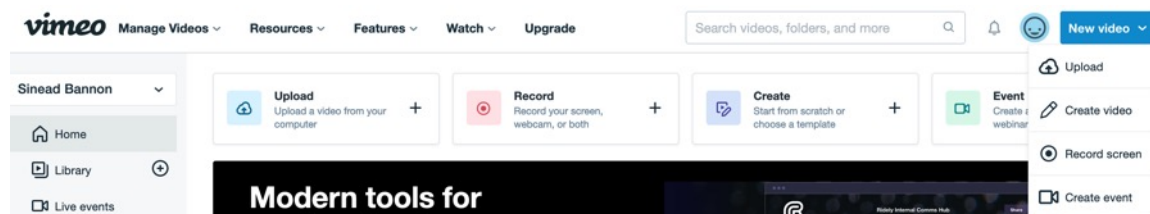
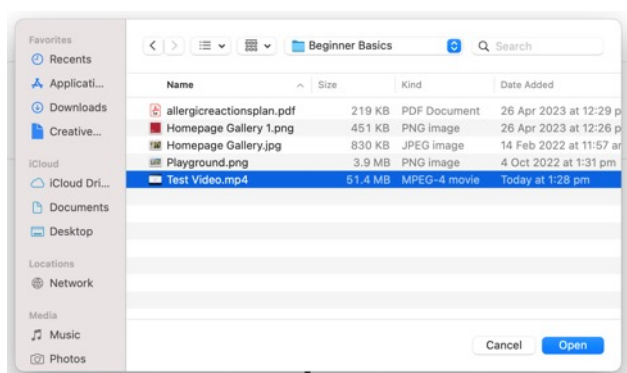


Uploading Videos - Vimeo

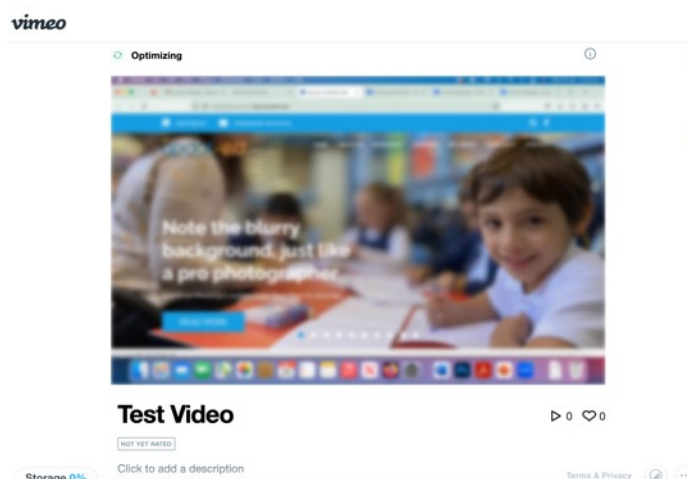
- Login to your YouTube and click on **New Video**.



- Click on **Upload**.
- Select the video you wish to upload or drag and drop into the window.



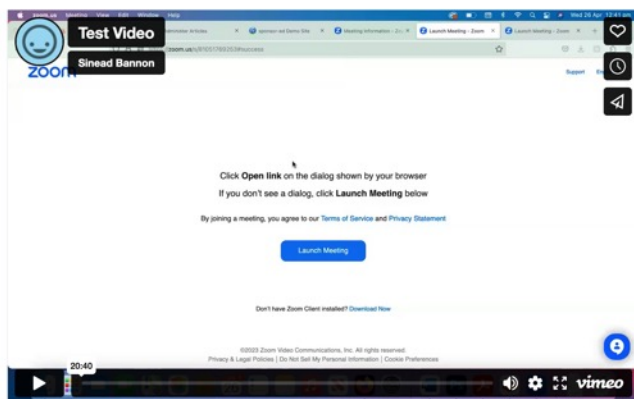
- Vimeo will then spend some time optimizing your video.



- When it is ready click on the **hyperlink** button,

vimeo

Library > Test Video



Test Video

▶ 0 ♡ 0

Public **Hyperlink** Embed ...

Privacy

[Upload defaults](#)

Sharing

Content

Select Rating

Selecting a rating is encouraged. If your video is unrated, viewers in certain countries won't be able to access it even if you make it public. [Learn more.](#)

Select rating

☐ This video contains an advertisement.

! If this video contains advertisements, you are required to indicate so.

- Copy the video URL from the pop up window.

Public **Hyperlink** Embed

Get Link

Anyone on the internet can see. [Edit](#)

Copy

☐ Start at 00:00

Customize link

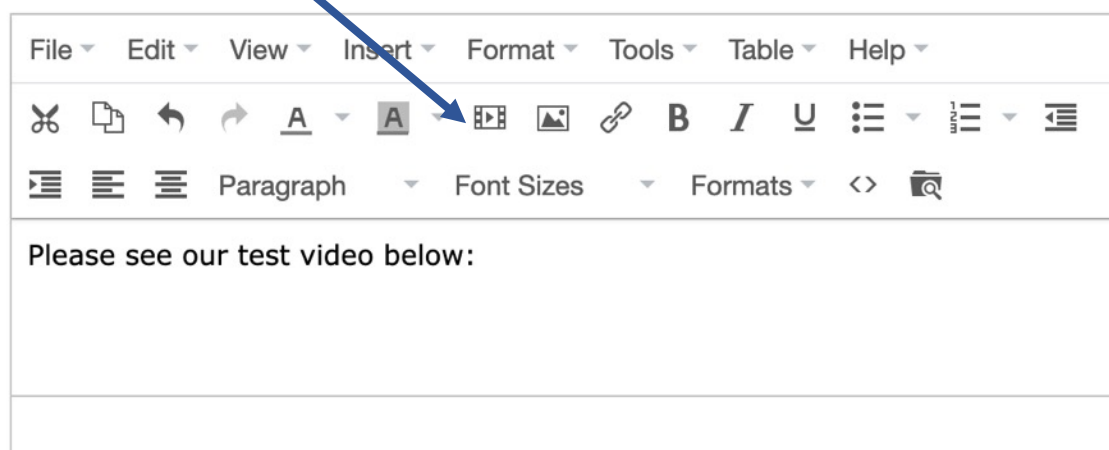
vimeo.com/user17643556/

64 characters

Upgrade to save

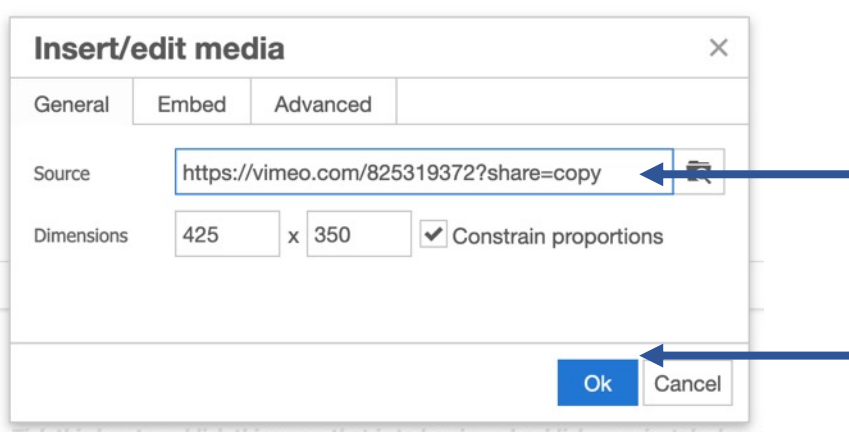
- Go to the CMS of your website and click on the pencil beside the page where you are loading the video.
- Put your cursor where you would like the video to land and click on the **Insert Media** button.

Content



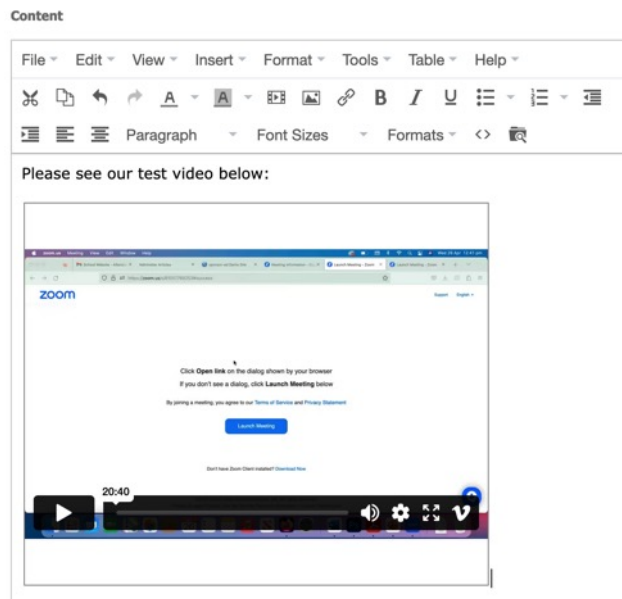
The screenshot shows a content editor interface. At the top is a menu bar with options: File, Edit, View, Insert, Format, Tools, Table, and Help. Below the menu is a toolbar containing various icons for text formatting (bold, italic, underline, link, unlink, list, indent, outdent) and media insertion (video, image). A blue arrow points from the text above to the video icon in the toolbar. Below the toolbar, the main content area contains the text "Please see our test video below:" followed by a large empty text box for editing.

- Paste your link into the **source** box and click OK.

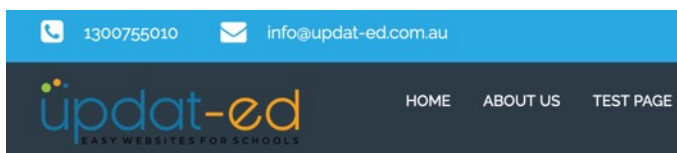


The screenshot shows a dialog box titled "Insert/edit media" with a close button (X) in the top right corner. The dialog has three tabs: General, Embed, and Advanced. The "General" tab is selected. It contains a "Source" field with the text "https://vimeo.com/825319372?share=copy" and a small icon to its right. Below the source field are "Dimensions" fields showing "425" and "350" with an "x" between them, and a checked checkbox labeled "Constrain proportions". At the bottom right are "Ok" and "Cancel" buttons. A blue arrow points from the text above to the "Ok" button.

- Your video will land on the page. Scroll to the bottom and **Update/Submit** your changes.



- Visit your site to see your video!



TEST

Please see our test video below:

