discussing anything personal with somebody, or getting into the details of sensitive business information is not a good idea. Revealing personal information is not a good idea for a number of reasons, including financial security. For example; in today's world, safety issues like identity theft are ongoing concerns. And while sitting in a restaurant or a park or another public place might be conducive to the success of a video call using video conferencing software by using a little distancing and perhaps even employing an external noise cancellation device, the distances between you and other people during a commercial flight, be they fellow passengers or flight staff, is usually too close to facilitate such privacy in public.

You could of course opt to use earphones and try to speak in a very low voice, but then you run the risk of the other participant in your video call being unable to hear you, because the sounds around you will be close enough to interfere with your video call. Which brings us to the second reason video conferencing from a

commercial flight is a bad idea.

2. Noise Interruptions

Any number of noises could interrupt your video conference. Two passengers talking in the seats next to you. Somebody snoring like a chainsaw nearby. Then of course there's the babies.

On any given commercial flight, it is reasonable to expect at least one baby to cry. Whether or not the baby cries the entire flight, and whether the baby chooses the middle of your video call to cry or embarks on the whole affair after you're done is largely a matter of chance. But it's not a chance I'd advise you to take, statistically speaking. Ok you've got me. I haven't actually done the statistics on how many children aged 0-6 are likely to board any given flight, but I've been fortunate enough to fly to several places and trust me when I say that while most of my flights have *not* (thankfully) been dominated by crying babies, most of my flights *were* boarded by multiple children aged 0-6. If you've had any prolonged association with a wide variety of kids you don't know very well, you know that their noisiness or lack thereof in public can be very unpredictable at that age. If they're not crying, they're screaming, shouting and even running around if they're old enough!



Of course, noise from children or snoring passengers is not the only threat to your video call. The right amount of turbulence will take care of that just fine. As if that's not enough there's the crowd who, not content with clapping when they land, are also wont to salute the pilot with more applause for getting them through the previously mentioned turbulence. Naturally, there is also a Murphy's law scenario here. Turbulence spilling a drink on you during your video call while one toddler starts crying as another screams his lungs out, as the passengers start to applaud the pilot for getting them through the turbulence, all while the man in the seat in front of you begins to snore in earnest! I exaggerate for effect, but you get the picture.

3. Internet Quality



Connecting internet to aeroplanes used for commercial flights is, naturally, a commercial endeavour. If the internet is free it's meant to boost the airline's rankings in amenities and customer preferences when compared to other airlines. On the other hand, if the internet costs a bit extra but doesn't seem outrageously expensive, then it's just an extra source of revenue to tack onto some of the airline's planes because "Why Not?"

Based on that, you can expect the quality of the internet to be consistent with a plane flying through areas with difficult reception and sometimes in inclement weather conditions, because not a lot of money will have been spent to steady the internet connection when factors affecting the connection quality make themselves known. More money will have been spent ensuring the quality of pilot communication channels, which is as it should be. But it makes lags and interruptions in your video calling almost inevitable.

Spending the kind of money needed for a stable, high quality internet connection on an aeroplane requires the airline to stand to make a profit from budgeting that category of spending. This is more probable with a luxury airline plane which seats passengers in private cabins, the ones which often come with hotel-style beds. Apart from that, most commercial flights still have no business justification to connect higher quality internet to their flights.

That said, if you're resolved on making a video call during your next commercial flight, try a virtual meeting solution which allows you the [option to reduce your video quality](#) so that you can manage your data flow in accordance with your connection. [All of Banty's video calling solutions](#) offer this option.

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Why a Strong Telemedicine Network is Necessary Worldwide

Posted By [Abdallah Al Alfy](#)

The Need for More Virtual Healthcare



I talk about the liberating power of the telemedicine video call online a lot. That's because it's an awesome power, worthy of repeated mention. Having worked in the healthcare industry for a long time, I know the worth of that power. But that's not the only advantage telemedicine provides. Telemedicine is about a lot more than just helping doctors be freer and keeping patients from waiting in line in crowded offices.

Telehealth and virtual medicine are about saving people's lives, and improving their quality of life through video conferencing software. Telemedicine has done a lot for people long before the COVID-19 crisis. The pandemic simply highlighted that. There are a number of reasons the world needs a stronger telemedicine network, and today we're going to talk about some of these reasons.

1. To Improve Healthcare in Remote Areas

From the deserts of Arabia to the snows of Antarctica, from the sands of the Sahara to the Tundra of Alaska, there are many areas in the world where the nearest doctor isn't "near" by any means. Nor is the nearest nurse, pharmacist, physical therapist, psychotherapist or any other type of healthcare provider. Now sure, there are medical motorcades that visit some remote areas to get the locals taken care of every now and then, but ultimately, there aren't enough of them that go to enough areas.

The areas that do get these medical motorcades don't get them frequently enough. On the other hand, telemedicine virtual meetings have brought virtual medicine and virtual healthcare into many of these communities which do not get enough physical medical attention. Even still. The virtual clinics servicing these communities are not enough. And this is where building a stronger video conference based telemedicine network for virtual health care comes in.



The main impediment to a stronger, video call based, telemedicine network is the number of healthcare providers who do not yet offer telemedicine video calls to their patients. The next impediment is that those who do offer their patients these options are not licensed to practice in all the communities which lack healthcare providers. But these are not all the impediments.

To make telehealth video calls, both healthcare providers and patients need equipment, reliable internet connections, and the patients in particular need rooms equipped with the correct lighting and camera adjusting surfaces to show doctors their ailments. Building a stronger telehealth network based on video calling would entail equipping more virtual communities and their virtual clinics with any missing tools to build the aforementioned stronger telemedicine video call network.

2. To Assist Temporarily Inaccessible Areas



There are many reasons some areas become temporarily inaccessible. Natural disasters alone account for a great number of reasons. Earthquakes, hurricanes, flooding, volcano eruptions, forest fires, to name just a few. When things like that happen, they fly medical personnel in to the nearest point they safely can, build all sorts of temporary field solutions for providing healthcare, and generally try to mitigate the damage.

But there's so much more need for medical personnel than the ones they can typically spare during these situations, particularly in areas that aren't particularly well developed from an economic perspective. Because of that, a video call from the right medical personnel can save multiple lives in these tragic situations. Because the medical needs of people stuck in disaster zones exceed those of emergency medicine, which requires the physical presence of trained healthcare professionals.

There's a lot that a telemedicine video call over the internet can help some patients with. I realise you may be thinking that internet connections in these conditions are usually not ideal on the ground, but this is not universally true for all disasters.

3. To Assist in Conflict Zones

Sometimes the shortage of in-person healthcare providers in an area comes from an inordinate degree of risk in being present at a particular location. I'm not talking about areas under siege; these also classify as temporarily inaccessible areas. No. Lots of conflict zones are very accessible most of the time but are too volatile for visiting medical professionals to come assist.

But they can video call. All sorts of visiting medical professionals can video call you in a conflict zone if you have the equipment and your telecommunications are in order. Of course, that's not always the case with the telecom and the equipment but that's precisely the point of building a stronger telemedicine network based on video calling and virtual meetings. To make it more likely to be accessible for residents of areas affected by anything from conflicts to disasters.



Those were just three of many reasons that a strong video calling telemedicine network is necessary worldwide. Ultimately, telemedicine means a lot for our future, and will be a big part of everyone's life in the next two or three decades. If you want to start ahead of many other people, [we can give you the opportunity to try Banty Medical](#) without charge, for a free trial period.



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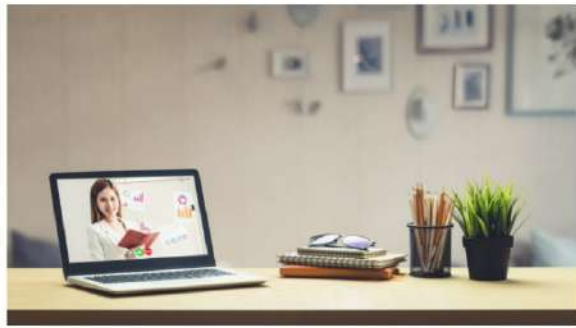
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How to Give a Presentation with Banty

Posted By [Abdallah Al Alfy](#)

A How to Guide for Acing Virtual Presentations



Giving a presentation via video call online is not a familiar concept. It's been on the rise for a year, and has made a special spike since local global measures against Covid-19 have increased, but it's still unfamiliar. This is because giving virtual presentations via video calls is only made easy through the **best video conferencing software**. There are myriad options out there, but not all video conferencing solutions or video chat platforms are optimised for giving virtual presentations. Of course, **all of Banty's platforms** have features which not only serve to make virtual presentations easy, but also optimised. To learn more about every video platform Banty can offer you, **click here**. The guide below will contain information that would be helpful with any virtual presentation in general, as well as information that would be helpful for any in-person presentation, but parts of it rely on features specifically offered to Banty users and tailored to the technology available to them.

1. Get your **Free Trial** with a Banty Platform



This is tip number 1. I mean it. This isn't just because parts of this guide specifically rely on features you can find on any Banty video platform. This is because it makes for an extremely pragmatic choice if you have a virtual presentation via video platform coming up soon. If you like, you can even start a free-trial of **our most premium platform**, make use of every tip in this guide for virtual video presentations, utilise every feature available in the Banty video chat platform of choice to get through your presentation astoundingly and never pay a dime! Of course, we're actually hoping that once you experience how ridiculously easy it is to ace all your online video meeting needs with us you'll find our platform well worth staying with, but in the meantime, don't let that stop you from acing several of your next virtual presentations for free! You have fourteen days to use every feature we have to offer before you need to decide! Use our video chatting platform to have any type of virtual meeting you want!

Give out the link to your unique, easy to remember, highly customisable Banty URL to potential attendees of your presentation. Stand out right off the bat with your own virtual meeting room.

2. Use Banty's Screen Sharing Features



Using video call platforms for a video call is business as usual, but using them to give presentations can be challenging. Presentations typically involve visual demonstrations, and giving a clear visual demonstration during a virtual presentation requires screen sharing. Not many video chat platforms offer screen sharing options. However, as far as video conferencing software goes, Banty's screen sharing options are unparalleled. Depending on which of our services you subscribe to for a 14-day **free trial** to get through your virtual presentation, your options may vary a little, but all of them are excellent. You can share a full screen or input a youtube link for everyone to watch at the same time with **any Banty option**. This will help you present slides, video, and audio without a problem. If you would like to make use of our studio production services, with **Banty Plus** you can also utilise split screen technology to display multiple visual aids or maintain eye contact while you present, and you can utilise picture-in-picture mode to magnify an image, slide, or video, and so much more. If you've got something bigger in mind, you can take your video conferencing event to the scale of an actual major conference with **Banty Virtual Events!**

Video presentations are different to regular video meetings in a few ways. Many video meeting solutions focus on enabling you to engage the other person on a personal level. While we offer you all of that focus and more at Banty, virtual presentations are about engaging one or multiple people virtually with the content you're presenting, not just your person. And Banty is a pioneer amongst video conferencing platforms which empower you to do that. Consider the following; A physical, in-person presentation where you read and visually examine the presenter's slides. The reason slide projectors were adapted for presentations, is because they offer big, clear visual aids, relative to the distance of those sitting. Now consider; A virtual presentation where everyone is sitting quite close to their devices. The same clear and large views, relative to their distance from their screens. This is what **every single Banty platform** offers you. And more, if you choose to our subscribe to our **more premium option**. Or simply just take it for a **test run**.

Ultimately, Banty's screen sharing features are things you want on your video call platform of choice regardless of whether you aim to give virtual presentations or not, but they are especially useful for presentations in particular. Earlier I mentioned using the split screen feature available with some Banty of Banty's studio services; to maintain eye contact whilst presenting. How though? How does one maintain eye contact on a video chat platform? This brings us to point number 3. Because yes. It's a point all on its own.

3. The Eye Contact Trick



This is one of the most under-utilised virtual presentation tips you're going to hear. Or rather read. When you're using a video conferencing system, advice to make eye contact is a little different. Many of us heard that making eye contact during regular physical presentations increases the perception of confidence. Whether you're presenting to your professional or academic seniors, juniors or peers; presenting and projecting confidently has many benefits. We won't get into those benefits too much at this point, but they remain the same. Whether you're presenting in person or on a video conferencing system. Video conferencing apps, or any other type of video chat software, were ultimately developed to give a virtual version of a physical experience.

So The same benefits from good eye contact apply to virtual calling presentations whilst utilising video call software platforms. But their application is different. For good eye contact on video platforms, avoid the temptation to look at the other person's face. Counter-intuitive, right? After all, that's where their eyes actually are. But trust me on this. Instead, look at your camera lens to maximise the impression of eye contact. This is a dream come true for introverts, and might be a trifle confusing for extroverts, but with some practice it's not too difficult to master for anybody.

4. Practice Makes Perfect



Whether you're utilising video calling for a virtual interview or giving a presentation on stage, the old adage holds true. Practice makes perfect. When you rehearse your presentation materials well enough, you become more familiar with them on a neural level. Your brain builds connections and recognitions, which helps you project the truth to your audience. That you know what you're talking about. Conversely, some experts who are not vocally familiar with their written material sometimes give the impression that they aren't experts at all.

Now, video platforms offer you an advantage in presentations that in-person presentations do not. You can retain a few visual aids for your own use, so that no one can see you reading off your screen, your notes, or even a teleprompter. But you can't rely on video calling to shield you. If you read too much, you negate point number 3. You can't read every word of your presentation and look at the camera with any decent consistency. But when you rehearse written material enough,

you don't need to read it in detail. You can use the sentences as prompts to glance at. In this way, you can maintain eye contact by looking at your camera's lens more frequently, and break the intensity of your eye contact by glancing away occasionally in order to get the gist of a question or an answer.

You may think that if you use a teleprompter, you can read to your heart's content on video platforms with no one being any wiser, but this is not the case. It is true that teleprompters can help you maintain eye contact whilst reading during video communication. But a lack of eye contact is not the only indication that you're reading off something. There are tells too numerous to list here, and the bottom line is, this is why practice makes perfect. So, whenever at all possible, rehearse, rehearse, rehearse for a presentation.

To give a presentation whilst utilising video chatting apps, the above points are worth considering, whichever video call solution you favour. Of course, Banty is ideally placed to fulfill these presentation points, so we strongly urge you to try a **14-day free trial** right now!



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How to Select the Best Video Call Platform

Posted By [Abdallah Al Alfy](#)

Four things to look for when choosing



The video call online (on the internet) as opposed to other video communication methods & technologies, has come very far in our society. Twenty years ago, it was rare. Thirty years ago, it did not exist. Nowadays, it plays a significant every day role in many lives. There are a number of platforms out there that can help you make video calls. However, video conferencing software was not all developed equal. Some video conferencing solutions give you more options than others. Other video chat platforms give you more problems than others. The list below is meant to help you select the ideal video platform for you. Of course, we hope you'll **land on one of ours** at Banty, but this list can help you make good selections regardless.

1. Ease of Use



Some video platforms are rather complicated to use. **Banty is easy**, but not every video platform out there is the same. To save time and effort, you should consider the most intuitive video chatting platform for your virtual meeting needs. Even if you're an advanced user, or even a communications specialist, an easy video conference interface is more than a random luxury nowadays. It's a common market demand, and even advanced users and video call savants are asking for it. And **their demand is being met**.

Why complicate life when you can simplify it? **Our system** is designed to be intuitive and offers extreme ease of access. Joining a meeting? Simply visit the unique, easy-to-remember URL our subscriber gave you and enter your name. With one click, they let you in. Hosting a meeting? Login and click to start it. That's it. No hassle, no bother and no long-winded codes, passwords or URLs. Get into your digitally secure video call with a single click and never worry about accessing a meeting again.

2. Reliable Service



Video call platforms nowadays are more than about basic picture and audio projection over the internet. There's a lot more your video chat platforms can do for you in this day and age. Like mobile phones evolved from the basic, audio conversational features to incorporate text messaging, flashlights, music, radio, gaming and all sorts of entertainment, video conferencing software is also evolving richer features.

For example, a number of video meeting solutions offer you the ability to record your video meetings. **All of Banty's video conferencing platforms** offer this feature, but we're not the only ones. Other features all our platforms offer include screen sharing functions, which allow you to watch videos with other parties to the video call in real time, give slide presentations, share complex information and more. Some of our **other services at Banty** go beyond traditional video conferencing and offer even more helpful presentation features such as picture-in-picture presentations, split screens and beyond! Our **Banty Virtual Events** service even offers gamification options!

But reliable service is about more than strong business or entertainment features. Reliable service also speaks to the core nucleus of a video call platform. Reliable service at its core, is about audio and video streaming performance. There's little any video platform can do to make service reliable with a shaky internet connection or a faulty device. But if both of those are alright, then bugs, glitches, and time lags are a software issue. When choosing the best video chat platform, make sure its bugs, glitches and time lags are minimal. For example, Banty is almost glitch, bug and lag free because our developers and our technical support team work **very closely together**.

All Banty platforms are developed by our team to be on the cutting edge of WebRTC. Web Real-Time Communication. This means that all the features we offer you are available from your browser without you needing to download a dedicated app or needing to download a special patch for Banty's technology in particular. Through this technology, Banty brings you the most reliable communication on the web without you or any other party needing to consider too many software issues.

3. Digital Security



There are any number of threats to the average user's data at any given time. Every video conferencing system and all video conferencing apps have some measure of security. But again, not all video chat software was developed equally. A disparity in security measures is one of those implicit inequalities between video call software platforms. Some are more secure than others. At Banty, we provide end-to-end, server-to-server encryption for **all our video platforms** during two-party video calls, without exception. Our multi-party video conferencing solutions are also **very secure**.

Beyond that, our systems have undergone more than one penetration test, to certify our **Banty Medical** platform as being HIPAA compliant, PHIPA compliant, as well as fulfilling of new and enhanced security standards recently adopted in the province of Ontario; with regards to the digital security standards of healthcare in the United States and Canada. Security also has a wider scope in Banty. We also offer security against the possibility of threats from inside your organisation. Our **Banty Enterprise** platform offers Role Based Control, also known as Role Based Access, to protect organisations' security internally.

4. Visibility



Organisations, businesses and individuals all have a common need for a strong web presence. Not many video platforms recognise that in a sole video calling capacity. That role is mostly separated from other social media. At **Banty** however, we recognised the evolving nature of video communication. Our video calling platforms are not meant to be separate from social media, or mere complementary addendums to them.

With highly customisable URLs, A waiting room for virtual visitors to your Banty account to notify you when someone comes digitally knocking and the options to toggle your search engine visibility on and off, Banty has integrated your video calling media to the rest of your social media web presence, should you so wish to utilise it. Our SEO content ensures that you can be found easily if you want to be. You can also disable search engines' abilities to find your space on Banty, should you not wish to be found without invitation.

These are four of the most important factors to weigh whilst considering video chatting apps. All in all, when choosing your video platform, pick a video call solution which gives ease of use, reliable service, digital security and visibility the highest consideration. While you're researching your options, **click here** to learn more about Banty's features and options, to see if one of our platforms is right for you.



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How to Impress Clients During a Virtual Meeting

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Tips for an Optimum Outside Video Call

Posted By [Abdallah Al Alfy](#)

Ideas to help improve your calls outside the home and office



Making a video call online can happen in almost any location nowadays. As long as a connection to the internet is available. However, the most successful of those calls are usually made from a familiar indoor space. An office or at home. This is because video calls in a familiar indoor space can be physically set up for ideal video and audio conditions. That being said, there are a few things any of us can do to improve the experience of those calls outside of our homes and offices. Of course, it should go without saying that the first thing to do is to **[select the best video conferencing software](#)** so that doesn't count as a tip. Outside of the **[ideal selection](#)** of video conferencing solutions and video chat platforms, is the physical approach. Some physical improvement details for indoor calls are **[available here](#)**, and for a better look at every video platform we offer at Banty, **[click here](#)**. Sometimes calling from home or the office isn't an option though. Read below for a list of things to do when that happens, to optimise your communication.

1. Try your car



Fire up your video platform in your car. When denied use of your video platform at home or in your office, your car can often serve as the next best thing. Of course, make sure you've parked your car first! Never use a video chatting platform when you're driving, the screen is dangerously distracting. Make sure to park somewhere safe. Since you're parking for a virtual meeting you should also park somewhere quiet. Of course if your car is an RV doubling as your home at the moment, it's an obvious choice for a video conference.

In a car, you need to make the balance between noise and ventilation. If you're parked somewhere quiet, switch off the engine; along with the fan or air conditioner if you were using either of them. If you hadn't already before you parked, crack open a window or maybe vent the sun roof if you have it. That way you can get enough air without worrying about noise. Ventilation is important because it affects your personal performance. Your ability to breathe and the temperature around you can affect how well you talk, whether you're talking on video or in person.

On the other hand, if your only option to park is somewhere noisy, turn on your engine. Seal up all windows and openings into the car, and power on your fan or your AC. That way at least you drown out the more variable noise outside, can still breathe and speak at your ideal temperature, and the consistent sound from your motor and AC blend into the background of the call; further shielding the other caller(s) from the irregular noise outside.

2. Avoid Moving Your Device



You can use video call platforms to have a video call whilst walking or running but unless you're demonstrating something in particular, or you're having a casual conversation whilst pressed for time, avoid the temptation to do that. Video chat platforms are only as good as the circumstances of their use. To get the best from your video conferencing software it's advisable to stay still. If using a car is not an option or there's a particular reason that "outside" also needs to be "outdoors", the advice is similar to when you're conferencing from a car. Find a quiet spot with good lighting and almost no people. Watch out for noise from high wind or such.

Once you find a spot which fits all of the above requirements, find a way to sit comfortably there, if at all possible. Like breathing and temperature, relaxation can enhance your performance during video meetings, whatever video meeting solutions you prefer. A well-positioned bench would be an ideal seat, but you could also find a safe low ledge if it's not too uncomfortable. If you regularly and intentionally plan ahead for calls on video conferencing platforms, you might even bring your own portable and comfortable chair. It would also solve any issues you may have with the unknown cleanliness of public seating.

A great idea for a quiet outdoor place to make use of your video call platform is; empty parks. You can typically find one if you go at the least busy times. Avoid lunch hours or weekend day times. Avoiding crowds can be helpful for more than avoiding noise. Emptier spaces can also improve video streaming on some overloaded wireless data networks sometimes. Other ideas for empty spaces can include the beach or the waterfront during the least busy times, if you live near any large body of water. Just beware the sound of waves or high tide before firing up your video platform, if you decide to go to the beach. There are solutions to reduce noises when using a video chat platform but it's always better to start at an advantage. Speaking of which:

3. Reduce Noise



One of the reasons using your video conferencing system at home or in the office is ideal; is because you supposedly have a greater measure of protection from background noise. Scrap that with regards to your home if you have a cat that regularly knocks things over or a dog that barks every time your child cries unpredictably or something. But if you're stuck in an area where you have a reduced level of control for the noise that reaches your video conferencing system, like the outdoors mentioned above, there are still a few solutions that can help shield video conferencing apps from background noise. For example, a number of portable, battery-powered, easy to set up noise cancelling devices can be adjusted to reduce any external noise which may interfere with your video chat software.

There are also those who advise seeking more direct physical solutions to shield video call software platforms from pollutant noise. In the outdoors, it may be advisable to take a semi open shelter of sorts. Perhaps behind a wind barrier, sometimes available in outdoor social areas. Maybe a phone booth or a bus shelter. Other ideas, tips and tricks to reduce noise on video platforms include hanging your coat somewhere strategic, positioning yourself in a spot with less air current than the wind blowing in the general area, and more.

4. Better Lighting



Video platforms can be used outside the home and office in restaurants, in coffee shops, outdoors, in nightclubs, in cars, and more. This wide variety of video calling locations also brings a wide disparity of lighting conditions. To ensure better lighting conditions for your video communication outside home or the office, start with the simplest precaution. Positioning. For example, video platforms being used outdoors during high noon and sunny weather are bound to have poor visibility unless that circumstance is adjusted for. Better video calling needs better lighting. Luckily, sometimes a little experimenting with the position is all that's needed. In areas of very bright light, finding a little shade will often make the visibility just right. Failing that, angling the camera or the device holding your camera a little might help.

If none of these solutions work or are feasible, the simplest precaution of positioning isn't enough for your lighting. The next step is to look at your settings. Either your camera settings, your device settings, or your platform settings might be able to

increase or decrease the sensitivity of your camera to light, which might be required when the lighting is far too dark or far too bright. If no settings are available, or they don't help, or you're not too comfortable experimenting with the settings, there is a final solution.

Come prepared. Carry a portable, battery powered light that you can prop up easily in a variety of positions and adjust to different brightness levels. Carry one of those tightly folded disposable rain ponchos. Make sure to pick an opaque model. In circumstances of extreme brightness you can use the poncho as an impromptu tarp or tent to shield your camera lens from the excessive brightness of the light. Using whatever type of portable light you choose to carry, you may also adjust the poncho along with this light source which you ***do*** control, to optimise your lighting. Following the same logic, if you're somewhere where the lighting is far too dark, the appropriate portable light will do wonders if utilised correctly. And again, the impromptu tarp can help, if your impromptu light does not have a brightness suitable enough to adjust the visibility by itself.

When intent on using video chatting apps outside, these are factors worth considering, no matter your video call solution. Consider location, motion, noise reduction and lighting before communicating by video outside of your home or office, if at all possible. This concludes these tips for optimum outside video calls. I hope you found them useful.



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Abdallah Al Alfy

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Banty's Better Video Call

Posted By [Abdallah Al Alfy](#)

5 tips to experience the best Banty Video Conferencing



A great video conferencing platform is key for any successful video call online. But what if you've already taken care of that? We're going to assume that you're already **signed up** with Banty for now, if only for a **free-trial**. You're already plugged into the perfect video conferencing system. With that assumption in mind, the next pertinent question becomes: Is there anything else I can do to improve my video chatting experience? The short answer to that question is yes. After **signing-up with Banty**, there are more things you can work on to optimise every video call online! Let's help you with some of them.

1. Lighting



Visually speaking, some might say that your video conferencing software is only as good as your camera. A good camera however, can be pretty subjective for cameras in the same price range. Experiment with your camera's ideal lighting conditions until you deduce the best lighting for virtual meetings with your particular setup.

Factors to experiment with include how directly or indirectly your camera lens is exposed to one or multiple sources of light, the brightness of the light, and whether it's filtered through a window or some kind of coloured glass. Is the main source of light in your room a window? A light bulb? A lamp? All three, or several of those? Experiment with curtains, lamp positioning, and brightness to find the lighting conditions ideal for your video call.

2. Camera



You had to have seen this coming as the second point. If light is the most basic factor for visibility in a video call, your camera is what receives and processes that factor for the folks at the other end to see! To optimise video chatting with other people, get into your camera's settings.

Most of the cameras out there have adjustable settings, and a few of them have options for default ideal adjustment to lighting conditions. This option is meant for novices at lighting, like most of us are (including yours truly). Of course, if your camera is terribly unsuitable and you're currently able to replace it, that would be ideal. No matter what the video conferencing solutions are, some cameras outlive their usefulness pretty quickly. This is not necessarily a function of price or age. Very high quality cameras typically come with warranties precisely because mistakes might have been made in production.

After you've figured out your camera's ideal settings under your space's lighting conditions, it's time to look at positioning. Take a little time to test the camera's projection of your image from different positions. Whether your camera is built into your device or external, how you place it can have a huge impact on your appearance during a video call. If your camera is built into a laptop, try adjusting the screen's position. If it's external, or you're using a lightweight device, try positioning it with the help of other items. Typically some people use books, shelves, mini-desks atop regular tables or adjustable desks altogether. Some of these solutions can also be applied to laptop cameras. If your device is a cell phone or tablet you can also use a flexible mount to adjust the position to your exact preference for a better video conversation or meeting.

3. Microphone



I do confess that we're going through these factors pretty intuitively. That's because Banty is a **very intuitive** video platform. The microphone you use is another major factor towards the impression you give off during a video meeting or a video chat. You don't need a very expensive microphone for a regular video call, or the average video conference. If the one on your device isn't ideal for you, there are some very efficient models out there going for very reasonable prices. There are USB microphones under \$35 USD or \$40 CAD which are ideal for video conferencing. Of course, if you're in the market for a very high quality microphone and professional setup is an option for you, that's a step-up for your video call, but beyond an \$80 USD or \$100 CAD price tag, these advantages are all cosmetic.

One thing to consider aside from settings and positioning is; echo. Whatever the brand of your microphone, depending on the room you're in, echo can be an issue. Now, some software can remove echo pretty seamlessly and the audio coding chip within many of the mics out there also does a spectacular job of that, but in case neither of those work for you, make sure to see if your microphone settings allow cancelling feedback. Beyond that, the basic solutions work best. The physical ones. The reasons for echo vary from the molecular structure of the surfaces reflecting it, to these surfaces' shapes, but don't worry. We don't need to get into acoustics. All you need to do is experiment with echoes in your space of choice. More often than not, it'll be fine. If not, consider changing the space.

4. Yourself



This one was unexpected, no? But yes, you yourself are a very important factor in the success of your video call. When you're considering the positions of the camera and the mic, you're doing so in a trifecta of sorts. As you adjust their positions, you need to adjust yours. In a flawlessly lit, audio-reliable space, you might not need to adjust your position at all. Simply adjust the equipment's positions in relation to yourself. However, if the location is less than perfect then yes, you will need to adjust yourself as well.

Aside from your position in relation to the camera, lighting and microphone, your inner projection is important as well. How excitable your voice sounds can affect how others perceive you through a video meeting platform. To keep winning at video calls and video conferencing in general, your voice needs to be steady and appropriately intoned. This means that while your voice needs to sound even it can't be monotonous.

Your appearance also needs to be consistent with the kind of virtual event you're attending. For example our service, **Banty Virtual Events**, hosts all kinds of video conferences and conventions. If you're attending a virtual event for actuarians, insurance brokers, or healthcare workers like; doctors, hospital administrators or pharmacists, you may want to dress accordingly. If you're attending a virtual event for costume players that's another way to present yourself entirely. On the other hand, if you're just having a regular video meeting with some friends for a digital re-union, you may want to present yourself nicely but casually. To win at a video call; approach it with confidence, take your time speaking, and present yourself the way you'd like to be seen. Which intuitively ties in to the final point.

5. Preparation



Preparing to succeed at your video meeting is definitely one of those last but not least situations. After all, it forms the basic building block for all of the above mentioned tips and more. You're even preparing just by reading this article! However, preparation merits a mention all on its own because none of the above mentioned points do it justice, despite being aspects of it.

There's an old saying attributed to an ancient philosopher about the importance of preparation. The gist of it is that if you have four hours to chop down a tree, spend three of them sharpening your axe. Think of certain delicacy vendors who only sell for a limited time each day. Far more time is spent by them preparing the food.

That's all good and well, but what else can you prepare for? The answer is, quite a lot. You could prepare presentation props if you're on a professional video call, or giving an actual, full presentation on Banty. You could prepare conversational props if you're using Banty socially. You could write down informational prompts on your screen, on another device, or even on paper! If you're a doctor video calling a patient you could pull up the patient's file beforehand. If you're attending a video call to develop technical repair skills, you can come prepared with your tools to mimic your instructor's actions.

There's more. If you need to set a certain mood to present yourself with confidence as described in the point above (point number **4. Yourself**), you could adjust the scent of the room to your liking and make visual arrangements to your taste outside the camera's view. If you're learning to draw from an art teacher you could prepare the space to illustrate on your desk beforehand during the positioning, as well as bring your stationary! The possibilities for preparation are endless really, if you're looking to win at your video call.

And that's a wrap. The hints elaborated on in the five points you've just read should help you optimise your teleconferencing experience, whatever video platform you currently use or video calling solution or software you're currently limited to, but they would help you a lot more using one of our specialised, high-performing Banty platforms. Read more about our **presentation aids**, **security features**, **customisable web presence** and **versatile visibility options**. Then get yourself in for a **free-trial** of any of our regular subscription solutions at **zero cost** or obligation to you. 14 days straight. No joke. **Sign up now**.



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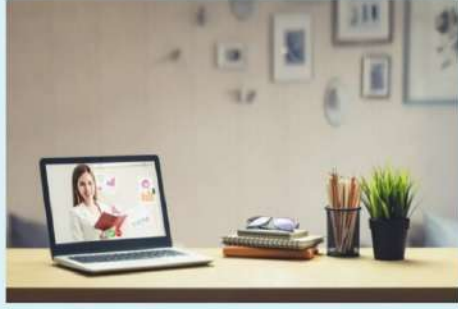


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How to Stay Accountable Using Banty Video Calls

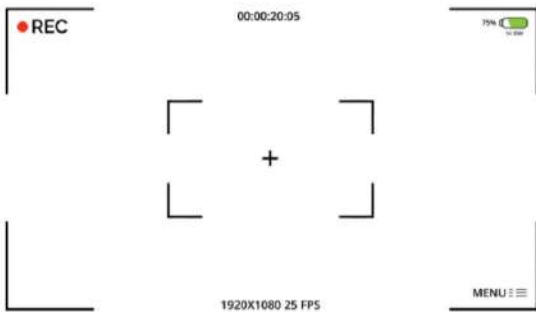
Posted By [Abdallah Al Alfy](#)

Don't let distance become an obstacle to achievement



Accountability can be a legal concept. But in recent years it developed as a self-help tool for maintaining positive things in our lives and attaining goals. People utilising this tool can voluntarily make themselves accountable to their individual process, to someone else, or both. A video call is an obvious way to help with the latter. Especially if you've made yourself accountable to one or more people that you cannot physically meet with every time you want to stay accountable. Counterintuitively, you can also stay accountable to yourself using a personal **Banty meeting** with no other participants. Let's go through a few ways you can do that together.

1. Record your meeting



This is the method you can use to counter intuitively utilise a video call with no other participants to keep yourself accountable. Whether you're trying to achieve a certain result, kick a bad habit, develop a good one, or anything else, just record your successes and set-backs in your own voice, out loud, [using the Banty recording feature](#). Voice out the things you think might be holding you back, and reason out potential solutions around them. Next time you hold yourself accountable on [your video conferencing software](#), remember to include whether you tried the solutions you had previously suggested to yourself in your account. Give yourself compliments for progress made or targets achieved, out loud, in your own voice. Some of you might be a little wary with how unfamiliar that feels, but it's actually quite helpful for a number of people.

2. Set regular virtual meetings with close friends or family members



Some of the things we need to be accountable for may make us feel vulnerable, or embarrassed. A reasonable way to work around that is to have a weekly video call online with someone we're close enough to share our troubles with. Hold a regular virtual meeting with a close friend or a sibling or even a parent, update them about your issue honestly, and have them grade your progress, your deficiencies, and your potential solutions on a scale of 1 to 10. A score of 4 or less on one of the scales denotes a more pressing need for improvement.

3. Monthly professional consultations



Using video conferencing apps to stay accountable to friends and family is great, but sometimes you might need a little extra help. If you're trying to lose weight in a particularly challenging situation you might need help from a dietician. If you're trying to gain an unusual amount of muscle mass, you may need help from a sports coach. If you're working through personal issues, consulting a therapist may be the way to go. There's really a large number of people you might potentially need to be accountable to on your journey towards your desired outcome, depending on what you're trying to accomplish. And if seeing them regularly isn't an option, or perhaps you no longer need that level of guidance, you may benefit from their presence 12 times a year, to hold you accountable to your goals. Schedule a monthly video call with your dietician, your mental health care provider, or your personal trainer. Update them and adjust your path accordingly.

4. Virtual support group



A virtual meeting doesn't have to be one-on-one. That's why we call it video conferencing. You can schedule a weekly video conference with a support group. Not every member in this group needs to share your particular goal. All the members simply just need to be looking for others to hold them accountable as well. Use this regular video call to give honest accounts of your progress and setbacks, brainstorm better ways to help everyone achieve their goals and generally, build a process for you and your group to become an inter-accountable community. Speak in turns and utilise the ["Raise Your Hand/Lower Your Hand"](#) button on Banty's video conferencing software to maintain order in your group video call!

You can attempt any of the above methods today, if you've [already signed up for Banty](#). You can also combine them. Bonus Tip, the tool you use to accomplish the first method is just as useful for the other methods. With mutual consent, you can record any meeting you have on Banty and review it for improvement of your methods and an external perspective on your dialogues (monologue for point number one). You can get [a free trial](#) for [any of the Banty subscription options](#) for a [period of fourteen days](#). To pick the right Banty option for you, [read about it on the Banty website](#).



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A Video Call per Day Gets You Through Time Away

Posted By [Abdallah Al Alfy](#)

Why daily video conferencing during time away from home is a good idea



This article's title is somewhat misleading. We actually meant 3 Video Calls per Day Get You Through Time Away. However, you could choose only one of them to do a day if it's easier.

Although some people still travel for business regularly in the wake of the COVID-19 crisis, most business travels have been suspended. That said, we now see the light at the end of the tunnel and there's talk about a resumption of regular traveling schedules soon. This means that some of you who travel for business may well be called upon to do so again in the near future. If these travels are regular, extensive, or both, then connecting with some people via video conferencing software on a daily basis might be a good idea. We've listed a few of those people for you below:

1. Your Family



Home is where the heart is, and many of our hearts are where we consider our families to be. Whether biologically related or not, a legal family or a group we've come to identify with as emotional kindred, our connection to our families is a very real concept. As such, scheduling a virtual meeting every day with someone from your family while you're away is a good way to stay in a healthy frame of mind when you're away from home for long periods of time. Even better if you can get the whole family on the video call. Bonus points if there's a family pet they can get interested in your video conferencing software! There's plenty of evidence out there that pets can interact with their owners via video calls.

2. A Trusted Coworker



It doesn't need to be the same coworker and it doesn't need to be for a long time. You can schedule a daily video call online for five or ten minutes with a different coworker each day, as long as you're comfortable with them. Depending on the type of coworker, there are two potential professional values in such an arrangement.

If you're holding a video conference with a coworker who often travels for business like you, you're connecting with someone who has similar experiences to yours. A little accidental brainstorming might help make your business trips more efficient. It also gives you a sense of camaraderie, to connect to someone who knows what travelling for your particular type of work is like.

If, on the other hand, you're video teleconferencing with a coworker in the office, you retain a sense of any developments in the "home base" so to speak. That way you have a heads up about any minor (or even major) changes which take place while you're away. Bonus points if you're video calling with a coworker who takes turns travelling with you and is currently based in the office. You get both benefits. Camaraderie with somebody who has near-identical work experience to yours *and* that nice home base connection.

3. A Different Friend Every Day



Nothing's quite like talking to a friend outside of work. It's great to connect with our families or coworkers whom we like and trust, but talking to a friend just helps you unwind, cut loose, and feel like yourself in a whole different way. It's why we make friends in the first place. Video meeting with a different friend every day while you're away on business, aside from the general benefits of socialising and connecting with our friends, can help alleviate that "stranger in a strange city" feeling. So whenever possible, you should arrange a video call with a different friend every day while you're away on business.

If three video calls a day sound like too much for you don't let that overwhelm you. You can pick one or two of those people to video call every day while away on your business trip, and it would still help you get through your trip in a better frame of mind. If you'd like to make your videoconferencing more interesting, [take a look at some of Banty's easy, secure, feature-rich video conference solutions.](#)

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Hopefully we'll never have to survive another pandemic. But in case you need to survive isolation again, stay in regular touch with everyone on this list.



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How to Conduct a Business Video Call Efficiently

Posted By [Abdallah Al Alfy](#)

Three steps you can take to ensure you get the best of your virtual meeting online



Video conferencing software made virtually meeting someone quite easy in this day and age. Some [video conferencing solutions](#) make it [as simple as clicking a button](#). But as we begin to do something more frequently, it becomes more important to learn to do it efficiently so that it presents no obstacles throughout our regular productive days. Below, we've listed three things you can do to keep almost every business video conference you plan on having tight and efficient.

1. Plan Ahead



A video meeting is just like a regular meeting. When you're video calling for business, prepare for the things that matter as you would for an in-person meeting. If you're the one holding the meeting, write out a meeting agenda. Email it to everyone. This should help keep the entire video call on course and help bring it back to course if one of the participants goes off on a tangent.

If you're not the one who called the video meeting, then write out a list for any potential questions you may want to ask or points you might like to address during the video call. Make sure to have something handy on standby to write or type the answers or resolutions, whether it's on paper or on your desktop's notepad. The more people do this, the quicker everybody gets what they need out of any given video conference call.

2. Stick to the Schedule



It's always good to work with someone who understands the value of time. That way, if you're making a video call on a day where time is tight, they won't be offended if you remind everybody politely to stick to the schedule. That said, it's not always an option. Sometimes you're just sure you'll embarrass someone if you tell them you need to move on, no matter how politely you say it, and in a few of these times it's simply not an option to embarrass them. However, it is always an option to avoid the temptation of running on yourself and exceeding the time allotted to you (or which you allotted yourself). No matter how amazing your video conferencing software is, try to not spend more time than you initially meant to on your video call online.

3. Keep Reliable Records



You can record your video meeting on [all of Banty's virtual meeting platforms](#), but if you're not ready to start a [fourteen day free trial](#) with us, there are other ways to go. Like mentioned in point number 1, you can write down answers to questions you ask and resolutions to points you address, but if it's a wider meeting, you can also have someone be in charge of keeping minutes. Or you could try and record the meeting with an external device or external software, after letting everybody know of course. The important thing is to keep a reliable record of the video call that you and your team can fall back to, when determining a course of action.

These three tips should help with making your business video calls more efficient, so that you can make the most of the time spent on your video chatting platform. If you're considering several video chat apps, and you're not sure which video chat app to choose, [this article might help](#) make things a little clearer for you. Of course, experiencing [fourteen days of spectacular video conferences for free](#) with any of Banty's [video chatting solutions](#) might clear things up for you a lot faster.



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How To Handle Video Calling on Vacation

Posted By [Abdallah Al Alfy](#)

Video Conference Preparation for Post-Pandemic Life!



It's been a crazy year and a half. COVID-19 Stunted many things. One of them is recreational travel. But with a proverbial light at the end of the tunnel, we hope you get to experience easy recreational travel again, safely and soon! With the anticipated rise in vacation travel, the team at Banty here thought we'd give you a few choice tips on the best way to handle a video call online whilst on vacation.

Hopefully the only reason you'd want to hop onto your video conferencing software during holidays or vacations is a desire to connect with others socially. Friends and family and such. But maybe you need to for business. It's not ideal but you "gotta do what you gotta do". Whatever the reason, we'd like you to have the smoothest, most stress-free virtual meetings ever. So here's what to do if you think you might be having a virtual meeting on vacation. Or several. Let's start with the most obvious.

1. Bring Your Own Device



I know, I know. Most people already do. But you'd be surprised at how many bring unreliable devices, or ones not great for video calls, or simply don't bring one at all. Some people like to travel light and rely on whatever local options they can rent/borrow, for most of their digital needs. Which may seem like a good idea, depending on where they're going. There are countries where internet cafes rely very heavily on providing tourists with those kinds of services. Mainly, they thrive on providing strong internet and they complement their income with convenient webcams and computers for your use.

For example, depending on where the cyber café might be, its services may be solely available through ethernet cables. Which means using their devices may be a lot more convenient for you. And again, such locations are not available at every holiday destination. Meaning that it's better to bring your own device if you know you'll want to be video chatting. Which brings us to the second tip.

2. Do Some Research



Find out the best internet options for a video call wherever you plan to go, and prepare accordingly. If you're in a city where strong, reliable, free wifi is available in most locations, or even public spaces, you can likely make do with a good smartphone or tablet. If you're in a country where strong connections might be hard to come by and you have to take whatever you can get, a device with an ethernet cable port (most likely a laptop) might not be a bad idea. If you're visiting such a place, remember to research the best locations where you can get good internet access, and note the ones that are closest to where you're staying, as well as how to get there.

3. Physical Safety



It's great that we can use video conferencing software almost anywhere in the world nowadays. That said, let's remember to be physically safe while doing so. If your vacation involves hiking and climbing, pay attention to your surroundings and only reach for your phone when it's safe. Don't try to have a video call whilst climbing some rocks or standing on the edge of a cliff or something. Nor should you be having a video call whilst cycling, operating any kind of motor vehicle, or even independently riding your own horse.

And of course, beware local crime. Wherever you're from, you're likely familiar with where it's safe to have an expensive electronic device out in the open and where it's not. This doesn't always apply on holiday or vacation. This isn't a question of luxury or economic advancement either. There are high crime rates and electronic device thefts in quite a few developed holiday destinations. A few of them may surprise you. From your private accommodation, to your destination's outdoors, be vigilant of your device and know when to use it.

Happy travelling! We hope you get to go somewhere nice soon. Follow those tips to experience terrific video calling almost anywhere you go. Of course, to make a good video call even better, consider [Banty's subscription video conferencing solutions](#). When you decide on one, you can try it for free for the [first 14 days](#)!

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People who regularly hold virtual meetings often have preparatory routines. Here are some helpful ideas for yours.

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Abdallah Al Alfy

Alfy is a content writer of 17 years, writing in multiple literary and content disciplines, and translating professionally since his early teens. Full name of Abdallah Al Alfy, he is also a licensed pharmacist in multiple countries. Alfy's pharmaceutical background has often been an asset in scientific and medical writing.

3 Things to Double Check Before a Video Call

Posted By [Abdallah Al Alfy](#)

What to Make Sure of Before a Virtual Meeting on a Video Chat Platform



Video chatting has made some amazing strides over the past few decades. Originally the realm of unreleased research, and then exclusive use offline, video meeting made its way onto the internet, then into mainstream use. But even with the mainstream use of video conferencing software, and many of the kinks being ironed out on [some of the better video calling platforms](#), a few details to make video calls easier or harder rely on the user. Often, it helps to check (and then double check!) some things are in place before proceeding with a video call online. Below are a few of those things, listed for your convenience.

1. Double Check Your Beverage Placement



Whichever video call platform you favour, it helps to have a drink on hand. Something as simple as water will do. You might be thinking that you could drink up before firing up your video conferencing software, which you may be able to do. But the last thing you want is to drink so much that you feel like going during your virtual conference call. Sure, you might be able to handle it (or you might not!) but it's not the most comfortable feeling or state of mind to have while conversing with someone virtually.

Similarly, you may be thinking that you don't get very thirsty very often, but sipping on a drink just before a call starts, or a little ways after that, isn't just about thirst. It's true that the discomfort of thirst can also affect your conversation. But the sip you take from your beverage the minute before a video call begins is also about ensuring your throat isn't dry. You don't want your voice to crack and croak through your video conferencing system.

Some people are sensitive about sipping a drink during a video call, depending on the type of virtual meeting. That's fine. You can take the sip beforehand and keep your bottle out of your webcam's sight. But when your throat dries up, believe me, it's less embarrassing to take a sip of water on camera than for your voice to crack over the mic. Make sure you always use a bottle and always secure the lid. You really don't need spillage on your video call.

2. Test Your Equipment



Typically, your ability to meet virtually is determined by five elements. Your camera, your microphone, your device, your internet connection and your software. Often enough, these elements are somewhat integrated. Regardless, these elements sometimes malfunction through no fault of yours. Maybe your device stops reading your camera. Maybe your mic stops working. Your video calling platform might even have issues with the server. Although you can minimise such occurrences with the [correct video chatting solution](#). Still, it's better to ensure everything you need is in working order well before the time scheduled for your video conference call.

3. Keep Your Information Handy



If your video chat is more than a regular video chat, you've likely done some preparation for it. If you're interviewing someone to hire, make sure you have their resume or CV, along with their information on hand. If you're the one being interviewed, make sure to have your own information, CV and notes ready nearby. If you're giving a presentation, make sure your slides, bar graphs or diagrams are easily accessible. Digital or analogue; whichever you're more comfortable handling on camera. Ideally, we want to avoid the appearance of fumbling. Fumbling with analogue documents shows on your hands. Fumbling on screen shows on your face and in your voice. If you are giving a presentation, [some video call apps are more helpful than others](#).

Got all that in place? These tips should all help you, but there's quite a lot more. Follow us on social media and keep checking our [blog](#) for more useful advice on winning at your video conferencing. You could also take every video conference you hold to another level by signing up to one of our [high-end subscription platforms](#). Try the [first 14 days for free](#) and [read more about each platform here](#).

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4 Games You Can Play with Banty Personal

Posted By [Abdallah Al Alfy](#)

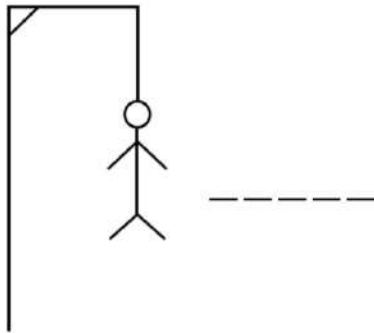
Some of the best online games to play with friends and family



Some of us play games online in various forms. Most of those who don't play, know someone that does. But there's more to playing online than using dedicated video games. On **Banty Personal**, or any of the **other subscription video call platforms** offered by Banty, you have quite a few fun options for online games to play with your friends or coworkers. Playing games is a great way to connect with others over long distances, and creates interesting material for conversation. It's also a good way to bond for teammates on the professional level.

We've listed a few of the online games you can play using Banty Personal for your next virtual game night. One or two of them may surprise you. Read through the four games below and try them sometime using **your subscription Banty** account.

1. Hangman



No Stick Diagram characters were hurt in the making of this picture

One of the simpler yet addicting games, Hangman is perfect for playing with others using Banty. For this game, you can utilise a special Banty feature. The "share a document" level of screen sharing will **open a whiteboard** on all participants' screens. If your monitor is compatible with digital pens, you can play hangman five thousand miles across the world, manually, the way you do at home when you invite some guests over. If not, you can still have a very similar experience using your mouse or touchpad. The whiteboard offers significant and surprisingly versatile illustration options. This is why we include Hangman amongst the online games that you can play despite it remaining a highly manual game, played the old school way.

2. Charades



You never thought of charades as an online game did you? But with **Banty Personal**, it is! Or at least, it can be. You can play two versions of charades if you're more than two people on the Banty video conference. The first one you probably already know. One person enacts the charade while everyone else guesses out loud. The second one may make for an interesting variation. Guessing via Banty's chat option. In this way, Banty offers an extra option. Claims of "I said it first" can get less competitive when the chat function definitively proves who spoke.

3. Battleship



That's right. You can use Banty's virtual meeting room to manually play Battleship with your friends! Another of those addicting games played in our living rooms, Battleship can be one of the most exciting online games to play as well! No apps or downloads required. Have a good old fashioned board game night from the comfort of your own home. The reason video conferencing is a better option for long-distance Battleship than regular game apps is because it gives you the chance to watch your fellow player's reactions! You'll need physical battleship sets for that, unless you and the other players prefer making your own grids from paper, but it can be great fun!

4. Would You Rather



Playing Would You Rather online is rather another fun and obvious choice. But Banty brings it to you with a newer twist. Using the Launch a Poll option, you can digitize your Would You Rather game and collect the data for later, to use in further games and entertainment, rather than just having one session of Would You Rather. Of course, you could scrap that and just enjoy going fully old school from the comfort of your own home. Personally, I would use the chat to remind everyone what the questions and options are, but the game can be played more than one way with Banty!

Try out one of those games tonight, assuming you've already signed up for Banty. To preserve the memory of an exciting game night forever, you can use Banty's recording feature throughout the online games and never miss any detail! If you'd like to sign up but still haven't gotten round to it, you can get a **free trial for Banty Personal** for fourteen days! So you can still start tonight. You can also start a free trial with **other Banty options** and still play all of those spectacular games above. So if you haven't already signed up for Banty, you can get a **fourteen day free trial today!** Learn about all your Banty options [here](#).



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What Video Conferencing Means for the Future

Posted By [Abdallah Al Alfy](#)

How Video Calls Will Further Change our World in the Coming Age



Video conferencing software has already changed the world. It's already happened. However, the video call continues to change our world and as stronger, faster, and more reliable internet spreads further across the globe a lot more of that change is coming. But what can we expect from these changes? Do we know exactly what's coming? The answer to that is no. Not exactly. But we have a fair estimate of a few things that will generally happen within the next twenty years due to advancements in virtual meeting technology reaching the mainstream. So we thought we'd share them with you here at Banty.

1. A Radical Rise in Remote Work



There is still a need for on site employment as far as anybody can see ahead. Some jobs we still need simply can't be done any other way. That said, within the next 20 years, the vast majority of jobs currently being done exclusively from desks and offices will be done remotely. The COVID-19 crisis helped outline how manageable it already is for many employers and as far as anyone knows, it's only getting easier as the technology gets better. In the wake of vaccination, a lot of organisations will be laying out plans to save themselves the expenditures which come with bigger offices.

Aside from that, a number of workers' rights groups and unions will soon be pushing for it. Between employee demand and employer willingness, a change towards greater remote-based employment for office workers seems almost inevitable.

Only a few years ago, ads on social media promising to teach you how to live a free roaming, "work on your laptop by the beach" lifestyle seemed to be a little surreal.

But soon enough, you won't need to start a drop shipping business or get rich on forex or build an empire of clickable ads which yields you a ginormous passive income. To live the nomad life on your laptop, all you'll need to do is get a regular desk job. Bookkeeper, HR rep, content writer, web developer... You name it. Depending on who you work for and how you budget yourself, you could probably swing it with a remote data entry job.

Alternatively, you could just elect to work from home, or a nice place next to your home with great Wi-Fi. The nomad life isn't for everyone. Wherever you choose to work, **easier, better video chatting** is to thank. From the comfort of your home or a beach in Malaysia, you can jump right into a meeting with your boss, a client, or **your whole team**. If video conferencing weren't advancing so rapidly, there would be a lot more on site workers 20 years from now. Which brings us to the next point.

2. Easier Commutes



Most communities have population growth projections. To say that because of more people working remotely, less people will be commuting to work would be inaccurate. However, less people will be commuting to work 20 years from now than there would have been if the video call and telecommuting were not becoming advanced enough to progress to a "new normal" system. So if your job requires you to be on site 20 years from now, you can thank the teams which build you better, more reliable **video conferencing software** for making your commute easier.

3. Small Scale Outsourcing



Still considered cheating nowadays, with the rise of employees who aren't being monitored by their bosses too closely, and employers wising up as to the fact that they just want their work done well and reliably, you can expect an increase in firms which offer to do grunt work for other organisations' employees, so that the client employee in this scenario can enjoy more free time.

In fact, you can probably expect a few organisations to unofficially build it into the compensation they offer certain employees, because it would be cheaper than hiring them an assistant. Of course, while there will be a rise in outsourcing grunt work, there won't be many employees who can outsource all or most of their roles for long. Because many corporations are constantly looking for ways to cut costs, they are bound to discover which roles they can outsource reliably in the same way their employees did.

If you're looking to step into the future of the video call, now's a great time. **Check out** what we have to offer you at Banty. If you like any of our four **subscription options**, you can try any of them **without charge for a full fourteen days!**



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Why Managers Should Schedule More Virtual Meetings

Posted By [Abdallah Al Alfy](#)

And Schedule Less in-Person Ones



Are you a manager? A boss? A supervisor? Do you manage a team of people professionally in any sense? If so, this article is for you. Sometimes physical meetings are inescapable. Particularly when they're at your paygrade or above. But when you're organising meetings within your team, it's often very beneficial to organise them via video conferencing software as opposed to herding everyone into a physical meeting room. Below, we've listed a few reasons why this is the case. Read on to notch up your team's efficiency.

1. It Saves Time



Assuming everyone on your team works regularly from the office and working from home is rarely optional, a video call online still saves more time than a regular meeting. For a start, everyone on your team is probably already on their computers. Using the right video conferencing software, **one** click and you're all already meeting. From working, to meeting, to working again. No getting up from your desks to the conference hall or meeting room, shuffling around the table to arrange yourselves, or even fumbling around with a projector. Because with the right screen sharing options, you can share your slides straight from your computer. When you're done, Everyone will spend a lot less time sitting down again at their desks and refocusing too.

On the other hand, given the day and age we live in, it's likely that there are days when some of your team can work from home. This means that physical meeting days may be days that you make them commute to work especially for the meeting. Opt for telecommuting instead and hold a virtual meeting via good video conferencing software. Now, while commuting doesn't technically come into your company time in most countries, a long, exhausting commute might very well reduce their focus, both in the physical meeting and at their desks for the day.

Expect more of that effect if some of your team members work mostly from home as opposed to working from home a few days a week. For a start, they're not even very well adjusted to the commute. After that, consider the fact that they've likely streamlined their work stations and all their other work processes at home. Readjusting to their work stations at the office would likely severely impact their productivity for the day. If it's your call, make it a video call.

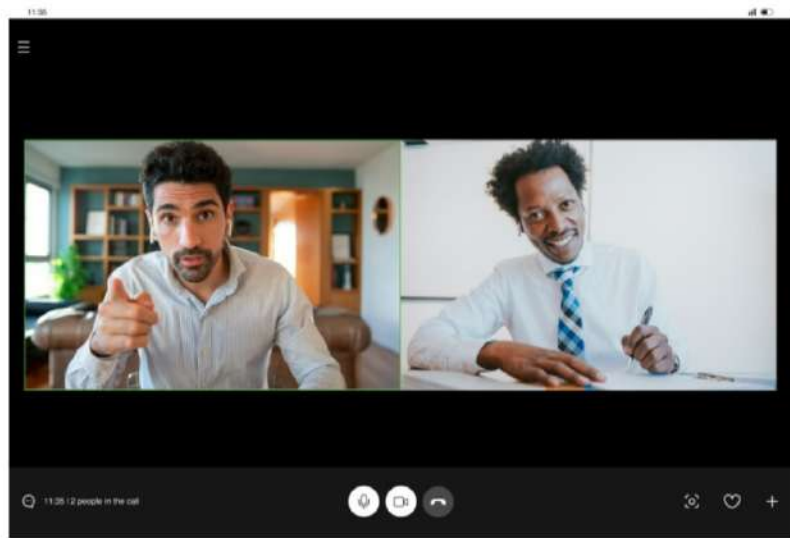
2. It Boosts Morale

Meetings are boring affairs. That's just the way of the world. No matter how charismatic you and your team are, or how warm and funny everyone's interactions with each other are, even with catering and swag bags for everyone, professional meetings are boring affairs. A necessary evil. Obviously charisma, nice catering, swag and camaraderie make some meetings less boring than others but in the end...It is what it is. You probably already knew this but I thought I'd repeat it just to be safe, for any bosses out there who might have momentarily lost sight of that fact whilst promoting company spirit.

Virtual meetings at work can also be boring, but less so. For one, you're seated right next to all the little adjustments you make to keep yourself engaged at work. That picture of your family, that funny sign on your cubicle wall, that stress ball you can keep squeezing off camera without worrying about the whole company looking at you, that sip of coffee your people can sneak in while you or your boss or her boss are talking. Plus, it eliminates a lot of the resentment those with busy schedules might have for being out of their work day. Much of that resentment comes from employee displacement and relocation, only to sit them down and drone on about an exciting new plan to boost sales numbers or something. Boring your team at their desks is ultimately less boring than relocating them to be bored, which keeps them more engaged in their work.



3. It's More Efficient



Your team needn't take notes manually. If you use the right software for the video call you can record the entire meeting. You don't need to ask questions individually then listen for answers or count a show of hands. Simply make use of Banty's polling function to easily and efficiently collect the data from those present in your meeting. You don't need to remind anyone what the question was or physically write it on a giant board. Just post it in the meeting chat.

Beyond the above two reasons of boosting morale (and in turn, professional engagement) and saving time, meeting via video call platform is more efficient for the time, effort and expenses involved with your meeting itself, not just the meeting's pre and after effects. No need for costly projector slides, no need to keep replacing your team's projector, and hardly any need to printed distribution materials.

If you're really looking to boost your team's efficiency, consider signing up for a Banty Business account. Or, if you manage a much larger team, it might make more sense to subscribe to Banty for a Banty Enterprise account. However, whichever platform you choose, turning more meetings into video calls whenever possible will enhance your workflow and prove a more productively popular choice with your team.



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How Video Calls can Build your Confidence

Posted By [Abdallah Al Alfy](#)

And help overcome shyness, anxiety and low self-esteem



All of us have days when interacting with other people is difficult. Every single one of us. Even the world's most boisterous extroverts. But these days are more frequent for some of us than others. Having one uneasy day every year, or even every 10 years, isn't the same as having three or four uneasy days a week. Video conferencing software is another tool that can help you become more confident interacting with other people, so that the days of "difficult interaction" become less frequent for you as well. Virtual meeting is a great exercise to help with overcoming natural but hindering feelings of shyness and anxiety, as well as minor self-esteem issues which get in the way of healthy communication with other people. Here's a few reasons why.

1. Comfort & Safety



If you're anxious or shy about interacting with someone, that's understandable. But when you interact with someone in person there's a number of factors that could be contributing to your anxiety. You may be in an unfamiliar environment, or simply an environment you have much less control over. Alternatively, you can usually hold a video call online from the locations you're most comfortable with.

Something as familiar and easy as your bedroom or living room. Or a home study if you've got one set up. Minimal distractions or unexpected interruptions. Or if you're more comfortable outside home, maybe from a familiar library or coffee shop. The point is, you don't need to worry about both interacting with the person **and** an environment you have less control over than you'd like. If you practice enough interactions like that, you may gradually become more comfortable with in-person interactions

There's also the comfort & safety of an easier exit from your video call. Virtually meeting someone over video conferencing software means they only see as much of your surroundings as you let them. You can easily let them know politely that something came up and exit gracefully without worrying about whether or not they'd believe you, because why wouldn't they? You wouldn't be lying either. Something **did** come up. You needed to end the conversation to get your bearings. Again, practicing an easier, virtual version of the graceful exit can make you more comfortable making it in person.

2. Practice Makes Perfect



Conversation is an art. There are books about it, academic subjects and courses taught, along with a bunch of industries built around it. But all arts can be mastered. And all mastery takes practice. Sometimes, our reluctance to converse comes from us worrying about doing it badly. A video call is the perfect opportunity to practice with much less pressure. You can use conversational aids. Post-it/Sticky notes? You bet. Notepad speaking prompts typed on your laptop? Also good. Just make sure you practice anything you have written down so your conversational aids act as speaking prompts not reading prompts. At a glance, they should remind you what you need to say before you look at the camera again. That's the difference between conversing and reciting.

Eventually, with enough assisted practice, you may stop needing conversational aids for both a video call or an in person conversation. If you ever stop conversing long enough that you need some refreshers, you could always take up practicing through a video chatting app with the help of conversational aids until you're ready again. Because the beautiful thing about practice is that you can revise it as much as you need to, and the beautiful thing about video conferencing apps is that they don't seem to be going anywhere in the foreseeable future.

3. Judge Realistically



Let's face it. If you're a little anxious about making conversation, you'll inevitably be judging your performance at some point, telling yourself you did good, bad, or somewhere in between. Not every video call solution allows you to record the video call. The good news is that with Banty's video chat software, **all of our platforms** offer a video **recording option**. If you're speaking with someone professionally, let them know you're recording the conversation for your records.

When you're done with your video call, simply review the recording later and judge your performance in real time as opposed to doing so from memory. This will enable you to make any adjustments you'd like to in future conversations. More than that, it will enable you to make adjustments during practice, so you can be safe when you try those adjustments in a new conversation. And it takes a load off your mind, preventing you from overthinking about how you're doing during an ongoing video chat. Because you can reassure yourself by thinking "I can check how I did on the recording later." That way, overthinking won't affect your performance during your video chat.

While you're looking at video calling software solutions to increase your confidence, might we suggest going with the easiest option? At Banty, we're rather proud of how **easy and intuitive our interface is**. Take a look at **your options** and then **try whichever one you want; free of charge for fourteen days** straight, before you need to make a final decision!

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Some of you may need to spend some extensive time away from home. Here's a list of people you can call to help you through that time with minimal stress.



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How to Set Up your Virtual Showroom

Posted By [Abdallah Al Alfy](#)

Utilise the Video Call to Boost Online Shopping for your Products



It's the age of virtual retail. Online shopping platforms are the new superstores. Even before the COVID-19 crisis, terms like “retail apocalypse” were being tossed around in relation to major closures of physical shopping venues. Of course, many physical retail locations are likely to survive and thrive, but their market share is simply narrower for the time being and the foreseeable future. Online shopping is here to stay. Some of your competitors likely already have an online store. But how many of them will regularly jump on a video call online in their virtual shops to promote their products? Setting up a virtual showroom with video conferencing software online is the ultimate showroom solution for your virtual shop. That's because your virtual store's online showroom will be the ultimate interactive experience. None of that pre-recorded, click based interaction. You and your team can interact with customers about any products, goods, or services you offer; live!

So here's a few steps to take for optimising your virtual showroom setup with video conferencing software.

1. Use the Right Video Chatting Platform

If you're going to do something, you might as well do it right. A video chatting platform rich with features that both host and guest can easily use is a primary asset for the virtual showroom that you set up for your online shop. The good news is you can try all of Banty's terrifically rich and easy to use features, **free of charge for 14 whole days**.

Give a presentation to a client down the street or 5000 miles away by **sharing your screen in three primary different ways**. Experience less lagging, interruptions and bugs than other virtual meeting platforms. Take screen sharing further by **showing your clients a YouTube video** of your product in action. You can even **share a whiteboard** with your clients to illustrate quick ideas or diagrams on the fly. So a total of five screen sharing features! Beyond these features, you can also **poll your guests** if you're giving a presentation to multiple clients, to see which of your offers are more popular.

You can leave your Banty video showroom **unlocked** for clients to pop in and out of it all day! Do that and so much more by trying any of Banty's subscription platforms, **free of charge for a full fourteen days**.



2. Setup a Physical Space



Like Yin and Yang, the virtual and the physical will always go together. The entire point of a virtual experience is to simulate a physical experience whilst conveniently eliminating the need for physical presence at the virtual destination. You don't need a large physical space, it doesn't even have to be an entire room.

But positioning your camera properly, at an appropriate distance from your products and yourself (or team mates), setting up some lighting and a nice background for your products, and generally optimising your display set up will make for a much richer showing experience than you or your coworkers just kind of jumping into cyberspace from your desk and then bringing up items to the camera, or carrying your device over to close up on items.

Your online shopping virtual showroom could be as simple as a properly arranged and well-lit corner, to a professionally set up home studio, or even a full production studio. The key is to optimise how your wares, goods and products are displayed. If you need help setting up the space for your online showroom via any video conferencing software, launching an online event with our **Banty Plus** or **Banty Virtual Events** services can include developing your initial video call showroom setup, which you can continue using independently in the future!

3. Display your Products Appropriately



Is there a product you'd like to prioritise selling? Or perhaps one that sells more easily than others? Are there products you sell better than your teammates and products they sell better than you? Depending on who's on duty in the virtual showroom, your particular market requirements, and any other factors you can think of, lay out a plan for how your products are displayed and possibly which other products you or your coworkers should have handy off camera just in case someone asks. Large online shopping platforms are part of the future, but not all of it. Individual online stores have enormous potential as well. And utilising video calling software to build virtual showrooms for shopping online puts you a step ahead of your competition. **View all of Banty's video conferencing solutions** if you'd like to start getting ahead of your competition today.

At this point in time, few enough of your competitors have virtual showrooms, and even fewer of them have one setup on a perpetual video call cycle. You're about to join the pioneers of a tremendous change in online retail. Good luck with your virtual business expansion. We can't wait to be a part of it.

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Alfy is a content writer of 17 years, writing in multiple literary and content disciplines, and translating professionally since his early teens. Full name of Abdallah Al Alfy, he is also a licensed pharmacist in multiple countries. Alfy's pharmaceutical background has often been an asset in scientific and medical writing.

How to Set Up your Virtual Dojo

Posted By [Abdallah Al Alfy](#)

Use Video Conferencing to Reach & Teach More Martial Arts Students



Times have changed. Not all students can come to your dojo so, with the right kind of video conferencing software, your dojo can come to them. A lot of your competition already have a web presence. A few of them even offer courses online, in the form of pre-recorded videos which teach theory and display practice. But not a lot of them utilise video call platforms to teach their long-distance students live. You can be one of the pioneers to take this step. Build an online dojo that students can video call to attend so that they can experience a higher quality of long distance learning for physical activities. To help you do so, we've compiled the list below.

1. Choose the Best Video Conferencing Software



Teaching students on a video call online brings its own, natural challenges. The last thing you need is to add more challenges to that video call. The right virtual meeting application offers you an abundance of options that are easy to use. For example, if one of your students is video calling from a lower bandwidth connection, Banty offers the **option to manage video quality** to avoid interruptions. The entire class can also **simultaneously watch a YouTube video** illustrating the finer points of a grappling technique, a block, or a strike. You can ask the whole class questions using the **polling feature** to save time and effort. You can even **share your screen** with your students to present some slides, or **use the whiteboard** to sketch out ideas, rough graphs or quick diagrams on the fly. And the best part? You can try all of that for free, for a **full fourteen days**.

2. Set Up a Room for your Dojo



Your dojo can be virtual for the students viewing you, but for you, it very much needs to be a physical dojo. Physicality and virtuality kind of form a unity of opposites, like Yin and Yang. They cannot exist without one another. The virtual process mimics the physical process. Without a fantastic physical experience, there can be no fantastic virtual experience, because there would be nothing to simulate.

A virtual dojo can be smaller than an actual dojo. Spacewise, what you need from a virtual dojo specifically is the space for two people to move as freely as they might need to, unless you're teaching your students to tackle multiple attackers. You also need to ensure that your lessons are covered by a high quality camera, that your lighting is in top form and that your sound carries through fine.

Then again, if you have the space and its going unused, you could very much set up your virtual dojo in a room the size of a physical dojo. Whatever the room's size, you could set it up with varying levels of quality, from home studio to a fully professional production studio. If you'd like some help with that, you can request an event with our **Banty Plus** or **Banty Virtual Events** services. These services often include initial set up arrangements qualified per the event holder's request. You can continue to use the initial setup arrangement for as long as you choose after that.

3. Get a Good Sparring Partner



Or arrange for several good sparring partners for different, separate days. Sure, you can do a lot of teaching on dummies, punching bags, speed bags and other types of targets. You could also teach some techniques through shadow boxing and the like. But ultimately, martial arts are about engaging other people, and your lessons would likely be incomplete without a few live demonstrations of actual engagement between two or more human beings.

Whether you use one of your top students, a fellow martial arts instructor, or simply a volunteer; can depend on the type of demonstration you're giving, but usually, it pays to have someone who can keep up with you in the lesson. Also be sure to go over the lesson plan with them and let them know the kind of response they should display. The last thing your insurance needs is an accidental injury because you didn't warn your assistant to be ready to fall on their right side.

Welcome to the future. Start by selecting any video conferencing software and you're already way ahead of your competition. Nowadays, an instructor who uses the occasional video call to explain his pre-recorded course is considered advanced. When you present your course live on a video call, you'll be much more than a little "advanced". For the best results, use **Banty's virtual meeting solutions**.



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How to Direct a Crowded Video Conference

Posted By [Abdallah Al Alfy](#)

Managing a Larger Video Call



There are multiple reasons for people to engage in multi-party video conferencing. A multi-party video conference is in fact, the focus of a number of video calling platforms. You could be attending a meeting. You could be having a virtual reunion. Or perhaps a family reunion. You could even be virtually attending a literal conference, or taking a class or seminar of some sort. The list goes on.

Whatever the reasons, sometimes those types of video calls can get a little crowded. A video call online has the potential to flop as much as a physical, in-person gathering of people due to overcrowding. But if you're directing the video call online, you have more motivation to make sure it's on point. Luckily, a crowded video call doesn't have to fall apart. With the correct direction and management, a crowded video call can succeed as much as a two or three party video conference.

The key to directing such a crowded virtual video call well is preparation. Preparation is helpful for many things, from passing exams through winning competitions and up

to correctly executing events. The boy scouts say to always be prepared but in truth, the wisdom is much older than that. An ancient philosopher from East Asia reportedly once said something like "If you give me four hours to chop down a tree, I will spend three hours sharpening the axe." Let's look at some of the ways you can direct a crowded video conference successfully.

1. Assign Turns

Assigning turns during a crowded video call is one of the most important reasons for its success. A virtual meeting of 30-50 people where at least 5 or 6 people are talking over each other or interrupting one another's flows would be very detrimental to any meeting's purpose; whether it's a concrete goal-oriented virtual business meeting from which everyone needs to come out with some insight in the form of highly tangible bullet points, or whether it's a family reunion where the purpose is for all participants to say "Ah. It was nice connecting with everyone again".

Start by making yourself a list of everyone attending the virtual meeting. Once the list is done, determine the order in which you'd like everyone to speak. Personally, I prefer the alphabetical order because it eliminates many objections and little resentments with regards to precedence based on age or standing or what have you, but you may need to make a few exceptions to that, depending on the video call's specific purpose. For example, if it's a virtual meeting of shareholders speaking to corporate leadership, and the primary purpose of that meeting is to share the company's overall performance so far, it would make sense for the CEO to speak first, as opposed to allowing the leaders to speak alphabetically.



If you're having a video call with the purpose of allowing the legal department to update the marketing and sales departments with regards to a copyright suit involving the company's logo, it would make sense to let the attorneys speak first. Generally speaking, you could internalise the alphabetical system and then divide it, allowing the attorneys in the legal department to speak in alphabetical order if more than one of them will be speaking, then extending the same courtesy to the other departments.

Of course, if you're looking to internalise the alphabetical system then divide its application amongst groups, it might be a good idea to communicate with the team leaders for the participating teams prior to the video call. That way you know which teams have multiple participating members who might need to speak and contribute and which teams just need to have a single person speak.

Depending on how crowded the virtual meeting is, you may eventually find yourself with multiple orders applied at different times. For example, the order of keynote speakers, then the order of teams, then the order of participants within each team's turn and so on and so forth. However, the alphabetical order list for every single participant will probably always come in handy after the presentation of the focal points for the video conference event. Participants tend to have questions and comments after a topic is primarily addressed, and an alphabetical list going through people's concerns and comments might prove quite helpful in managing everybody's participation.

2. Allocate Time Slots



Virtual meeting or physical, the problem remains the same. There's a lot for everybody to say but only so much time to say it. Through your familiarity with the focus or subject material of your video conference, try to wisely allocate time slots for each speaker. An egalitarian divide of the time available for the video call is widely suitable for a number of meetings but again, certain meetings require some individuals to speak more than others.

That being said, the egalitarian divide of time is a great place to start as a basis. Using this division as a launching point for further changes to time allotment, you can allocate more time to select speakers as required whilst keeping everybody else's slots equal. That way, no one speaker exceeds the allotted time of another speaker if there's no absolute need for it.

The list you made earlier in "1. Assign Turns" can be doubly used for the purpose of allocating time slots, whether you duplicate said list or compile the time allocation on the same original document. If the meeting is an exceptionally long one and you have some extra time, make sure to allocate some break times.

The vast majority of people are far from charismatic, and even the most charismatic presenters might have some trouble keeping the attention of their audience during a video call online if they're presenting inescapably boring topics. Topics are doubly boring for those in the meeting acquainted with these topics' details; be those details an anecdotal story or a summary of the company stock price performance during the last five years.

Break times are an excellent tool to mitigate this boredom before it becomes involuntary unproductiveness. People's minds need to stay engaged and brevity from speakers is an important factor in keeping minds fresh. This is another important function to consider when allocating time slots. Try not to let anyone drone on for too long unless absolutely necessary.

Of course the number of breaks you schedule and each break's length of time must depend on the overall time available for the meeting, but scheduling breaks is an important part of any meeting that runs over 40 minutes.

3. Institute a System



During a crowded online video call it's important to put a system in place to manage the successful signalling of when someone's time slot runs out and another begins. The system you will need will not just rely on timing but also on clear communication. You will need to clearly communicate to the participants when their time ends and when it begins, and you will need to keep track of who wishes to speak, who hasn't spoken yet, and who has already spoken, or does not wish to speak.

The latter part of the system is something [any of Banty's subscription services](#) can help you with. Using our [digital "raise your hand" system](#), the video feed for everyone who still wishes to speak can be marked distinctively. In a video call with multiple stages, you can ask your team to limit their use of this system to the speakers relevant to a particular stage, which can make your task in organising the meeting and keeping it on track even easier. You can [test the utility of this feature free of charge for a full 14 days!](#)

4. Offer Clear Guidance

I mentioned above, preparation is the key to directing large and crowded video conferences. As the director and organiser of a large virtual meeting, it pays for you in particular to be prepared. The participants will rely on your guidance for a smooth meeting and it pays to lead by example. For instance, some video call participants may have anxiety about drinking a sip of water on camera during a virtual business meeting, but drinking might be necessary for some of them to avoid their voices cracking and croaking whilst speaking.

Set the tone by starting the meeting after you take a sip of water yourself. If the meeting is a long one, you might want to directly tell the participants to make sure they have some sort of beverage handy since you're likely to be in the meeting for a long time.

Offer clear instructions about lighting, sound clarity, and internet connectivity before the meeting's purpose comes into focus. Ask your participants to ground their connections by plugging an ethernet cable into their devices. Remind them to test their microphones and cameras. Ask if everyone's connection to the virtual meeting is alright before you proceed to the subject of the video call in earnest.



These are a few things you can do in order to direct a crowded video conference successfully. For the ideal video conferencing platform to serve a large team within your organisation, it may be worth your while to explore your options with a [Banty Enterprise account!](#)

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How to Improve Summer Camp Using Video Calls

Posted By [Abdallah Al Alfy](#)

For Children, Parents and Counsellors



The words “summer camp” tend to dismiss any thoughts of video conferencing software from some minds. At least, they dismiss any ideas about video calling from *my* mind. When I think of summer camp I think of kids rowing boats, running around the woods playing games which are both fun as well as skill-building, insects stinging everyone, and the occasional nettle rash. In short, I picture something very low tech. Virtual meetings are the last thing on my mind. But then, the world has changed considerably. Maybe it’s time for a new perspective.

There are multiple camps out there for a start. Some of them are entirely focused on technology, such as coding camp. But even in traditional summer camps, the extent of communication being a single phone which kids can use to call their parents once a week is already a thing of the past. So why not fully embrace the chance to change? A proper integration of the regular video call online can be a wonderful tool

which improves the summer camp experience for participating children, their counsellors and their parents. Let’s explore the potential improvements of the video call in summer camps from each of these three perspectives, beginning with the most important one.

1. Participating Children

Improving the summer camp experience from the participating children’s experience is arguably the most important perspective out of the three perspectives mentioned above. This is because the entire concept of a summer camp is centered around the participating children. From teaching them new skills to helping them disconnect from the school year, make friends and de-stress, summer camps can serve a plethora of purposes for some children. However, a number of children often suffer from feelings of isolation during their participation in summer camps.

The isolation children feel is not limited to their separation from their families but could also include their separation from their friends and schoolmates. This feeling of isolation could be exacerbated by summer camps which exercise strict rules about the use of technology and successfully prevent children from contacting their friends or relatives until their allotted time slots.

A healthy change to these policies could be increasing the flexibility in use of technology for contacting family. A child who has a video call with a parent or a friend every day may struggle less with isolation than a child who speaks to a parent on the telephone once a week. This use of virtual meeting and video conferencing solutions could allow the child to experience participating in their summer camp in a more wholesome way.

There’s no real cure for homesickness and ultimately, one of the benefits of summer camps is to learn how to function outside of your usual environment, whilst missing home and the people you usually interact with. But homesickness doesn’t have to be relentless and detrimental to a developing psyche. Easing homesickness with the occasional virtual video call won’t take away from the summer camp experience for participating children. On the contrary, it might even enhance and add to it.

But the use of virtual meeting technology for children in summer camps is not limited to enhancing their emotional wellbeing by easing their feelings of isolation. Video calling software can also be employed by children to communicate *within* the summer camp, or in the context of summer camp activities. A participating child can use a video call to contact another participating child, or even a camp counsellor. Summer camps can be vast sometimes and some of their activities involve teamwork on separate sides of the camp, or even different areas of the surrounding natural terrain. Communicating via video call might prove useful in any number of those activities.



2. Parents of Participating Children



If you’re a parent sending your child to summer camp for the first time, you probably worry. If you’re a parent sending your child to summer camp for the third time, you probably worry. You might worry less in the latter scenario but you still worry. How could you not? You’re a long way from your kid, who is some place where it can be a lot harder to quickly update you about what’s happening. But if getting a telephone call from your child helps ameliorate your worries once a week, or once a day (depending on the camp your child is in), wouldn’t regular video calling ameliorate your worries so much more?

A regular video call with your child would do a lot to put your mind at ease, because video conferencing engages both your sight and your hearing, allowing you to see how your child might be doing instead of just listening to them. More input from you as a parent to potential summer camps, as well as selecting communication-friendly summer camps for your children could make all the difference in your peace of mind whilst letting your child enjoy a few weeks away learning new skills and building

friendships!

The expanded use of video calling in summer camps is also useful for parents who might wish to speak to their children’s summer camp counsellors. If you have concerns about how your child is coping, you could set up a virtual appointment to meet with a counsellor from the summer camp via video call in order to discuss your concerns, and take appropriate actions. Or if you wish to speak to particular counsellors and you are unable to get in touch with them, you could have your child put them on the line for you.

3. Summer Camp Counsellors

A summer camp counsellor is not necessarily an adult. Some teenagers crown their extensive participation in a particular summer camp (or type of summer camp) by taking counselling jobs in summer camps. That being said, adult counsellors or teenage ones are also vulnerable to feelings of isolation during extended time away. Perhaps more so than participating children, who may have a wider selection of children their own age to befriend in summer camps.

We often forget that camp staff and assistance share the remote nature of their location with the participating children. But counsellors and other camp staff need to cope with feelings of isolation just like the participating children do. A summer camp with wider allowance for technology usage could help all camp staff and support engage whoever they please in video calling from friends, family or loved ones.

Camp personnel engaged in supervising remote camp locations, such as the camp’s climbing tower or a zip-line outpost, could remain on supervising duties whilst meeting with other counsellors and personnel in a virtual staff meeting, just by utilising remote video call technology. That way no needless trek to the Staff Cabin need be made from remote camp edges and no dangerous facilities are left unsupervised.



Considering these three perspectives, it would make sense to promote wider video calling flexibility in summer camps as well as support summer camps which already enable easy video calling. Consider [signing up for a Banty account](#) to make all your video calling processes easier.

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3 Tasks to Do When You Sit In on a Virtual Meeting

Posted By [Abdallah Al Alfy](#)

The Perks of Observing Unobserved



In the world of virtual meetings, sometimes we're asked to be present in a virtual video call online, even if we're not strictly needed. You know the type. Like when you work in asset acquisition and you're asked to virtually attend a video conference dominated by the marketing team. Or when you work in sales and you're sitting in on a video call dominated by the legal department's discussion of the recent suits they filed against a competitor.

These video meetings have a purpose, which is to keep the members of your organisation connected with all the directions each department in your organisation is taking. You're meant to get a general idea of what they're talking about so you know what's what. Get a feel for where things are heading in each department and the general lay of the land. And being connected to what all the parts of your organisation are doing is very important. If the wider team members disconnect enough, over a period of time, this disconnect starts to affect the coordination between departments within your organisation.

That being said, you do not need to be an active participant in many of these video conferencing meetings. Sure, attendee participation is often encouraged, and you might have something useful to chip in once or twice, but generally, a lot of the things discussed in that meeting are outside your mandate and often enough you don't even know enough about some of them to have viable solutions. So what do you do in a meeting like that? Well, kill your video feed, mute your mic, but keep an ear out. Keep listening to the meeting. You can unmute yourself and say something if something relevant to your role comes up. But while you're waiting, here's a few things to do whilst sitting in on a video call.

1. Catch Up on Emails

This is a fairly typical task many office workers must deal with on a regular basis. Instead of doing nothing during a virtual conference where you might never even speak, it would be good to make use of that time sorting through your emails, keeping the necessary ones, discarding the unnecessary ones, reading and replying to the urgent ones, etc. A video call during which your microphone is muted is perfect for that because no one can hear you hammering away at your keyboard. Not that it would be an unusual sound to make whilst attending a virtual meeting via video conferencing software. After all, you can bet a bunch of your coworkers are doing the exact same thing without taking the trouble of muting themselves or killing their video feeds. And of course, there are those who are typing information relevant to the video conference itself, taking notes and such. When you do that, make sure not to attempt replying to emails that require lengthy, thoughtful responses. You still want to be able to focus enough on the video conference to know if your input is required, unlikely though it may be.



If you feel like synchronising your tasks you can begin by reviewing the emails most relevant to the virtual meetings you listen in to via video conferencing solutions. The things you hear during the video call may tie-in to the email you're reading and give you some insight, whether it's insight you'll need replying to the email or insight that will be useful to remember at a later date.

2. Move Around a Little



I think I can guess what's going through your mind. You're wondering if this qualifies as a task. Perhaps not a direct work task. But it is a task, nonetheless, and an important one. To work effectively at a desk, almost everyone needs to get up from their chairs from time to time. Shake their legs a little and maybe do the most minor of stretching. Not the athletic kind. The kind you do when you get out of bed in the morning. The time to do that during the day could vary, but if you're scheduled to virtually attend a meeting you don't need to speak in through video conferencing, what better time is there?

Make the initial greetings, kill your video feed, mute yourself, and listen to your computer while you pace your office. That way you get a lot of the day's necessary stretching done, get a good idea of what's happening outside your department, whilst at the same time listening for the rare possibility that you may be asked to contribute to the video call. It's the perfect task. Necessary and important for your day but not so absorbent of your focus that you'll miss your cue during the virtual

video conference. Of course if you're in your office, confining yourself to a little pacing or a bit of light stretching is ideal. You don't wanna get too noisy with a full-on exercise routine that would disturb the other people in the building. And if you're working from home, remember that the focus required for a proper work-out session might draw your focus away from the noise coming at you through your video conferencing software.

When all's said and done, you still want to have a good idea about what was said in the meeting and you still want to be able to contribute at a second's notice. To do that, it's best to keep your movement light enough to serve your working day. You're time-managing *for* an optimised work day, not to cram your exercise time and working time together.

3. Clean Up Your Desk and Workspace

I tend to wipe down my desk daily. Partly a habit from the COVID-19 crisis but also partly because I've grown a bit of a beard in recent years and I don't want my dark coloured hairs marring the cleanliness of my white desk too much. Now, your desk may or may not need daily wiping down like mine does, but if you've been meaning to organise the items on your desk and get your papers in order, a video call during which you're probably not expected to say anything is the perfect time to do it. And since you're doing it anyways, why not give your desk a wipe down as well?



Of course, reading this idea for a task may be a waste of time for some people. I'm sure a few of you keep your desk so meticulously ordered that "re-ordering it" hardly takes you a minute or two, if even. But if you're anything like me, as I'm sure many of you are, you tend to spread your things out around you as you work. Like I suggested in the other two task ideas above, start by saying your greetings in the meeting then kill your microphone and camera. Then get re-arranging.

If you've been at your job a while you likely have some papers around that you need to sort into categories and more papers that you need to throw out. You also likely have a lot of those papers in your desk drawer or a cabinet in the room. Maybe you have some of them in a briefcase, or a folder, or a file you carry on your person as well. You can get started on that too if you finish cleaning up your desk quickly. Now, if your desk is separate from your cabinet, give that a good wipe down for luck as well and you're golden.

In truth, you probably know better than I do what little but important tasks you can pay attention to with a muted microphone and a switched off video feed during virtual video call meetings where your contributions will probably not be needed. The three ideas above are a good place to start but you're bound to be able to think of more if you want to. If you're looking for more ideas, perhaps get started on a To Do list. In the meantime, for the video calls during which you *do* need to make serious contributions, consider [one of your options from Banty](#). The Banty platforms are also [great for presentations](#).

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3 Things to Double Check Before a Video Call

If you've got an important video call coming up, it may pay off to double check a few things. We've listed three of them for you.



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What I Missed Teaching Via Video Conferencing in the Past

Posted By [Abdallah Al Aify](#)

Features I Wish I Had Access to Way Back



I am a singularly lucky man, with regards to my career, in that it is quite varied. When I'm not writing about any number of topics, or working on something related to the pharmaceutical industry, I tutor and teach people. I teach a number of subjects, but predominantly, I teach English as a second language to Arabic speakers, and I teach Arabic as a second language to English speakers.

Often, I have taught people on the other side of the world via video conferencing software. I've taught people using a video call online long before the COVID-19 crisis. Which means I missed quite a few amazing features which could have helped me improve the lesson experience I offered my students.

The reason I missed some of these features is because the COVID-19 crisis brought some amazing video conferencing features to mainstream attention. Many of the commonly available virtual meeting solutions before the COVID-19 crisis lacked these features and while these features may have existed in some form or another before the aforementioned crisis, the world undergoing said crisis increased the market's demand for these features. It was then that I realised exactly which features with the potential to improve my online lessons had been missing. Let me tell you a little bit about some of them.

1. Screen Sharing a Window



When you use a quality video call solution (like [any of Banty's solutions](#)), screen sharing during a video call feels like an everyday occurrence. But really, the vast majority of mainstream video calling services never offered screen sharing before the COVID-19 crisis. In fact, many of them *still don't*. And that's okay. Not every video calling solution was designed to do it all. But when it comes to teaching, screen sharing features in general are invaluable. Screen sharing a window in particular is a great asset. You can share a diagram with your students from any image file or format your device is equipped to read, zoom in on the parts you want them to focus on, and even label parts of the diagram in real time with them.

More than that, you can share a PDF or PowerPoint Slideshow, without the need to use a remote projector on their ends. In this way, you can deliver an entire tutorial, lesson or lecture to your students whilst simultaneously viewing the same material as them, instead of telling them to "go to slide 8" or "page 26" and verbally directing them as to what you're talking about on each slide or page. You can read and highlight entire sections in real time on your screen as well as theirs and

ask individual students questions about parts of the text you know they're looking at correctly.

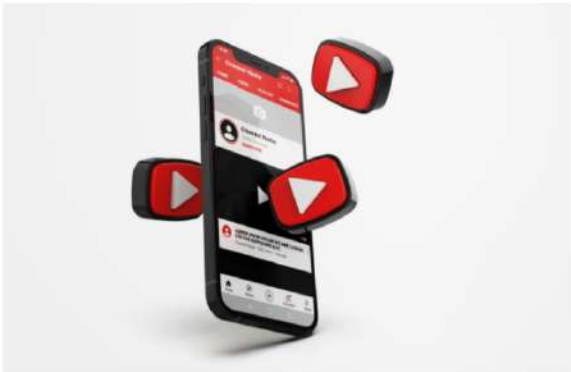
2. Digital Hand Raising

Virtual learning over video calling bears many similarities to learning in a physical classroom. Students are going to want to ask questions. During a lesson in a physical classroom, a student will typically raise their hand in order to make a point or address the instructor. This is meant to prevent disorderly and unproductive conversation, in case multiple students wish to speak. During a video conference you may still physically raise your hand, but if there are many students in the video call then their portion of your screen might be too small for you to notice their raised hands in a timely manner, which can be frustrating for any students who wish to speak but are never provided with the opportunity to do so.

To deal with this issue, [a number of video calling solutions](#) now offer participants the option to "raise their hands" digitally. To indicate they wish to speak next by the [simple push of a button](#), which marks their video feeds during the virtual meeting. In a teaching environment, this is an ideal feature. A mark on one of my students' video feeds makes me more likely to notice that they'd like to speak and so more likely to respond in a timely manner. This also means that this feature reduces the possibility of disorderly shouting out of answers by students and such. Students who do not exceed a certain level of frustration with how they are taught are more likely to choose to return to their virtual lessons for elearning.



3. Watching a YouTube Video Together



This particular feature is even less common than regular screen sharing. [All of Banty's subscription solutions](#) offer the opportunity for all participants of the same video call to [watch a YouTube video simultaneously](#) without a lag caused by starting delays, which is an excellent function for virtual lessons. While this is technically a function of screen sharing, it is advanced enough to be considered a feature on its own. There are a number of usefully educational videos for most subjects available on YouTube. The videos which are not available can be personally uploaded by yourself, provided you can source them.

When teaching students languages during a video conference, I personally like to use YouTube to show them examples of advanced oration, poetry and linguistic performance. For example, one of my favourite clips to show students who have sufficiently advanced in learning English as a second language, is the clip during which Al Pacino delivers himself of a diatribe in the feature film "Scent of a Woman."

There are countless other such examples. Sharing a YouTube video simultaneously

with the entire virtual class makes demonstrations of this nature easier, whether you're showing short clips or full documentaries.

These are just a few of the features I missed when I taught virtual elearning classes using video calls in the past. If you virtually teach classes regularly over a video call and you feel like you're missing features like that with your usual teaching medium, it [might be worth considering the options Banty can offer you](#).



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Abdallah Al Aify

Aify is a content writer of 17 years, writing in multiple literary and content disciplines, and translating professionally since his early teens. Full name of Abdallah Al Aify, he is also a licensed pharmacist in multiple countries. Aify's pharmaceutical background has often been an asset in scientific and medical writing.

Who to Schedule Regular Video Meetings with During a Pandemic

Posted By [Abdallah Al Alfy](#)

People it would help you to connect often with during extended isolation



With any luck, there won't be another pandemic ever. We all hope that as this pandemic draws to a close, it will be the last. However, just to be safe, we'll make some notes for any potential repeats in history. In times of pandemic, we face grave isolation which limits our physical, live interactions with other people. This is a small list of people it would be beneficial to schedule regular video calls with to keep yourself physically and mentally healthy throughout any general bouts of isolation.

1. Your Doctor



I like to state the obvious so I can elaborate on it. Clinics, hospitals and doctors' offices were often quite difficult to physically access during times of pandemic for many people. Telemedicine visits are an obvious choice, but verified virtual visits with your doctor over video conferencing software are the same as regular doctor visits in a few regards. One of them is that you need to schedule them regularly. If you fall into the trap of taking a verified virtual visit via video call with your doctor less seriously than you would a physical visit, you may be a little hesitant to schedule regular doctor's appointments online.

The reason this is particularly dangerous is that many diseases you might otherwise have detected can go undiagnosed. In fact, our co-founder, [Dr. Richard Tytus](#), speaks out regularly on the dangers of [diseases which go undiagnosed](#) in times of crisis. Remember to schedule verified virtual visits with your doctor for as long as you may be isolated.

2. Loved Ones



Rather than listing the above as a bulkier title I went for an abbreviation. Loved ones. It covers friends, family and a whole lot more. Another obvious choice, connecting with loved ones during times of isolation is great for giving us hope and helping us through difficult times. But the emotional weight of physical isolation can make us a little sluggish about connecting with the people we love virtually. So this is a reminder to set a schedule to make it a little easier for us to regularly connect with our friends, family, and the people we love, because we need to hear from them as much as they need to hear from us during times of pandemic and the isolation it creates. Of course, if you're on a [video call using Banty](#), you can also connect with them outside of plain video conferencing, such as [screen sharing](#) or [simultaneous video watching](#).

3. Mental Health Support



Whether it's a formal, licensed therapist, or a life coach you feel has helped you through a lot, or maybe even a mentor of some sort, a regular video call with someone who offers support to your mental health on a regular basis can be very helpful. If your insurance covers it or you can afford it, it might not be a terrible idea to see a therapist, regardless of your mental state. Many people don't medically need to see a mental health consultant of any sort, but embark upon it as a form of self-exploration. And during times which challenge everyone, seeing a therapist to help cope can be seen as a prophylactic mental health measure, rather than an unnecessary step. Of course, if you do regularly see a therapist, times of pandemic are more important than ever to keep scheduling regular video conferencing sessions with them.

This is a simplified list of people to stay connected with during times of isolation in general, and although it was inspired by the pandemic, physical isolation can occur to people for any number of reasons. If you ever find yourself in an isolated situation after this pandemic hopefully passes, remember that a regular video call with any of the above can be a helpful coping mechanism.

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How to Stay Awake During a Boring Virtual Meeting

Posted By [Abdallah Al Alfy](#)

Stay Vigilant Throughout Your Career



Virtual meetings have a lot in common with physical meetings. One of these things in common is that in the absence of correct presentation, brevity where necessary, and stimulating, engaging interaction, both these types of meetings can become extremely boring. So boring in fact, they can send you to sleep! Of course, whether you're having a meeting in person or via video conference, a meeting as boring as the previously described is sometimes unavoidable. You're not the one holding it, so you're powerless to make it more engaging. And yet you have to be there. Now, given that a video call online is just that, your virtual meeting can provide you with diverse, more varied ways to stay awake than a physical meeting; sparing you, your team, and whoever's speaking at that fateful minute of unconsciousness you wish to avoid, untold embarrassment. Let's look at some of the ways you can stay awake during a boring virtual meeting.

1. Have Some Coffee

Provided your doctor has no problem with you using caffeine to stay awake, this classic method will get you through many a boring meeting, virtual or otherwise. Your needs will vary in this regard. Some people have a naturally high tolerance for caffeine, or developed it as they drank more and more coffee. If you're one of those people, getting you through a meeting you're attending over video conferencing will require a very strong and concentrated brew. Maybe a double, triple, or even quadruple portion of that brew.



There are various types of strong coffee out there and if you're already a connoisseur you don't really need a lecture detailing the vigilance promotion of a quadruple espresso in comparison to the wakefulness provided by four cups of Turkish coffee. Just make sure to time your coffee drinking well for optimum vigilance during your meeting. Coffee gets things moving in more than one way and the last thing you want is to have to run out during your video call. I've found that sipping mine over the course of a meeting is more helpful than drinking it beforehand or drinking it really quickly, but everybody is different.

For example, some people have a very low tolerance for caffeine and therefore do not need to drink too much coffee because very little of a very mildly caffeinated brew is enough to keep them alert for hours on end. In fact, some people wake up just fine from the trace amounts of caffeine sometimes found in decaffeinated coffee. They might even have trouble getting to sleep if they drink decaffeinated coffee in the evening. You all know who you are and there's nothing to be ashamed of. Just plan your caffeine intake for the video call in accordance with how you know your body normally handles coffee. If all you have access to is a very well-caffeinated brew, make sure to drink considerably less than the regular full serving, even if your cup or espresso shot glass is full of the regular serving.

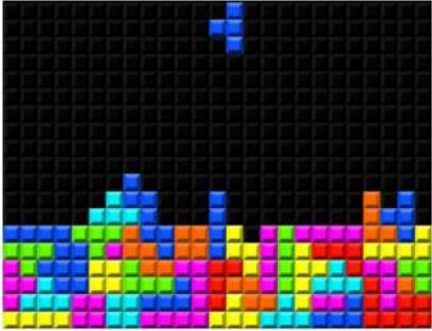
2. Take Some Notes



You might not really need to take these notes during your virtual video meeting, but you're not doing it for information retention so much as to keep your brain engaged. The activities of writing, summarising, and organising fire up more neurons in your brain, in regions which promote wakefulness. During a virtual meeting you can take notes both digitally or manually. You can type or use a pen. Take whatever notes you feel might be useful to you, and if nothing worthy of note is being said, you could always do some doodling or type up some nonsense for fun. Try writing down the name of the main people speaking, the topics they're covering and summarising everything they're saying into the shortest possible bullet points. Of course, if neither taking notes nor doodling is helping you stay awake, there is another solution, which is so much easier to engage in precisely because you're virtually meeting through a video call...

3. Play a Desktop Game

If taking notes, doodling, or typing whatever you want to make you look focused doesn't work, never fear. Since no one else in the virtual meeting can see your screen, you can start playing a minimizable desktop game. Up your brain's engagement to the maximum. You can even pick something truly exciting. A racing game or third person shooter. That's the beauty of attending a meeting from the comfort of your desk or home. They'll see you playing, but they'll still assume you're taking notes. Just make sure it's a game you can kill the sound on without muting your computer because you need to be able to contribute to the meeting without everybody realising that you're playing a game instead of taking notes.



Now, is it ideal to play a desktop game during a virtual meeting through video conferencing software? Absolutely not. But it beats the heck out of dozing off in the middle of the video call and potentially embarrassing a client, or another team in the company, or your own team, or even yourself! If I were your manager and I knew you had to sit-in on a remote video call as boring as the video meetings we're discussing, I would actively advise you to play a desktop game, rather than have you embarrass me in front of someone from outside the company, or another team, or worse; in front of my own manager.

Congratulations. You are now ready to brave the more boring virtual meetings in your career on your way to (hopefully) much more exciting ones. To make already great virtual meetings successful, consider signing up for a [14 day free trial of any of our Banty subscription video calling platforms](#).

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Long Distance Karaoke Night with Banty

Posted By [Abdallah Al Alfy](#)

Rock Your Friends' Screens Long Distance Style



Karaoke night is the bomb. You know it, I know it, and anyone who disagrees has stage fright or just a very special taste in music. For the rest of us mortals who can live with the occasional jarring note, karaoke is a beautiful experience! The exhilaration! The emotion! The connections we make with people who like the same music! Whether you go to a specialised karaoke venue or your local social house hosts a karaoke night, the result is usually one magical night. However, did you know that you don't need a karaoke machine to have a great karaoke night? You don't need a big venue? Heck, you don't even need to be with your friends in the same room? Did you know all of that? Of course you did! Because you read the title!

You can have your karaoke night virtually! You and each one of your friends will be performing online karaoke from the comfort of your own homes. Because your online karaoke night will be happening via video call online. If you haven't done this before, singing karaoke online will be an astonishing experience for you. No less bewitching than when you sang karaoke in person at a karaoke venue for the first time ever. Singing karaoke online from the comfort of your own home takes away any anxiety you may be feeling. Which is excellent news for those who found their stage fright a little too much to physically participate in karaoke in the past. And the best way to have an online karaoke night is to use the right virtual meeting software. Such as [any of the subscription options offered by Banty](#). Here's a few things to do for an awesome experience singing karaoke online with a Banty platform.

1. Decide How to Show Performers the Lyrics

The term "karaoke" often calls to mind a large screen with lyrics changing colour to help the singer with timing the words to the non-verbal music being played. That's because a few advances in technology made this helpful little feature very common. But in its original form, karaoke simply means "Empty Orchestra". Essentially, music without live instrument players who can adjust to your pace or accommodate minor slip ups on your part when you sing. So singing to a pre-recorded soundtrack.



Now if you're holding your karaoke night via virtual meeting software online, you should be able to do karaoke however you prefer. You can go old school. Play the recorded, lyric-free music on your end while you read lyrics off your screen or a printed sheet of paper. Alternatively, if you'd like to approach this the modern way, Banty offers an option to do so. To begin with the modern approach, you'll need the lyric displaying, singing-free, sing-along-style videos for any songs you would like to sing to be uploaded to a video displaying platform. They could be uploaded beforehand by a content creator you don't know in person, or someone in your group of friends can obtain and upload these videos instead. YouTube and Vimeo are a couple of popular choices for sing-along videos. Using Banty's screen sharing features, you can then opt to [share a tab from your browser](#) running the sing-along video of your choice. Just [select the "Share Audio"](#) feature so the other participants in the video call can hear your pipes going off!

You may be tempted to [share a YouTube video into Banty directly](#) because it seems to make more sense with this feature being available, but in fact, being able to sing over a YouTube video shared directly through the feature isn't available across operating systems. Often, you might find the mic being automatically muted when you share sound through the video and the video being automatically muted when you share sound through the mic.

Alternatively, if you'd like to go old school but you want everyone to be able to see the lyrics you can use [Banty's chatting feature](#) to copy and paste all the lyrics for each song. Or you can simply select the option to share a window from your screen sharing options and show the participants wherever you have the written lyrics displayed on your screen.

2. Decide on the Songs



Since you're hosting your own Karaoke night through video conferencing software online rather than relying on a Karaoke bar or cafe, you can't really count on the catalogues commonly offered by most karaoke venues. You'll have to make a list of the songs you want and then see if you can source singing-free soundtracks for them or even proper sing-along videos. Depending on how your group typically handles get-togethers you may want to make a list of the songs other members of your group might like to sing. Alternatively, if your group usually relies on a single person to organise their entire event then you might just need to make the list yourself.

Once you have that list you should then proceed to obtain the materials required for each song on the list. With just a little bit of luck, lyricless recordings of the songs' soundtracks will already be available, including specialty sing-along videos you can read the lyrics off as they change colour. If not, you might have to ask someone to make you a few of those, which can be surprisingly easy and inexpensive sometimes. Got the list? On to the next step!

3. Set Yourself Up for a Great Virtual Karaoke Experience



Set up your laptop, desktop, tablet or smartphone in a room with good acoustics. Preferably good lighting too, since Karaoke night with friends is more than about singing, it's an interactive experience. Double check your equipment's performance two or three hours before starting so you can have a little time to solve any problems you discover when you do. Drink some fluids a few minutes before performing to help your vocal cords through the experience to come. Advise your friends to do the same. After all, while completely butchering a song is part of the fun of karaoke night, there's no need for avoidable failure. There's going to be plenty of that even with everybody trying their best.

Since you're already organising the whole event, you might as well put the order in which people are going to sing and what songs they'll be singing on the list of songs you made earlier. That way you can distribute the singing time equitably and you can ensure that everybody has a great time.

Are you ready to rock your friends' screens in a video call for karaoke online? To have the best experience with an online karaoke night whilst video conferencing, [you can try any of our subscription options for free](#), a full 14 days before deciding whether to purchase a subscription. Learn more about your [subscription options here](#).

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3 Things I Hope Video Calling Will Help Me Become

Posted By [Abdallah Al Alfy](#)

Ways Life Will Improve via Teleconferencing



I keep banging on about how the future is here. [How video calling already changed and changes so many lives both directly and indirectly and how it will continue to do so](#). Well, there are a number of ways I hope video calling will change my life in particular, and the lives of others like me. Others seeking self-improvement. Self improvement video call by video call is an unusual concept, I know. But then again, communicating by video conferencing software was also an unusual concept when it first became widely available. In fact, I have addressed a couple of [self-help aspects](#) via [video chatting solutions](#) before.

The truth is, there are numerous excellent self-help tools out there which no one thinks to use. Video calling is one of them. This article is meant to outline 3 things I genuinely hope and believe video calling will help me achieve for my personal and professional growth and life enhancement. There is no huge distinction between personal and professional self-improvement in this article because the effects of the concepts discussed on both one's personal and professional lives are quite intertwined. Now let's talk about the things I hope and believe video conferences will help me become.

1. More Efficient



I truly hope video conferencing solutions will help me become more efficient with my time. Being able to meet with people professionally without having to waste time on long commutes or being stuck in traffic is one of the greatest upsides to video calling. The same goes for you really. Imagine having a meeting with your team in your living room then joining your kids in the pool outside for an hour before getting back to work. Or postponing date night with your wife for 20 minutes to take a quick video call for work instead of cancelling it altogether because you need to waste two hours in rush hour traffic after a late meeting. Imagine having the option to not fly to important meetings your employer is holding in another city when you don't want to, opting to attend virtually instead.

There's really no end to the imagined scenarios I could propose for the ways video calling would make you more efficient. What you do with that efficiency is entirely up to you. You could get another degree, spend more time with your friends and family, work harder at your job to make some extra money, start a side hustle or even travel the world at your leisure. You could become more productive or spend more time doing nothing. Build an extra room in your house or start a plot to conquer the world. The world is your oyster, really. The bottom line is, properly incorporating video conferencing in your life can increase your efficiency exponentially, by giving you extra time. Which brings us to point number two.

2. More Free

You already know this but I'm a fan of stating the obvious. More time equals more freedom. If video calling helps you use your time more efficiently, it means you have a lot more time to do what you need to. In the step above I made a few suggestions in the name of efficiency, but what about using that time to really enhance the freedom of your life? What I would like to do with that kind of time is buy myself a couple of houses, rent them both out so they're paying for their mortgages and then enjoy my remote-working life; working out of some reasonably priced, temporary accommodations in the world's most beautiful but mostly inexpensive areas. That's not to say I wouldn't work the occasional month in the Maldives or Monaco if I can afford it. And that's kind of the point.



Having been liberated by properly incorporating video calling into my work routines, living in some of the world's most expensive economies need not be a huge financial "hit" I take in order to enjoy experiences I don't usually enjoy. I can go anywhere at any time without worrying too much about money, and if I have any clients of my own, I could even boost my brand image by video chatting with them from places that make my continuously changing exotic locales obvious, even during a simple video call online.

Retirement plan? Well I have two houses in up and coming neighbourhoods and their mortgage is being paid. Hopefully if I've done this I've landed some reliable renters. So with a little bit of luck, by the time I need to retire I can sell both houses at a good profit, and with what little pension I managed to muster and a little smart use of my funds, I can continue living comfortably for the next 1600 years or so. I'm not very greedy. And really isn't that why we all work, beyond our need for survival and comfort? Para estar libre? To be free?

3. More Happy



I like to think of myself as a very happy person. That said, I'm always happy to have the chance to be happier, so to speak. Ultimately, the modern uses of the video call may be helpful in making more of us more efficient and more free, but why do we seek to increase our efficiency and freedom, ultimately? Why do I in particular seek them so much, that I'm sitting here writing an analysis on how video chatting can help me achieve them? Because I believe that more efficiency and freedom in my life can ultimately lead to greater happiness. More time for recreation. More things to experience. More time spent in meditation and prayer.

Of course, none of the things that I believe could increase my happiness need necessarily mean anything to you for you to also believe that greater efficiency and freedom in your life could lead to greater happiness for you. The important thing is that you know that time on your side is a great thing to have. Personally, I believe that however happy I am doing whatever I have to do due to financial obligations, I

would be even happier not having to do anything without compromising on the long-term happiness of me and mine. Being able to reach out professionally through virtual meeting technology and reducing in-person meetings considerably promises to eventually make all office work remote. And so the development of video call solutions promises to eventually make all the difference in efficiency, freedom and thus, all the difference in my happiness.

Want to try some really efficient video conferencing to speed you up on your journey to highly efficient freedom? [Try one of the video conference solutions](#) offered by Banty for a [free trial](#) period before you need to pay anything!

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The Travel Video Call Routine

Posted By [Abdallah Al Alfy](#).

Smoother Video Chatting on the Go



A routine to save you trouble before a video call is not a new thing. In fact, [I've talked about it before](#). However, the previous article mentioning a routine for every video call online was aimed primarily at people who make regular video calls from fixed locations, like an office or at home. This article aims to help those who make regular video calls but also travel quite frequently.

Whether you're travelling for business and need to talk to your team back in the head office and all over the world, or you're living the nomad lifestyle by travelling for fun and working on your laptop by virtually meeting clients, we wanted to share a few things you might choose to do to optimise your video call experience for both yourself and the person you're virtually meeting, which can only help with whatever you'd like to project; be it pure information sharing, or something a little more intangible, like confidence in your performance.

1. Keep a Bottle of Water Handy

The advice to have a bottle of water at the ready for a potential video call on the go might sound a little counterintuitive to some readers. I understand. But water is the ideal cure for most dry throats that don't involve some sort of medical condition, and as I said before; Dry throats are the enemy of successful vocal communication. Whether you're video conferencing with a client, a teammate, or your supervisor at work, you want them to be able to hear what you say.



Unfortunately, having good potable tap water wherever you travel is not always an option. This is why keeping a bottle of water handy is useful for your upcoming video call online. Of course in this scenario I don't mean a bottle you fill with water. I mean a bottle of pre-bottled water. Bottled water companies don't have a lot of moving parts in their final product, in the end people buy bottled water more for cleanliness than for minerals. So a bottled water company fraudulently selling non-potable water would go out of business pretty quickly anywhere in both the developed and the developing parts of the world. That's why it's a pretty safe idea to keep bottled water in particular handy, whether you brought it with you or you bought it locally.

You can also opt for another beverage if you prefer, even one you carried with you from another city, or even another country. The important thing is for your throat not to go dry so that your voice doesn't crack and croak. You don't need to drink too much if you're not very thirsty. Just having a couple of sips before your video call starts, and as much as you need during the actual video call if you feel your throat going dry would be fine. Just make sure to keep your beverage nearby when you're video conferencing so you can reach for it. That's another advantage for water bottles. They're preferable to cups, glasses and open drinking ware because they're less likely to spill. You might have reservations about sipping your drink during a video call, which is fine. Keep it nearby just in case. Trust me, your voice croaking at a critical moment is more disruptive and embarrassing than you taking a quick sip of water.

2. Go Over Your Setup



This particular step isn't very different from the recommendation to check your setup, which you can find in my [previous article about this topic](#) for more settled video callers. You should ensure that both the camera and the microphone which you intend to use are in good working order a sufficient time before your virtual meeting is due to begin. A couple of hours before starting the video call might be a good idea. Some video conferencing software options, such as all the [Banty options](#), make it possible to test your chosen camera and microphone with the software before your video chat begins.

Having tested your mic and camera, make sure to adjust their position to optimise how your image and voice are captured. If the microphone and camera you're using are built into your device, such as a camera phone, laptop, or tablet, make sure to align the whole of your device well. Of course, that might take a little more effort in some rooms than the effort it might take in others, depending on what your reservation looks like, so...

3. Prep Your Room



If you know you're going to be making video calls in your temporary accommodations, inspect the room you'll be making your next video call from as soon as you've caught your breath from the trip. Check to see if there are any desks or tables you can set up your device(s) on for a video call. Choose the surface most suitable with regards to height and adjust its position for ideal lighting and background. Experiment with the curtains and lights available in your room to adjust for the ideal lighting conditions. See if you can position yourself somewhere with mostly flat surfaces to reduce the possibility of echo. If you're staying long enough to make several video calls, this initial preparation of your room will come in handy with later video calls, without costing you too much effort.

4. Prep Yourself



Preparing yourself for a video call on the go can be a little different from preparing yourself at home, despite the fact that a lot of the things you should do are essentially the same. For a start, about 3 hours before your video call, you should try practicing what you intend to say during the video call whilst gazing directly into the lens of your camera. This is important because looking into the lens of the camera simulates the effects of eye contact virtually. During a video call, the vast majority of people usually look at the screen. Communicating with greater impact however, means that you should spend the lion's share of your time looking directly into the lens of your camera, to give other participants the impression that you're looking them in the eye.

It might also be helpful for you to carry around a notepad or two, Or perhaps an album of sticky notes, along with a pen in case your temporary accommodations do not provide writing material. These smaller paper stacks can be used to jot down some brief notes to act as prompts for your memory while you're speaking on the

video call. Position these notes strategically around your device so that you can glance at them quickly every now and then just before you look right back at the camera again, without anybody realising that you're reading. You don't want to seem like you're reading things off a piece of paper, which is why practicing is important. So the notes can be speaking prompts, not a script to read off of. If you're worried the notes you positioned might be picked up by the camera and you don't mind writing your notes digitally, you can type your notes on your desktop. Personally, I prefer a Microsoft program literally called Notepad.

And there you have it. A routine to make your video chats easier during away games. If you're looking for the ideal video chatting solution, consider one of the video chatting solutions offered by Banty. These blog tips might help you have a smoother video chat in general but using Banty as your video call software of choice is a very particular level of video chatting ease.



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Abdallah Al Alfy

Alfy is a content writer of 17 years, writing in multiple literary and content disciplines, and translating professionally since his early teens. Full name of Abdallah Al Alfy, he is also a licensed pharmacist in multiple countries. Alfy's pharmaceutical background has often been an asset in scientific and medical writing.

The Importance of Video Calls in Deciding Major International Issues

Posted By [Abdallah Al Alfy](#)

The Fate of Nations via Telerelations

You see it in the movies all the time. Someone on a big screen in the “Oval Office” talks to the president before they decide to engage the aliens or declare war on someone, or evacuate New York over the threat of a natural disaster or a terrorist plot. Well, while a lot of these scenarios are fictional, they do have some basis in reality. Presidents, monarchs, diplomats and other government officials often engage in conversations which affect some major international decisions via secure video teleconferencing.

Issues ranging from brokering peace talks, promoting religious tolerance, or managing a refugee crisis have been discussed between leaders using video conferencing software. For example, Merkel of Germany and Sisi of Egypt have spoken via teleconferencing online at least two times in the past two years that we know of, so at least a rate of once a year. Likely more. In general a secure video call online is a normal item on many important government officials’ schedules, even though not each one is advertised in a press release

Of course, there are driving factors which may increase the occurrence of online video calls on those schedules, such as the COVID-19 crisis, which caused all of the top officials in the EU to meet via video conferencing solutions on March 2020, rather than physically attend a summit in-person at the same physical location. But crisis or no crisis, video calling now has a prominent role in the discussions and meetings which decide the world’s fate. Or rather, video calling now has a prominent role in the video conferences and virtual meetings which presume to decide the world’s fate. Today we’ll look at some of the instrumental uses of video calling on the inter-governmental level.



1. When There's a Threat



Depending on the security implications, many global leaders’ security protocol may allow for their video conferencing while they evade a credible threat to their lives. A few of them even have the appropriate video conferencing capabilities built into the secure locations they might be moved to during credible threats. This is not just so they can meet with diplomats or other heads of state remotely.

Sometimes, particularly if the credible threat to their lives isn’t a person-targeted threat, but part of a more general potential massive attack, a leader will need to get in touch with various government officials, such as the ministers in control of various emergency services, or the military officials responsible for defending against potential nuclear aggression. There are a number of different government officials that would need to communicate during a threat to a senior member of government or a threat to more than one senior government member, and sometimes the exchange of information in this communication needs to be visual. Hence the need for a video call sometimes in credible threat scenarios.

2. To Boost Morale



Imagine a country sending its first astronaut to space. How great would it be for the other members of the country’s astronaut program to see footage of the minister of aviation personally attending a video call with their pioneer comrade? Better, how great would it be for the people to see their nation’s leader on a video call with their first man up in space? Granted, the technology for this video call may not be reliant on the internet, depending on the type of video call, but it’s a video call nonetheless.

It doesn’t have to be space really. Since video chatting outside of internet video calls have been mentioned, the head of a country’s largest public-sector university might need to speak with the university’s best marine biologist at the moment of a new astounding discovery, deep below the ocean in a submarine. Using satellite internet on an end with difficult reception, it may specifically be possible for a country’s prime minister to contact the nation’s premier climber during a mission!

3. To be Briefed Visually



If the capital of your country was in the North while a forest fire ravaged the south, it stands to reason your president might want visual updates from the south in real time. If the army is involved with an allied operation on foreign soil and the king can’t physically speak to the commanders, a video call via secure video chat solutions are just the way to go.

More personally, if a government official is away from home during important moments, a secure video call online may help the official share in important family events. A son’s birthday, a daughter’s school play, or something else entirely. High government officials have private, personal lives just like everybody else.

Those were a few points illustrating the importance of video conferencing in deciding major international issues. Doubtless there are other such points to be made, but those three points felt the most relevant.

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Build a Better Video Call Routine

Posted By [Abdallah Al Alfy](#)

Ensure the best experience in virtual meetings with Banty



If you make regular video calls or hold regular video meetings, it's important that you take steps to streamline successful video conferencing. Using one of Banty's video conferencing platforms is already a great way to start advantageously. You can learn more about our video conferencing solutions [here](#). However, there are a few other steps you can take on a regular basis to make sure a successful video call is a matter of course for you.

Below, we've detailed a few quick steps you can take to either use as a regular routine before any anticipated video meetings, or to incorporate into a larger routine. So here's a few things to do before firing up your video meeting platform.

1. Drink Some Water



Don't be surprised. Dry throats are the enemy of successful vocal communication. If you plan to use your voice during a video call, drink some water, or another beverage if you prefer. There's no need for excessive hydration if you're not thirsty. A sip or two will usually do fine. However, just in case you need more, it might be wise to keep a bottle of water nearby somewhere. A bottle is preferable to a glass because glasses are more liable to accidental spills.

2. Check Your Set Up



Test your microphone and your intended camera, well beforehand. Two hours before each video call might be reasonable. You can log into your Banty virtual room as the host to do that. Position them in the best possible way. If they're both part of the same device, like a laptop, tablet, or camera smartphone, make sure you align your entire device correctly.

3. Sound & Light



Test out your room's lighting on your screen monitor. If it seems less than optimal, try making adjustments with the blinds, light bulbs, or any other sources of light you may have in the room. To ensure minimum echoing, try to select a room with mostly flat surfaces, the less in number, the better. Banty technology does offer some degree of noise cancelling, but it's always better to choose a room where you can close the door and windows, and be alone to avoid noise from outside or inside your residence. If you live in an excessively noisy environment, you might consider adding external noise cancelling devices to your set up, and ensuring they're switched on, ten minutes prior to your virtual meeting.

4. Personal Preparation



Practice what you need to say whilst looking directly at the camera lens, about 3 hours before your video call. Looking at the camera lens simulates eye contact. Most people in virtual meetings and video calls tend to look at the screen. However, to communicate more effectively, it is better to look at the camera lens most of the time. Write a few short notes to use as memory prompts, and position them strategically. This way you can quickly glance at them before looking at the camera lens again to speak. You can write the notes on your device screen or externally, but don't look at them for too long. Use the notes as short prompts only. If you start reading on screen it becomes obvious.

If you haven't already signed up for Banty, you can get a **[fourteen day free trial today!](#)** Sign up now to enjoy a number of our premium video conferencing options and solutions. Learn more about them [here](#).



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4 Places Worth Video Calling Your Friends From

Posted By [Abdallah Al Alfy](#)

For a Bit of Friendly Showing Off

Have you ever been somewhere great? There are places we go that are so breathtaking, we just have to share them with our friends, family and loved ones who aren't there. And yes, let's admit it, we're not always just sharing. Sometimes we're also showing off a little. Although some of us have more of a tendency to show off rather than share, as I'm sure a number of social media accounts can tell you, the truth is human nature is not so cut and dry. For most of us it's a mix of both. A genuine desire to share, as well as a slight urge for a bit of friendly showing off.

Well, we're here to help you share, show off, or both. The following is a list of places worth starting a video call online with your friends or family from. Some locations named here may be outdoors, and you might have known me to advise [minimising the impact of the outdoors on any video call you might engage in](#), but these places are exceptional enough to make a little background noise acceptable, along with a few other video calling hiccups that we normally prefer to avoid at the cost of changing your location if need be.

I drafted you this list mainly based on places I've actually been so I can give you my personal guarantee that they're worth video calling your friends and family from. So you can "share" your new experience via video conferencing software.

1. Bruges, Belgium



It may seem odd to you to include an entire town as a location worth a video call with your friends from, but Bruges is an exceptional town. Something of a fairy tale town, Bruges is the ideal location for a virtual meeting with your annoying sister-in-law when you go there on Holiday. That way you can stick your tongue out at her just a little bit.

The mediaeval architecture and cobblestoned streets will transport you back to the time of knights slaying dragons and swords being pulled from stones. If that's not enough for you, crowning this glory is a mediaeval cathedral along with a number of picturesque castles, though some of those are more modern than others. A few of these castles have even been converted into hotels, which you can stay in if you're feeling very fanciful.

With an abundance of car-free shopping streets built centuries ago, beautiful canals to traverse by boat, shops run by chocolatiers who craft their merchandise by hand, stitchery and embroidery shops by the boatload, and a traffic-free market square at the centre of the town, there is almost no place in Bruges that is not worth video calling your friends and family to show.

2. The Great Pyramid of Giza



Any of you acquainted with my national origins might be accusing me of bias at this point. However, a quick internet search will reveal that making a video call from the Giza pyramids is far from an Egyptian idea. The first people to have that idea were actually tourists, not born and raised Cairens, Giza being part of Greater Cairo.

Although the Giza pyramids are famed as a trio, the source of this fame is the great pyramid of Khufu, which is the largest pyramid in the world, or at least the largest pyramid constructed in the ancient world.

Make a video call whilst dwarfing the great pyramid from a distance for visual effect, or go ahead and take the famous pose of kissing the sphinx on a video conference with your best friends back home. Showing off aside, it will make for a really fun video call. "Lift up the pyramid next! Act like you're a giant and you're going to step on it!"

Then of course there's the video call that's the most fun of all video calls. Get on horseback and start your video chat software from on top of the horse, in the middle of the desert, with the pyramids in the background. If you're not sure you have the skill to ride the horse *and* make a video call at one and the same time, ask the vendors you rented the horse from to hold the reins while you make the call. Better yet, make your video call from the back of a camel!

3. The CN Tower

Those of you who don't know about my national origins might know about my naturalisation. But again, I'm not being biased towards my other country. I've loved the CN Tower long before I became a Canadian citizen. In *fact*, I've loved it before ever seeing it, when I read a *fact* in the fact section of my favourite Disney comic back home. Pseudo-pun on facts intended.

The comic was issued in Arabic with translated stories of Mickey Mouse, Donald Duck and other Disney characters. And the fact I read named Canada's National Tower as the tallest building in the world, period. This was before the UAE built Burj Dubai or Burj Khalifa, which shattered the CN tower's height record.

I loved the CN Tower even more when I saw it, despite the fact that it was no longer the world's tallest building by the time I got to climb it. The CN Tower is an excellent spot for a virtual meeting with your social acquaintances. A literal demonstration of you "living the high life" so to speak. On some days you would literally be video chatting with your family and friends from above the clouds. You could even show them. Bonus points if you do it from the revolving restaurant. To be completely honest, while I've climbed the CN tower at least 3 times, I've never eaten in the revolving restaurant. But I've looked inside it. Pretty snazzy. And the prices are surprisingly appropriate. There are far more expensive restaurants in the rest of the GTA, serving options that are considerably less fancy.



4. Petra, Jordan



Literally carved into the mountain, Petra is what remains from a surprisingly symbiotic city built in ancient times, located in the territory of present-day Jordan. The architectural details of the carved mountainous dwellings, along with the level or artistic effort clearly exerted in the facades of the Treasury and the Temple/Monastery buildings/mountains, are a terrific place to make a video call with your friend from work to brag about how well your vacation is going.

The *one bar* to that might be the realisation that your cell reception literally has *one bar* (proper pun intended). I remember some pretty patchy reception in the area but then, I haven't been there since I was 17 years old. Cell reception over there might be better now. But even if cell reception has not improved in Petra, video chatting over a patchy connection is well worth the trouble, given what you're showing off in the background.

These are a few locations which I'm sure you'd be happy to "share" with your friends and family via video calling. Whether or not you use video chat at these places, make sure to enjoy yourself. Don't get too busy taking pictures or video chatting with people to actually experience the place. Video conferencing is great, and these are all excellent places for a video call with family and friends. But ultimately, the video call can wait while you experience what you came for. Enjoy. And when you do decide to make a video call, [pick your best option](#).

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Why I Kind of Wish I Learned Via Video Conferencing Software

Posted By [Abdallah Al Alfy](#)

The Perks of Learning From Your Living Room

I've spoken previously about the role of video calling in education, namely, [from the perspective of a teacher](#). In this article I'll go a little further back and talk about my own education throughout school and university. The truth is, there are many classes I don't *really* wish I'd learned via video call. Some of those classes might have been boring or difficult but they also provided long-lasting experiences and some very fond memories at certain moments in time. But because of said boredom and difficulty I also *kind of* wish I'd learned them using virtual meeting technology.

If I could have chosen which classes to attend in person and which to attend via video conferencing at home, that would have been ideal. More so for university than for my primary and secondary school days. I miss all my grade school days, boring classes and all. The educational punishment and consistent mind-numbing boredom I faced throughout my academic activities during university are other matters entirely. In fact, I venture to think that in a fantasy world, I would have chosen to take almost every university class of mine through a video call online. The problem is that this would have cut into my "hanging out before and after class" time. I lived off campus, and not taking a video conference class from the comfort of your own home kind of defeats the point. Everything I loved about university was making friends and socialising with people, most of whom I met outside of class, many of whom were outside my faculty.



To be honest, the difficulty I faced in university was a function of the boredom I suffered to a very large degree. If there's one takeaway we can get from students who do better in some subjects than others, it's that learning any material is easier when the learners find it engaging. Regardless, let's look at why I think I could have enjoyed (read: tolerated) many of my classes by learning them using video conferencing solutions.

1. The Aforementioned Boredom



Sitting in a regular class can be boring. Being homeschooled can also be very boring. Education is by and large, usually approached in a very boring manner, and doing it from home has the added effect of reduced interaction with your peers. Interaction with your peers is an important part of the education process because it stimulates other neurocircuitry which helps with your academic education. It also increases your levels of Dopamine, Serotonin, Norepinephrine and Oxytocin, which helps your brain stay more engaged with your academic learning. *That* said...

When your teacher at home isn't on top of your head, watching you like a hawk, taking classes at home can relieve boredom quite effectively. Using video conferencing software to attend a lesson along with 20 to 30 other people would be an experience for the ages. For a start you (or I) wouldn't need to attend class at all if you don't want to. You're no longer tied to the scheduled session if you want to learn the information. [You can simply record the class](#) and review it at your own convenience when you feel able to engage with the material. You can repeat parts at

your own pace, study and absorb the information the way that works for you, and generally not suffer unassisted through the boredom of a mind-numbingly boring class.

But what about attendance and teachers' questions? Just nod your head during the video call when you're asked something easy, tell your teacher you don't know when they ask harder questions, and keep illustrating that masterpiece you're drawing on your laptop, or playing that game you enjoy, or even listening to music on YouTube or watching a movie. Just make sure you use headphones for it. Of course if you can simulate a bad connection or an old computer, you'll have an excuse to kill your camera's video feed because you can claim "it keeps freezing up and slowing you down" as well. Now are any of these solutions ideal? Of course not. But the educational system is outdated anyway. You're working around an already less than ideal system with a less than ideal solution. As long as you have the discipline to review the information you need later, you can be academically successful without doing whatever your teacher tells you *when* your teacher tells you. Forget the company line they sell you growing up. I like to think I did fine in school, and I think I would have done even better if they hadn't bored me to death.

Of course, this new method of success is reliant upon the application of virtual meeting technology to attend a class. If you're sitting physically in class, then sure, you need to sit up straight, not be disruptive, and respect the teacher's efforts so everyone can learn well. However, only the most unreasonable of teachers can expect to make you learn on their terms when you're learning from your own home and you can simply take the information they're giving you and learn it at a time that suits you best. Speaking as a tutor and instructor myself, I will say this. A lot of teachers need to get with the times. Incidentally, all of Banty's platforms offer you the option to record your video call. [Explore all of Banty's video meeting solutions here](#).

2. The Conveniences

Getting on a video call from home for class means I'm next to my fridge. And my freezer. All my favourite snacks whilst listening to a professor explain the pharmaceutical chemistry functions of a number of different giant drug structures, of which I'm expected to memorise about 150 for my final exam. I promise you I have a better chance of retaining this information which will supposedly help me memorise these structures if I'm eating ice cream while doing it. Ice cream fires all manner of pleasant chemicals in my brain and on my tongue. Of course, it's not necessarily healthy to eat too much of it but hey, such is the price of academic success. I jest. But snacking in moderation during your most boring classes can help you remember them.



Associating that Beta-Lactamase resistant chemical structure with the flavour of your favourite noodles, rich in monosodium glutamate, might glow a lightbulb in your head come exam day. Remembering how many wives King Henry killed off might be easier if you were eating a KitKat when your teacher was talking about it on a video call. There's more to the convenience of studying from home of course. If you feel your heart pumping slower and your energy fading in, you can stand up and do 10 jumping jacks. 5 or 6 sit ups! Anything to get your blood pumping again so you can focus on the class that's boring you again!

If you're cold you can just grab a hoodie or a jacket from your closet, or have someone at home toss you it. If you're feeling too hot, you can change into a t-shirt in a flash. If certain scents help you study, you could light a scented candle or even burn a little incense if that's your thing. Also, if you've successfully found an excuse to kill your video feed, you can go ahead and attend your video call class, lecture or tutorial lying down, on your couch, or generally anyway you like. Make yourself a cup of coffee real quick to stay focused. Thinking of all the advantages makes me almost believe there's no downside, really.

3. The Peace and Quiet



Now obviously this only applies to people who don't live in noisy locations. Or what I like to call HHH (High Hassle Households). But the peace and quiet to be had going to class from your desk at home, or your kitchen table, or your couch, are unparalleled. On some days even getting away from our friends sounds nice. Then again, there's people we constantly try to avoid and taking our classes from home are an excellent way to do that. And of course if you've dated some in school, college or university, there may be an ex or two you're not keen on running into during certain periods when any possible fall out may still be fresh. Particularly if the exes in question have a tendency to want to talk too much. Double particularly if they tend to do so noisily and make a scene.

And not everyone is trying to avoid socialising with their friends either. You might have a class where the teacher has a tendency to corner you into having after class discussions. Sorry, got a virtual doctor's appointment teach. Gotta run. Incidentally, if you'd like to have your doctor's appointments virtually, mention the [Banty Medical](#)

platform to your doctor. It's [helpful in so many ways](#). That's another advantage. Somehow it feels easier to break out of your class when your teacher drones on past their allotted virtual lecture time. Even if you're the world's biggest introvert, you can simply power off your camera and mic and get on with your life. In fact, it helps those "distracted professor" types realise that the tutorial or lecture time is up.

These are three reasons I kind of wish I learned via video conferencing software. Though I'm not sure I'd trade in so many of the experiences who made me who I am. Anyhow...What do you think? If you're not currently learning via video calling and virtual meeting, and you didn't when you were being educated either...Do you wish you had?

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3 Fantasy Examples Which Prove Video Conferencing is Magic

Posted By [Abdallah Al Alfy](#)

One Fantasy Author Calls it Scrying



A video call is truly a wondrous event, if one pauses to think. Up until 100 years ago, most people, those who aren't dedicated to following scientific advances and predicting future technology, would have called it magic. And in fact, some people in more recent years have also identified virtual meeting technology as a brand of magic. The people in question are authors of the fantasy genre.

That's right. Authors who write fantastical tales about such things as giant, flying, fire breathing dragons, wizards with dark powers, magical weapons and secret cities, have also written about long distance visual and aural communication as a brand of magic! Let's explore how some of these authors depicted what we now know as video calls together! Spoilers Ahead!

1. The Inheritance Cycle



Originally marketed as The Inheritance Trilogy, The Inheritance Cycle is a series of books written by Christopher Paolini, following the adventures of Eragon (the series' main protagonist; eponymous with the first book of the series) and his dragon Saphira in the mystical land of Alagaesia. You might have heard of this particular book series because a feature film called Eragon was made based on the first book, starring Ed Speelers as the titular Eragon and featuring John Malkovich as King Galbatorix.

At the end of the Inheritance Cycle, Eragon must leave the continent of Alagaesia forever to reside on some distant island, and the newly crowned Rebel Queen, Nasuada, tells him that she's going to miss him. Eragon responds that they're going to scry all the time, in much the same spirit that I'd tell a friend "Peace, I'll [catch you on Banty](#)". "Scrying" here is a form of visual and aural communication which enables participants to see and hear each other in real time, much like video communication. Only instead of relying on technology we know today, it relies on two pieces of enchanted glass, possibly mirrors. I disremember the full details. To be fair, that was just one form of scrying. There were other forms that were more about scouting, and spying, etc.

2. The Harry Potter Book Series



There's a similar concept with a different name in the Harry Potter books. Since you're on the internet and you're reading this article I'll just go ahead and assume you've heard of the Harry Potter Book Series. Even without the movies made about the books, the series is unbelievably famous. Magical kid goes to a school for witches and wizards. There are all kinds of magical fictions written about in those books. To name a few details from the aforementioned fictions; magical newspapers, magical chocolate frogs, eagle-horse hybrids, unicorns, and yes, you guessed it, dragons.

So the titular Harry Potter has a godfather, Sirius Black, whom he believes betrayed his parents to their death. They work through that and become the best of friends (His godfather didn't betray his parents). Sirius gives Harry something called a two way mirror at some point. The way it works is that if Harry called out Sirius's name, Sirius would show up in another mirror on his own end, projecting into Harry's mirror. They could then interact with each other visually and aurally in real time, [just like in a Banty call](#).

3. The Lord of The Rings



The Lord of The Rings is a novel of three volumes by J. R. R. Tolkien. You've probably also heard of this one because of the epic movie trilogy involving Peter Jackson. The LOTR tells the story of the One Ring of Power and how, for the future of Middle-Earth, an unlikely champion, aided by some more classically heroic figures, sets out on a journey to destroy that One Ring in the same volcano it was forged. Of course while dragons don't feature too much in *this* particular story line (They're still part of the fictional universe the books are set in) there's all manner of magical fillings; elves, orcs, trolls and wraiths.

Depicted in both the films and the books are the palantiri. Magically powerful crystal orbs that some characters can use to gaze into the future or the past. Apparently if the character is not strong or experienced enough, a palantir (singular palantiri) can show the character irrelevant events, or even be directed to show the character something else by a more powerful character who also possesses a palantir. However, these palantirs are more than just glorified crystal balls. They're video calling devices! Two characters in possession of a palantir each could also communicate visually and aurally together in real time! This one's different because Tolkien actually wrote The LOTR in the 1930's, **before** video calling was even conceived as an "impractical idea" in the 1960's!

We hope you found this reflection on the fantastically miraculous nature of video conferencing software technology entertaining. To entertain yourself even further, go ahead and [read this article about the games you can play with Banty](#), then grab a [free trial for one of our services for a full 14 days!](#)

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How to Have a Video Call From the Water

Summer is here and a few of you are going to be spending a lot of time in the water. If you think you might like to video call in the ocean, this is for you.

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How to Run a Business Remotely via Video Conferencing Software

Posted By [Abdallah Al Alfy](#)

For Businesses that Require Constant Supervision

I'm going to share one of my dreams with you. It may initially seem irrelevant to this article's topic but bear with me please. As a pharmacist, I care about patient outcomes. But if it's possible to do so while keeping my patients' best interests at heart, I'd also like to get rich. There. I said it and I'm not taking it back. Of course, being rich is relative here. Financially speaking, a lot of us who don't necessarily live as highly liquid millionaires in our own societies are still considerably wealthy by global standards. So let me clarify. I want to be first world rich.

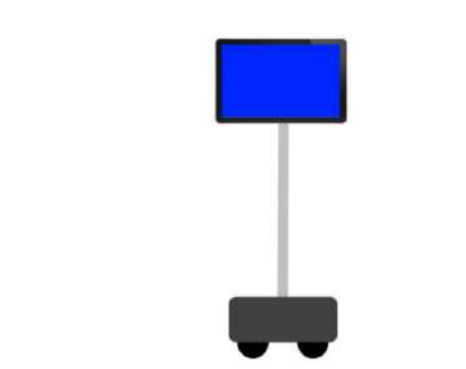
One of the long term ideas I always thought about was owning and operating medical centres. If I owned a medical building in a first world economy, I could start my own pharmacy downstairs whilst renting various suites to other medical professionals. Revenue from the pharmacy, revenue from the building...Sounds like a great idea. Set me up with two or three of those buildings and I'd be raking it in. Three pharmacies and three buildings! Call me Moneybags, thank you very much! Scrooge McDuck has nothing on me. I exaggerate for effect. Truth is, taxes where I live would probably just make me "Moneybag". Singular, not plural. Still pretty good though!

The problems with such plans are myriad, such as the huge business loans I'd have to pay off before enjoying the proceeds. But the most significant problem for me is that operating three medical centres and their pharmacies would require constant supervision. I had this vision of starting these places then jetting off to play "citizen of the world" for a few months. Flying back in, three or four times a year, to stay for a few weeks and make sure things are on point before taking off again. Speaking with a longtime doctor and family friend, my oldest friends' dad, he advised against it. He hit me with the timeless wisdom: "You have to stay on top of your money".

He was right of course. Businesses based on physical locations usually need their owners' constant presence in said locations. That's why franchising is such a popular business model. Because the companies can't always operate extensive locations directly as sole owners. So I started thinking. How could I be there... And not *there*, at one and the same time? Thank you for bearing with me so far. Where I'm going with this is probably dawning on you right about now, if it hasn't already. The answer to my question is the right video call solutions.

See, you can use high tech physical and financial monitoring systems all you like. But the only way to be present in your business is to be present. You have to give it your time. There's no substitute for that. Luckily, you can give your business your time from anywhere in the world. Let me take you into some of the options I explored whilst looking into how I could be there for my future business using virtual video call technology.

1. A Telepresence Robot



You might have already heard of this solution. It was hilariously presented in "The Big Bang Theory". A popular TV show. It was labelled as a Mobile Virtual Presence Device on the show, and made for some excellent comical reflection on the uses of video calling. It also made an appearance on a television show called "Community", in an episode depicting inmates from the local prison attending Greendale Community College via such technology. In my humble opinion, hilarity ensues. But I digress.

Briefly, you mount a screen to a stick on wheels, powered by a motor. Usually an electric one. This screen is then programmed to display your camera feed from wherever your actual location is. The wheels are programmed to move per your instructions, also from the comfort of your remote location. It seems like a far fetched idea because it's not very common but it's not that strange, upon reflection.

Your employees will quickly adapt to your "presence" in the form of a day-long video call (with breaks). The device itself is not insanely expensive. It's entirely conceivable

to buy one for each of your remote business locations if the locations are contributing what they should to your business's revenue. You can change the angle of your camera to look at anything in the business, from the printer usage to the cash register.

There are many ways to help employees get used to your video call presence in the business. I would suggest leaving your sound on when you're in the remote "office", even if you're not directly interacting with the telepresence robot. That way they can hear you puttering about in your office (or home study), they know you're "there" and they can approach you with any potential questions at any time. Then go ahead and power up the device and take a robotic lap with your wheels around the onsite office at frequent, random intervals. In time, making casual conversation remotely and even the odd joke will seem perfectly normal.

2. Multiple Monitor Use

Buying a lot of screens can be expensive. More expensive than buying a single telepresence device. But if your business location is quite small, small enough that communicating with everyone can be covered by two or three monitors, it might make more financial sense to just have those monitors installed, with the appropriate cameras mounted.

Like the telepresence robot, these monitors can help you be virtually present to all your employees in the form of a constant video call, interrupted only by regular breaks or such. In no time at all, you'll have your team casually calling out questions to you over their shoulders before taking an action they're unsure of, or coming over to your screen and asking you for more detailed instructions about things they don't know enough about.

Of course, you should also offer your team the opportunity to speak with you privately. To do so simply power off all the remote screens and have your employees meet you at your Banty room. A custom, unique Banty URL, makes jumping on private video calls as easy as making them public. [Take a look at all of Banty's solutions](#) and choose the one you think suits your needs the most.



3. Program Your Workplace Devices



Push comes to shove, you could program all your workplace devices to give you administrative control of your workplace's webcams and microphones, and you could show up in the corner of your screen for any of your employees whenever you want to. Whether you show as a mini-video feed or a pop-up request is up to you. I'm sure some options out there would also allow you to fully override one or all screen functions and begin a "surprise" virtual meeting with several people on full screen, or a surprise video call with one or two people in the same way, but I wouldn't recommend that approach.

No one wants to be working at a computer or using a work issued tablet or mobile phone only to have someone interrupt their flow uncontrollably and jump in their face, let alone that someone being their boss. Worse if done straight from their

screen via video call! It would make them jittery and may even affect the quality of their work. If you're truly interested in this solution, maybe because you know a great software package that would be cheaper than buying a few monitors or telepresence robots, then I would recommend simply popping up as a video call request in people's corners when you want a word with them.

To be completely honest, I mention this entire third possibility because ignoring its existence would be dishonest and would leave this article incomplete. It is one of the viable options I've explored, after all. But I find it a little too "Big Brother". A tad too invasive for a happy work environment. I would much rather you chose one of the two methods explored above this one.

This concludes the video call reliant methods I explored for you to be remotely present for your businesses. And hopefully one day, for me to be remotely present for my own businesses. Write to me if you try one of these methods and I might just feature you in a blog-post or case-study! Just click on the link to my bio at the top of this article and use the email address listed there. Alternately, you could click on my bio at the bottom of this article as well. Good luck running your business remotely!

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Abdallah Al Alfy
Alfy is a content writer of 17 years, writing in multiple literary and content disciplines, and translating professionally since his early teens. Full name of Abdallah Al Alfy, he is also a licensed pharmacist in multiple countries. Alfy's pharmaceutical background has often been an asset in scientific and medical writing.

3 Virtual Meetings That Will Change Your Life

Posted By [Abdallah Al Alfy](#)

Or Have Already Done So



I'm not sure I need to tell you this but virtual meetings in general have already changed your life. Even if you've never attended one yourself. Your Mayor recently took a major decision to constrict the main street nearest your home with some development work after her staff were able to consult an overseas expert about its feasibility. Your doctor just suggested an experimental new approach to your sleep apnea after getting a deeper perspective on the new treatment through a virtual video conference. Your son just asked you for money to take a holiday trip to Australia after arranging to stay at someone's house over there during a video call with his friend.

But when we discuss three virtual meetings which will actually change your life, or have already done so, we mean that in a more direct way. We're talking about video calls that you can potentially engage in yourself or have already engaged in. Video conferencing on your own part which has the potential to radically change your life. Let's take a look at three such video calls together, shall we?

1. Your First Ever Video Call



This was a natural choice for the first virtual meeting that will change your life. Or the one which already has. The first ever video call in your life is a paradigm shift. You mean I can see my friends and family without actually going over to them? A few cities over? Across continents?! Way cool! The idea of being able to talk to someone through a screen is mind blowing, particularly if you experience it after the age of 9 or 10.

Not that it's any less of a paradigm shift experiencing virtual video calling at a much younger age. It's just that you remember it less. I'm sure calling someone on the telephone for the first time was an amazing experience for me. But having spoken on the telephone for the first time at a very young age, I can't remember how blown away I was.

Then again some people will argue that because you're less aware of the low-tech limitations of natural communication as an infant, the extraordinary aspect of telecommunications is lost on you during your earliest childhood. That may or may not be the case, but the fact is that if you experienced or have yet to experience your first virtual meeting on video conferencing software beyond 9 or 10 years of age, it's a life changing experience.

2. Your First Virtual Job Interview

More specifically, the first virtual job interview which actually lands you a job. If you've ever worked for anyone other than yourself, you're probably familiar with the traditional recruitment cycles. The phone interview, the in-person interview, and perhaps even the second in-person interview. Some companies go so far as scheduling three in-person interviews in total. You might even have your own process for these recruitment cycles. What to wear, what to practice talking about, the career points to highlight, the extremes to avoid, etc. I like to call the entirety of this happening, both from your side and your potential employers' side, "the wheel".



And if you've gone through "the wheel" in the traditional sense, your first virtual job interview will blow you out of the water. Because it's a whole different wheel. A reinvented wheel. For a start, the employers who embrace virtual interviews are more likely to shun the traditionally drawn-out recruitment cycles. Often enough, you're hired from the first virtual interview. While that's happening, your original process is changing too.

You dress nicely but for more comfort, to acknowledge the fact that you're being interviewed from home. You have your favourite beverage next to your screen. You've got a bunch of written prompts and resume notes to help you answer career questions in detail without looking like you're reading from a book. In a word, you're more flexible. Being interviewed via video call online is a much more flexible experience for you. And a wondrous one if the interview goes well. The wonder of landing a job you want without leaving your home to interview for it.

3. Your First Virtual Class



The odds are you've taken most of your classes in person, face to face, rather than attended them virtually. For most of us, going to class is inevitably associated with sitting in boredom while some teacher at the head of the class drones on and on about the subject of his or her professorship. So the first time we sit down to attend a virtual class through video conferencing solutions, do you expect to be anything less than absolutely amazed?

You can play games on your computer screen without worrying about disrespecting the teacher's time. You can mute yourself and kill your video feed while you chat with your significant other, you can even nip off to the fridge for a snack. In fact, if the right video conferencing solution is being used, the entire virtual class can be recorded so you needn't take notes during the actual video call. Heck, you can mute yourself out and basically sit out the entire class if you don't feel like attending.

These are just 3 virtual meetings out of many that will or already have changed your life. As you explore the use of virtual meetings in today's world, you may discover more. Start exploring the best way with a free trial from one of Banty's video call platforms.

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Banty is Better for Patients

Posted By [Abdallah Al Alfy](#)

Enhance their telemedicine experience with Banty even further!



Do you work in healthcare? Are you a doctor, a registered nurse, or perhaps a medical administrator? Whatever your healthcare profession, the odds are you understand the value of telemedicine. Likely, you also know that not all telemedicine software platforms are developed equal. If you or perhaps your clinical coworkers have accounts with Banty Medical, you definitely know what it's like to operate premium video conferencing solutions to offer your telemedicine patients the best possible virtual healthcare services. Just allowing your patients the chance to use Banty Medical from their browsers for virtual visits with your workplace, exemplifies the virtual health platform your workplace offers.

But while Banty automatically offers your patients a spectacular level of service, there's more you can do to enhance their experience even further! Does that surprise you to hear? It shouldn't. Telemedicine is a collaborative endeavour. Great telemedicine software platforms are the best start, but they can only do so much on their own. Luckily, teams which select great virtual healthcare technology for their patients are usually fantastic teams to begin with. Keep reading for a list of things to enhance your patients' experience with Banty below!

1. Sign Up for Banty Medical



We mean that. No joke. If you haven't already signed up your team for **Banty Medical**, go ahead now! Aside from being a prime choice for virtual healthcare services, an entire section of this article guide relies specifically on features from **Banty Medical**. It's also a very logical idea. Pioneering premium telemedicine software platforms, Banty offers you a **free trial for fourteen whole days!** So you can sign up for Banty Medical and test out the services to your heart's content, without being charged a dime until you're satisfied you found the right telemedicine software platform for your patients.

Of course, the reason we offer you this free trial is our confidence that you'll want to continue using Banty Medical for your team. Once you see how easily your patients receive your virtual healthcare services from our platform and how easily they interact with your team through the Banty Medical platform, it will become obvious that Banty is better for your patients. In the meantime, feel free to explore every great feature Banty Medical has to offer for a full fourteen days! Help as many patients as your team can virtually see for free. Then decide.

2. Personalise Their Experience



Using virtual health platforms may be new for many people. It's important that your telemedicine patient feels comfortable enough to share any medical concerns or answer any questions virtually. For this to happen, your team needs to be just as concerned with establishing professional rapport during a verified virtual visit with a patient as they would during a physical, in-person visit. One way to do this is to depart from the casual approach to video calls. It may help if a specialised member of staff, like a receptionist, started the visit by greeting the patient in the usual manner, before passing on the video call to the medical professional.

This would serve as an introductory prompt for professional rapport. The medical professional may also choose to employ a few visual aids to induce the familiar

feeling of an in-person medical visit during a virtual one. Perhaps wearing a stethoscope or a whitecoat, or placing anatomic models on the desk or other medical charts and posters behind, in the background. These visual aids may prompt a feeling of professional rapport on both a conscious and unconscious level.

After using introductory and visual prompts to induce professional rapport, the medical professional's manner should be consistent with the established rapport. A good awareness of the patient's relevant medical history and a reassuring manner whenever possible are excellent ways to start.

When speaking to patients on telemedicine software platforms, it is advisable that the medical professional looks directly into the camera lens. This is because doing so simulates eye contact in the patient's perception when they look at the screen. If the camera is not positioned to make that feasible it may be advisable to reposition it.

It also helps to have a patient chart (or any other relevant info) handy in printed form, or on a separate tablet. Review it within sight of the camera lens when needed. Your telemedicine patient may be unaware that the medical professional is reading his or her chart on the same screen through which they're interacting. It may seem like your patient is not getting enough attention if your team members read patient charts on the same screen they interact with patients through.

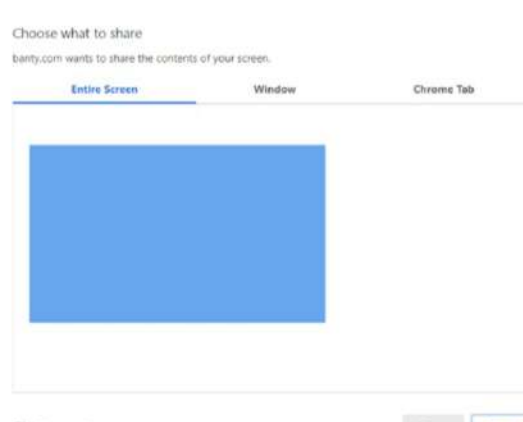
3. Utilise Banty's Features

Banty Medical has a total of five Screen Sharing features. Not many telemedicine software platforms offer that many different Screen Sharing options. The reason this level of screen sharing was made available to your team is because medical professionals often need to share information with their patients. At a clinic, or a practice, or a hospital, this information might be shared in the form of printouts, informational pamphlets or booklets. The information may also be an explanation from a medical professional accompanying a physical copy of a patient's x-rays, MRI scans, blood results or medical charts.

For a telemedicine patient, the sharing of this information has to be digital. And while you could certainly just email that kind of information if regulations permit, patients looking at the exact same information as their healthcare givers while they explain things in real time is certainly a better standard of care.

The three main Screen Sharing options you can choose from at the click of a button during a video conference with Banty Medical are sharing; your Entire Screen, a Window from your screen, and a Tab from your Google Chrome browser. Sharing a browser tab is particularly useful if you want to share reliable online sources of information, given the amount of misinformation available on the internet to patients nowadays. Sharing a window from your screen or all of it could also be helpful with things like blood results and x-rays.

Now if the virtual health care needs of the patient are somewhat unique, you could also [input a link to an educational youtube video](#) to play on real time for both your screens, with no lag or delay. If there is something you need to specifically illustrate, you can utilise the option to [share a whiteboard](#) with the patient and literally draw quick diagrams on the fly!



4. Noise Control



Telemedicine doesn't just make life easier for your team's patients. Ideally, a telemedicine platform is best used from the workplace for most medical professionals. However, in a pinch, it allows your team to work from home as well. Or anywhere they need to really. As long as it's safe for patient information to be processed and exchanged. But whether it's happening from the office, the practice, the home or the car, it's important for the session that there be minimum interruptions, as far as noise is concerned.

Generally, noise levels are easier to control in healthcare offices, which is partly why telemedicine software platforms are ideal for use from the workplace. Things may be trickier at home, specifically if you have a rambunctious pet or a somewhat unruly child. Never fear, however! Take but a few measures and your problems with noise whilst patients consult you through telemedicine software platforms will be considerably reduced. Consider a reliable noise cancelling device which you can set up to limit surrounding sounds with disruptive potential.

You could also go for a hands-on, physical approach to controlling any potential noise. If you're working at home, standard actions include making sure all doors and windows in the house are closed, and wherever possible, layer that with additional noise control by closing the door to the area you're working within the home.

For the odd outdoor verified virtual visit, it might be helpful to seek some semi open shelter of some sort. Your car, perhaps. Maybe a wind barrier, if one is available or some type of outdoor booth or gazebo. Other tips to control noise on video platforms include hanging a coat somewhere strategic or positioning oneself somewhere with less air currents.

These are a few things you could do to make your telemedicine patients' experience better with Banty. [Sign up your team for Banty Medical](#) today!



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Banty is Better for Doctors

Posted By [Abdallah Al Alfy](#)

Specially non-surgeon doctors



I once talked about how [Banty is Better for Patients](#). This matters to you if you're a patient or a doctor. As a patient you want to get the best telemedicine experience possible and as a doctor you want to ensure your patient gets optimum virtual medicine. But let's face it. When I say Banty is Better for Doctors, I'm just talking to you doctors out there. Or anyone close to a doctor on a personal level. You see, doctors' patients are probably less concerned about their doctors' careers than their doctors are about their health. It's not that these patients are heartless. This is just the nature of the chosen profession. If you're a doctor who doesn't want to be a surgeon, here's three reasons why practicing virtual telemedicine via video conferencing software is a better idea for you.

1. Much More Freedom



In the summer of 2019 I was lounging on a beach chair in the tiny beach attached to a beach bar on the "busiest" tourist street in the sunny, sleepy seaside town of Dahab, South Sinai. I mention how tiny the beach was to give you perspective on how close the other beach loungers were to me. Right next to me was a doctor from New Zealand. I found that out because our lounging chairs were stuck very close to each other so it was natural that we started a conversation. I found out he'd been doing something amazing with his life.

For a few years, since graduating, he'd been working for 6 months, then travelling for 6 months, mostly recreationally. Apparently the battle of qualifying to practice medicine had robbed him of his desire to carry out his qualification for the whole year, at least for the time being. Which is not an uncommon side effect, as you probably know.

He told me that most of his class were ahead of him in their careers at this point, but that almost all of them wished they could do what he was doing. I believed him. At that point I thought he was a genius. Fast forward to 2021. Now. He's still a genius. Work is work and work can be stressful. But virtual medicine video calling has already existed for decades and 2020-2021 has already taken it forward in *leaps*! Now, if you like to travel and you'd like to do it full time without your career taking a hit, you can see your patients' virtually from anywhere in the world.

Of course, that depends on how doctors are allowed to practice in your jurisdiction. For doctors in Ontario, a Banty room makes for a spectacular virtual clinic but in truth, Banty is an excellent choice for a telemedicine video call online from anywhere in the world! Aside from the top-notch security, we offer you a number of great features you can use to help your patient while video conferencing from anywhere in the world! Which brings us to...

2. Helpful Screen Features



As a medical professional, it helps to [share some educational materials](#) with your patient sometimes. Perhaps some x-rays or a bloodwork table? That way you can explain a patient's condition more clearly, pointing out possible concerns in real time, during a telemedicine video call. Banty offers a terrific level of screen sharing, up to and including [sharing a YouTube video](#). Go ahead and make sure your virtual telemedicine video call patient watches a full 3 minute orientation clip about an upcoming procedure if you feel they need to. Or share the recorded opinion of a colleague that was uploaded to YouTube before.

3. Unique, Easy to Find Virtual Clinic

Whether or not you have your own practice, I'm sure you've heard it all before. Location makes a difference. That's because a better location makes accessing your clinic or medical practice, or other healthcare location easier. Well believe it or not, it's no different when you start a virtual practice. Now sure, a strong social media approach and a great, well-ranked website are all great ways to strengthen your virtual clinic's online presence.

But you can strengthen it even further by having your virtual practice itself highly-ranked on search engines and easy to find for everyone. At Banty, we offer you a unique Banty address for both your meeting room, where you can meet with your patients to give them care virtually, and your virtual practice's waiting room, where patients could go to find you or other healthcare providers in your organization. Your Banty address is a link customised to your liking, to make it easier for your patients to find you online. For example: [banty.com/YourName](#)



Were these three reasons enough to convince you that Banty is Better for Doctors? Then a [free-trial](#) will make your conviction titanium. [Try Banty Medical for free](#) and then decide for yourself whether Banty is Better for Doctors or not.

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Banty is Better for Patients

Banty Medical is a platform specifically designed to deliver virtual healthcare. If you're a healthcare provider, read on to enhance your virtual healthcare.



How to Prep for a Virtual Visit with your Doctor

Now that virtual appointments with doctors are trending, here are a few things to do to prepare for them.



A Video Call per Day Gets You Through Time Away

Some of you may need to spend some extensive time away from home. Here's a list of people you can call to help you through that time with minimal stress.

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Surviving Back-to-Back Patients

Posted By [Abdallah Al Alfy](#).

Pace Yourself While Working Remotely



It's Monday. But not a regular Monday. It's your first day back at your practice after a two week trip. There's a backlog of 50 patients waiting to schedule appointments with you. This is your life as a healthcare provider. You pay for your time off. Free time is rarely ever "free" time. The good news is, you run your practice virtually these days. You work from home. But still. Pressure at work is pressure at work. Well, we can help you with that. Depending on how much piled up while you were gone, we might not be able to help you make your first day back doing telemedicine video chats easy. But we can certainly make it *easier*. After all, setting up patients, doctors and other health care professionals for a video call online falls right in place with all the things we do here at Banty.

1. Keep Up Your Energy



There's an article on this very blog about the best holdover snacks for back to back virtual meetings. While this article was written for busy video conferencing days in general, the credits definitely transfer to virtual medicine appointments for busy medical professionals as well. You have a small amount of time to eat during regular eating times due to your schedule being so packed, so you need some great holdover snacks. The idea behind these snacks isn't to substitute for proper meals during a video call marathon, but they're good solutions to temporarily keep your blood sugar even and your cravings controlled, while still being light enough to keep your pace steady throughout the day.

Ideally, you want snacks that aren't too filling or too heavy, and ones that don't spike your blood sugar or blow your calorie count through the roof. You're in health care, you know how it is. You cannot fulfill all your nutritional requirements this way though, so it's best to even back out to a well-balanced schedule as soon as possible. For details about what to eat, just read the aforementioned article.

2. Stay Awake

Telehealth calls can be very boring affairs. Couple boredom with exhaustion and you have a telemedicine video call primed for you to doze off whilst speaking to your patient on your video conferencing software. However, as a telehealth professional, this can provide a distinctly unhealthy impression on your part. Your patient doesn't know how healthy you are, only the impression that you give. The impression you give on a video call is doubly important because your patient's only information about your health is that which is apparent during the video call. And as much as it doesn't make sense, there are still many patients out there who don't trust doctors or other health professionals who don't appear to be the picture of health themselves.

Staying awake during video chats is another topic covered on this blog and there are a number of ways to do it. Of course, the biggest shortcut for health professionals who aren't required to watch their caffeine intake is to simply drink some coffee, although how much coffee we drink can be a delicate balance to make. This balance, and other methods of staying awake are covered in the blog, such as keeping your brain engaged on the video chatting device you're using for your telemedicine video call. I'll give you a hint. Two methods involve activities that stimulate your brain's reward circuits.



3. Control the Conversation



Some people have a tendency to ramble. Whether you share that tendency with those people, or your patient does, this is not conducive for the timely conclusion of your telehealth video call so you can fulfill your busy schedule. If it's your patient, don't let them drag the conversation to deeply irrelevant topics. Sure, a few details about patients' home lives might give you some insights as to their health. But you don't want to discuss Otto Von Bismarck's application of Realpolitik in the 19th century on a video call online with your patient. If it's you that's the problem, you need to find a way to control that tendency. But that's easier said than done, isn't it? Both for you and for your patient. So we've thought of a way beyond this problem for you.

To get around this issue with yourself or your patients, think back on every professional video chat you ever had with a telehealth care patient. Now go ahead and divide your most common telemedicine video conferences with your telemedicine patients into three or four stages. Name these stages appropriately, write down their names and structure, and keep them on a sheet next to the virtual health care device you use to make virtual meetings with your telemedicine patients. Make a habit of periodically glancing at this sheet and determining which stage you're currently in to push to the next one as soon as possible. Write a few useful tips to move things along in each stage, in case it's your patient that's rambling and you need to be polite as you push things forward.

Ready to power through a long day of telemedicine video calls with your patients efficiently? Go ahead and get yourself a Banty Medical account to get through your day even more efficiently. Who knows? You might even find time for a full lunch.

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The Best Holdover Snacks for Back-to-Back Virtual Meetings

Too many video calls to eat? Not to worry. We've come up with a few snacks that can keep you going till you've powered through your busy schedule.



How to Stay Awake During a Boring Virtual Meeting

Some meetings are more exciting than others, virtually or in person. We've got a little advice for when you're stuck with the less exciting variety.



Banty is Better for Doctors

Are you a doctor? This one's for you. Three reasons why Banty is Better for Doctors. Get a little ahead of today's market.



Banty is Better for Patients

Banty Medical is a platform specifically designed to deliver virtual healthcare. If you're a healthcare provider, read on to enhance your virtual healthcare.

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Abdallah Al Alfy

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Safeguarding Your Patients' Privacy in Telemedicine

Posted By [Abdallah Al Alfy](#)

What You Need to Do



The first step to safeguarding your patients' privacy is to select the appropriate video conferencing software for a telemedicine video call online with your patients. We're going to go ahead and assume you've [already gotten Banty Medical](#) so we won't beat that drum too much. But your video conferencing software isn't the only way to your patients' information.

Since a lot of the other ways to your patients' information go through you and your practice, we're offering some assistance. To help you keep your patients' information safe, Banty is stepping outside our software and into your video call experience to help you better protect your patients and your practice's reputation. Let's talk about some of the things you can do to safeguard your patients' information before, after and during telehealth video chatting with them.

1. Soundproof Your Office



While your video conferencing software might be supremely secure, information can still get out of your office if it can be heard outside of it. Whether you're working from your home office or from your regular office, soundproofing the rooms your patients might have a video call online with you from is an excellent measure for preventing information from leaking out. The last thing you want is for your neighbour to figure out that you have a patient called Mike who thinks he has an issue with his breathing. Or even the doctor in the practice next door to you. This information is in your confidence, not theirs.

2. Secure Your Working Space

Whether it's information you collected from a patient during a telemedicine video call using specialised and secure video conferencing software, or it's information collected from other sources, when you store information at home or at your practice, make sure you physically secure the locations where your information is stored. Install highly secure locks which require special access, install state-of-the-art doors and surveillance systems, and generally, make it difficult and discouraging for any potential intruder, accidental or otherwise, to break into your working space.

If you're working from a home office, accidental intruders who don't mean to endanger patient information could even be your own children, or your visiting nieces and nephews. Of course, as a healthcare practitioner, you may have rapport with your patients while still not knowing many details about their lives. You could very well be treating someone with serious enemies who might actually go to the trouble of trying to steal your patient's information. From corporate big wigs through government officials, and up to convicted and unconvicted criminals, the number of patients with enemies willing to break the law to access their medical records might surprise you. Everybody needs healthcare. Even people you're more used to hearing about on television.

The physical theft of information from your workspace isn't the only threat to patient information. Information can be stolen via visual surveillance and listening devices as well. Also known as "bugging". Which brings us to the next point.



3. Secure Your Device



If your device is not secure during and before a telehealth video call, a breach in your video conferencing solution's security is not the only way for someone to listen in on your virtual telemedicine video chat. Computers, tablets and other devices used for virtual medicine video calls and information storage can be compromised in one of two ways. By software compromise or by physical bugging.

Usually we think of bugs as being planted in rooms but really, a physical bug can be planted in your laptop, your tablet or even your cell phone. On the other hand, your software can be compromised in different ways. Someone could manually infect your computer with malware of some sort. Malware could also compromise your device's software if somebody clicks on the wrong link in a suspicious email or a suspicious website.

This means that you must not just guard your device against potential malicious actors physically, but you should also learn how to distinguish suspicious emails and websites as well as teach anybody who uses your device how it is done. You must also learn how to check if your device has been compromised physically or via software and conduct these checks routinely.

Having done all that and selected [the best possible video conferencing software](#) for your virtual clinic, you're ready to proceed with telemedicine video conferencing. Virtually meet your patients from whichever location you think most suitable and practice medicine with greater freedom.

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Transitioning to an Online Practice

You want to start practicing online. Maybe you already have. But you're out of your comfort zone. We'll help you get comfortable.



Surviving Back-to-Back Patients

Suddenly all your patients need help. It happens. Or maybe you took a trip and things piled up. Now you're in for a busy few days. This guide is for you.

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The Virtual MedsCheck

Posted By [Abdallah Al Alfy](#)

Telemedicine Meets Telepharmacy



Ontarian pharmacy staff already know what defines the MedsCheck program. For those of you working in pharmaceutical healthcare outside of Ontario, Canada, allow me to explain. The Ontario government offers a great program to enhance Ontarians' quality of life and level of healthcare. The MedsCheck program basically incentivizes pharmacies to regularly offer their patients interviews to review their prescription and over the counter medications.

The purpose of MedsChecks is almost universal to pharmacists in every jurisdiction, even jurisdictions without a program dedicated to said purpose. Pharmacists ask certain patients to bring all their medications for a review almost globally, albeit in a less formal way outside of official programs. But whether you're conducting a review of patient medications under a government program in your jurisdiction, or you're going through the review process informally, you probably heard of cases where MedsChecks or their equivalent wherever you live are now done virtually, because of the COVID-19 pandemic.

Many pharmacists choose to do their virtual MedsChecks over the telephone, but an increasing number of pharmacists are opting to go through that process using a telemedicine video call online. Reviewing medications virtually has many advantages and we're going to walk you through the most prominent of those to encourage you to opt for telehealth virtual meetings with your patients via video conferencing software when you review their medications.

1. Better Visibility

Many of your patients do not know enough about their medications to be able to reliably check their medications with you over the phone. Others may have different challenges to reckon with, such as visual impairment. A telehealth video call with your patient would allow them to show you all the relevant medications and packaging in real time, so that you can help them identify the medications in question reviewing how they should be used and their contraindications.

This is also useful for counting out medications in pill & tablet dosage forms in real time as well as showing the patients how to divide their medications amongst their blister packs. You can also indicate to your patients via virtual video conference how sublingual medications, inhalers, and subcutaneous injections are applied. The benefits of upgrading your virtual MedsCheck from telephone to video call are myriad.



2. Higher Trust



Using a video conferencing solution to see your patients for a virtual MedsCheck is helpful in building the patients' trust in you, because video calls make it easier to establish rapport than phone calls. Just the fact that your patient sees you, their healthcare provider on screen, as opposed to hearing your disembodied voice over the phone, makes a huge difference in how they feel.

Additionally, you can make significant use of body language and visual social cues which increase the rapport that leads to trust. For example, as outlined in [previous blogs](#), you can use the eye contact trick. The eye contact trick gives the impression that you're looking the patient in the eye, despite the fact that doing so is not currently possible on most video calls due to the hardware associated with mainstream video conferences.

The eye contact trick utilises many factors but the most important one is for you, the pharmacist, to look into the camera lens the majority of the time that you are speaking to a patient to conduct a virtual med review. Avoid the temptation to look directly at the patient's image on your screen too much. It's more important for the patient to see you as

making eye contact than for you to see the patient the same way.

3. Greater Patient Satisfaction

I can't even begin to tell you how much more patient satisfaction is gained from the more informative televideo virtual meetings with pharmacists for MedsChecks or other types of medication reviews. For many patients in general, having a MedsCheck over the telephone can be a disheartening experience. When somebody asks them if they've done their MedsCheck recently they might answer with something like "Yeah..I guess". Or "I tried..Still not sure they got it right though."

These occurrences are pronouncedly less during a virtual MedsCheck done over video calling solutions. Because patients are more able to visually establish rapport with you during video calls and because a video call is more visually informative to a patient, potential patient frustration tends to be significantly reduced in during a video call for a MedsCheck, compared to potential patient frustration during a regular telephone call for the same purpose. And greater patient satisfaction is, of course, a cornerstone of the sound practice of pharmacy.



As a pharmacist, or a pharmaceutical healthcare professional, you could probably find more advantages to carrying out virtual medication reviews over video calls online via video conferencing software. These advantages would likely apply under MedsCheck, or any other formal medication review program. They may even apply to informal medication reviews. For video conferencing software compliant with global and North American standards (HIPAA, PHIPA & More), [get a free trial of Banty Medical](#).



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3 Props for Telemedicine

Visual aids you can use to build rapport with new telemedicine patients. Even if some of them are long time patients from your physical practice.



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The Telemedical Conundrum

As prolonged telemedicine practice becomes more common, regulatory changes are inevitable. Read on for a feel of potential regulatory trends in the future.

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How to Prep for a Virtual Visit with your Doctor

Posted By [Abdallah Al Alfy](#)

Prepare so you can get the most out of your doctor's video call



Welcome to the age of telemedicine. You're virtually meeting your doctor through video conferencing software for a virtual medical visit. That's terrific! Maybe you've done this before. Maybe you haven't. Regardless, we thought you should have a few things ready to save you and your doctor some time, and possibly another potential virtual medical appointment. We've written a list of things to keep in mind for your upcoming medical virtual visit with your doctor via video call. Read on below before you hop onto your video conferencing software.

1. List any Complaints or Concerns



Funny, right? A list telling you to write a list. The irony isn't lost on us. So yes. List any complaints or concerns. Well, not any complaints or concerns. Don't talk to your doctor about fixing your TV, obviously. But write a list for any health complaints or issues you may not have spoken properly about with this particular doctor before. That way you can refer to the list at any time during your video call and not miss anything that you may need to tell your doctor about. Err on the side of caution. Anything to do with your body and health should be reported to your doctor, even if it's no grave cause for concern. Better your doctor should know than not know. Try to do that around two days before your scheduled video call with your doctor, to give you time to remember everything.

2. Tell the Doctor your Medical History



Your medical history includes things like past and active allergies, whether or not you got chicken pox as a child, medications you've taken in the past and medications you're currently taking, as well as any ailments you currently suffer from, and more. Typically, a doctor speaking to you for the first time will ask you a few questions about your medical history, but there's only so much a doctor can do if you haven't gathered that information. And there are cases where doctors tend to patients for decades without knowing all their medical history. These cases sometimes lead to complications which could have been avoided had the patients answered their doctor's medical history questions correctly from the start. Yes, you can make a list for that as well, after you stop laughing. That's two lists on this list.

While your family's medical history isn't technically *your* medical history, it's significant because it can help your doctor factor in genetic possibilities for you developing issues you currently show no signs of suffering from. So yes, go ahead and tell your doctor your family's medical history as well. Parents, grandparents, ancestors, aunts and uncles, brothers and sisters, and anyone else you can think of. Oh go on then, throw a couple of cousin degrees in there too. No, don't make a list for that. To really get it right, you'll want to make a **chart**. I speak with humour, but this could actually be amazingly helpful to your doctor and thus, to your health and well being.

3. Set Your Room



Whether you're using an external webcam or the camera on your device, your doctor is relying on that camera to see you. If you're going to show an injury, rash, or any type of affliction to your doctor, make sure you can position yourself and your camera well enough for the camera to send your doctor a clear view of your issue. Make sure the lighting is correct as well because the camera can only depict as well as it processes the light.

If you're using a tablet or a telephone it helps to have an adjustable phone or tablet mount with a suitable surface to stick it on. If you're using a laptop, an adjustable desk or table might be more helpful. In both those cases, an adjustable chair is recommended. These factors will improve your mobility during the video call so that the doctor can see any part of your body which you may need to show them.

The good news is, if your doctor's video conferencing software is "Banty Medical", your video call is going to be a lot easier. As far as telemedicine goes, [Banty Medical](#) is a pretty helpful option in more than one aspect. [Read more about Banty Medical](#) and maybe mention it to your doctor. Good luck on your doctor's virtual medical appointment!



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3 Props for Telemedicine

Posted By [Abdallah Al Alfy](#)

Visual Aids for Your Virtual Clinic



This has been talked about before but it hasn't been said enough. Practicing telemedicine via video call online is great but it's a big change. Not just for you, but also for many of your patients. Because of that, many of your new, or even regular patients may feel your virtual clinic is a little alien to them on their first few visits. To help your patients feel more at ease with this process, there's a lot you can do, [some of which we discussed in previous blogs](#).

One of the things you can do is use props to simulate the effect of a physical doctor's office. While there's no imperative need for these props for direct medical reasons, they carry great indirect medical value, in that many patients can only maximise their benefits from telemedicine if they are at ease with their healthcare provider whilst using the video conferencing software to visit their virtual practice.

1. A Stethoscope



It's true that you can't use your stethoscope on a virtual patient in a video call. But it helps put some of your patients' minds at ease to see one during a telehealth video call with you. Wear the stethoscope around your neck for optimum effect, in the most common way doctors visually display their stethoscopes in your community, whether it's by putting the ear plugs behind their necks or simply slinging it unwound around their necks. Make sure it's visible to the camera so that your patient can see the familiar sight of his or her healthcare provider wearing a stethoscope.

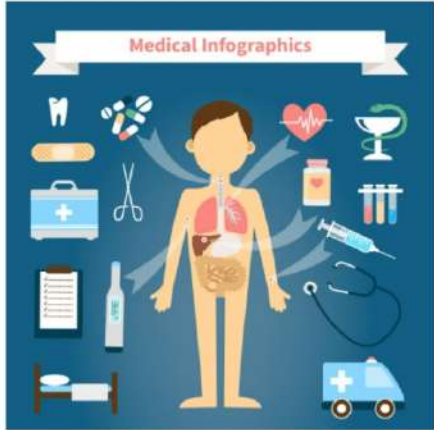
2. A White Coat



You probably saw this coming. After all, people have a tendency to call healthcare givers "the white coats". Just because you're providing virtual healthcare over virtual meeting solutions as well, doesn't mean you get to shed your stereotype! Patients expect it of you, virtual patients or otherwise! Of course, pay the same attention to your white coat as you would in your physical practice. Make sure it's clean and well-pressed before wearing it.

There's more though. In a virtual video call all virtual presentation happens through your camera so even if your white coat is perfectly clean and well-ironed, the camera can make it seem a little wrinkly or less than as perfect as you made sure to make it. This means that another thing to additionally make sure of is to test how you look on camera wearing the white coat and adjust the camera to show you and your white coat in the best possible way during the video conference.

3. Anatomy Charts



Anatomy Charts are perfect props, whether you're attending a telemedicine virtual meeting with a patient or attending a literal telehealth video conference. Whatever the time of your telemedical video call, anatomy charts are terrific props to have in the background. They're colourful and visually catchy, so you know people will notice them. They lend a professional air to your telemedicine virtual working space and they generally give your video conferencing audience something to look at while you look up a chart or follow up on a note.

Of course, not all anatomy charts are printed equal so make sure you select one that's visually appealing as well as appropriate for your virtual medicine video call set up, whether this concerns the way your camera is set up or the general design of your telemedicine office. You may find yourself admiring particular anatomy charts that are wonderful but simply not the right fit for your particular video calling setup.

We assume you already have these three items handy? Maybe you need a new anatomy chart? When you get one, [try Banty Medical on us for a while](#), to see how much you can do for your patients with virtual medicine.



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How to Prep for a Virtual Visit with your Doctor

Now that virtual appointments with doctors are trending, here are a few things to do to prepare for them.

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