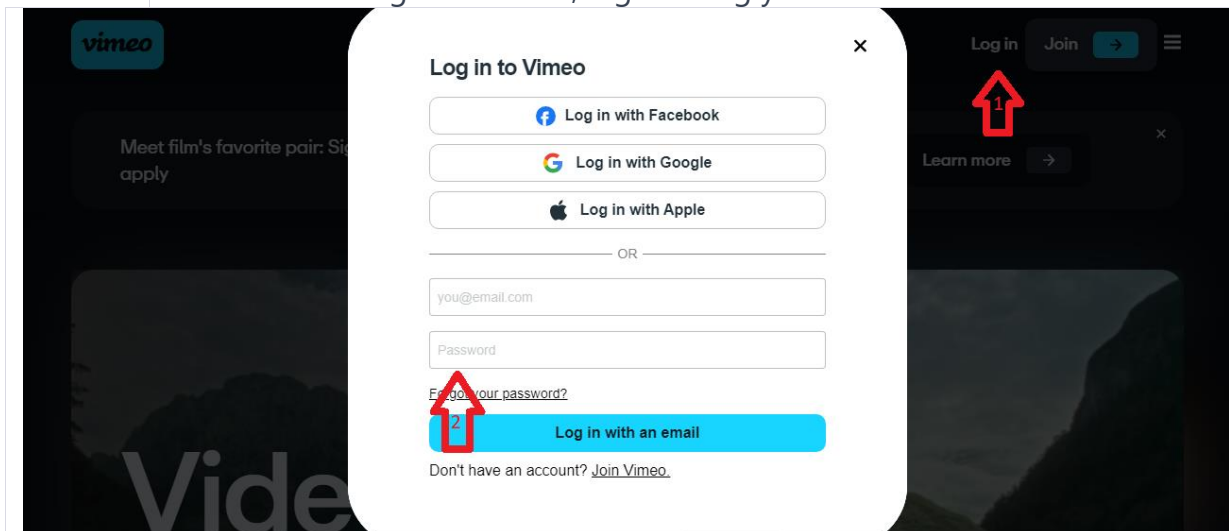


Uploading Videos to Vimeo: A Step-by-Step Guide

Welcome to the world of Vimeo, where you can showcase your videos with style and professionalism. Follow this step-by-step guide to effortlessly upload your content to Vimeo. The website is: <https://vimeo.com/>

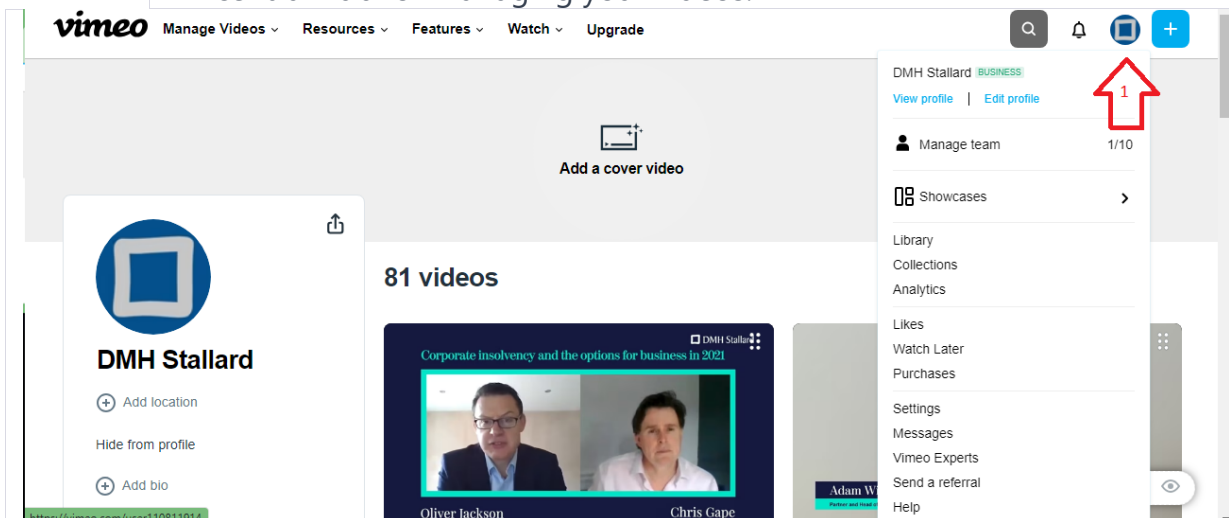
1. LOG IN TO YOUR VIMEO ACCOUNT

- After creating an account, log in using your credentials.



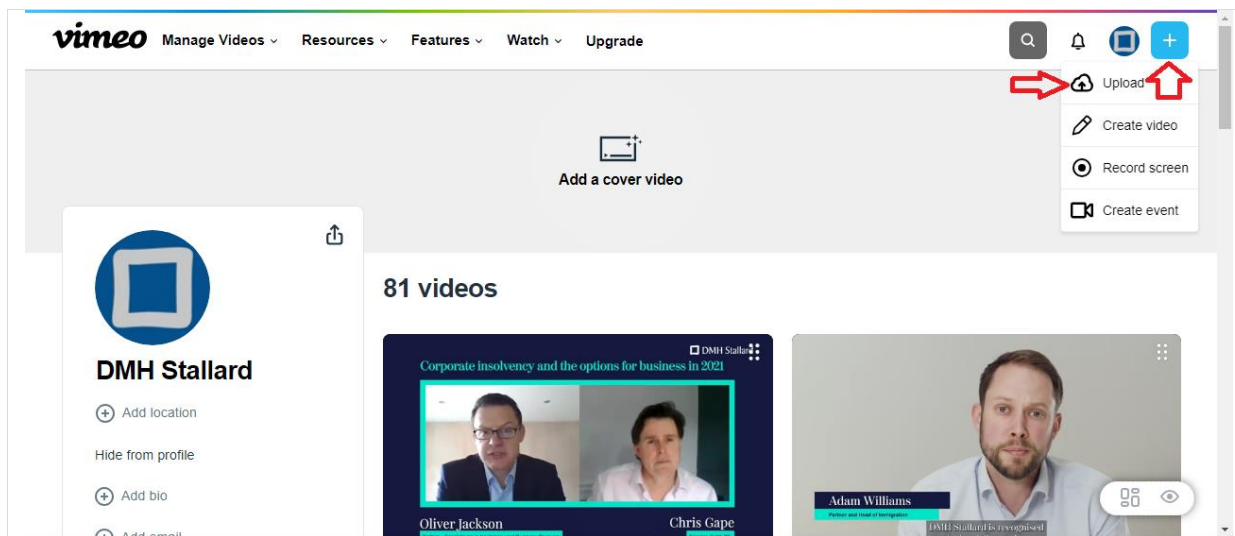
2. ACCESS YOUR DASHBOARD

- Once logged in, you'll land on your Vimeo dashboard. This is your central hub for managing your videos.



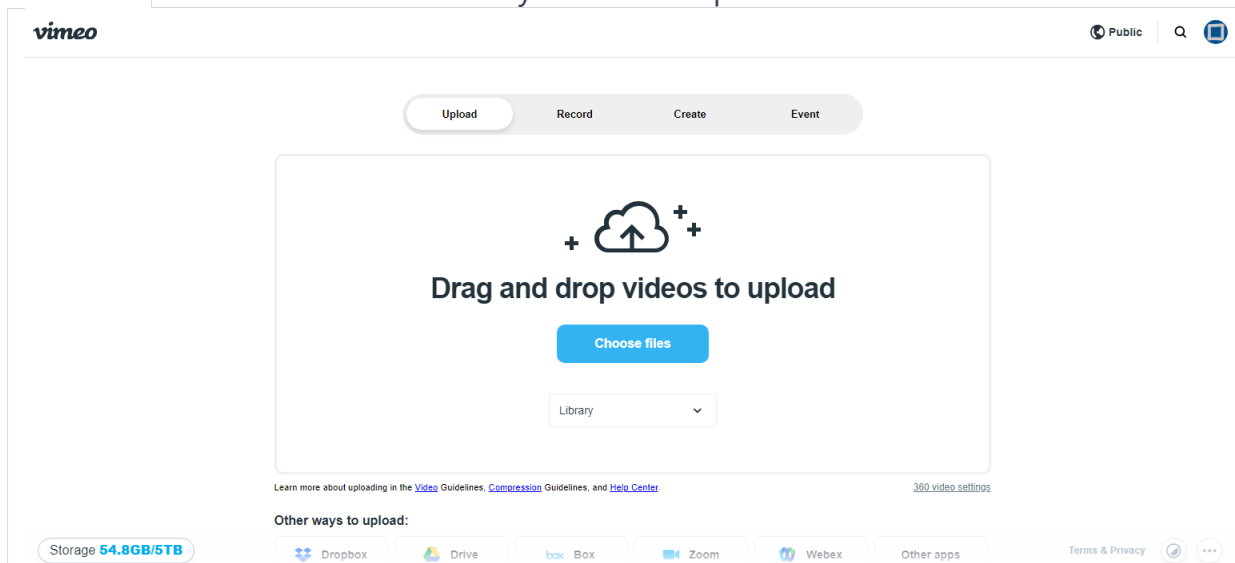
3. UPLOAD BUTTON

- Locate the "+ Create" button at the top-right corner of the page. Click on it, and a drop-down menu will appear.



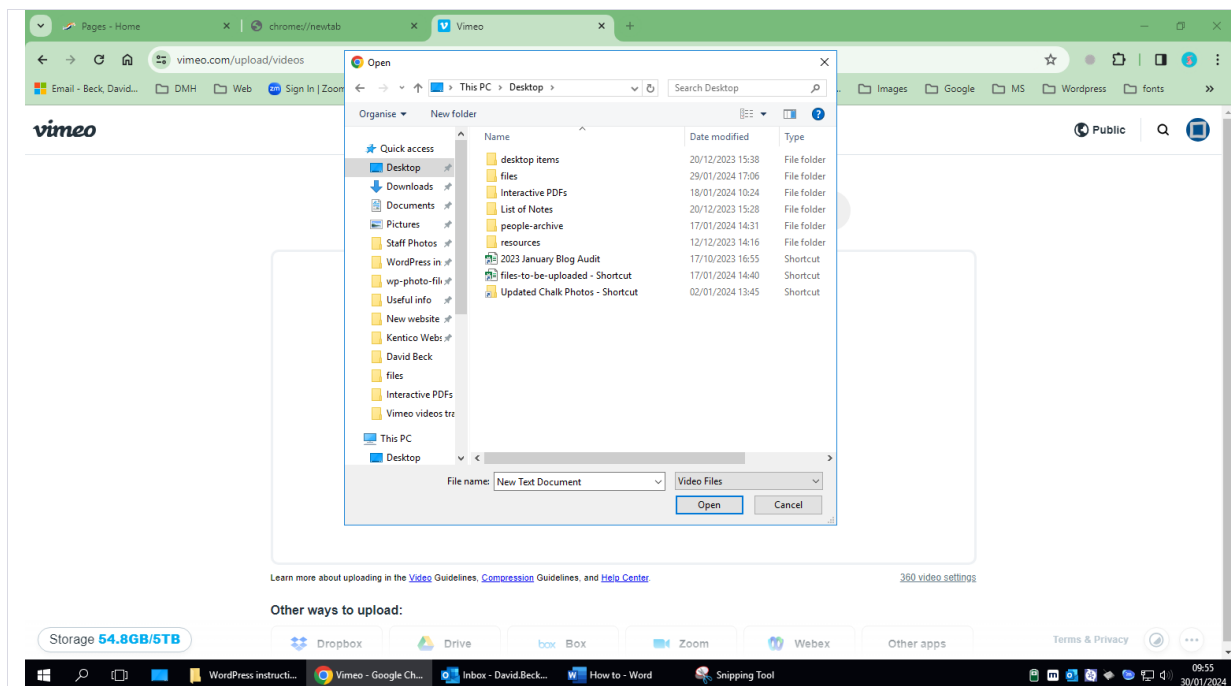
4. UPLOAD VIDEO

- Select "Upload Video" from the menu. This action will prompt you to choose the video file you want to upload.



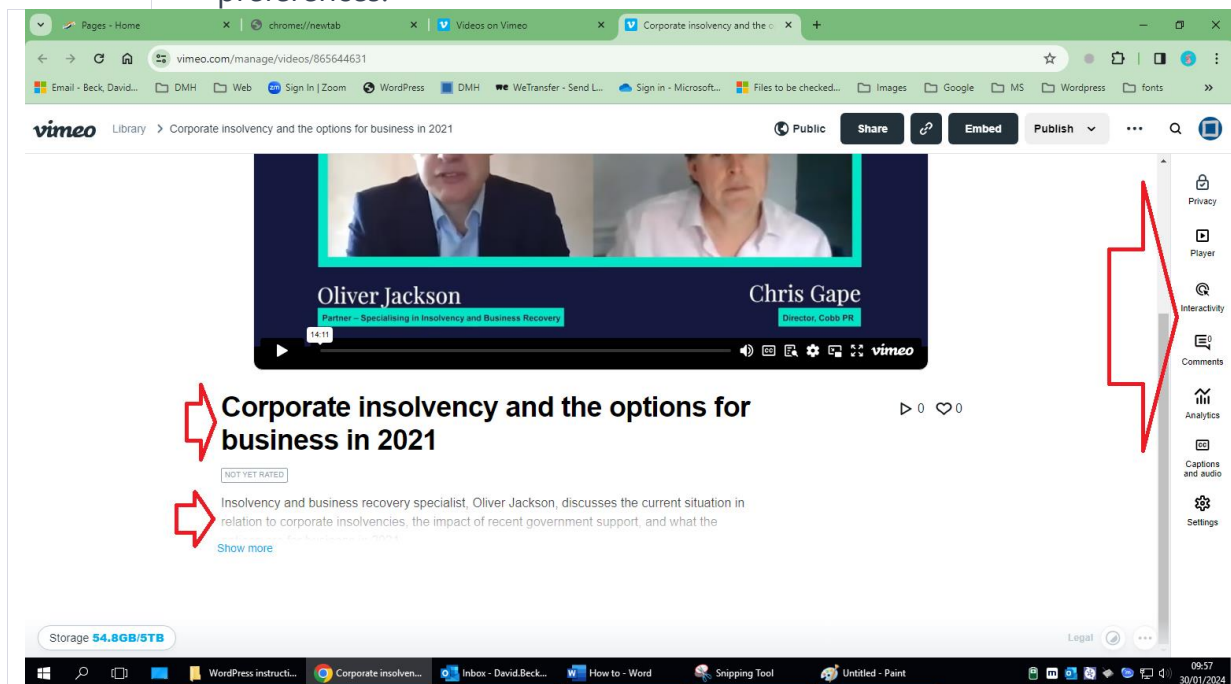
5. DRAG AND DROP OR SELECT FILES

- Either drag and drop your video file into the designated area or click on "Select Files" to browse your computer and choose the video.



6. VIDEO SETTINGS

- While your video is uploading, you can begin configuring settings such as the video title, description, and privacy settings. Choose between public, private, or password-protected options based on your preferences.



7. UPLOAD PROGRESS

- Monitor the progress of your upload. The time it takes depends on your internet speed and the file size.

8. ADDITIONAL INFO

- Once uploaded, you can add more details such as tags, categories, and credits to enhance the discoverability of your video.

The screenshot shows the Vimeo 'Settings' page for a video. The video player displays two speakers: Oliver Jackson (Partner - Specialising in Insolvency and Business Recovery) and Chris Gape (Director, Cobb PR). The title is 'Corporate insolvency and the options for business in 2021'. The description is 'Insolvency and business recovery specialist, Oliver Jackson, discusses the current situation in relation to corporate insolvencies, the impact of recent government support, and what the...'. The tags are 'Lions, animation, educational'. The privacy is set to 'Public'. A red arrow points to the 'Publish' button in the top right corner of the settings panel.

9. PUBLISH

- After configuring your settings and adding necessary details, click on the "Publish" button to make your video live on Vimeo.

The screenshot shows the same Vimeo 'Settings' page, but now the 'Publish' button is highlighted with a red arrow. The video player shows a thumbnail of the video with the title 'Corporate insolvency and the options for business in 2021' and the speakers' names. The settings panel remains open, showing the same details as in the previous screenshot.

10. SHARE YOUR VIDEO

- Once published, Vimeo provides a unique URL for your video. You can share this link on social media, websites, or directly with your audience.

You've successfully uploaded your video to Vimeo. Explore additional features on Vimeo to customize your video experience and engage with your audience effectively.

Supported File Types

Vimeo and Youtube support just about any kind of video file, including these common formats: **MP4**, **MOV**, **WMV**, **AVI**, and **FLV**. In the rare circumstance that a format is not supported, an **Invalid File** error is displayed on the video page. The easiest and most recommended format is .mp4.

Advanced Premiere Pro Settings for file export.

1. Format: H.264 (.mp4)
2. Frame sizes: UHD: 3840 x 2160. Quad HD: 2560 x 1440. Full HD: 1920 x 1080. ...
3. Frame rate: match the frame rate of the source video.
4. Target bitrate: 8 Mbps (45 for 4K)
5. Bitrate encoding: VBR, 1-pass.
6. Field order: Progressive.
7. Aspect: match the aspect of the source video.