

SimLa Innovations

Project: **Ambient Noises**

Materials: Downloaded sound files, video editing software

Cost: Free – unless you buy sound files

Time: Two hours (if knowledgeable about editing software)

Details: This is a ‘grins & giggles’ project. Perform an internet search for *free, downloadable audio files*. Import them into a movie maker program. In the ‘video/image’ channel, insert any image (I just created a black screen). Insert the image multiple times depending on desired length (I created a 60-minute loop to correspond to the scenario time). In the ‘audio’ channel, import your sounds. Reuse the sounds multiple times at different points. For example:

Fire engine in the distance / elevator opening / people talking / coughing / phone ringing / footsteps

Save the video project as an MP3 file. Run the file on a computer in the background. It can be used during an *emergency department* scenario when you want the anxiety level increased just a tad.

