

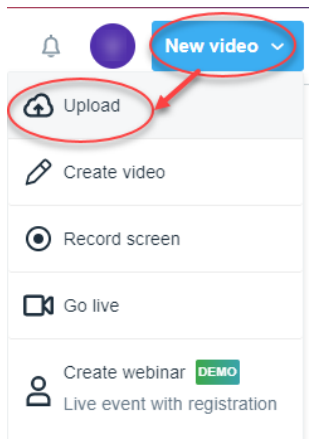
## How to upload your video for abstract submission to VIMEO

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

<https://vimeo.com/>

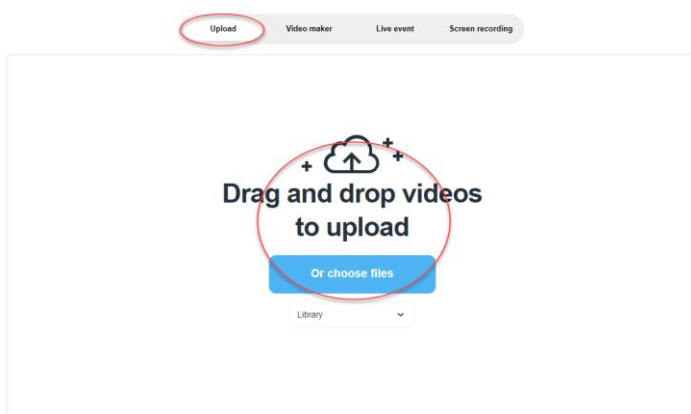


Step 2: Select “New Video” and then “Upload” from the upper right corner of the screen.



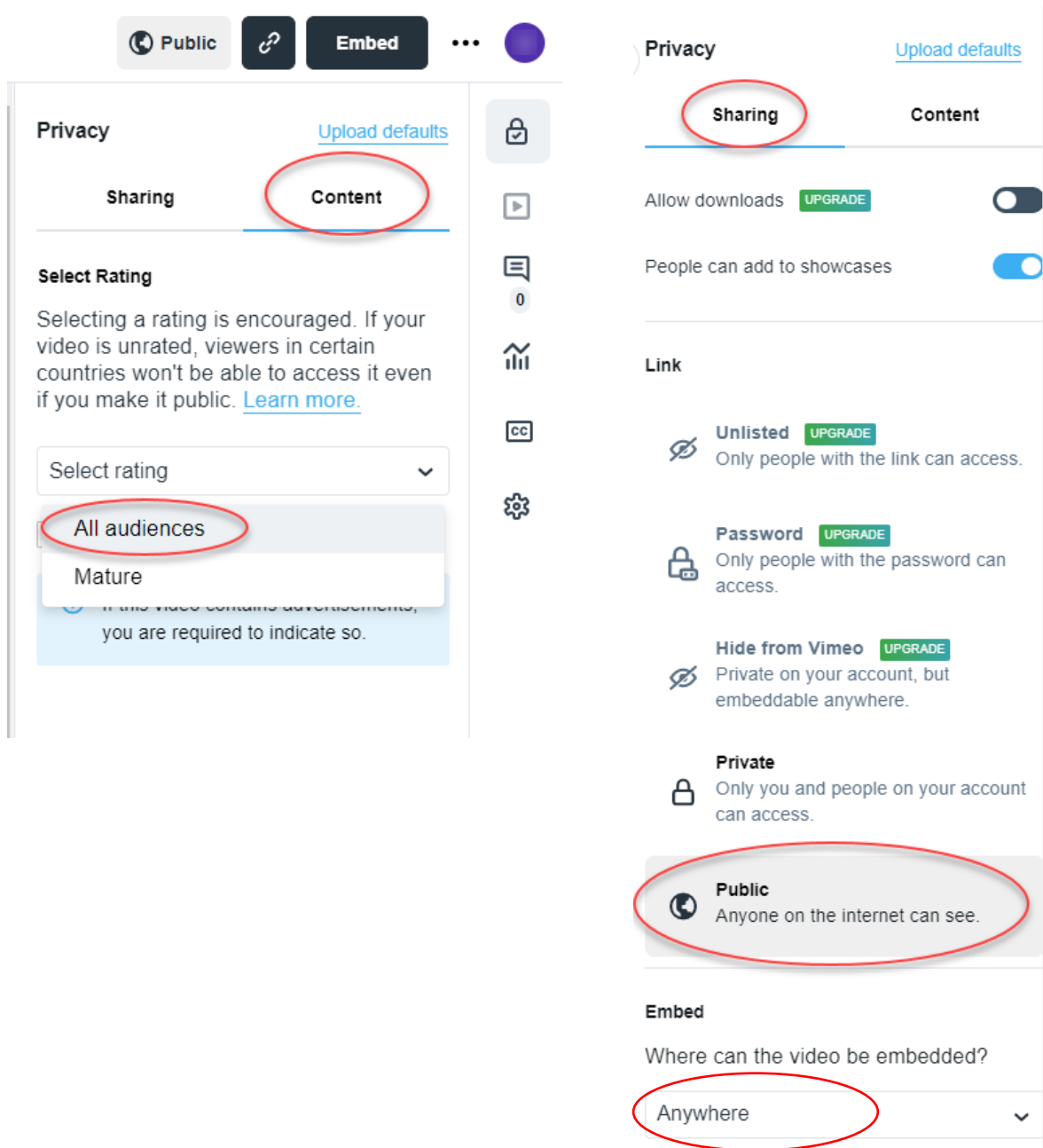
Step 3: Select the video you wish to upload

*\*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 displays the Vimeo video settings interface. At the top, there are buttons for 'Public', 'Share', and 'Embed'. The 'Privacy' section is active, with 'Sharing' and 'Content' tabs. The 'Content' tab is selected, and a dropdown menu for 'Select Rating' is open, showing 'All audiences' and 'Mature'. The 'Link' section shows 'Public' selected. The 'Embed' section shows 'Anywhere' selected. Red circles highlight the 'Content' tab, the 'All audiences' option, the 'Public' option, and the 'Anywhere' option.

Public Share 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

All audiences

Mature

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

Link

Unlisted [UPGRADE](#)  
Only people with the link can access.

Password [UPGRADE](#)  
Only people with the password can access.

Hide from Vimeo [UPGRADE](#)  
Private on your account, but embeddable anywhere.

Private  
Only you and people on your account can access.

Public  
Anyone on the internet can see.

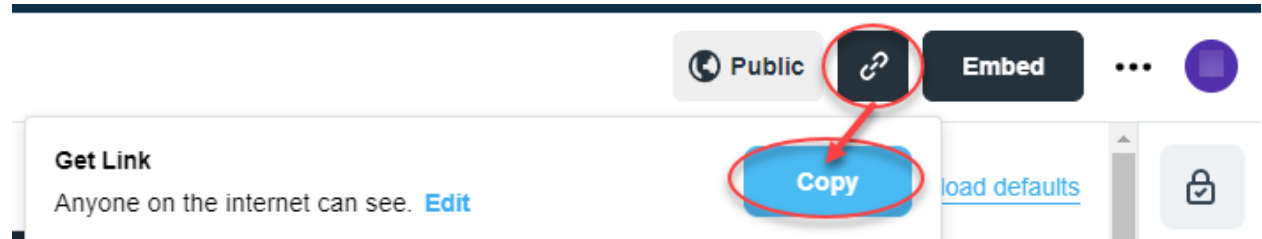
Embed

Where can the video be embedded?

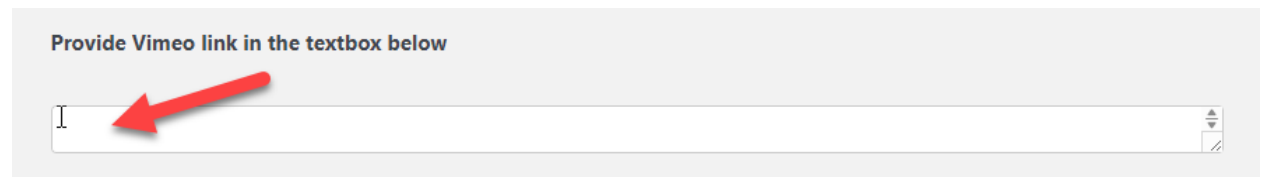
Anywhere

**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:



The image shows a form for submitting an abstract. The form has a title 'Provide Vimeo link in the textbox below' and a large text input field. A red arrow points to the input field.

Please contact [ifsoec25@kenes.com](mailto:ifsoec25@kenes.com) if you have any questions about the submission requirements.

**Thank you for your video submission!**