



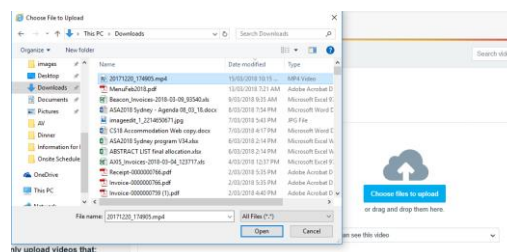
Hosting a video for your abstract submission on Vimeo.com

As part of the 2019 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.

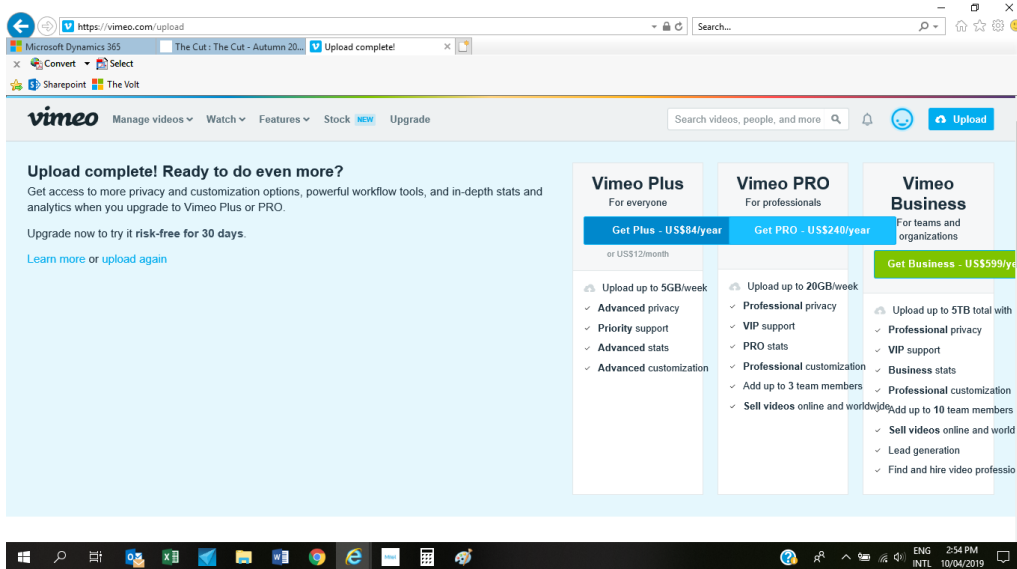
1. Go to <https://vimeo.com>
2. Select 'Join'. This will give you access to a free account,
Note: The free account provides a weekly limit of 500MB per week which should be sufficient for a 2-3 minute video shot in Standard definition.
3. Join Vimeo either with Facebook, Google, or by submitting the requested details

4. Drag and drop your video into the upload window or select to browse for your file





- Once the video has uploaded, you will be provided with options to upgrade your account:



- Scroll down and complete the details for your video and change the privacy settings so that 'Only people with a password can see this video'.

Privacy

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Password

Password

Language

Select

Enable video review page

Tags (Separated by commas, please!)

Anyone can see this video

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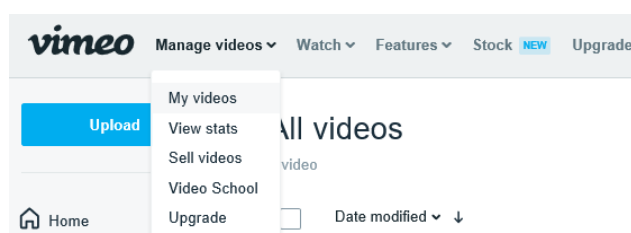
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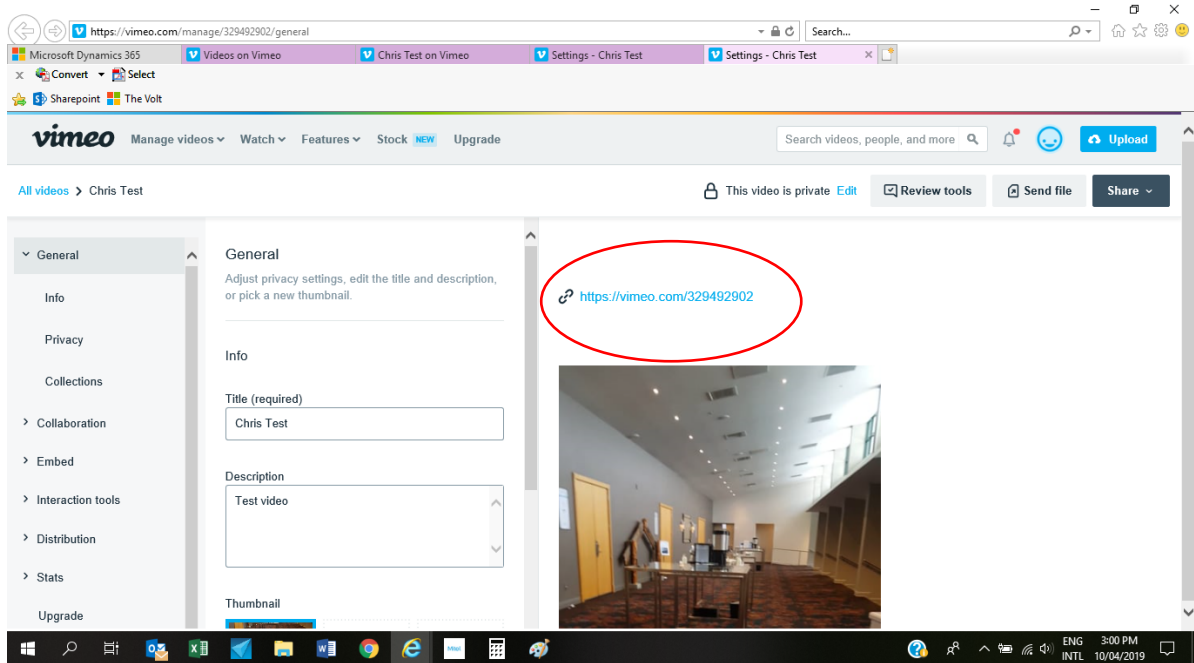
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- Set the password as **PMI19**.
- Select 'Save' once you have completed all of the information.
- To obtain the URL link for your video, select 'Manage Videos' and the 'My videos' option from the menu bar:





10. Select your video and copy the link from the following screen:



11. Paste this link into the abstract submission form.

12. To test this works you can paste this link into a new window of your browser. You should be prompted for a password and this should be set to **PMI19**.