

Web Conferencing is a friend of the environment

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Web Conferencing is a friend of the environment**

**By Adi Gaskell**

**Web Conferencing is a friend of the environment by Adi Gaskell**

Video conferencing is a friend of the environment. It helps reduce the volume of CO2 emissions from cars and reduces traffic congestion on our roads (as well as improving company productivity and reducing costs!).

As governments throughout the world look to cut their CO2 emissions to meet global treaties, such as Kyoto, companies can use video conferencing as an easy means of achieving just that. Many leading companies now use video conferencing both as a key component of their business strategy and a vital cog in their environmental plans as well.

Lex Vehicle Leasing, part of the RAC group, has been using video conferencing between its Manchester, Marlow and Stirling offices and since the beginning of 2004 estimates that it has saved over 80 tonnes of CO2 from being emitted into the atmosphere. In addition to this environmental benefit the company also reported time savings of almost 6,000 hours from employees not travelling to meetings and getting bogged down in congestion. To put this into perspective this figure equates to over 150 working weeks when Lex employees were at their desks helping customers and not stuck in their cars travelling too and fro.

There are also several important steps to take when setting things up at your end to ensure that the videoconference runs smoothly.

If you have offices overseas or deal with overseas clients the cost and environmental savings can be even larger. No longer do you have to travel abroad to meet with customers, colleagues or suppliers. Conduct your meetings over the web from the comfort of your office and save thousands of pounds and do your bit for the environment!

Adi is the founder of [www.WebVideo4U.co.uk](http://www.WebVideo4U.co.uk), a leading provider of Flash based streaming video solutions.

## **The Magic of Video Conferencing**

**By Harry Rockwell**

Video conferencing facilitates learning by allowing remote or distant learners to meet regardless of their location. Students can take classes at multiple universities. In essence classes that are not available at one location may be available at another through video conferencing. Video conferencing can also benefit non traditional students who are not able to attend classes during normal hours.

There are various types of videoconferencing; which is suitable for your application will depend upon the IT structure available and what it is that you actually want to achieve. Video conferencing has in the past been relatively expensive, but prices are coming down and it is possible for anyone with a fast enough internet connection to operate a video conference.

There are excellent quality video conferencing systems out there. Many of them are well worth the dollars that they cost. And, because technology continues to grow, you'll find that prices for video conferencing will become more competitive. It is the way of the future. Is your company in the future? Using video conferencing can help to insure that it is there.

Most video conferencing terminals also require what is called a codec or Compressor/Decompressor interface. This piece of equipment helps compress information being passed from audio to video to make transmission of materials feasible over the Net. Without this piece of equipment most files would be too large to send from one computer to another. The process of compression data using a codec machine is often referred to as decoding and encoding information.

Finally, a computer and reliable internet connection are also necessary to facilitate video conferencing. A high speed connection is recommended to make the video conferencing experience not only enduring but also enjoyable. The actual computer you have is not as important as the size of your display. Remember that when using video conferencing equipment, the larger your display the better your picture and the more easily a time you will have conferencing' with other people on the Web.

Conferencing – Providing conferencing information. Learn about web conferencing, audio conferencing, video conferencing, etc. Find out about web data conferencing & web exchange conferencing here.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**