

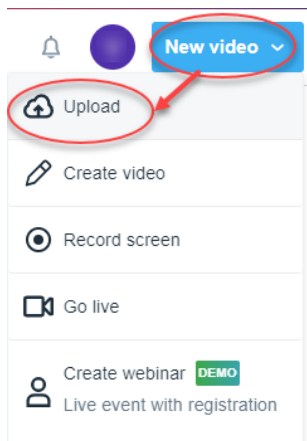
How to upload your video for abstract submission to VIMEO

Step 1: Access VIMEO and create an account or log into your existing account

<https://vimeo.com/>

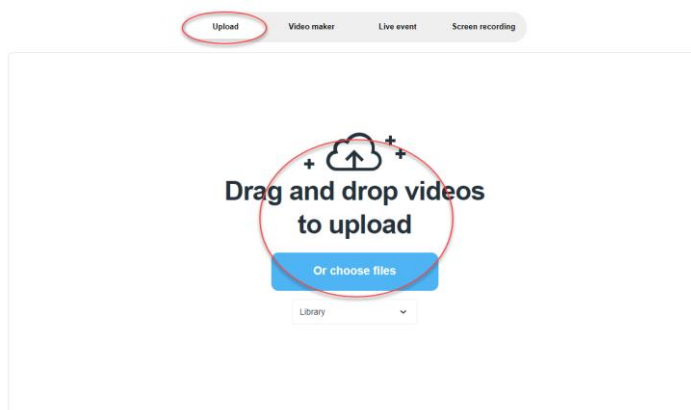


Step 2: Select "New Video" and then "Upload" from the upper right corner of the screen.



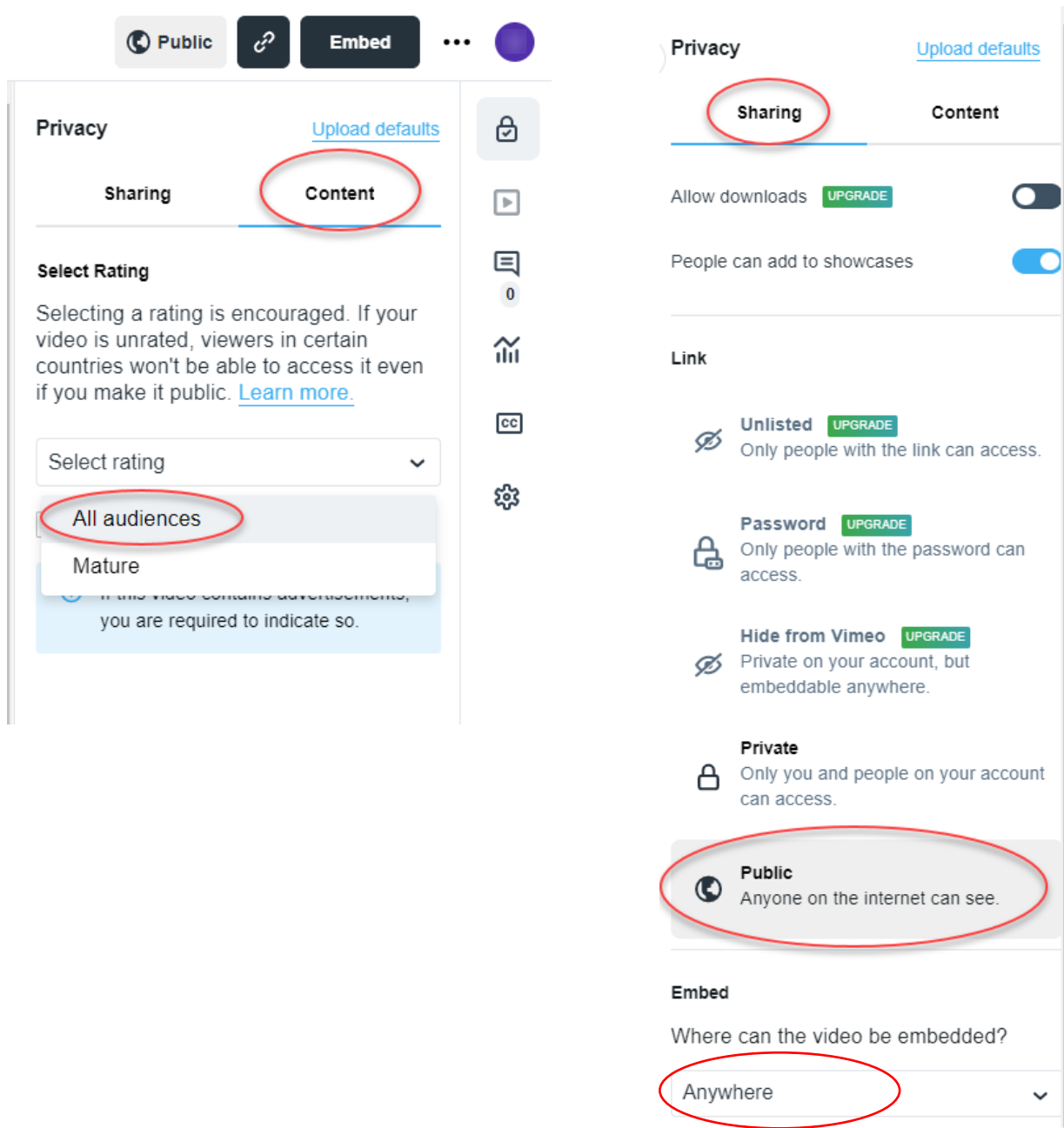
Step 3: Select the video you wish to upload

**Please ensure the video is created per the [Submission Guidelines](#).*



Step 4: Set up the video for sharing

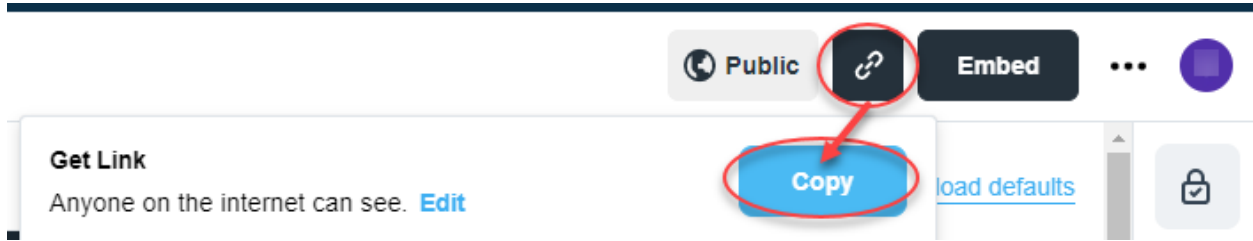
*Please ensure the Privacy setting – Content, is set to “All audiences”. Under Sharing, select “Public” for Link Settings and “Anywhere” for the Embed Settings.



The screenshot shows the video sharing settings interface. At the top, there are buttons for 'Public', 'Share', 'Embed', and a menu icon. The 'Privacy' section is active, with 'Sharing' and 'Content' tabs. The 'Content' tab is selected and circled in red. Below it, the 'Select Rating' dropdown is open, with 'All audiences' selected and circled in red. The 'Link' section shows 'Unlisted', 'Password', 'Hide from Vimeo', and 'Private' options, with 'Public' selected and circled in red. The 'Embed' section shows 'Where can the video be embedded?' with 'Anywhere' selected and circled in red.

Step 5: Copy the link and paste it into the field within the abstract submission site.

**Please note – to test whether the video is properly set up for public access, open the link in an incognito window of your browser.*



Abstract Submission site:

Provide Vimeo link in the textbox below

Please contact ifsomenac_abstracts@kenes.com if you have any questions about the submission requirements.

Thank you for your video submission!