

Egocentric Video Contributor and Quality Assurance Guide

A complete, step-by-step handbook for filming and submitting your videos

Welcome!

Thank you for joining this project. This guide will walk you through everything you need to know — from setting up your phone to submitting your first video — even if this is your first time contributing.

Read this guide fully before you start filming. If anything is unclear, refer back to this document — it's designed to answer the questions contributors commonly have.

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1. What Is This Project?

We are collecting videos of everyday tasks — filmed from your own point of view — to help train AI systems that learn by watching how people move and act in their homes.

"Egocentric" simply means the camera sees what YOU see, as if it were your own eyes. You'll wear your phone on a head strap or chest mount so it captures your hands and the task in front of you, just like a GoPro or a pair of smart glasses would.

Examples of tasks we're collecting:

- Washing dishes or loading the dishwasher
 - Folding or hanging laundry
 - Cooking a simple meal
 - Tidying a room or making a bed
 - Small repairs, crafts, tech setup, personal care routines, and more
- The full list of task ideas is in

Section 7.

2. What You'll Need

Item	Details
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Smartphone	2021 or newer (e.g., iPhone SE/11+, Pixel 6+, Galaxy S21+). Must run iOS 14+ or Android 10+.
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Head strap or mount	Used to wear your phone hands-free. A chest mount can work, but a head mount is strongly preferred.
A task to perform	Any everyday task at home — see Section 7 for ideas.
A private space	Somewhere you can film without capturing other people or personal information.

3. Before You Film: Setup Checklist

Go through this checklist every time, before you press record:

- ☐ Choose your task and the room(s) you'll film in.
- ☐ Scan the space for personal information (PII) — see Section 8 for the full list of what to avoid — and remove or turn away anything sensitive.
- ☐ Let anyone else at home know to stay out of frame while you record.
- ☐ Mount your phone securely — head-mounted is preferred. Double check that it won't slip.
- ☐ Set your camera to landscape orientation, with 0.5x–0.6x (wide-angle) zoom.
- ☐ Make sure your hands will be visible in frame throughout the task.
- ☐ Start recording before you begin speaking or moving.

4. Recording Your Video, Step by Step

1. Start recording with your hands empty and visible in frame, held up in front of you.
2. Say your opening line, describing the task you're about to do. For example: "I am loading the dishwasher."
3. Perform the task at a natural pace, narrating continuously (as described in Section 5) — describe each action as you do it, not before or after.
4. When finished, say a closing statement that mirrors your opening. For example: "I am finished loading the dishwasher."
5. Stop recording.
6. Watch your video back (you can fast-forward or skip through it) to confirm: the opening and closing statements are there, your hands are visible, and no personal information is visible or audible.

7. Rename your file using the naming convention in the guideline doc.
8. Convert to .mp4 if needed, then upload the video.

5. Narration Guide

Good narration is one of the most important parts of this project. Follow these rules closely, as poor narration quality is a common reason for failure during the auditing process.

5.1 Speak in the present tense — "I am..."

Narrate what you are doing right now, in real time — not what you're about to do or what you already did.

✗ Avoid	✓ Do This Instead
<i>"I am going to take out the trash. I will open the bin."</i>	<i>"I am taking out the trash. I am opening the bin."</i>
<i>"Next, I'm going to add kibble" (then pours it silently)</i>	<i>"I am pouring kibble into the bowl" (said while pouring)</i>

5.2 Be specific — narrate every step

Avoid broad, one-sentence summaries of the whole task. Describe each individual action as it happens — including repeating the same phrase if you repeat the same motion.

✗ Avoid	✓ Do This Instead
<i>"I'm cleaning." / "I'm organizing my desk."</i>	<i>"I'm removing the items from my desk. I'm wiping the surface. I'm sorting the items — notebooks go on the left, small items go in the drawer."</i>
<i>"I'm fixing something."</i>	<i>"I'm picking up the screwdriver and tightening the loose screw on the cabinet hinge."</i>
<i>Silence between repeated actions (e.g., painting shape after shape without narrating each one)</i>	<i>"I am painting the beak. I am painting the sun. I am painting the flower." (narrate each repetition)</i>

5.3 Describe, don't perform or converse

Talk as if you're narrating your own actions to yourself — not presenting to an audience or showing items to the camera.

✗ Avoid	✓ Do This Instead
"As you can see here, this is the pan!" (holding item up to camera)	"I'm washing the pan now." (said while washing, no need to show it to the camera)
"As you can see, here are my packages, we're gonna unbox this for you guys..."	"I am opening these packages. I am starting with the largest box first."

5.4 Keep talking — avoid dead air

- Narration should be near-continuous. Avoid long silent stretches.
- Aim for at least 30 words per minute across the video.
- Don't just fill space with filler ("um, I guess I'll...", "this looks good") — keep it descriptive and tied to what

your hands are doing.

- Narration should generally happen at the same time as the action — not right before or after it.

5.5 Opening and closing statements

Every video needs a clear opening and closing line:

- Opening: a short summary of what you're about to do — e.g. "I am watering the plants."
- Closing: a matching statement once you're done — e.g. "I finished watering the plants." A brief one sentence recap.

6. Hand Visibility & Camera Positioning

6.1 The "T-Rex pose"

When your hands aren't actively interacting with something, hold them up in front of you, close to your body — like a T-Rex. This keeps them in frame and ready to go.





6.2 Visibility targets

Target	What it means
80% hand visibility	The goal for every video — your hands should be visible in frame roughly 80% of the time.
60% hand visibility	The absolute minimum. Videos below this will not be accepted.

Tip: you may need to move your head to follow your hands so the camera keeps them in view — especially while reaching for or manipulating objects.

6.3 Mounting position

Head-mounted devices are strongly preferred. They make it much easier to maintain 80% hand visibility. Chest mounted devices tend to lose the hands from frame whenever you reach up high

You can record any realistic household task. Here are examples across each category — feel free to go beyond this list.

Household Activities

- Kitchen: loading/unloading dishwasher, hand-washing dishes, putting away groceries, preparing a simple meal, cleaning counters, organizing cabinets/pantry
- Laundry: loading washer/dryer, folding, hanging, sorting, putting away, organizing supplies
- Living room / bedroom: tidying, making a bed, vacuuming/sweeping, organizing shelves, folding blankets, rearranging décor
- General: taking out trash/recycling, dusting, cleaning mirrors/windows, watering indoor plants, organizing storage

Repairs & DIY

- Assembling furniture or model kits; installing shelves; hanging pictures or wall art
- Tightening screws/fasteners; replacing light bulbs or batteries; repairing loose cabinet handles
- Aligning cabinet doors; retouching wall paint; replacing an air filter; caulking a bathroom; fixing a broken toy or decoration

Crafts & Hobbies

- Drawing, painting, coloring, sewing, mending, knitting, crocheting
- Building model kits, scrapbooking, making jewelry, instrument care (changing strings, tuning)
- Photography, setting up a board game, meditation/exercise prep (mandala, Zen garden, yoga setup)

Technology & Computing

- Setting up a desktop, connecting monitors/peripherals, organizing cables, setting up a printer
- Typing on a keyboard, using a mouse (click, drag, scroll), searching for and pasting images into a document
- Downloading a program or app, connecting Bluetooth devices, adjusting device settings, updating an OS
- Navigating a DVD player, game console, or streaming service (watch for usernames/PII on screen)
- Spreadsheet tips (sorting/filtering data), optimizing phone or computer storage/RAM

Personal Care

- Nail care (trimming, painting, filing), organizing grooming supplies or a bathroom counter
- Cleaning makeup or hairbrushes, brushing/styling a wig, preparing a toiletry kit or shower caddy ●
- Organizing a wardrobe or closet, packing personal items for travel

Outdoor & Home Improvement

- Watering plants, planting flowers/vegetables, pulling weeds, pruning, light yard cleanup
- Sweeping patios/walkways, cleaning outdoor furniture, organizing garden tools, washing a vehicle
- Cleaning gutters, spraying for pests or weeds, power washing, landscaping with stones

Keep it varied

Please avoid submitting many recordings of the same task. Diverse recordings across different categories are much more valuable than repeating the same activity — try to mix it up whenever you can.

7. Extended & Multi-Step Tasks

Beyond single tasks, we're also very interested in longer sequences that show how people naturally move through multiple steps or rooms. These help show how people plan, adapt, and recover from mistakes or interruptions.

Scenario	Description	Example
Full "room reset"	Prepping a room so it's ready for guests or the evening.	Picking up clutter, folding blankets, rearranging pillows, wiping surfaces, putting items away.
Whole-home tidy loop	Walking through multiple rooms and putting things back in place.	Collecting cups/dishes from several rooms and returning them to the kitchen; putting toys in bins; hanging jackets.
Chained chores	Combining several related tasks into one continuous recording.	"Do the laundry start to finish" (collect, wash, dry, fold, put away). "Cook a meal and clean up" (prep, cook, plate, wash dishes, wipe counters).
Search and find	Looking for an item that isn't immediately visible and returning it to a chosen spot.	Finding a remote, keys, glasses, or a specific book.

Guidelines for extended tasks

- Aim for realistic durations — about 10–30 minutes for a full sequence. We're not strict on the upper end. If a task takes you more time, that's fine as well. Don't stretch a task artificially to hit a time target.
- It's fine (and encouraged) to move through multiple rooms in one recording.
- It's fine to change your plan partway through — e.g., noticing another area that needs attention.
- Natural mistakes, pauses, and retries are okay — don't try to make the video look perfect.
- If a task naturally finishes early, that's okay.

8. Recording & Quality Requirements

Requirement	Details
Perspective	Egocentric (first-person) only — worn on the head or chest, showing your own POV.
Orientation	Landscape, 16:9. Recommended 30fps.
Zoom	0.5x–0.6x (wide angle) to help keep hands and objects visible.
Narration	Continuous, present-tense, at least 30 words per minute (see Section 5).
Hand visibility	Hands visible in frame as much as possible.
Editing	Do not cut, edit, fast-forward, or stitch clips together within a single task.
Pacing	Perform the task at a natural pace — don't rush or slow down for the camera.
File format	Must be .mp4

9. File Naming & Format

9.1 Naming convention

Name every file using this format:

<participant_id>_<task>_<location>_<camera>_<date>.mp4

Example:

P012_load-dishwasher_kitchen_egocentric-mobile_20260817.mp4

- Participant ID: use the ID Next World gives you (e.g. P012) — never your name.
- Task: a short name, e.g. load-dishwasher, fold-laundry, put-away-groceries.
- Location: the primary room, e.g. kitchen, laundry-room, living-room, home-office. If a task spans multiple rooms, just use the main one.
- Camera: egocentric-mobile.
- Date: YYYYMMDD.

9.2 File format — .mp4 only

Important

All videos must be submitted as .mp4 files. If your device records in .MOV format, you'll need to convert it before submitting.

Simply renaming a file from .mov to .mp4 does NOT actually convert it — the file needs to be properly converted using a conversion tool or app, or exported as .mp4 from your phone's settings.

10. Privacy, Safety & PII Guardrails

These rules must be followed on every recording.

10.1 Personally identifiable information (PII) Avoid capturing:

- Other individuals — including framed photos and reflections of yourself in mirrors
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- Names, addresses, phone numbers, or email addresses
 - Mail, packages, or documents with readable personal information
 - Screens showing emails, messages, calendars, or account details

If PII is accidentally captured: stop recording if possible, and do not submit the clip unless instructed otherwise.

10.2 People, children, and animals

- Never include children in a recording, under any circumstances.
- Avoid recording identifiable third parties.
- Pets and animals are okay.

10.3 Audio

- Avoid saying names, addresses, or other personal details out loud.
- Background TV or music is fine, as long as it doesn't reveal personal information.

11. Getting Started & Submitting Your Videos

Step 1 — Get your Participant ID

Fill out the participant ID form. You'll be asked for a contact email (where your ID will be sent) and a participant email.

Step 2 — Record your videos

Follow the steps in Sections 3–4 for each video.

Step 3 — Upload

- Upload each video as you finish recording it — no need to wait until end of day.

Quick Reference: Final Checklist

Before you submit each video, confirm:

- ☐ Filmed egocentrically (head or body mounted), in landscape orientation
 - ☐ Opening statement present, hands empty and visible at the start
 - ☐ Continuous, present-tense ("I am...") narration throughout — at least 30 words per minute
 - ☐ Narration describes actions as they happen, step by step — not broad summaries
 - ☐ Hands visible at least 80% of the time (60% minimum)
 - ☐ Closing statement present, mirroring the opening
 - ☐ No PII visible — people, screens, documents, mail, mirrors checked
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- ☐ No children in the recording
 - ☐ Video is unedited — no cuts, stitching, or fast-forwarding
 - ☐ File renamed using the correct naming convention
 - ☐ File is in .mp4 format (properly converted, not just renamed)

Questions?

If anything in this guide is unclear, please reach out to a QPE or Trainer before filming — it's much easier to clarify upfront than to redo a recording. Happy filming!

Additional guidelines based on queries on 31-August-2026 and QA & client feedback.

1. Device Requirement/Setup:

Device eligibility should be checked during the **initial screening process when finalizing the contributor roster**.

Contributors should already meet the required smartphone and OS requirements before they begin recording.

Acceptable phone models: Phones manufactured from 2021 and onwards, such as iPhone SE/11 or newer; Pixel 6 or newer; Galaxy S21 or newer, or equivalent models. Phones should be able to run Android 10 / iOS 14 or newer.

Method:

- Contributors must use their own smartphone.
- The smartphone must be mounted using an approved head strap.
- Recordings must take place in the contributor's home environment.
- Videos must be recorded in landscape orientation.
- Hands and manipulated objects should remain visible whenever possible.
- The camera perspective should closely approximate what you see while performing the task, with hands and manipulated objects clearly visible.

2. Landscape Orientation (16:9)

Landscape orientation is a **base project requirement**, with 16:9 being the standard. Obvious deviations, such as portrait videos or clearly incorrect aspect ratios, should not be passed. We should reach out to the contributor and ensure they are aligned with the requirement.

3. Opening Statement

This falls under **Narration**. An opening statement is required, for example, *"I am preparing a cup of coffee."* The contributor's hands should also be empty and visible before the task begins.

Example:

- **Kitchen / Cooking:** "I am standing at the counter and I am preparing the ingredients."
- **Cleaning / Chore:** "I am approaching the sink and I am picking up the sponge."
- **Workshop / Assembly:** "I am sitting at the workbench and I am reaching for the tools."
- **Generic / Any Action:** "I am beginning the task now and I am looking at my hands."

4. Closing Statement

Each video should have a closing statement similar to the opening statement and should correspond to the task. If no statement is given, it will be rejected. For example, *"I am done preparing the coffee."* **Videos without opening or closing narration are not acceptable.**

Example:

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- **Kitchen / Cooking:** "I am finishing the recipe now and I am stepping away from the stove."
 - **Cleaning / Chore:** "I am completing the washing now and I am placing the item down."
 - **Workshop / Assembly:** "I am finishing the assembly now and I am putting the final tool away."
 - **Generic / Any Action:** "I am concluding the task now and I am stopping the movement."

5. Present-Tense Narration

Narration should generally be in the present tense and synchronized with the action, for example, *"Now I am adding the coffee powder."* Minor deviations in tense are acceptable as long as the narration is a real-time description of the action being performed.

6. Narration Quality

Narration should be **specific, step-by-step, real-time, and aligned with the actions** being performed. The ~30 words-per-minute figure is only a **ballpark reference**, not a strict threshold. The main expectation is that contributors describe what they are doing and do not remain silent for long stretches. Long periods of silence are not preferred.

7. Hand Visibility

The contributor's hands should ideally be visible for **around 80% of the video** so that the task can be properly observed. Occasional moments where the hands are cut off or leave the frame are acceptable. However, if the hands are consistently out of frame for extended periods, the video should be flagged.

8. Technical Recording Requirements

Recording at **0.5x wide-angle zoom is not a hard requirement**. The purpose is to ensure sufficient hand and task visibility. What matters is whether the framing and overall video quality allow the task to be properly observed.

9. Reflection Check

Reflections in mirrors, windows, appliances, or other reflective surfaces should not reveal the contributor's face or another person's face. This should be treated as a **PII issue**.

10. Audio PII

Spoken personally identifying information should also be flagged. For example, accidentally stating someone's full name, the contributor's own full name, or similar identifying information would constitute a PII issue.

11. Third-Party Presence

No identifiable third parties should be visible in the recording. The presence of another adult should therefore also be treated as a **PII issue**, separate from the specific "No Children" check.

12. File Format Validation

Contributors should follow the required file format and naming conventions. If a file is not in the required **.mp4 format**, we should reach out to the contributor and ask them to properly convert it and upload the converted file. Simply renaming the extension is not sufficient.

13. Opening/Closing Hands Check

This falls under **Full Task Coverage**. The contributor's hands should be empty at the start, and the recording should begin before task execution. For example, a cooking video should not start with the contributor already cutting vegetables. The recording should also continue through completion so that the task is captured in full.

14. Task Diversity / Duplicate Task Check

A contributor should not repeatedly submit the same exact task. There should be meaningful variation between submissions. For example, instead of repeatedly washing plates in essentially the same way, they could wash cups,

clean different types of dishes, or include dishwashing as part of a larger kitchen-cleaning task. The key is that two submissions should not look substantially similar.

15. Video Length

- Video <1 minute in length to be rejected
- Videos with >30 minutes lengths are not accepted.

16. Same category as cleaning utensils but different types of utensils in separate videos are valid?

Answer: Yes, a contributor may start with spoons, knives, chopsticks, then move onto things like cooking utensils in the same video. In fact, a cooking video might include a cleaning section while the contributor waits for water to boil or the microwave to finish. Videos that combine multiple types of tasks are categorized as "multi-step" videos.

17. Quality Guidelines • Record the **entire task from start to finish**

- Record in landscape orientation (16:9). Recommended frame rate is 30fps.
- Use 0.5x zoom (wide angle camera) on your phone to ensure that your hands and manipulated objects are visible throughout.
- Do **not** cut, edit, fast-forward, or stitch clips within a task
- Perform tasks at a **natural pace**
- Hands, tools, and manipulated objects should remain visible. Keeping hands in the frame even when not actively performing an action is preferred.
- Continuous narration is required throughout the recording.
- Narration should describe actions as they occur.
- Recording area must be checked for screens, documents, and personal information before filming.
- Natural mistakes, pauses, retries, and adjustments are **acceptable and encouraged**
- Do not intentionally optimize or "perform for the camera"
- Record a variety of different task types whenever possible. Avoid repeatedly submitting recordings of the same activity.

- Contributors are encouraged to perform tasks across multiple categories. Diverse recordings are strongly preferred over multiple recordings of the same process.

18. Personally Identifiable Information (PII)

- Avoid capturing:
 - Other individuals (even framed photos, reflections of yourself on a mirror)
 - Names, addresses, phone numbers, or email addresses
 - Mail, packages, or documents with readable personal information
 - Screens displaying emails, messages, calendars, or account details
 - Players' nicknames or usernames in a game because their names appear next to them, that would be considered PII
- If PII is accidentally captured:
 - Stop the recording if possible
 - Do not submit the clip unless instructed otherwise

19. People, Children, and Animals

- Do not include children** in recordings under any circumstances
- Avoid recording identifiable third parties unless they have explicitly consented
- Pets and animals are allowed and encouraged

20. Audio Considerations

- Avoid speaking names, addresses, or personal details during recordings

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- Background TV or music is acceptable if it does not contain personal information ○ Extended and Multi-Step Task Scenarios

In addition to the individual tasks listed above, we are especially interested in longer, multi-step task sequences that more closely reflect how people actually move through their homes. These recordings help us understand:

- How people plan and execute multi-step goals
- How they move between rooms and tasks
- How they recover from mistakes, interruptions, or changes of plan

When possible, please include some of the following extended scenarios in your recordings:

Task	Description	Example tasks
Full “room reset”	Preparing a living room or bedroom so it is “ready for guests” or “ready for the evening.”	Picking up clutter, folding blankets, rearranging pillows, clearing and wiping surfaces, putting items back where they belong.

Whole-home tidy loop	Walk through multiple rooms (e.g., living room, kitchen, hallway, bedroom) and put things back in their proper place.	Collecting cups and dishes from several rooms and returning them to the kitchen, putting toys back in bins, hanging jackets, etc.
Chained chores	Combine several related tasks into a single continuous recording.	“Do the laundry from start to finish” (collect clothes, load washer, transfer to dryer, fold, and put away). “Cook a simple meal and clean up afterward” (prep, cook, plate, put away leftovers, wash or load dishes, wipe counters).
Search and find	Look for a specific item that is not immediately visible and return it to a chosen location.	E.g., remote control, keys, glasses, a specific book.

- Guidelines for extended tasks
- Aim for realistic durations (10–30 minutes for full sequences), but do not artificially extend a task.
- It is acceptable and encouraged to:
 - ☐ Move through multiple rooms in one recording.
 - ☐ Change your plan as you go (for example, you notice another area that needs attention).
 - ☐ Include natural mistakes, pauses, and retries.

○ Narration and Task Commentary

To make the recordings more useful for training AI systems, we require recordings to include lightweight narration. This narration should be natural and simple.

Please respect the **privacy rules** in the “Guardrails: Privacy, Safety, and PII” section when speaking (avoid names, addresses, and other personal details).

At the beginning of each task:

- Opening narration: Clearly state a short summary of what you are about to do.
- Example openings:
 - ☐ “I am going to load and start the dishwasher.”
 - ☐ “I will tidy the living room and then take out the trash.”
 - ☐ “I am going to fold laundry and put the clothes away in the bedroom.”

If you are doing a multi-step or extended scenario, you may also briefly list the main steps:

Example: “First I’ll clear the coffee table, then I’ll fold the blankets, and then I’ll vacuum the floor.”

During the Task

Narration must be continuous throughout the recording.

Participants should:

- Describe actions as they occur.
- Explain what they are interacting with.
- Describe transitions between steps.
- Explain what they plan to do next.
- Continue speaking naturally while performing the task. Examples:

☒ “I’m picking up the screwdriver and tightening the loose screw.”

☒ “I’m moving the books from the table to the shelf.”

☒ “I’ve finished organizing the desk and now I’m putting the cables into the drawer.” Avoid very broad descriptions:

☒ “I’m cleaning.”

☒ “I’m fixing something.” **At**

the end of each task

When you finish the task or task sequence, please keep recording for a few more seconds and:

- Clearly say that you are finished.

- Give a brief summary (a sentence or two) of what you did. Example closing summaries:
- "I've finished loading the dishwasher and starting the cycle."
- "I tidied the living room: I picked up toys, folded the blankets, and cleared the coffee table." •
"I fixed the TV remote and mounted the TV on the stand."

Additional Note:

Describe, don't converse: There's no need to "perform" such as showing items to the camera. If the item needs to be named, name it as part of the normal narration.

E.g. Participant says "this is her water bowl" and shows it to the camera. ✗

"I'm now filling her water bowl" while filling it would be preferred. ✓

It is less about talking to the camera, and more about describing the action that you are doing. The speech should feel like someone describing their own movements in real time, rather than presenting, teaching, or demonstrating to an audience.

For example:

Not: "As you can see here, this is the pan."

More like: "I'm washing the pan now."

Opening statement: *I am taking the washed clothes out of the washing machine and hanging them to dry.*

begin performing the task

I am opening the door of the washing machine.

I am reaching into the washing machine with my right hand.

I am taking out a white shirt with my right hand.

I am placing the white shirt into the red bucket.

I am reaching into the washing machine again.

I am taking out another piece of clothing.

I am placing the clothing into the red bucket.

I am using my right hand to take out a pair of blue jeans.

I am placing the blue jeans into the red bucket.

I am reaching into the washing machine with my right hand.

I am taking out a white piece of clothing.

I am placing the white clothing into the red bucket.

I am reaching further into the washing machine.

I am taking out another piece of clothing with my right hand.

I am placing the clothing into the red bucket.

I am using my right hand to remove another piece of clothing from the washing machine.

I am putting the clothing into the red bucket.

I am taking another piece of clothing out of the washing machine.

I am placing it into the red bucket.

I am reaching into the washing machine again.

I am taking out another item of clothing.

I am putting it into the red bucket.

*I am checking inside the washing machine for more clothes.
I am reaching into the washing machine with my right hand.
I am taking out another piece of clothing.
I am placing the clothing into the red bucket.
I am removing the last piece of clothing from the washing machine.
I am placing the last piece of clothing into the red bucket.
I am closing the door of the washing machine.
I am holding the red bucket with both hands.
I am lifting the red bucket.
I am carrying the red bucket toward the door.
I am opening the door.
I am walking outside while carrying the red bucket.
I am continuing to carry the red bucket outside.
I am walking toward the place where I am going to hang the clothes.
I am placing the red bucket on the floor.
I am reaching into the red bucket with my right hand.
I am taking out a piece of clothing.
I am holding the clothing with both hands.
I am unfolding the clothing.
I am placing the clothing on the clothesline.
I am adjusting the clothing with my hands.
I am securing the clothing on the clothesline.
I am reaching into the red bucket again.
I am taking out another piece of clothing.
I am holding the clothing with both hands.
I am unfolding the clothing.
I am placing the clothing on the clothesline.
I am adjusting the clothing with both hands.
I am reaching into the red bucket again.
I am taking out another piece of clothing.
I am unfolding the clothing with both hands.
I am placing the clothing on the clothesline.
I am adjusting the clothing on the clothesline.
I am reaching into the bucket again.
I am taking out another item of clothing.
I am holding the clothing with both hands.
I am unfolding the clothing.
I am hanging the clothing on the clothesline.
I am adjusting the clothing with my hands.
I am taking another piece of clothing out of the bucket.
I am unfolding the clothing.
I am placing the clothing on the clothesline.
I am adjusting the clothing.
I am continuing to take clothes out of the red bucket.*

*I am unfolding each piece of clothing before placing it on the clothesline.
I am taking another piece of clothing from the bucket.
I am unfolding it with both hands.
I am hanging it on the clothesline.*

*I am adjusting the clothing on the clothesline.
I am reaching into the bucket again.
I am taking out another piece of clothing.
I am unfolding the clothing with both hands.
I am hanging the clothing on the clothesline.
I am adjusting the position of the clothing.
I am continuing to remove clothes from the bucket and hang them on the clothesline. I
am taking another piece of clothing from the bucket.
I am unfolding the clothing.
I am placing the clothing on the clothesline.
I am adjusting the clothing with my hands.
I am checking the clothesline.
I am adjusting the clothes that I have hung to dry.*

ending the task

Closing statement: *I am done taking the washed clothes out of the washing machine and hanging them to dry. *stop recording**

Example 1: Washing Dishes (Incorrect)

Opening:

"I am performing the activity of washing dishes."

Narration:

"I am turning on the water tap." ☒

"Today I am sharing my dish-washing routine with everyone." ✗ Vlog statement

"I am applying dishwashing liquid to the plate." ☒

"You should always use warm water to remove grease effectively." ✗ Instructional statement

"The sink looks very dirty today." ✗ Descriptive statement

"I am rinsing the plate with water." ☒

"I am placing the clean plate on the drying rack." ☒

Closing:

"I am completing the activity of washing dishes."

Example 2: Folding Clothes (Incorrect)

Opening:

"I am performing the activity of folding clothes."

Narration:

"I am picking up a shirt." ☒

"This is one of my favorite chores because it keeps my room neat." ✗ Opinion/Vlog statement

"I am folding the shirt neatly." ☒

"You can save space by folding clothes in this manner." ✗ Instructional statement

"The shirt is blue in color." ✗ Descriptive statement

"I am placing the folded shirt in the wardrobe." ✓

Closing:

"I am completing the activity of folding clothes."

Example 3: Making Tea (Incorrect)

Opening:

"I am performing the activity of making tea."

Narration:

"I am filling water into the kettle." ✓

"Welcome back to my kitchen vlog." ✗ Vlog statement

"I am boiling the water." ✓

"Tea tastes better when fresh ginger is added." ✗ Opinion/Descriptive statement

"I am adding tea leaves." ✓

"You should avoid boiling tea for too long." ✗ Instructional statement

"I am pouring the tea into a cup." ✓

Closing:

"I am completing the activity of making tea."

Example 4: Sweeping Floor (Incorrect)

Opening:

"I am performing the activity of sweeping the floor."

Narration:

"I am picking up the broom." ✓

"Today I want to show how I clean my house every weekend." ✗ Vlog statement

"I am sweeping the living room floor." ✓

"Dust can accumulate quickly in corners." ✗ Descriptive statement

"I am collecting the dirt into a pile." ✓

"It is important to clean under furniture regularly." ✗ Instructional statement

"I am disposing of the collected dirt." ✓

Closing:

"I am completing the activity of sweeping the floor."

Egocentric Video Creation – Key Quality Guidelines Based on QA Feedback

To ensure that egocentric videos meet quality requirements and are consistently accepted during QA, contributors should follow the guidance below.

1. Perform the Task Naturally

The primary objective of the recording is to capture a person naturally performing a real-world task.

- Start performing the task naturally rather than presenting objects to the camera.
- Do not intentionally showcase, hold up, point at, or introduce objects as if demonstrating them to an audience.
- Avoid changing your natural behavior because the camera is recording.
- Perform the activity as though no audience is watching.

Preferred: Naturally pick up and use the objects required for the task.

Avoid: Holding an object in front of the camera and saying, “Let me show you this” or introducing every item before starting.

2. Keep Narration Action-Focused, Not Vlog-Like

One of the most common QA observations is overly **vlog-style narration**.

Narration should describe what you are doing in real time, rather than speaking to an audience or presenting a demonstration.

Preferred narration:

- “I am cleaning the charger.”
- “I am picking up the phone case.”
- “I am washing the utensils.”
- “I am scrubbing the phone case with the brush.”
- “I am putting the sponge in the water.” **Avoid:**
- “Let me show you how to do this.”
- Speaking directly to an audience.
- Giving instructions on how someone else should perform the task.
- Excessive explanations or commentary.
- Repeated phrases such as “This is it.”
- Talking about unrelated topics such as the weather or the condition of the room. The narration

should remain focused on **your actions and the task being performed**.

3. Describe Actions More Than Objects

Avoid describing every object visible in the video.

Contributors should not:

- Introduce every object individually.
- Describe unnecessary details such as colors.
- Count objects.
- Continuously point out items in the environment.
- Repeatedly mention which hand is holding an object unless it is necessary for understanding the

action. **Focus on what you are doing, not on describing everything you see.**

For example:

Preferred:

"I am wiping the comb with a cloth." **Less**

preferred:

"I am holding the yellow comb in my right hand and showing it to the camera."

4. Avoid Instructional Narration

The video should document and describe your own actions. It should not sound like a tutorial or instructional demonstration.

Preferred:

- "I am cleaning this."
- "I am picking up the container."
- "I am washing the utensils." **Avoid:**
- "Now clean the container."
- "Pick this up with both hands."
- "Wash it with clean water."

Use **first-person action narration** rather than giving instructions to an audience.

5. Always Include a Clear Opening Statement

Start the recording with a brief statement describing the overall task you are about to perform.

Examples:

- "I am cleaning and arranging the chargers."
- "I am washing the utensils."
- "I am cleaning the phone cases."

The opening statement should provide a clear overview of the activity.

6. Always Include a Clear Closing Statement

A significant number of QA issues were caused by missing or abrupt endings.

Every video should end with a clear closing statement summarizing or confirming completion of the task. Examples:

- "I am done washing the utensils."
- "I am done cleaning the phone cases."
- "I have finished cleaning and arranging the chargers."

The closing statement should naturally relate to the opening statement and the activity performed. **Avoid generic endings such as:**

"Task completed."

The video should not end abruptly without a closing narration.

7. Keep Opening and Closing Statements Consistent

The beginning and ending narration should refer to the same activity.

For example:

Opening: "I am cleaning the phone cases."

Closing: "I am done cleaning the phone cases."

This provides a clear and complete narrative of the activity from start to finish.

8. Do Not Point at or Showcase Objects

Avoid pointing at objects, hands, or items specifically for the camera. Do

not:

- Point to objects to introduce them.

- Show objects close to the camera unnecessarily.
- Move objects toward the camera for demonstration purposes.
- Intentionally highlight items as though presenting them to viewers. Simply perform the task naturally.

9. Ensure Continuous and Unedited Recording

Videos should be continuous and should not contain unnecessary cuts or signs of editing. Avoid:

- Abrupt cuts.
- Interrupted recordings.
- Edited or shortened sequences that affect the continuity of the task.

The complete activity should be captured naturally from beginning to end, in accordance with the project requirements.

10. Ensure Clear Video and Audio Quality Before

submitting the video, verify that:

- The video is clear and not blurry.
- The recording is properly focused.
- Audio is present and clearly audible.
- Narration can be understood.
- The recording captures the task appropriately.

Videos with poor visual quality, excessive blur, or missing audio may not meet QA requirements.

11. Follow the Correct File Naming Format

Always verify that the file name follows the required project naming convention before submission.

Even when the video content is acceptable, an incorrect file name may result in the submission being flagged for correction.

Quick Checklist Before Submission

Before submitting your egocentric video, confirm:

- ✓ I performed the task naturally.
- ✓ I did not speak to or demonstrate the task for an audience.
- ✓ My narration focuses primarily on actions.
- ✓ I did not unnecessarily introduce, count, or describe every object.
- ✓ I avoided excessive commentary about colors, hands, or unrelated topics.
- ✓ I included a clear opening statement describing the task.
- ✓ I included a clear closing statement confirming completion.
- ✓ My opening and closing statements are consistent.
- ✓ I did not point at or intentionally showcase objects to the camera.
- ✓ My recording is continuous and free from unnecessary cuts.
- ✓ Video and audio quality are clear and acceptable. ✓ The file name follows the required naming convention.

Remember

The best egocentric video feels natural. Perform the task as you normally would and describe your actions in real time. Do not vlog, demonstrate, instruct, or perform for the camera.

Q&A Question: Can we expect the closing statement like "This is the end of the video"

Answer: We prefer it to mirror the opening statement. So if the opening statement is "I am cleaning the countertops in the kitchen." the most preferred closing statement should be "I am done cleaning the countertops in the kitchen." or even simpler "I am done cleaning the countertops." is acceptable.

It should be fine. Something like "The countertops are now clean. This is the end of the video." could be accepted. But just saying "This is the end of the video." without any sort of conclusion before is not acceptable.

Some examples of OPENING and CLOSING statement during narration and not following this in recorded video is not acceptable and may lead to rejection:

Opening Statements

- Kitchen / Cooking: "I am standing at the counter and I am preparing the ingredients."
- Cleaning / Chore: "I am approaching the sink and I am picking up the sponge."
- Workshop / Assembly: "I am sitting at the workbench and I am reaching for the tools." • Generic / Any Action: "I am beginning the task now and I am looking at my hands."

Closing Statements:

- Kitchen / Cooking: "I am finishing the recipe now and I am stepping away from the stove."
- Cleaning / Chore: "I am completing the washing now and I am placing the item down."
- Workshop / Assembly: "I am finishing the assembly now and I am putting the final tool away."
- Generic / Any Action: "I am concluding the task now and I am stopping the movement."

Major issues observed by QA Team:

- Both Hands are not in the Frame
- Children's Covered in the video
- Children's Voice in the background of the video
- Edited videos uploaded
- Videos recorded in the Horizontal Mode
- Incomplete Task
- Duplicate videos uploaded with different Name
- Task done with One hand
- Camera framing does not correct, both hands out of frame
- File extension not in .MP4
- Unnecessary explanation about the props used in recording
- Keeps repeating 'right hand' and 'both hand' in the Narration
- Vlogy style Narration
- In opening and closing statement using word "We"
- Too much silence within the narration
- Narration voice is very slow and doing task slowly
- Face of the lady appears on the laptop screen
- Color of the shirt/t-shirt within the narration
- Video shows some items [id card, fee receipt] which contains personal information
- At the end the video was extended for no reason

- Object visibility is very poor
- Name of the person used within the video
- Used instructive sentences
- There is no clear narration, and the person is using the same word in the whole task
- Narration is mostly in future tense not in present tense also there is no closing statement