

* Make sure to put your Paper ID when u send your link address

PRESENTER INFORMATION AND UPLOAD PAGE

1. Prepare your file

Before you upload the video to Vimeo, make sure you have 10-15min length of your final edits and finishing touches, and then make sure that it is converted into a proper format. There are a wide variety of programs and websites that can convert video for free.

These formats are best supported by Vimeo:

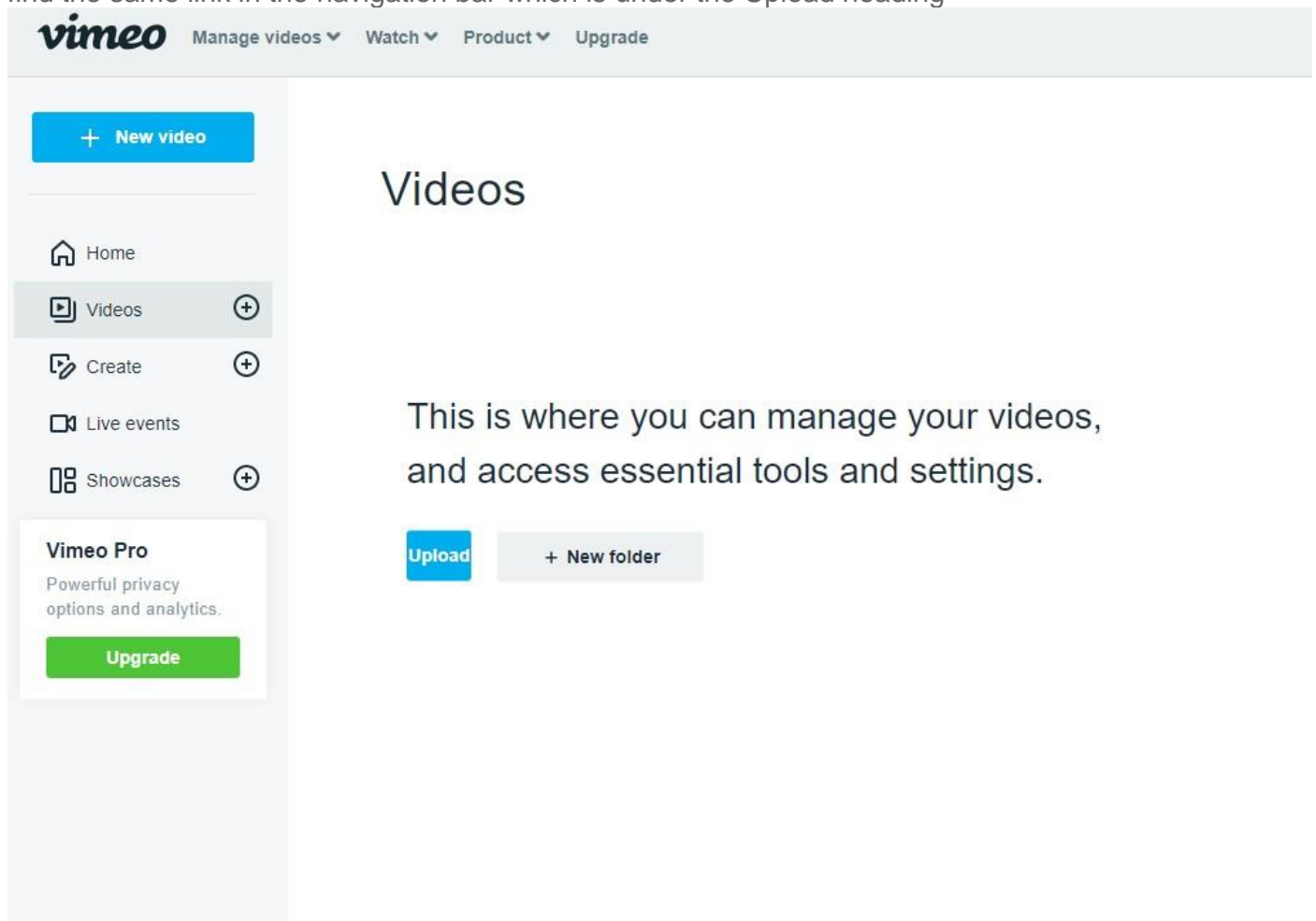
- .MP4 (Motion Picture Experts Group Part 14)
- .MPEG or .MPG (Motion Picture Experts Group)
- .MOV (QuickTime Movie)
- .AVI (Audio Video Interleaved)

2. Log Into Your Account

The first thing that you should do is visit the Vimeo website and create an account. If you already have an account, log into it by clicking the login link. If you don't have an account, then you will need to follow the prompts to set up your account/channel.

3. Uploading the Video

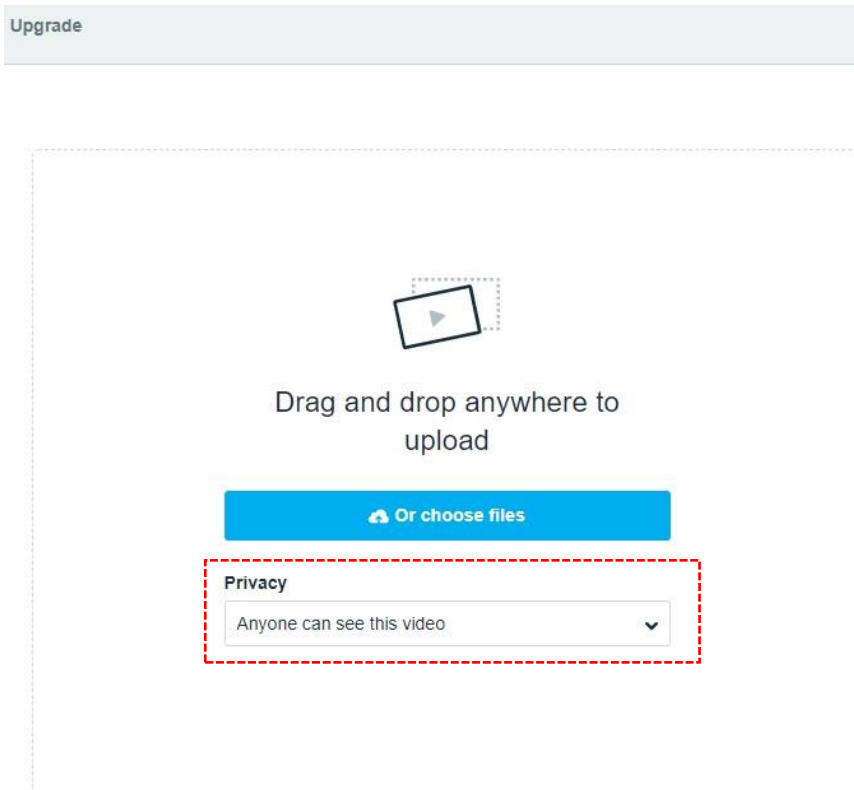
Click the "Upload Video" button which is located on the home page of the site. You will also be able to find the same link in the navigation bar which is under the Upload heading



The screenshot shows the Vimeo website interface. At the top, there is a navigation bar with the Vimeo logo and links for "Manage videos", "Watch", "Product", and "Upgrade". Below the navigation bar, there is a sidebar on the left with a "New video" button and a menu with options: "Home", "Videos" (selected), "Create", "Live events", and "Showcases". The main content area is titled "Videos" and contains the text: "This is where you can manage your videos, and access essential tools and settings." Below this text, there are two buttons: "Upload" and "+ New folder". At the bottom left, there is a "Vimeo Pro" section with the text "Powerful privacy options and analytics." and an "Upgrade" button.

4. The upload page

Once you click the upload link, you will be taken to the upload page. You will need to ensure that you are permitted to upload the videos. You can only upload videos that are owned and created by you since it's not possible to upload any videos that are copyrighted by anyone else.



Learn more about uploading in the [Video Guidelines](#), [Compression Guidelines](#), and [Help Center](#).

5. Selecting the File

Click the "Choose a File to Upload" button and this will launch an upload dialog box. Choose the file that you want to upload and then click on "Select." As soon as you click the button, the video will start to be uploaded straight away. The progress bar will start to estimate how long the video will take to upload. The faster the internet speed, the faster your video will upload.

6. Adding a description

Adding a description to your video will allow for other participants to know and learn more information about your video before viewing. This will display at the bottom of the video. Be sure to add a unique description to help your video to stand out.

7. Processing Conversion

Once the video has finished converting, the service will then email you once the conversion has finished.