## Use of *Estreemo* – DOs and DON'Ts (last updated on 3 September 2020)

DOs	DON'Ts
Use an ethernet (wired) connection	Do not use a hotspot shared internet connection
If using a Wi-Fi connection, <b>make sure</b> it is entirely dedicated to your device	<b>Do not</b> use a smartphone or a tablet to connect to <i>Estreemo</i>
Turn off all applications running on your device, except Google Chrome	<b>Do not</b> open the WFP Webcast and <i>Estreemo</i> at the same time on your device
Turn the volume of your speakers to 75%	Do not have a VPN connected
Ensure solid colored background and good lighting	<b>Do not sit in front of a window</b> (the light behind you transforms you to an outline/shadow)
<b>Use</b> headsets with integrated high-quality microphones	Do not let microphone rub against clothing
Eliminate background noise and interference	<b>Do not</b> connect to the system from outdoors
Speak slowly for interpretation purposes	Do not read your statement too fast
Replicate eye contact by looking into the camera (center yourself on screen)	<b>Do not</b> use auto-fill/previously stored details for the credentials – these must always be manually typed in
If something is not working, <b>send</b> a screenshot to the Executive Board Secretariat:  wfpsecretarytotheeb@wfp.org	
Send your statements/interventions in advance to the Executive Board Secretariat: wfpsecretarytotheeb@wfp.org	
Be patient – take a few moments to read the technical guidance carefully, as some common technical issues may be covered in the technical guidance manual	