



Instructions - Uploading an Instant Custom Avatar

Guidelines for Video Submission:

- Duration: Ensure the video is less than 1 minute long.
- Camera Quality: Record with a high-resolution camera for clarity.
- Recording Environment: Choose a brightly lit and quiet setting.
- Camera Interaction: Maintain direct eye contact with the camera lens.
- Speech: Articulate clearly, pausing briefly after each sentence, and keep your mouth closed during these pauses.
- Body Language: Use subtle, universal gestures and keep your hands below chest level.

Requirements:

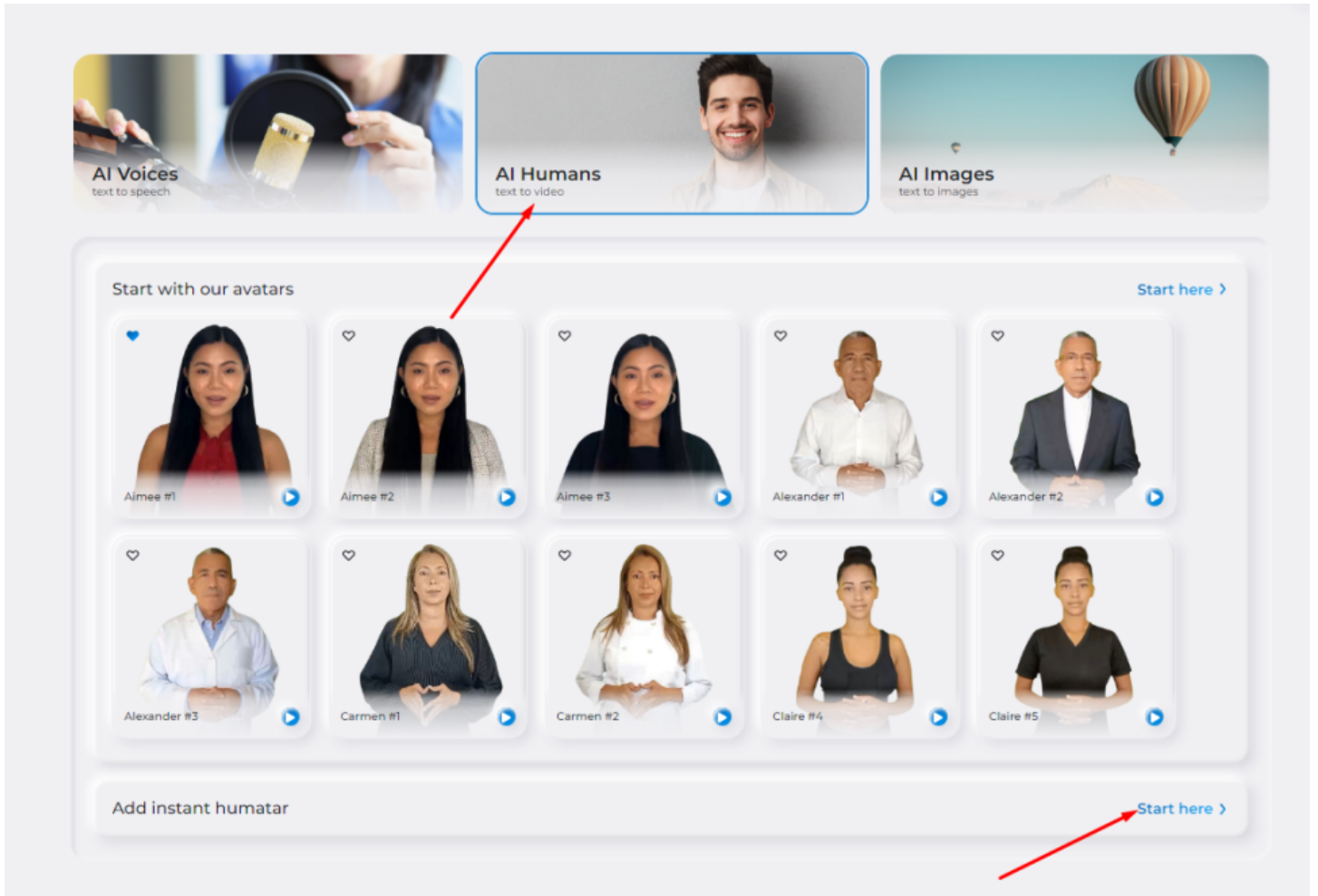
- Videos in only 1280x720p or 1920x1080p are accepted.
- File format should be MP4
- File size should not exceed 500 MB

Avoid the Following:

- Editing: Do not stitch or cut the footage.
- Speech Flow: Avoid speaking continuously without pauses.
- Movement: Stay in one position throughout the recording.
- Background Distractions: Ensure there is no loud background noise.
- Lighting: Avoid having shadows or overexposure on your face.
- Eye Contact: Refrain from looking away or around during the recording.
- Hand Movements: Keep hand gestures below the chest level.

Submission:

Once you have recorded your footage, you can upload it in the Instant Humatar here:




Or you can upload it inside AI Humans here:




Add custom humatar ✕

Actor's name

Sample


Drag and drop your video
, or browse
video

File Supported: .mp4
Maximum size: 500 MB

 Quantity is less important than quality. The results may be poor if the samples are noisy. Providing more than 5 minutes of audio doesn't make a significant difference.

I confirm that I have all rights or consents to upload and clone these voice samples, and that the platform-generated content will not be used for illegal, fraudulent, or harmful purposes. As a customer, I agree to abide by Synthesys's [Terms of Service](#) and [Privacy Policy](#).

For any questions or assistance, feel free to reach out to the Synthesys team at support@synthesys.io.

Happy filming!