Hosting a video for your abstract submission on Vimeo.com

As part of the 2018 abstract submission process we request that you also submit a 2-3 minute video of yourself (and co-presenter if applicable) summarising the content of your presentation., including the objective and a brief overview of what will be covered.

Please submit a URL for the video during the abstract submission process. If you require a platform to host your video, we recommend Vimeo.com. Please use the following instructions to obtain a URL for your video.

1. Go to https://vimeo.com

2.   Select 'Join Free'
    Note: The free account provides a weekly limit of 500MB per week which should be sufficient for a 2-3 minute video shot in Standard definition.

3. Join Vimeo either with Facebook, Google, or by submitting the requested details

4. To continue using the free account select 'No thanks' at the top of the page (circled below).

5. Select 'Upload a video' from your home page

6. Select 'Choose files to upload' and select the video file from your directory.
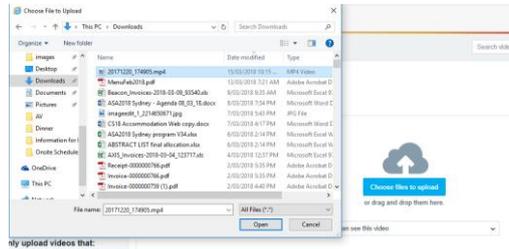
7. Once the video has uploaded, click on the video to see more detail and select the 'Settings' option.

🔒 **20171220_174905** NOT YET RATED

5 days ago | More

😊 **Chris Peak**

⚙ Settings

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Comments are disabled. Change settings.
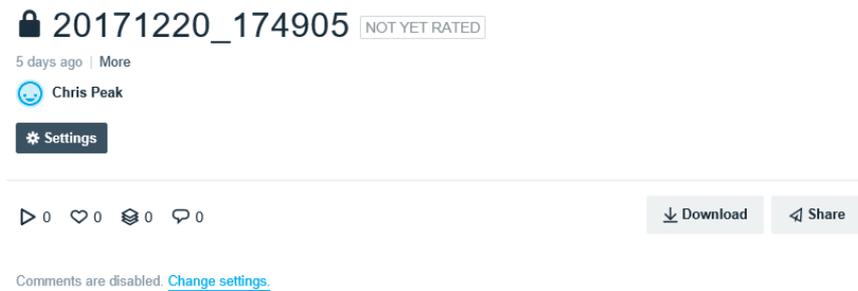
8. Select privacy from the list of options on the left hand side of the page and select 'Only people with a password' below 'Who can watch this video?'

Privacy

🔒 Only people with a password can see this video

Who can watch this video?

◯ Anyone
◯ Only me
◯ Only people I follow
◯ Only people I choose
◉ Only people with a password

PMI18

◯ Only people with the private link **Upgrade**
◯ Hide this video from Vimeo.com **Upgrade**

9. Set the password as **PMI18**.

10. Return to 'My videos' and select the 'Share' button next to your video. Select 'Copy video link' from the drop-down menu. This can then be pasted into your abstract submission.