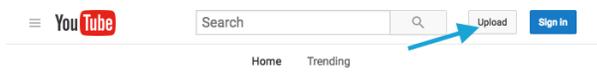


UPLOADING YOUR VIDEO

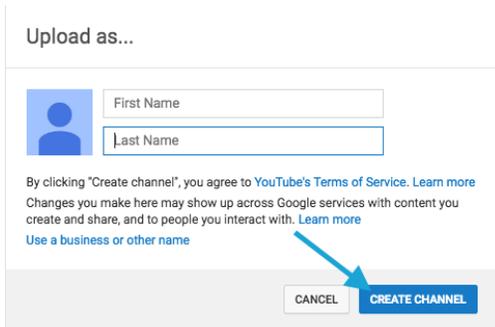
If you have a **Google account** (Gmail or other) **please log in**. If not, create an account on the '[create your google account](#)' page). Easily upload to **YouTube** as follows:

1. Go to [Youtube.com](#) and click “Upload” in the top right corner of the page

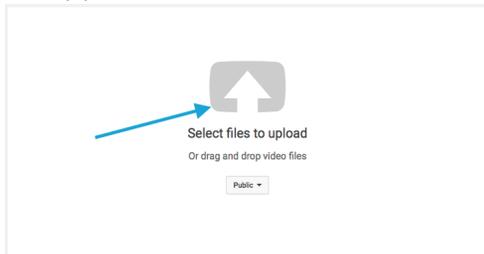


(f you don't have a google account, create one by following the instructions on the .

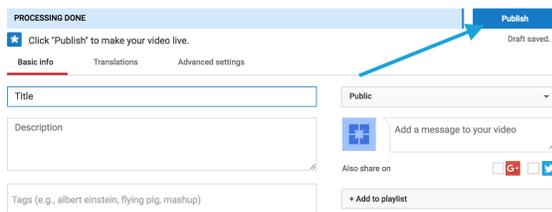
2. Fill out the “Upload as” form (if you already have a YouTube channel this prompt won't appear) and then click “Create Channel”

A screenshot of the 'Upload as...' form on YouTube. It has fields for 'First Name' and 'Last Name'. Below the fields, there is a note about terms of service and a link to 'Learn more'. At the bottom, there are two buttons: 'CANCEL' and 'CREATE CHANNEL'. A blue arrow points to the 'CREATE CHANNEL' button.

3. Click “Select files to Upload” and select your video(s)



4. Click “Publish” to make your video live and you've uploaded your video! * If you want your video to be private, select “unlisted” instead of “public”

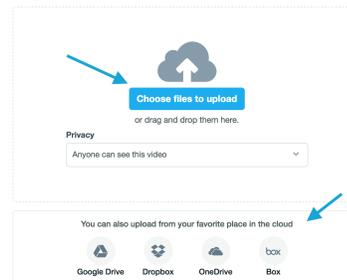
A screenshot of the YouTube video upload processing screen. It shows a progress bar at the top with 'PROCESSING DONE' and a 'Publish' button. Below the progress bar, there are tabs for 'Basic info', 'Translations', and 'Advanced settings'. The 'Basic info' tab is active, showing fields for 'Title', 'Description', and 'Tags'. There is also a 'Public' dropdown menu and a 'Publish' button. A blue arrow points to the 'Publish' button.

If you **are not** using a Google account You can easily upload videos to **Vimeo** as follows:

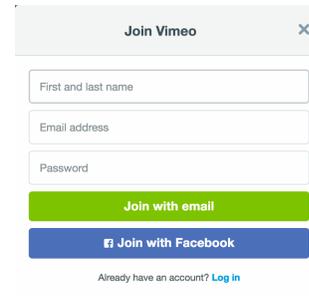
1. Go to [Vimeo.com](#) and click “Upload” in the top right corner of the page



2. Click “Choose files to upload” in the center of the page **OR** upload from a video cloud storage service



3. If you are new to Vimeo, fill out the form the “Join Vimeo” when prompted and select “Join with email” or “Join with Facebook”

A screenshot of the 'Join Vimeo' form. It has fields for 'First and last name', 'Email address', and 'Password'. Below the fields, there are two buttons: 'Join with email' and 'Join with Facebook'. At the bottom, there is a link for 'Already have an account? Log in'.

4. Click “Select files to Upload” and select your video(s) and you've uploaded your video! *If you want your video to be private, select “only people with the private link” instead of “anyone can see this video”

